

गोंय विद्यापीठ

ताळगांव पठार,

गोंय - ४०३ २०६

फोन : + ९१ - ८६६९६०९०४८



Goa University

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(Accredited by NAAC with Grade A+)

GENERAL INSTRUCTIONS AND SCHEME OF EXAMINATIONS

The Candidates are requested to appear for a written test scheduled on **01.11.2025 at 10.30 a.m. to 12.30 p.m.** at Faculty Block F (Goa Business School), Goa University for the post of Gymnasium Instructor (Contract basis).

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

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 10.00 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.

Hall ticket to be downloaded through email as registered at the time of filling up application form. Any assistance if required, you may contact on 8669609022/8669609069/8669609018 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.

Date : 10/10/2025


(Prof. S.N. Dhuri)
REGISTRAR

SYLLABUS FOR RECRUITMENT OF GYMNASIUM INSTRUCTOR

SECTION A

Knowledge of Konkani

(20x2=40)

1. कोंकणीव्याकरण : लींग, एकवचन, भोववचन, काळ, वाक्यविचार (Konkani Grammar)
2. शुध्दलेखनाचेनेम (Konkani Orthography)
3. कोंकणीआंकडे. (Konkani Numbers)
4. कार्यालयीनइंग्लीश-कोंकणीउतरावळ. (Administrative Terminology)

SECTION B

Subject Knowledge

(30x2=60)

1. Training, Gym trainer and Doping in Sports
 - i. Concept and Principles of Sports Training
 - ii. Training Load: Over Load, Adaptation, and Recovery
 - iii. Warming-up & Limbering Down – Types, Method & Importance
 - iv. Concept of Skill, Technique, Tactics & Strategies
 - v. Concept Gym trainer
 - vi. Concept of Doping and its disadvantages
2. Test, Measurements & Evaluation
 - i. Define Test, Measurements and Evaluation
 - ii. Importance of Test, Measurements and Evaluation in Sports.
 - iii. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)
 - iv. Somato Types (Endomorphy, Mesomorphy&Ectomorphy)
 - v. Measurements of health-related fitness
3. Yoga
 - i. Meaning and importance of Yoga
 - ii. Introduction to Astanga Yoga
 - iii. Yogic Kriyas (Shat Karma)
 - iv. Pranayama and its types.
 - v. Active Lifestyle and stress management through Yoga
4. Physical Education & Sports for CWSN
 - i. Concept of Disability and Disorder
 - ii. Types of Disability, its causes & nature (Intellectual disability, Physical disability)
 - iii. Disability Etiquette
 - iv. Aim and objectives of Adaptive Physical Education
 - v. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)

5. Physical Fitness, Wellness

- i. Meaning & importance of Wellness, Health, and Physical Fitness
- ii. Components/Dimensions of Wellness, Health, and Physical Fitness
- iii. Traditional Sports & Regional Games for promoting wellness
- iv. Leadership through Physical Activity and Sports
- v. Introduction to First Aid – PRICE

6. Fundamentals of Anatomy and Physiology in Sports

- i. Definition and importance of Anatomy and Physiology in Exercise and Sports
- ii. Functions of Skeletal System, Classification of Bones, and Types of Joints
- iii. Properties and Functions of Muscles
- iv. Structure and Functions of Circulatory System and Heart
- v. Structure and Functions of Respiratory System

7. Fundamentals of Kinesiology and Biomechanics in Sports

- i. Definition and Importance of Kinesiology and Biomechanics in Sports.
- ii. Principles of Biomechanics
- iii. Kinetics and Kinematics in Sports
- iv. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- v. Axis and Planes – Concept and its application in body movements

8. Psychology and Sports

- i. Definition & Importance of Psychology in Physical Education & Sports
- ii. Developmental Characteristics at Different Stages of Development
- iii. Adolescent Problems & their Management
- iv. Team Cohesion and Sports
- v. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

7. Olympic Value Education

- i. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- ii. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind
- iii. Ancient and Modern Olympics
- iv. Olympics - Symbols, Motto, Flag, Oath, and Anthem
- v. Olympic Movement Structure - IOC, NOC, IFS, Other members

9. Changing Trends in Physical Education

- i. Concept, Aims & Objectives of Physical Education
- ii. Development of Physical Education in India – Post Independence
- iii. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements
- iv. Career options in Physical Education
- v. Khelo-India Program and Fit – India Program