

## **Syllabus for Madhyamic Paper I STET 2023**

### **Unit A Subject--- Physical Education**

**100 Marks**

- UNIT 1 Changing Trends & Career in Physical Education
- UNIT 2 Olympic Value Education
- UNIT 3 Yoga and Yoga as Preventive measure for Lifestyle Disease
- UNIT 4 Physical Education & Sports for CWSN
- UNIT 5 Physical Fitness, Wellness Sports & Nutrition
- UNIT 6 Test, Measurements & Evaluation
- UNIT 7 Fundamentals of Anatomy and Physiology in Sports
- UNIT 8 Fundamentals of Kinesiology and Biomechanics in Sports
- UNIT 9 Psychology and Sports
- UNIT 10 Training & Doping in Sports
- UNIT 11 Children and Women in Sports
- UNIT 12 Test and Measurement in Sports
- UNIT 13 Physiology & Injuries in Sport
- UNIT 14 Biomechanics and Sports
- UNIT 15 Training in Sports

## **Syllabus for Art of Teaching and Other Skills STET 2023**

### **Unit B Art of Teaching, Other skills**

**Marks 50**

#### **(I) Art of Teaching**

**Marks 30**

#### **(II) Other skills**

**Marks 20**

#### **I Art of Teaching**

- A. Teaching & Learning:- Meaning, Process & Characteristics.
- B. Teaching Objectives and Instructional objectives: Meaning & Types, Blooms Taxonomy.
- C. Teaching Methods: - Types and its Characteristics, Merit, and demerits of Methods.
- D. Lesson Plan: - Types and Format & Various Model.
- E. Microteaching & Instructional analysis.
- F. Effective ecosystem of Classroom.
- G. Textbook and library
- H. Qualities of Teacher.
- I. Evaluation & Assessment for learning.
- J. Curriculum.
- K. Factors affecting teaching and learning.
- L. Teaching Aids and Hands on learning.

## **II Other skills**

1. General Knowledge,
- 2.Environmental Science
3. Mathematical aptitude,
- 4.logical Reasoning