

**I. (General Theory and methods of Sports Training)**

**1) Sports Performance**

- i) Nature and definition of sports performance
- ii) Classification of sports
- iii) Model of sports performance & performance factors.
- iv) Modelling in sports
- v) Inter relationship among performance, capacity and training structure

**2) Training Means & methods**

- i) Definitions of means & methods
- ii) Training means
- iii) Classification of Physical Exercise
- iv) Method of conditioning
- v) Teaching aids

**3) Motor abilities**

- i) Introduction to Motor abilities & their classification.
- ii) Structure of fitness/condition
- iii) Strength
- iv) Speed
- v) Endurance
- vi) Flexibility coordinative ability

- 4) **Periodisation**
  - i) Nature and definition.
  - ii) Types of Periodisation
  - iii) Aim and contents of different periods
  - iv) Top form & periodisation.

5) **Planning & monitoring of sports training.**

6) **Talent identification & its development**

- i) Meaning & definition of sports talent.
- ii) Principles of talent identification
- iii) Steps for talent identification & development.

**II. (Sports Physiology)**

1. **Introduction of Sports Physiology**

2. **Cardio Vascular System**

- a) Structure and function of heart, Blood Circulation and Cardiac cycle at rest and during exercise. Cardio vascular adaptation to training. Importance of heart rate monitoring, heart rate response in some specific events.
- b) Basic anatomy of respiratory system. Internal & External respiration lung volumes and capacities. Respiration at rest and during exercise, second wind and stitch.

3. **Energy Metabolism**

Aerobic and anaerobic energy production during rest and exercise. Lactic acid and its relevance in sports.

4. **Nutrition and Physical Performance**

- i) Components of food, sources & function, Balance diet
- ii) Pre competition, during competition and post competition diet

5. **Sports Anthropometry**

- i) Nature and scope in sports.
- ii) Human physique and somato type in different sports
- iii) Human growth, physical growth and development, changes in relation to age.

**III. (Sports Psychology)**

1. **Introduction to sports Psychology.**

2. **Emotional Processes and sports performance**

- i) Fear and anxiety
- ii) Aggression
- iii) Emotional stability

3. **Motivation of sports**

- i) Meaning of sports motivation, intrinsic & extrinsic
- ii) Psychological basis of sports motivation
- iii) Interest, attitude, aptitude
- iv) Goal setting, Benefits of goal setting.



- 4. **Psychological preparation in sports**
  - i) Meaning, importance and concepts of psychological preparation
  - ii) Pre competition period (long term and short term preparation).
  - iii) Competition period.

- 5. **Sociological issues for optimizing behaviour and performance**
  - i) Social characteristics of sports performance
  - ii) Fundamentals of Group Behaviour
  - iii) Group and team work
  - iv) Function of communication
  - v) Basic approaches to leadership
  - vi) Conflict and Negotiation
  - vii) Establishing Strategy

IV.

- 1. Role of Bio mechanics and its contribution in the field of sports.
- 2. Management of sports injuries and its rehabilitation.
- 3. National anti doping agency and anti doping rule 2010.

**Part – B (General Knowledge)**

**1. Olympic, Commonwealth & Asian Games**

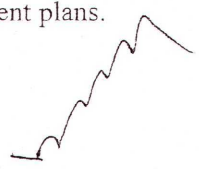
- i) Historical Background & Significance
  - a) Ancient/Modern Olympic Games
  - b) Commonwealth & Asian Games
- ii) Functions of IOC
- iii) Organization & Conduct of games

**2. Sports Association, schemes, Institute & Awards in India**

- i) **Sports Association**
  - a) Introduction to sports governing bodies at International level
  - b) Indian Olympic Association- Objective & Functions.

**3. Media & Sports**

- 4. Civilization and culture with special emphasis tribes of Jharkhand: Folk dances songs, fairs and Festivals, Rituals and traditions, Marriage systems, Taboo and Totem, Sadans, Witchcraft.
- 5. Geography : Nomenclature, Location and boundary, Land and People, Hills, Falls, Lakes and reservoirs, Monuments, Archaeology, Important places, Districts and Commissionaires, Forests and Wild life sanctuaries.
- 6. Economy : Mineral and Forest wealth, Power production, Industries based on Coal, Iron, Copper and Aluminium, Education System, Important Crops, Population and Development plans.



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7. History : Jharkhand Movement , Kol revolt, Santhal Hul, Birsa movement and Tana Bhagat movement.
8. Important personalities and Freedom fighters.
9. Sports History of Jharkhand

**GENERAL SCIENCE :**

10. Questions on General Science covering general appreciation and understanding of science including matters of day to day observation and experience.

**11. CURRENT AFFAIRS : Regarding Jharkhand**





(144) (54)

**Paper-II**

**Part-A**

**Full Marks - 200**

120

- 1) **History development organisation and management of the games**
  - i) Historical development of games. (World, Asia, India)
  - ii) Structure and functions of controlling bodies of the games.
  - iii) Glossary of the term used in games.
- 2) **Organisation and management of sports competition**
  - i) Competition system including qualifying system followed in the games.
  - ii) Drawing of fixtures, formation of committees and their functions for technical conduct of the games.
  - iii) Facilities & Equipments
    - a) Development trends in facilities and equipments.
    - b) Construction and maintenance of track/play field/court.
- 3) **Laws of game and their interpretation**
  - i) Mechanics of officiating.
  - ii) Qualities of Umpires/Refrees/Officials
    - Physical
    - Mental (Psychological)
- 4) **Requirement of a player for high performance**
  - i) Physique
  - ii) Motor abilities and coordinative abilities.
  - iii) Intellectual Psychological & Psycho-Social abilities.
  - iv) Technical and tactical abilities.
  - v) Knowledge of rule and regulation.
5. **Selection of Players**
  - a) Method and procedure followed
  - b) Principles followed for first line up for competition
- 6: **Qualities of a successful coach**
  - i) Philosophy of coaching
  - ii) Qualities & abilities of coach.
  - iii) Method of teaching and coaching.
7. **Talent identification and development of talent**
  - i) Principles and procedure for selection of talent
  - ii) Development of talent on long term basis
8. **Technique/Skill/Tactic**
  - a) Importance and classification of technique.
  - b) Description of techniques/skill of the games.
  - c) Means for evaluation of progress in learning and performance of techniques (Skill test, Statistics, Observation).

9. **Planning of training for elite sports persons**

- a) Long term plan
- b) Yearly plan (periodisation)
- c) Training plans (schedule/programmes)
- d) Meaning and need for evaluation, evaluation techniques in physical fitness variable (Speed, Strength, Agility Endurance, Flexibility).

10. **Inspection and Supervision**

- a) Importance, Principles and technique of supervision and inspection.
- b) Qualities of good supervisor and inspector.

**Part-B (Sports Management)**

40

1. Nature and significance of management and sports management.
2. Function of sports management.
3. Management of infrastructure & equipments

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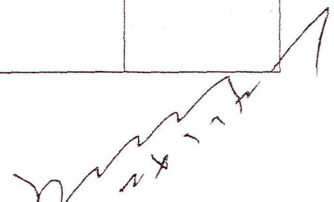
4. Maintenance and Security
  - a) Maintenance Schedule
  - b) Energy Conservation
  - c) Security Survey
  - d) Security Solution
  - e) Play field security
5. Budget
  - a) Meaning and guidelines for budget planning
  - b) Principles of effective budgeting
6. Management of sports event and recreational progress of Health Club
  - a) Management of sports event (opening /closing ceremony etc.)
  - b) Management of Health Club/Fitness Centre, Sports Tour etc.
  - c) Team Management of coach
  - d) Managers duties
7. Quality Management
  - a) Meaning and concept of quality management
  - b) Principles of quality management
  - c) Factors affecting quality management
8. Concept of crisis management & evaluation plan.

Part - C

1. Aim & objective of physical education and their attainment through physical education.
2. Relationship of physical education with general education.
3. Development of physical education in India (After 1947)
4. Sports Association, Schemes, Institute and Awards in India
  - a) Indian Olympic Association – Objective and functions.
  - b) Sports Schemes (Central & State)
  - c) National & State sports award
5. Ethics in sports
6. Women and sports
7. Media and sports

खेल उपलब्धियों हेतु 30 अंक निम्न प्रकार दिये जायेंगे

पदक	स्वर्ण	रजत	कॉंस्य	भागीदारी
ओलंपिक खेल	30	28	26	25
विश्व कप / विश्व चैम्पियनशिप	28	26	24	22
राष्ट्रमंडल खेल / एशिया कप, एशियन खेल (सीनियर)	25	22	20	18
एशियाई चैम्पियनशिप (सीनियर) / एफ्रो एशियन गेम्स / कॉमन वेल्थ चैम्पियनशिप	20	18	16	15
राष्ट्रीय खेल / सैफ खेल (सीनियर)	18	16	14	10
अखिल भारतीय अन्तर विश्वविद्यालय टूर्नामेंट / प्रतियोगिता / राष्ट्रीय स्कूली प्रतियोगिता / राष्ट्रीय महिला खेल महोत्सव / अखिल भारतीय ग्रामीण खेलकूद प्रतियोगिता	15	12	10	08
ऑलम्पिक संघ द्वारा मान्यता प्राप्त खेलों में राज्य स्तरीय विभिन्न खेल प्रतियोगिता	10	08	05	03

  
 सरकार के संयुक्त सचिव  
 कला, संस्कृति, खेलकूद एवं युवाकार्य विभाग  
 झारखण्ड, राँची