

**Department of Physical Education & Sports Sciences (Faculty of
Inter-disciplinary & Applied Sciences) University of Delhi, C/O
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SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO B.P Ed. COURSE 2020-21

1. Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education.
2. Careers in Physical Education and Sports.
3. Meaning, Importance, components and factors effecting physical fitness and wellness.
4. Meaning, need and essential elements of sports environment
5. Role of Lifestyle in the management of diseases
6. Philosophy of Olympism and Olympic Movement
7. Posture and common postural deformities
8. Meaning, importance of Yoga and Ashtang Yog
9. Meaning and components of Balance diet
10. Health-meaning, dimensions of health and their interrelationships, factors influencing health.
11. Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education, Hygiene. Nutrients- sources, functions and requirements, balanced diet
12. Definitions, causes including the mode of spread and prevention of communicable and non- communicable diseases. Immunization schedule.
13. Definition of first aid, DRABCH of first aid, CPR
14. Meaning, methods and principles of Sports Training
15. Latest general knowledge, rules and regulations of games and sports
16. Planning and organization of sports competitions
17. Meaning, importance and concept of sports psychology
18. Meaning, importance and concept of sports sociology
19. Latest sporting events
20. Teaching Aptitude.
- 21. General Knowledge (National & International)**
General knowledge on Sports Events, Sports persons, Awards &Honours,

Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Polices, Sports Abbreviations, Rules of games & Sports, Sports Equipments, Sports Terminology, Sports Infrastructure & stadia measurement of field & court of various sports/games, sports technology.

Dr. SANDEEP TIWARI

HOD,

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