

Student Activity and Sports (SAS) Assistant

Selection Process for SAS Assistant

- 1) **Stage-I (Screening Test):** A screening test shall be conducted in the first phase in form of multiple choice written test. Written test shall be of **90 minutes'** duration comprising of **75 questions**. Each **correct answer will be awarded One [1] mark** and for each **wrong answer One-fourth [1/4] mark shall be deducted**. Screening test shall consist of questions on **General English**(Tenses, Active and Passive, Direct and Indirect speech, Punctuation, Correction of sentences, One word substitutes, Modals, Articles, Clauses, Synonyms, Antonyms, Idioms and Phrases); **Numerical Aptitude Arithmetic**(Simplification of Fractions, Simple and Compound Interest, Profit and Loss, Percentage, Averages, Number System, Time and Work, Problems on Trains, Calendar, Area, Problems on Numbers, Square root, Cube root, Time and Distance and Other basic Arithmetic related matters); **Reasoning and Data Interpretation** (Number Series Compilation, Missing Number finding, Pattern series, Direction Sense Test, Series Compilations, Classification, Missing Character finding, odd man out, Blood relations, Analogy, Coding and Decoding, Letter and Symbol Series, Verbal reasoning, Statement and Conclusions, Letter and Symbol Series, Logical Problems, Arithmetic reasoning, Logical Sequence of words, Pie Chart and Bar Chart).

Eligible candidates **Ten Times** of the positions in each category will be screened for the Stage-II subject to the fulfillment of all educational qualification etc. as per the Recruitment Rules-2019.

Stage-II (Skill test)

- 2) **Stage-II (Skill Test):** The skill test will be of qualifying nature.

Physical Fitness and Skill Test: -

(A). Physical Fitness Test: (Qualifying)

(i). Standardized test will be taken by Institute (Qualifying) of only those candidates who got medical fitness certificate for participation in this test.

(ii). On production of such certificate mentioned in sub-clause **(i)** above, the candidate would be required to undertake the physical fitness test in accordance with the following norms:

Norms for Men			
12 minutes run/walk			
Up to 30 Years	Up to 40 Years	Up to 45 Years	Up to 50 Years
1800 meters	1500 meters	1200 meters	800 meters
Norms for Women			
08 minutes run/walk			
Up to 30 Years	Up to 40 Years	Up to 45 Years	Up to 50 Years
1000 meters	800 meters	600 meters	400 meters

(B). Skill Test: 100 Marks (60% Qualifying)

The qualified candidates in physical fitness test shall have to qualify the skill test as per their specialization game / sports which the candidate opted for (Badminton, Cricket, Football, Lawn Tennis, Volleyball).

Note: - Five skills of opted game will be examined followed by a demo game/match. To qualify, a candidate needs obtain minimum 60% marks to qualify for the next round.

The candidates, who will qualify the skill test, will be called for the final written test. The candidates appearing in the written test must ensure their eligibility for the particular category of post. The documents in support of their eligibility shall be verified before the Final test. If any candidate will not have requisite qualification etc. as per the post for which he is appearing will not be allowed to sit in the final test (Stage-III).

Stage-III (Final test)

Stage-III (Final Test): Final written test shall be of 2 hours duration comprising of 100 multiple choice questions.

Each **correct answer will be awarded One [1] mark** and for each **wrong answer One-fourth [1/4] mark shall be deducted**. Only those who are screened in after the Screening test [Stage –I] and qualify the Skill Test [Stage-II] will be allowed to appear in the Final Test [Stage III]. The minimum passing marks in Final test will be [UR:30%; EWS:27%; OBC:27%; SC;20%; ST:20%; PwD:15%].

The final merit list shall be drawn on the basis of the stage-III written test.

Syllabus for written test shall be as under:

- (a) 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.

- (b) Sports Kinesiology** - 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.
- (c) Test, Measurement, & Evaluation** - Meaning and Definition of Test, Measurement, & Evaluation. Philip's J.C.R Test, AAHPER Youth Fitness Test, Tuttle Pulse Ratio Test, Harvard Step Test) Hicks Badminton Test, Knox Basketball Test, McDonald Soccer Test, Henry- Friedel field Hockey Test, Russell-Lange Volleyball Test. Somatotyping Meaning of Somatotyping Brief Account of Kretchmer's Body Type, Brief Account of Sheldon Body Classification.
- (d) Sports Training** - 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 Strength, Types of Endurance, Factor Affecting Speed, Methods of Developing Endurance Definition Meaning of Flexibility, Types of coordinative ability, Factor Affecting Flexibility, Methods of Developing Flexibility.
- (e) 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.
- (f) 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.
- (g) Officiating** - 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. Methods of Conditioning and Training, Continuous Training Method, Interval Training Method, Repetition Training Method.