



GOA UNIVERSITY

Taleigao Plateau, Goa - 403 206 INDIA

Established by State Legislature by Notification No. LD/10/7/84 (D) of year 1984
Tel. Phone: 8669609013, 8669609291, 8669609068, 8669609022 and 8669609069

E-mail: registrar @ unigoa.ac.in

Fax +091-832-2451184/2452889 Web site: www.unigoa.ac.in

The Candidates are requested to appear for a written test scheduled on **27.02.2019 at 11.00 a.m. to 12.30 p.m.** at Department of Physics, Goa University for the post of Assistant Sports Officer.

The candidates will be shortlisted based on the performance in the written test. Only those candidates who secure 40% in Section A (Konkani Language) will be considered for shortlisting. In the event of tie, such cases will be resolved by applying following criteria in the order one after another, till the tie is resolved:

- (i) Performance in Section A (----)
- (ii) Performance in Section B (-----)
- (iii) Date of Birth, i.e. older candidate is placed higher in the merit list

The selection of the shortlisted candidates will be subject to the condition that they fulfil the eligibility criteria as per the Information Brochure of the advertisement.

You are required to remain present for the written test sharp at 10.30 a.m. at your respective venue viz block and room alongwith the hall ticket as per instructions given therein.

No interview will be conducted for the final selection of the candidates. The performance in the written test will be basis for the merit list and final selection. **Fitness test will be conducted on the same day at 3.30 p.m. at University Sports ground.**

Hall ticket to be downloaded through login portal as registered at the time of filling up application form. Any assistance if required, you may contact on 8669609022/8669609069 or email arnonteach@unigoa.ac.in.

No TA/DA will be paid for attending the written test.

No intimation in hard copy will be sent to the individual.

Sd/-

(M. Shreedhara)
Offg. REGISTRAR

SYLLABUS FOR SCREENING TEST FOR RECRUITMENT OF
ASSISTANT SPORTS OFFICER

SCHEME OF EXAMINATION:

- Test will be conducted for 100 marks.
- Each question in section A carries 1 mark, each wrong answer carries 0.25 negative mark
- Each question in section B carries 2 marks, each wrong answer carries 0.50 negative mark.
- Time allotted for the test is one & half hour.

SECTION A

Knowledge of Konkani

1. कोंकणी व्याकरण : लींग, एकवचन, भोववचन, काळ, वाक्यविचार (Konkani Grammar)
2. शुध्दलेखनाचे नेम (Konkani Orthography)
3. कोंकणी आंकडे. (Konkani Numbers)
4. कार्यालयीन इंग्लीश - कोंकणी उतरावळ. (Administrative Terminology)

SECTION B

1. FOUNDATIONS OF EDUCATION, PHYSICAL EDUCATION & SPORTS

- Physical education and traditional schools of philosophy – physical education as idealism, naturalism, pragmatism and realism.
- Meaning, aim and objectives of physical education
- History of Indian physical education
- History of ancient Olympic games
- Modern Olympic, Asian games and common wealth games
- Contribution of YMCA, HVPM, LNIPE, NSNIS and SAI in promoting physical education and sports

2. YOGA EDUCATION AND ENVIRONMENTAL STUDIES

- Meaning and definition and concept of yoga.
- Aim and objectives and misconception about yoga
- Role of yoga and exercise in relation to health

3. ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

- Importance of study of anatomy in physical education and sports
- Introduction of cell and tissue
- Musculoskeletal system
- Cardio- respiratory system
- Nervous system
- Digestive system
- Mechanism of muscular contraction
- Fuel for muscular activity
- Effect of exercise on musculo-skeletal system
- Effect of exercise on cardio-vascular system
- Effect of exercise on respiratory system
- Effect of exercise on nervous system
- Definition, aims ,objectives and principles of health education
- Postural deformities and corrective measures

4. OFFICIATING, COACHING AND SPORTS TRAINING

- Duties and responsibilities of officials
- Qualification and qualities of officials
- Qualification, qualities and responsibilities of coach
- Meaning, importance and types of warm-up and limbering down exercise.
- Meaning, definition and characteristics of sports training.
- Principles of sports training
- Overload: principles, causes, symptoms and tackling over load.
- Strength- means and methods of strength development
- Speed - means and methods of speed development
- Endurance- means and methods of endurance development
- Flexibility & coordination - means and methods of flexibility development
- Concept of technique, tactics and strategy
- Periodization- meaning and types of periodization
- Aim and content of periods/phases- preparatory, competition and transitional
- Planning- training sessions

5. ORGANIZATION, ADMINISTRATION AND MANAGEMENT IN PHYSICAL EDUCATION

- Meaning, need and scope of management in physical education
- Functions of management- planning, organizing, staffing, directing, communicating, coordinating, controlling, evaluating, and innovating principles of sports management
- Maintenance and marking of play grounds, , gymnasium, swimming pool and track & field .
- Organization and function of sports bodies
- Meaning and organization of intramural and extramural
- Management of equipment: need, selection, purchase, storing, issuing, maintaining and supplier
- Management of infrastructure, financial and personal
- Types of management: authoritarian management, laissez- fair management

6. PSYCHOLOGY OF EDUCATION PHYSICAL EDUCATION AND SPORTS

- Meaning, definition and scope of psychology
- Relevance of psychology with education, physical education and sports methods of psychological study
- Concept and principles of growth & development, various stages of growth and development
- Concept, domains of learning and learning curve.
- Factors affecting learning and their implications in education, physical education and sports
- Theories of learning :
- Motivation:
- Individual difference
- Meaning and definition of personality, factors influencing personality development
- Theories of personality

7. FITNESS, WELLNESS, NUTRITION AND WEIGHT MANAGEMENT

- Definition, meaning and concept of physical fitness, physical activity and exercise
- Components of hrpf, and srpf.
- Benefits of physical fitness and exercise.
- Waist-hip ratio, target heart rate, bmi, types and principles of exercise (fitt)
- Methods of training – continues, interval, circuit, fartlek, weight training and plyometric
- Exercise prescription for sedentary people.
- Role and importance of nutrition in sports
- Nutrition-components, balance diet and diet for athlete
- Need of energy, carbohydrate and protein
- Manipulation of energy balance to induce weight loss and weight gain.
- Balanced diet for Indian school children, maintaining a healthy lifestyle.
- Daily calorie intake and expenditure, determination of desirable body weight.
- Role of diet and exercise in weight management.
- Concept, types and causes of obesity and its management
- Obesity: hypo-kinetic and cardiovascular diseases.

8. SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

- Micro & macro trauma, over use trauma.
- Tissue response to stress different steps of wound healing
- Regional, specific injuries related to games and sports & their management (head, neck, face, thorax, abdomen, pelvis, upper & lower limbs)
- Prevention of sports injuries
- Hydrotherapy, cryotherapy, thermotherapy, contrast & paraffin bath
- Sauna bath, jacuzzi bath & whir-pool bath
- Diathermy, infra-red, ultra sound
- Approach to rehabilitation
- Common sports injuries and diagnosis
- Doping in sports

9. Kinesiology and biomechanics

- Meaning, definition, scope and importance of kinesiology in physical education and sports
- Aim, objectives and need of kinesiology
- Terminologies of fundamental movements
- Fundamental concepts of following terms- axis and plane, center of gravity, line of gravity, equilibrium.
- Classification of joints and muscles.
- Types of muscle contraction.
- Posture, postural deformity and their corrective measures.
- Fundamental concepts of following terms- angle of pull, all or none law, reciprocal innervation.
- Joints and their movements
- Motor skills- fine motor skills and gross motor skills (locomotors, non-locomotors and manipulative)
- Application of kinesiology to basic skills- walking, jumping, running and throwing
- Newton's law of motion- meaning, definition and its application to sports activities.
- Force – meaning, definition, types and its application to sports activities.
- Projectile, factors influencing projectile projector.
- Basic concept related to kinetics and kinematics.
- Equilibrium- types, principles and factors affecting equilibrium.
- Mechanical analysis of fundamental movements- running, jumping, throwing, pulling and pushing