

WBCSSC পরিচালিত SLST পরীক্ষার্থীদের জন্য
Physical Education-এর Syllabus অনুসারে লিখিত।

Complete Guide to SLST

শারীরশিক্ষা

(PHYSICAL EDUCATION)

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প্রকাশক ও পুস্তক বিক্রেতা

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PHYSICAL EDUCATION (PASS) CODE-54

1. Fundamentals of Physical Education

Definition and true meaning of Physical Education misconceptions and public misunderstanding about physical education its aim and objectives modern concept and its interdisciplinary approach-Sports Science including Sports Medicine Biomechanics Kinesiology Kin anthropometry physical education and competitive sports Body Type and its significance.

2. Historical Aspects

History of Olympics—ancient and modern-physical education in India recent developments-contribution of important personality/ events/ Movement for the development of the physical education in Europe and in India.

3. Psychological Aspects

Instincts—Reflex action—Reaction time—Movement time—Response time. Learning—its laws and theories and their application in the field of physical education and sports—Plateau—Transfer of learning—Perceptual motor learning. Factors affecting performance—Motivation—Interest—Attention—Habit—Emotion—Personality.

4. Social Aspects

Social value of sports—Play theories—Role of physical education and sports in national integration and international understanding-Activities for national integration, Social service and strengthening of community relation.

5. Anatomical and Physiological Aspects

- (a) Bones of the various synovial joints-types of joints and movement around the joints skeletal deformities-anatomical sex difference.
- (b) Types of muscles and their functions—types of muscular contractions—Composition and functions of blood-Pulse blood pressure and their measurements Respiration Lung Ventilation—Vital capacity.
- (c) Heart and exercise—Oxygen and exercise—Oxygen debt—Second wind—Athletic heart—Homeostasis—Effects of exercise on muscular/circulatory/respiratory systems.

6. Health and Health Education

Health instruction—Health supervision—Health services—Agencies promoting health Environmental pollution Prevention and control of communicable diseases—Balanced diet and its constituents—Effect of

smoking, alcohol and drug on health and Sports performance—First-Aid management of common sports injuries.

7. Teaching Methodology

Lesson planning presentation techniques-use of teaching aids—coeducational activities and their management qualities of physical education teacher and coach.

8. Management Aspects

House system—Classification of students—Intramural and extramural competitions—Officiating, Rules and regulations of common games and sports including Swimming, Gymnastics and Track and Field events—Layout of play fields 9Kabaddi, Kho-Kho, Badminton, Volleyball, Hockey, Track & Field) –Budgeting. Various types of tournaments, Administration of sports and physical education in School, College and University.

9. Recreation and Outdoor Education

Recreation its definition and objectives its need in modern society. Purpose of outdoor education importance of camp, excursion, picnic, playday.

10. Aspects of Sports Training

Warm-up-Conditioning—Weight training and its basic principles—Load and overload—Periodisation Different Types of sports training—Interval training—Circuit training—Physical fitness- Health related and performance related.

11. Developmental, Corrective and Therapeutic Exercises

Exercises for developing strength, endurance, flexibility, speed-Postural deformities and corrective exercises—Exercises for common diseases like blood sugar, high/low blood pressure etc.—Use of Yoga therapy—Use of sports as therapy—Massage and its uses Exercises for sedentary persons male and female elderly adults and aged persons.

12. Test and Measurement

Definition of a test and measurement—Criteria of a good test—Measurement of strength, endurance, agility, Flexibility, speed and physical fitness. Skill test items of Football, Basketball, Volleyball and Badminton.

13. Special Physical Education

Physical education for special population—objectives and programmes. Physical activities according to the types of disability.

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