



क्रमांक /No. IITBhillai/StaffRec./2025/70

दिनांक/Date: 16.04.2025

सूचना/NOTICE

Recruitment for the post of Assistant Physical Education Officer Ref: Advertisement No. IIT Bhilai/Staff Rec.2024/02 Date: 17.09.2024

With reference to the representation received from the applicants against the Notice bearing No. IITBhillai/StaffRec./2025/67 dated 27.03.2025, in connection with the list of shortlisted/not shortlisted applicants for the post of Assistant Physical Education Officer (Post Code: 301), we have reviewed the provisional list of not shortlisted applicants. After careful consideration, we have found that no candidates from the list of not shortlisted applicants are eligible for the next stage of the selection process for the post of Assistant Physical Education Officer (Pay Level 10, Group A).

टिप्पणी/Note:

1. Applicants who are shortlisted are purely based on the information provided by the candidates in the application form through the online portal.
2. Action taken on the representations is informed through personal email.
3. No further correspondence shall be entertained by the institute for the said post in the future.

Syllabus for the post of Assistant Physical Education Officer

All the candidates are expected to study the following syllabus for the post of Assistant Physical Education Officer and prepare accordingly. No separate email intimating the syllabus will be sent to individual candidates by the institute. The institute will not be responsible for non checking/ delay in checking the syllabus by the candidate and claiming for any relaxation in this regard in the future.

SYLLABUS

The following pattern for the written exam:

1. **Section A (20 marks):** General knowledge, Current Affairs, Logical Reasoning, Aptitude
2. **Section B (30 marks):** Sports training knowledge (Domain knowledge)
3. **Section C (30 marks):** Sports-specific knowledge
4. **Section D (20 marks):** English language- communication skills-comprehension and report/letter writing skills, MS Office and sending email with attachments

The detailed syllabus of Section B and Section C is as follows:

Section B: Focus on assessing sports training knowledge (domain knowledge) (30 points)

1. **Organic function:** Cardiovascular respiratory function, Measurements of Organic Function, Motor Fitness
 - a. Cooper's 12 minute continuous run / walk test.
 - b. Tuttle's pulse ration test.
 - c. Harward step test and its modification.
2. **Motor Fitness –**
 - a. Oregon motor fitness test
 - b. JCR test
 - c. Canada fitness test
 - d. AAHPER youth fitness test.
3. **Test for strength-**
 - a. Strength, Roger's physical fitness index and suggested changes
 - b. Kraus-weber test
4. **Test for skills-**
 - a. Tests Volley ball-Brady test, Russel and Lange test

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- b. Basket ball-Johnson test, Knox test
 - c. Soccer-Mc Donald test, Johnson test
 - d. Field Hockey-Harbans Singh field hockey test
 - e. Badminton-Miller test
 - f. Dyer tennis test.
5. **Bio-energetics-** Energy for muscular contraction and biochemical changes during muscular contraction, Heat production and thermo-dynamics of muscle contraction.
6. **Neuro-muscular concepts -** Neuron and motor unit transmission of nerve impulses, bio-electrical potentials, Nerve to nerve synapse, Neuro muscular junction and transmission of nerve impulse across it.
7. Heart and circulatory systems.
8. Respiratory system
9. Digestive system
10. Effect of exercise on different functional abilities.
11. Biomechanical analysis of different sports skills and techniques
12. Kinensiological analysis of different sports skills and techniques
13. Law of motion, force, gravity, inertia, aerodynamics
14. Friction, spin
15. Lever and its application
16. Work, power and energy
17. Construction of standard track.
18. Construction of different play fields
19. Training Load: Important features of training load [Intensity, Density, Duration and Frequency].
20. Principles of Training load, Relationship between load and adaptation, conditions of adaptation, principles of over load. Causes and symptoms of over load, tackling of over load.
21. Training plans long term and short term plans,
22. Periodisation (Single double and triple). Cyclic process of training. Training session.
23. Development of strength and endurance
24. Development of flexibility, coordinative abilities
25. Role of psychology in sports performance
26. Learning, motor learning, learning curve
27. Motivation, aggression, emotion, anxiety
28. Types of tournament, conduction of tournament, budgeting
29. Talent identification in sports.
30. Type of research, sampling, normal probability curve, fundamental statistics, hypothesis, report writing

Section C: Focus on evaluating sports-specific knowledge (30 points)

1. Fundamental skills of particular games
2. Development of skills
3. Defensive skills
4. Offensive skills
5. Strategies and tactics
6. Techniques
7. Training plan for competition (short term)
8. Training plan for competition (long term)
9. Psychological training
10. Relaxation techniques
11. Development of concentration, focus and attention
12. Lesson plan preparation for coaching purpose
13. Training load
14. Intensity, density and volume of training load
15. Video analysis techniques
16. Kinensiological and biomechanical analysis
17. Development of different of functional abilities



18. Injuries and its types
19. Rehabilitation of injuries
20. Physiotherapy methods of treatment
21. To identify potential sportspersons
22. Rules of particular game
23. Construction and marking of playfield
24. Balanced diet
25. Diet before, during and after competition
26. Drugs and doping
27. Visuo spatial abilities
28. Different perceptual abilities
29. Cognition in sports
30. Counselling techniques

The institute would intimate the schedule of the written test and Interview shortly on the website to the candidates who have been provisionally shortlisted.

Document Verification Requirement for Shortlisted Candidates

The shortlisted candidates must produce all the documents in original for document verification to prove their claim about their eligibility, including Date of Birth, Education Qualification, PWD certificate, Service/Experience Certificate relevant to the post from their employer (past and current), Professional certification (if applicable), etc. IIT Bhilai reserves the right to determine the relevance of any professional experience to the post applied.

If the candidate is not able to produce all the relevant documents in the original form for document verification, and/or if the information provided by the candidate is found to be incorrect, the candidature will stand automatically cancelled without any further notice.

All concerned are hereby advised to keep visiting the institute website regularly for any further updates.



Jayesh

कुलसचिव/Registrar
भा.प्रौ.स. भिलाई /IIT Bhilai

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