



डा बी आर अम्बेडकर राष्ट्रीय प्रौद्योगिकी संस्थान, जालन्धर

DR BR AMBEDKAR NATIONAL INSTITUTE OF TECHNOLOGY JALANDHAR

Syllabus for written test for the post of SAS Assistant

Computer awareness:

Basic knowledge of Computer Applications, viz; MS Word, MS Excel, Power Point etc. Internet, MS-DOS, Computer Generation & Development, UNIX, Windows, Lotus, SmartSuite, Data Entry, Softwares knowledge, Networking Platforms, applications of computers in electrical engineering

Physical Education - Meaning, Definition, Aims, Objectives and Scope. History of Physical Education in Ancient Greece: in Reference to Sparta and Athens. Philosophy: Meaning, functions of Philosophy, Idealism, Realism, Naturalism, Pragmatism, Arjuna Award, Dronacharya Award /MAKA Trophy. Ancient and Modern Olympic Game, Commonwealth Games.

Meaning of kinesiology, aims and objectives of kinesiology. Importance of kinesiology in physical education. Meaning structure and chemical composition of bones. Functions and types of bones. Common postural deformities i.e. flat foot, bow legs, knock knees, lordosis, scoliosis, kyphosis, and round shoulders, their causes and remedial measures. Motion and types of motion & Newton's law of motion.

Meaning and Definition of Test, Measurement, & Evaluation. Philip's J.C.R Test, AAHPER Youth Fitness Test, Tuttle Pulse Ratio Test, Harvard Step Test) Johnson Basketball Test , Knox Basketball Test, Modified Brady Volleyball Test, Russell-Lange Volleyball Test. Somatotyping Meaning of Somatotyping Brief Account of Kretchmer's Body Type, Brief Account of Sheldon Body Classification.

Meaning and Definition of Sports Training, Aims and Objectives of Sports Training. Meaning and Types, Talent Identification and its Importance. Meaning of Training Load, Principle of Training Load, Overload Causes and Symptoms of Overload. Definition and Meaning of Endurance, Types of Endurance, Factor Affecting Endurance, Methods of Developing Endurance Definition Meaning of Flexibility, Types of Flexibility, Factor Affecting Flexibility, Methods of Developing Flexibility.

Muscular System: Classification of Muscles, Functions and Types of Muscles, Concept of Homeostasis and its Relevance to Physical Education and Sports, Brief Introduction of the Cardiovascular System: The Heart & its Structure and Function, Cardiac Cycle, Mechanism of Blood Circulation, Composition and Function of Blood, Brief Introduction of the Respiratory System, Structure and Functions, Mechanism of Respiration, Types of Respiration.

Sports Psychology, Nature, Scope and Importance in Physical Education Methods of Sports Psychology. Concept of Learning, Theories and Laws of Learning. Laws and principles of learning. Meaning and Types Dynamics of Motivation in Sports. Techniques of Motivation. Intelligence, Definition and Meaning of Intelligence Theories of Intelligence Role of Intelligence in Sports.

Definition, Meaning and Importance of Officiating, Principles of Officiating, Qualities of good Officials. Duties of Officials:- Pre-game, During Game, Post Game, Measures for Improving the Standard of Officials. Rules of Different games and Dimensions of Play fields:-Basketball, Handball, Kabaddi, Volleyball. Methods of Conditioning and Training, Continuous Training Method, Interval Training Method, Repetition Training Method.