Subject Related 100 Questions all over the Syllabus:

<table>
<thead>
<tr>
<th>Unit</th>
<th>Title</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION</td>
<td>Meaning, Aims and Objective of Physical Education, Historical Development of Physical Education in India, Principles of Physical Education, Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism, Indian Philosophy and Culture.</td>
</tr>
<tr>
<td>2</td>
<td>ANATOMY, PHYSIOLOGY &amp; EXERCISE PHYSIOLOGY</td>
<td>Anatomy and Physiology of Skeleton System, Circulatory system, Respiratory System, Digestive system, Excretory system, Endocrine glands and Nervous systems, Effect of Exercise on Skeleton System, Circulatory system, Respiratory System, Digestive system, Excretory system, Endocrine glands and Nervous systems.</td>
</tr>
<tr>
<td>3</td>
<td>HEALTH EDUCATION AND ENVIRONMENTAL STUDIES</td>
<td>Dimensions, Objective and Principles of Health Education, Communicable and Non Communicable Diseases, Nutrients: Functions of Carbohydrates, Protein, Fat, Vitamins and Minerals, Basic concept of balanced diet, Pollution: Its type and management.</td>
</tr>
<tr>
<td>4</td>
<td>OLYMPIC MOVEMENT</td>
<td>Ancient and Modern Olympic Games, Olympic: Moto, Ceremonies and Symbols, Different types of Olympic Games, International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement</td>
</tr>
<tr>
<td>5</td>
<td>OFFICIATING AND COACHING</td>
<td>Concept and principles of officiating and coaching, Duties of coach and officials in general, pre, during and post game, Ethics of officiating and Coaching, Qualities and qualification of coach and official, General rules of games and sports</td>
</tr>
<tr>
<td>6</td>
<td>YOGA EDUCATION</td>
<td>Meaning, Aims and Objectives of Yoga, The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, Effect of Asanas and Pranayama on various system of the body, Types of Bandhas, mudras and kriyas</td>
</tr>
</tbody>
</table>
Unit – 7 - EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Teaching Methods - Meaning and types
Teaching Aids – Meaning and types
Lesson Planning – Meaning, Type and principles of lesson plan.
Application of Computers in Physical Education
Components of computer and Software used in Physical Education and sports

Unit – 8 - ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Program planning: Meaning and Principles of program planning in physical education.
Maintenance of Various types Records and Registers
Budget: Criteria of a good Budget and Principles for Preparation of Budget.
Time Table Management: Meaning, Need and Factor affecting time table.
Types of Tournaments and its organization structure
Organization structure of Athletic Meet, Intramurals & Extramural Tournament.

Unit – 9 - SPORTS TRAINING & SPORTS MEDICINE

Aim, Objective and Principles of Sports Training
Mean and Methods of Development: Strength, Speed, Endurance, Coordination and Flexibility.
Training Load- Principles and types of Training Load
Periodization – Meaning and types of Periodization
Sports injuries: Types and their rehabilitation

Unit – 10 - SPORTS PSYCHOLOGY AND SOCIOLOGY

Scope Sports Psychology and sociology
General characteristics of Various Stages of growth and development
Types and nature of individual differences
Laws of learning and Dimension of personality
Socialization through Physical Education.