

Topics of Syllabus – PGT (Physical Education): -

1. Meaning, Definition, History, Need and Importance of Sports Psychology.
2. Asanas, Pranaya, Criyas, Mudras, Yoga.
3. Motivation, Goal Setting.
4. Motor Fitness Tests & Physical Fitness Tests.
5. Aerobic – Anaerobic and Anthropometric Tets..
6. Research Process in Physical Education and Sports Sciences.
7. Physiology of Exercises.
8. Yogic Sciences.
9. Tests, Measurements and Evaluation in Physical Education.
10. Sports Technology.
11. Applied Statistics in Physical Education and Sports.
12. Sports Biomechanics and Kinesiology.
13. Athletic Care and Rehabilitation.
14. Sports Journalism and Mass Media.
15. Sports Management and Curriculum Design.
16. Sports Medicines.
17. Health Education and Sports Nutrition, Weight Management.
18. Sports Engineering.
19. Physical Fitness & Wellness.
20. Sports Psychology.
21. Information & Communication Technology in Physical Education.
22. Track & Field – I & II Sports.
23. Game Specialization.
24. Disabilities.
25. Equipments.
26. Sampling.
27. Measurement of Dispersions & Scales.
28. Probability & Distribution of Graphs.
29. Fundamentals of Computers.
30. Flexibility Exercises.
31. Value Systems.
32. Movement Analysis.

Topics of syllabus-Teaching Education and Methodology:-

- 1. Learning & Teaching**
- 2. Language across the curriculum**
- 3. Understanding discipline and subject**
- 4. Gender school and Society**
- 5. Pedagogy of a school subject**
- 6. Knowledge and curriculum**
- 7. Assessment for learning**
- 8. Creating an inclusive school**
- 9. Childhood and growing up,**
- 10. Drama and Art in Education**