भारतीय प्रौद्योगिकी संस्थान जोधपुर
Indian Institute of Technology Jodhpur

Syllabus of Written Test & Field Test for the post of Assistant Sports Officer (Post Code – 5218)

Written Test (MCQ/Descriptive) – 60 Marks

Field Test – 40 Marks

MAJOR GAMES

Measurements, Equipment, Rules and regulations, Fundamental skills, and officiating of the following games and sports:

Athletics, Hockey, Cricket, Basketball Football, Badminton, Table Tennis, Tennis, Wt. Lifting, Chess, Swimming, Water polo, Squash, and Volleyball.

SAFETY MEASURES, PREVENTION, AND MANAGEMENT OF INJURIES

Safety measures and prevention of injuries
Management of injuries
Causes and remedies for injuries
Physiotherapy, rehabilitation, and massage
First aid

SPORTS NUTRITION

Balanced Diet & Nutrition: Macro & Micro Nutrients
Nutritive & Non-Nutritive Components of Diet
Energy requirements of athletes in specified events
Nutritional requirements of athletes: pre, during, and post-competition phases

ORGANISATION & MANAGEMNET

Sports equipment: Need, type, purchasing policy, maintenance, issue, and disposal.
Playfields: Need, importance, characteristics, location, steps in the layout of playfields, care, and maintenance.
Facility management- planning, procuring, and maintenance of facilities- indoor and outdoor facilities. Planning and management of sports infrastructure. Management of records.

Role of sports manager- interpersonal, informational, and decision making. Managerial skills – technical, human, and conceptual. Qualities and qualifications of sports manager.
Event management- its principles, planning, checklist, rehearsal, itinerary, execution, reporting, and follow-up procedures of an event.
Public relation- principles of public relations in physical education and sports. Mass Media- communication and publicity, qualifications of public relations officer.

TRAINING AND DOPING IN SPORTS

Important features and principles of training load
Training for important motor components
Meaning & Concept of Sports Training
Principles of Sports Training
Warming up & limbering down
Skill, Technique & Tactics
Concept & classification of doping
Prohibited Substances & their side effects

SPORTS PSYCHOLOGY

Sports psychology- its importance in the field of physical education and sports.
Motivation in sports- types, theories, and dynamics.
Psychological factors affecting sports performance
Transfer of training and its types with its implication in sports.
Group dynamics, group cohesion, and leadership in sports.

HEALTH

Community health program- Health appraisal & health instructions. International and national health-promoting government & private agencies.
Obesity-related health problems. Bodyweight control and its significance on health. Role of exercise, dieting, and combination of exercise & dieting on weight control.
Communicable diseases: causes, symptoms, prevention through other means, and Immunization.

GENERAL AWARENESS ABOUT PHYSICAL EDUCATION AND SPORTS INCLUDING CURRENT TRENDS AND PRACTICES

ENGLISH COMPREHENSION, LOGICAL REASONING & BASIC MATHEMATICS

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