

Syllabus for Recruitment to the post of
COACH GRADE - III
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)

- 1. CHAPTER-I (10 Marks)**
 - a) Nature and definition of Sports Training
 - b) Aims and characteristics of Sports Training

- 2. CHAPTER-II (10 Marks)**
 - a) Definition of Sports
 - b) Differentiate competition performance and Training performance

- 3. CHAPTER-III (20 Marks)**
 - a) Definition of Load
 - b) Four factors of Load
 - c) Judgement of Load objective means and subjective means
 - d) Symptoms of overload and cause of overload

- 4. CHAPTER-IV (20 Marks)**
 - a) Principles of planned and Systematic Training
 - b) Lesson plan for technique Training

- 5. CHAPTER-V (10 Marks)**
 - a) Definition of strength
 - b) Types of strength

- 6. CHAPTER-VI (10 Marks)**
 - a) Factors determining speed
 - b) Differentiate Speed and Agility

- 7. CHAPTER-VII (10 Marks)**
 - a) Explain the three types of endurance
 - b) Aims of endurance

8. CHAPTER-VIII (20 Marks)

- a) Definition of Flexibility
- b) Importance of Flexibility
- c) Types of Flexibility
- d) Method of improving Flexibility

9. CHAPTER-IX (20 Marks)

- a) Aims of technique in sports
- b) Importance of sports psychology in sports performance

10. CHAPTER-X (20 Marks)

- a) Structure of training session
- b) Describe briefly the three aspect of growth and development
- c) Step for talent identification and its promotion

Technical Paper – II (150 Marks)
(MCQ)

1. CHAPTER-I (30 Marks)

Function of human heart with diagram

2. CHAPTER-II (TYPES OF MuCLE FIBRE) (10 Marks)

- a) Types of muscle fibres and functional differentiation
- b) Types of muscular contraction

3. CHAPTER-III (DOPING) (20 Marks)

- a) Define doping?
- b) The most commonly used substances and how they used?

4. CHAPTER-IV (20 Marks)

- a) Draw knockout system for 13 team FIXTURE using power of 2
- b) League cum knockout system for 20 teams

5. CHAPTER-V (HIGH ALTITUDE TRAINING) (20 Marks)

- a) Define high altitude
- b) Performance in high altitude
- c) Effect of high altitude

6. CHAPTER-VI (20 Marks)

Explain the following

- a) Strain
- b) Sprain
- c) Dislocation
- d) Simple fracture
- e) Compound fracture

7. CHAPTER-VII (HEART BEAT/PULSE RATE) (10 Marks)

Normal condition of a player's heart beat is 40 b/m, how much will be his maximum heart beats per minute during exercise for endurance.

8. 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.