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
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
   1. Psychological means
   2. Medical and Physiotherapeutic means
   3. Natural means
   4. Material object

2. Additional Training means
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 Prosession 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 Overs load.

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 & Systematics Training
6) Principle of General & Special Preparation
7) Principle of Clarity
8) Principle of Clarity
9) Principle of Ensuring results.

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.
7. Follower role.
8. Role Model
10. Friend and Counsellor 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 Mukhergee
7. Guide to Effective Coaching
   By Billie J. Jones, L. Janet Week, Rachel E. Peters Dewayne J. Johnson.