

**Syllabus for Recruitment to the post of**  
**COACH GRADE - I**  
**Under Sport & Youth Services Department, 2018**

1. General English (*Essay Type & MCQ*) ..... 100 Marks
2. Technical Paper – I (*MCQ*)..... 150 Marks
3. Technical Paper – II (*MCQ*)..... 130 Marks
- Aptitude Test (*MCQ*) ..... 20 Marks

## **GENERAL ENGLISH (100 marks)**

- (a) Essay Writing (Conventional) .....20 Marks
- (b) Idioms & Phrases (MCQ) .....16 Marks
- (c) Comprehension of given passages (MCQ).....12 Marks
- (d) Grammar (MCQ) .....20 Marks  
Parts of Speech: Nouns, Adjective, Verb, Adverb, Preposition, etc.
- (e) Composition (MCQ) .....16 Marks
  - i)Analysis of complex and compound sentences
  - ii)Transformation of sentences
  - iii)Synthesis of sentences
- (f) Correct usage and vocabularies (MCQ) .....16 Marks

## **Technical Paper – I (150 Marks) (MCQ)**

### **A – SPORTS SCIENCE ----- 10 Marks**

Its Introduction

- Sports scientists and coach – selection of sports persons –
  - 1) Endomorph
  - 2) Mesomorph
  - 3) Ectomorph

### **B – SPORTSMEN ---- 10 Marks**

Health

- 1) Inherited Health
- 2) Acquired Health
- 3) Environment Health
- 4) Mental Health or Spiritual Health

### **C – DIET ----- 10 Marks**

Points to be considered before making a diet chart for a player – age, game, position, weight of the player, injury, workload.

Basic requirement of an optimal diet –

- A) W.H.O. suggestions of dietary parameter for athletes
- B) Basic Training Diet – Food sources
- C) Intensive – Training Diet

Diet Programme :- Pre-Season, Training Period, Pre-Match, During the Game.

### **D. SPORTSMEN AND EXERCISES ----- 10 Marks**

Physical Preparedness –

- a) Freehand exercises
- b) Weight Training
- c) Endurance Training – Benefit of exercises.

**E. FLEXIBILITY EXERCISE ----- 10 Marks**

- 3 factors of mobility
- Types of Flexibility – Static & Dynamic Flexibility
- Muscles Power, reaction time, co-ordination
- Benefits of Flexibility Exercise

**F. DYNAMIC EXERCISES WITHOUT RESISTANCE ----- 10 Marks**

- Running – White Fiber – Red Fiber – Speed and its special features 1 to 4

**G. ENDURANCE AND STAMINA – features 1 to 4 ----- 5 marks**

**H. JOGGING – methods of Jogging ----- 5 marks**

**I. DYNAMIC EXERCISES WITH RESISTANCES ----- 10 Marks**

- A Dynamic exercises with natural resistance

- 1) Sand track running
- 2) Running on muddy field
- 3) Running up hill
- 4) Jumping over hurdles

- its advantages – disadvantages

**J. WEIGHT TRAINING ----- 10 Marks**

Weight lifting – difference – High intensity workload – Low intensity work load  
Advantages – Disadvantages.

**K. TYPES OF EXERCISES ----- 10 Marks**

- A. Isokinetic Exercise
- B. Nautilus Equipment
- C. Circuit Training
- D. Multi Station Exercise

**L. THE THREE DIVISION OF WEIGHT TRAINING ----- 10 Marks**

- a) Exercises to strengthen shoulder and upper extremity muscle – Bench Press – Overhead Press.
- b) Exercises to strengthen spinal and abdominal muscles – situps

- c) Exercises to build up muscle of the lower extremities – Squats, Iron Shoes

#### **M. SPORT TRAINING ----- 15 Marks**

##### **Definition – Aims of Sports Training**

1. Improvement of Physical Fitness
2. Acquisition of motor skills
3. Improvement of mental capabilities.

##### **Forms of Sports Training**

1. Physical Exercises
2. Theoretical instructions and discussion
3. Task of observation and study

##### **Characteristics of Sports Training**

- i) Performance and competition oriented process
- ii) Scientific Process
- iii) Planned and Systematic process
- iv) Unified Process of Education and performance improvement
- v) In sports training the daily routine of the sportsman is controlled
- vi) The coach has the leading role
- vii) Sports training aims at the exploitation of hidden human reserves
- viii) Sports training is a continuous process of perfection of means and method for the improvement of performance

##### **Performance Pre-requisites –**

- i) Character and ideological Factor
- ii) Technical – Coordinative Factor
- iii) Tactical Factor
- iv) Conditioning Factor
- v) Conditional Factor

#### **N. TRAINING MEANS ----- 10 Marks**

- Table I -
1. Principal Training means
  2. Additional Training means
    - A) Psychological means
    - B) Medical and Physiotherapeutic means
    - C) Natural means
    - D) Material object

**Physical Exercises –**

- A) General Exercise
- B) Special Exercises
- C) Competition Exercise

Movement Structure – Load structure – Table – 2 – and Table – 3

**O. TRAINING LOAD ----- 10 Marks**

- External load – Internal load – Principle of Progression of load  
Training load and Super – Compensation

- Principle -**
- a) Principle of Continuity and repetition of load
  - b) Principle of Optimum load
  - c) Principle of load and recovery
  - d) Principle of Specificity of load
  - e) Principle of Progression of load

**Component of load –**

How the knowledge of component of loads helps a coach or sports man –

- 1) Intensity – Density of load – Volume – Duration of Stimulus –  
Frequency of stimulus – Judgement of load – Objective means of Judgement of  
load

- a) Pulse rate
- b) Body weight – Overload – causes of overload  
Symptoms of over load – How to tackle Overload.

**R. PRINCIPLES OF SPORTS TRAINING ----- 10 Marks**

- 1) Principle of Continuity
- 2) Principle of Progression of load
- 3) Principle of Individualisation
- 4) Principle of Active Participation
- 5) Principle of Planned & Systematic Training
- 6) Principle of General & Special Preparation
- 7) Principle of Clarity
- 8) Principle of Clarity
- 9) Principle of Ensuring results.

Basic Methods of Training – Continuous Methods – Interval Methods – Repetition  
Method.

## **Technical Paper – II (150 Marks) (MCQ)**

### **A. COACH ----- 15 Marks**

1. Definition of coach.
2. What coaches are like.
3. Quality of a good coach.
4. Obligation to young people and athletes.
5. Responsibilities of coach.
6. Leadership role.
7. Follower role.
8. Role Model
9. Disciplinarian role.
10. Friend and Councillor role.
11. Parent Substitute role.
12. Family Member role.

### **B. PHYSICAL EDUCATION ----- 20 Marks**

1. Definition
  - Aims and Objectives of Physical Education
  - Scope of Physical Education
2. Foundation of Physical Education
  - Psychological Aspects
  - Psychology what it is
  - Reflex Action Conditioned Reflex
  - Characteristics of Reflex Actions
  - Laws of learning

Their application to the situation on play ground –

- a) Law of Readiness.
- b) Law of Effect.
- c) Law of Similarity.
- d) Law of Contrast.
- e) Law of Primacy.
- f) Law of Regency.
- g) Law of Belongingness.
- h) Law of Intensity to Stimulus.

**C. TRANSFER OF TRAINING AND ITS IMPORTANCE IN LEARNING PHYSICAL SKILLS ----- 10 Marks**

- a) Positive Transfer
- b) Negative Transfer

**D. HISTORY OF PHYSICAL EDUCATION IN INDIA-BRITISH PERIOD. ----- 5 marks**

Yoga

- Advantage of Yoga
- Disadvantage of Yoga
- Benefits of Yoga

**E. TOURNAMENTS ----- 15 Marks**

1. Knock-out or Elimination
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournaments – Seeding Methods – Special Seeding

**F. MOTOR DEVELOPMENT ----- 15 Marks**

- A) Morphological and Physical Growth
- B) Psychological and Social Development
- C) Motor Development

**G. DIMENSIONS OF THE PLAYING ARENA ----- 15 Marks**

- Basketball, Boxing, Football, Hockey, Tennis, Table Tennis, Volleyball, Wrestling.

**H. CIRCUIT TRAINING ----- 20 Marks**

Three types –

- a) Circuit Training According to Continuous Method
- b) Circuit Training According to Interval Method
- c) Circuit Training According to reception Method

**I. STRENGTH ----- 15 Marks**

Three types –

- a) Maximum Strength
- b) Explosive Strength
- c) Strength Endurance



## **J. APTITUDE TEST ----- 20 Marks**

- **Numerical And Figurework Tests: (4 Marks)**

These tests are reflections of fluency with numbers and calculations. It shows how easily a person can think with numbers. The subject will be given a series of numbers. His/Her task is to see how the numbers go together to form a relationship with each other. He/She has to choose a number which would go next in the series.

- **Verbal Analysis And Vocabulary Tests: (6 Marks)**

These tests measure the degree of comfort and fluency with the English language. These tests will measure how a person will reason with words. The subject will be given questions with alternative answers, that will reflect his/her command of the rule and use of English language.

- **Visual And Spatial/3-D Ability Tests: (4 Marks)**

These tests are used to measure perceptual speed and acuity. The subject will be shown pictures where he/she is asked to identify the odd one out; or which comes next in the sequence or explores how easily he/she can see and turn around objects in space.

- **Abstract Reasoning Tests: (6 Marks)**

This test measures the ability to analyse information and solve problems on a complex, thought based level. It measures a person's ability to quickly identify patterns, logical rules and trends in new data, integrate this information, and apply it to solve problems.

### **Recommended Text Books**

1. Sports Training (General Theory & Methods)  
By Handayal Singh
2. Method in Physical Education  
By C. Tirunarayanan S. Harikarasharma
3. Physical Education and Games  
By Sethi & Selgal Agarwal & Sharma
4. Weight Training in Sports  
By Lokesh Thani Sports Publication
5. Principles & History of Physical Education  
By Kamlesh & Sangral
6. Sports Science  
By Dr. Kalyan Mukherjee
7. Guide to Effective Coaching  
By Billie J. Jones, L. Janet Week, Rachel E. Peters Dewayne J. Johnson.