



### GENERAL INSTRUCTIONS AND SCHEME OF EXAMINATION

The Candidates are requested to appear for a written test scheduled on 14.02.2026 (Saturday) from 10.30 a.m. to 12.30 p.m. for the post of **Assistant Sports Officer (OBC)** in the Goa University. Refer Goa University website [www.unigoa.ac.in](http://www.unigoa.ac.in) for venue three days before the written test.

The Written Test Question paper shall consist of three main Sections – SECTION A, SECTION B and SECTION C. SECTION A will be of 40 marks, SECTION B will be of 30 marks and SECTION C of 30 marks.

#### Shortlisting Criteria based on Performance in Written Test

Only those candidates who score a minimum of 4 marks out of 10 in Section A.1 (40% in Knowledge of Konkani Language) will be qualified for shortlisting.

The qualified candidates will be shortlisted based on the performance in the written test. The merit list will be prepared by sorting the total score obtained by the candidates in the Written Test in descending order.

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) Higher Score in Section C
- (ii) Higher Score in Section B
- (iii) Higher Score in Section A.1
- (iv) Higher Score in Section A.2
- (v) Higher Score in Section A.3
- (vi) Higher Score in Section A.4
- (vii) Date of Birth, with older candidate given higher preference

**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.**

The candidates are required to remain present for the written test sharp at **10.00 a.m.** at their respective venue viz. block and room along with 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 will be sent through email registered at the time of filling up application form. **Candidates are required to bring the printout (Hard copy) of the hall ticket. Candidates must also carry any valid government approved photo identity card. (Adhaar/PAN/Voter's ID/Driving License/Passport/Student ID etc.)** Any assistance if required, the candidate may contact on 8669609022/8669609069 or email [arnoneteach@unigoa.ac.in](mailto:arnoneteach@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/-  
(Prof. Sunder N. Dhuri)  
**REGISTRAR**

**Details about the Written Test for the  
Post of “Assistant Sports Officer” at Goa University**

**I) Question Paper Format**

1. The Written Test Question paper will be of total **100 marks of 2 hours** duration. All Questions will be Compulsory and they will be of Multiple Choice Question(MCQ) type. Candidate will have to mark the correct answer on the OMR sheet. Instructions for filling the OMR sheet shall be provided separately.
2. The Written Test Question paper shall consist of three main Sections – **SECTION A**, **SECTION B** and **SECTION C**. **SECTION A** will be of 40 marks, **SECTION B** will be of 30 marks and **SECTION C** of 30 marks.
3. Each correct answer shall be awarded +1 mark and an incorrect answer shall be awarded negative  $\frac{1}{4}$  mark. An un-attempted question shall be awarded zero mark.
4. **SECTION A** shall have the following sub-sections and consist of total 40 Questions.
  - A.1 Knowledge of Konkani Language (10 questions)
  - A.2 Quantitative Aptitude and Logical reasoning (10 questions)
  - A.3 English Language Comprehension (10 questions)
  - A.4 General Awareness (10 questions)
5. **SECTION B** shall have the following sub-sections and consist of total 30 Questions.
  - B.1 Foundations of Education, Physical Education & Sports
  - B.2 Yoga Education and Environmental Studies
  - B.3 Anatomy, Physiology and Health Education
  - B.4 Officiating, Coaching and Sports Training
6. **SECTION C** shall have the following sub-sections and consist of total 30 Questions.
  - C.1 Organization, Administration and Management in Physical Education
  - C.2 Psychology of Education, Physical Education and Sports
  - C.3 Fitness, Wellness, Nutrition and Weight Management
  - C.4 Sports Medicine, Physiotherapy and Rehabilitation
  - C.5 Kinesiology and Biomechanics

**Syllabus for the Written Test for the  
Post of “Assistant Sports Officer” at Goa University**

**SECTION A**

**A.1 Knowledge of Konkani Language** (10 Mks)

- कोंकणी व्याकरण (Konkani Grammar): नाम, सर्वनाम, विशेषण, क्रियापद, वाक्यविचार, लिंग, वचन, काळ, विभक्ती
- समानार्थी उतरां
- कोंकणी शुद्धलेखनाचे नेम (Konkani Orthography)
- कोंकणी अंकडे (Konkani Numbers)
- कार्यालयीन उतरावळ (Administrative Terminology): इंग्लीश – कोंकणी, कोंकणी – इंग्लीश उतरावळ.

**A.2 Quantitative Aptitude and Logical Reasoning** (10 Mks)

Quantitative Aptitude: Number series, Data Interpretation (Tabulation, Pie chart, Line Chart, Bar Graph, Line Graph), Average, Interest, Percentage, Ratio and Proportion, Profit and Loss, Time, Speed and Distance, Time and work, Probability, Mixed Problems, Number System, Problems on trains, Calendar, Odd man out series, problems on age.

Logical Reasoning: Coding-Decoding, Blood relations, Seating arrangements (Circular, Linear), Grouping and Selection, Verbal classification, Analogies, Statement and Assumption, Statement and Conclusion, Letter and Symbol series, Artificial Language.

**A.3 English Language Comprehension** (10 Mks)

Fill in the Blanks, Reading Comprehension, Para Jumbles, Error Spotting, Spellings, Phrase/Idiom Meaning, Synonyms and Antonyms, Sentence Correction.

**A.4 General Awareness** (10 Mks)

State Affairs, National Affairs, International Affairs, Economy and Business, Science and Technology, Sports and Games, Environment and Ecology, Art and Culture, Important Days, Goa University Statutes and Ordinances.

**SECTION B** (30 Mks)

**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.

**B.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.

### **B.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 Musculoskeletal 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.

### **B.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

## **SECTION C**

**(30 Mks)**

### **C.1 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.

### **C.2 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

### **C.3 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.

### **C.4 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

### **C.5 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 innovation. 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.

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