

**Syllabus for Written Test and Selection Criteria for recruitment to the post of Student Activity and Sports Assistant,  
Pay Level - 06**

<b>General</b>	<b>Post Related</b>
<p>1. Maths &amp; Numerical Ability: Profit and Loss, Time and Work, Compound Interest, Decimal Fractions, Problems on Numbers, Square Root and Cube Root, Time and Distance, Simplifications, Problems on H.C.F and L.C.M, Numerical Computation etc. (Upto 10th Standard)</p> <p>2. Logical Reasoning- Number Series Compilation, Missing Number Finding, Continuous Pattern Series, Matching Definitions, Missing Character Finding, Odd Man Out, Blood Relations, Coding And Decoding, Logical Sequence Of Words, Arithmetic Reasoning, etc.</p> <p>3. Language &amp; Comprehension: English Grammar, Verbal analogy, critical reasoning, Change of voice, Spotting Errors, Sentence Improvement, One Word Substitute, Sentence Corrections, Idioms and Phrases, Communication Skills, Sentence Formation.</p> <p>4. General knowledge and Current Affairs-- Current Affairs, Government Schemes, Economics, Geography, Indian History, Indian Polity, Indian Constitution, etc. upto 10th standard.</p> <p>5. Computer Fundamentals, MS Word, MS Excel, Power Point, Internet, Email System, etc.</p>	<p>1. Physical Education, History of Physical Education, Biological Basis of Physical Education: Meaning, Aims, Objective, scope, need and importance of Physical Education, History and growth of Physical Education, Growth &amp; Development, Learning, Types of Body.</p> <p>2. Anatomical and Physiological basis: Introduction to Anatomy &amp; Physiology, Skeletal System, Muscular System, Respiratory system, Digestive System, Circulatory System, Nervous System, Excretory System, Endocrine System, Blood and its composition, Types of Blood.</p> <p>3. Psychological Basis of Physical Education &amp; Sports: Meaning of Psychology, Sports Psychology, Psychological factors affecting physical performance, Learning, Motor Skill learning, Learning Curve, Training, Transfer of Training and its theories, factors affecting transfer of training, Motivation, Personality, interest, Attitude, Adolescence</p> <p>4. Health and Health education: Meaning of Health, Health Education, Objectives and its scope, principles of Health education, Balanced Diet, Nutrition, Body Mass Index, Hygiene, Environmental affect on Health, Communicable diseases, Drugs and Doping, NADA, WADA.</p> <p>5. Sports Training and Physical Fitness: Physical Fitness and its components, Development of types of components Physical Fitness, Sports Training, Training Methods,</p>

	<p>Principles of Sports Training, Warming up, Cool down, Effect of Training on Various Body systems, Concepts such as Vital capacity, Second wind, Oxygen debt, Fatigue, Muscular contractions, Blood Pressure etc.</p> <p>6. Sports Biomechanics and Kinesiology: Meaning and Definition of Sports Biomechanics and Kinesiology, Biomechanical components, Sports Injuries, Postural Deformities, First Aid, Physiotherapy, Disability and its types, Rehabilitation.</p> <p>7. Sports Tournaments: Coach, Leadership, Organization of Intramurals and Extramural, Fixtures.</p> <p>8. Yoga: Meaning, aim and types of Yoga, Elements of Yoga, Yog Asanas, Pranayam and Kriyas.</p> <p>9. Olympic Movement and Games: History of Olympic and Paralympics Games, Growth of Olympic and Paralympics Games, India at Olympic and Paralympics Games, Olympism and its meaning.</p> <p>10. Sports (Miscellaneous): National Sports Awards, Dimensions of various sports/games facilities, Rules &amp; Regulations of various Sports &amp; Games, Famous Athletes, tournaments and terms of various Sports &amp; Games</p>
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Scheme of Examination	Selection Criteria	Instructions (General Paper / Post Related)	Proficiency Test
<p><b><u>General Paper:</u></b>  Questions - 50  Marks - 50  Duration: 01 Hour</p> <p><b><u>Post Related Paper:</u></b>  Questions - 50  Marks - 50  Duration: 1:30 Hour</p>	<p>1. Written Test (Part-A): Qualifying in Nature for evaluation of part B. Qualifying marks to be decided on the basis of performance of the candidates.</p> <p>2. Written Test (Part-B): Merit list will be drawn on the basis of score of the candidate</p> <p>3. Proficiency Test: The Candidates shortlisted based on the Written Test (Part B) will be called for Proficiency Test, to be conducted after the Document Verification process.</p>	<p>1. This Part will comprise of objective-type questions with one correct answer.  2. One (1) mark will be awarded for each correct answer &amp; minus one fourth (- 1/4) mark for each incorrect answer.  3. The unanswered questions will not attract negative marks.</p>	<p>The syllabus of the Proficiency Test will be shared with the shortlisted candidates.</p>