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
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 constraction

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) Leaque 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.