



Non-Faculty Advt.No. IIITS//RC/NT/2025/05, dt.16 July, 2025

Post : Students Activity and Sports Officer

Syllabus & Scheme of Examination

Part A : Written Test

1. Physical Education, History of Physical Education, Biological Basis of Physical Education: Meaning, Aims, Objective, scope, need and importance of Physical Education, History and growth of Physical Education, Growth & Development, Learning, Types of Body.
2. Anatomical and Physiological basis: Introduction to Anatomy & Physiology, Skeletal System, Muscular System, Respiratory system, Digestive System, Circulatory System, Nervous System, Excretory System, Endocrine System, Blood and its composition, Types of Blood.
3. Psychological Basis of Physical Education & Sports: Meaning of Psychology, Sports Psychology, Psychological factors affecting physical performance, Learning, Motor Skill learning, Learning Curve, Training, Transfer of Training and its theories, factors affecting transfer of training, Motivation, Personality, interest, Attitude, Adolescence
4. Health and Health education: Meaning of Health, Health Education, Objectives and its scope, principles of Health education, Balanced Diet, Nutrition, Body Mass Index, Hygiene, Environmental affect on Health, Communicable diseases, Drugs and Doping, NADA, WADA.
5. Sports Training and Physical Fitness: Physical Fitness and its components, Development of types of components Physical Fitness, Sports Training, Training Methods, Principles of Sports Training, Warming up, Cool down, Effect of Training on Various Body systems, Concepts such as Vital capacity, Second wind, Oxygen debt, Fatigue, Muscular contractions, Blood Pressure etc.
6. Sports Biomechanics and Kinesiology: Meaning and Definition of Sports Biomechanics and Kinesiology, Biomechanical components, Sports Injuries, Postural Deformities, First Aid, Physiotherapy, Disability and its types, Rehabilitation.
7. Sports Tournaments: Coach, Leadership, Organization of Intramurals and Extramural, Fixtures.
8. Yoga: Meaning, aim and types of Yoga, Elements of Yoga, Yog Asanas, Pranayam and Kriyas.
9. Olympic Movement and Games: History of Olympic and Paralympics Games, Growth of Olympic and Paralympics Games, India at Olympic and Paralympics Games, Olympism and its meaning.
10. Sports (Miscellaneous): National Sports Awards, Dimensions of various sports/games facilities, Rules & Regulations of various Sports & Games, Famous Athletes, tournaments and terms of various Sports & Games

Part B: Proficiency Test

The syllabus of the Proficiency Test including Computer Literacy Test will be shared with the shortlisted candidates.

Misc: Manual of Office Procedures for the Finance & Accounts, GFR-2017, Administration, NPS, Leave Rules, RTI act, Central Pay commission Rules, DoPT rules, IIIT Sri City Statutes, IIIT Act, General English, GK, Verbal, Non-Verbal, Test of Reasoning/ Logical Reasoning.