

APPENDIX - I**SCHEME & SYLLABUS OF EXAMINATION FOR THE PURPOSE OF FILLING UP THE POST OF CHIEF COACH UNDER SPORTS & YOUTH AFFAIRS DEPARTMENT**

1. The examination will be consist of two (2) papers:-

PAPERS	SUBJECT	FULL MARKS	TIME ALLOWED
PAPER-I	GENERAL ENGLISH & GENERAL KNOWLEDGE	100 (MCQ & Conventional)	2.00 HOURS
PAPER-II	SPORTS	150 (MCQ & Conventional)	3.00 HOURS

**VIVA-VOCE/PERSONALITY - 50****PAPER-I: GENERAL ENGLISH:-**

The question will be designed to test the candidate's understanding and command of the English language.

**English**

Candidates will be required to answer questions designed to test their understanding of English and workman like use of words. The pattern of questions would be broadly as follows:-

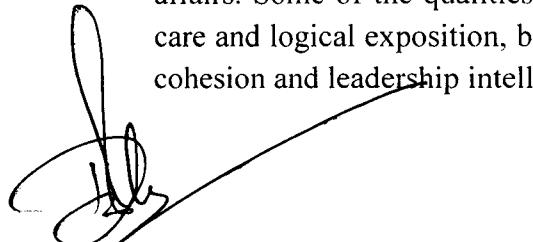
1. Comprehension of given passage.
2. Precis writing.
3. Usages and Vocabulary
4. Essay.

**GENERAL KNOWLEDGE**

**General Knowledge:** Knowledge of current events of local, National and International importance and of such matter of everyday observation and experience in their scientific aspects as may be expected of any educated person who has not made a special study of any scientific subject. The paper will also include questions of Modern history (from 1857 onwards) of India, Indian Culture, Indian policy, Indian economy, and Geography of India of such nature as candidates should be able to answer without Special Study and questions on the techniques of Mahatma Gandhi. The questions will be objective type.

**VIVA-VOICE:** The candidates will be interviewed by the Commission who will have before them a record of his career. He will be asked questions on matters of general interest. The object of the interview is to assess the personality suitability of the candidate for the service post.

The test is intended to judge the mental calibre of candidate. In broad terms this is really an assessment of not only his intellectual qualities but also social traits and his interest in current affairs. Some of the qualities to be judged are mental alertness, critical powers of assimilation, care and logical exposition, balance of judgement, variety and depth of interest, ability for social cohesion and leadership intellectual and moral integrity.



## 2. PAPER-II: SPORTS

The questions will be conventional type and will cover areas of knowledge of the following subjects and topics:-

1. Rules & Regulations of Boxing
2. Sports Physiology
3. Sports Psychology
4. Sports Medicine
5. Sports Managements

### Chapter 1: Introduction of Boxing

#### Contents:

- i. Coaches
- ii. Training
- iii. Competition
- iv. Additional Aspects in Boxing
- v. Additional Techniques
- vi. Individualization

### Chapter 2: Physiological aspects

#### Contents:

- i. Need and Importance of Exercise Physiology in Boxing
- ii. Effects of Exercise in Different Systems of Human body
- iii. Fatigue, Second Wind and Oxygen Debt.
- iv. Aerobic and Anaerobic Activity

### Chapter 3: Psychological Aspects

#### Contents:

- i. Role of Sports Psychology in Boxing
- ii. Different Theory of Play
- iii. Affects of Learning Curve on Sports Performance
- iv. Role of Interest, Attitude and Motivation in Sports Performance

### Chapter 4: Sports Medicine

#### Contents:

- i. Cell and Tissue
- ii. Structural Organization of Human Body
- iii. Cardiovascular System
- iv. Respiratory System
- v. Muscular System
- vi. Skeletal System
- vii. Hematopoietic System
- viii. Energy Release during Physical Activity
- ix. Prevention of Sports injuries
- x. Sports Injuries
- xi. First Aid in Sports Injuries
- xii. Rehabilitation
- xiii. Stretching Exercise
- xiv. Massage
- xv. Sports Nutrition
- xvi. Thermoregulation
- xvii. Doping
- xviii. Altitude Training its effects
- xix. Sports and Personal Hygiene
- xx. Sports Physiotherapy

## ● Chapter 5: Training in Boxing

- i. Latest Trends in Training & Performance in Boxing
- ii. Different Modes & Methods of Boxing Training
- iii. Preparation in Training Scheduled
- iv. Role of Technique, Skill & Strategies in Training Stage
- v. Phases of Skill Acquisition
- vi. Principles of Overload

