

PHYSICAL TRAINING INSTRUCTOR RECRUITMENT 2023

SYLLABUS

Principles and foundation of Physical Education, Organization and Administration of Physical Education, Principles and Techniques of Officiating Coaching, Sports Training Methods, Test and Measurement in Physical Education, Sports Management, Sports Anatomy and Exercise Physiology, Yoga Education, and Sports Current Affairs.

SELECTION PROCESS OF PHYSICAL TRAINING INSTRUCTOR

1. Physical Fitness Test: 12 minutes Cooper Test. This is a pass/fail test.
2. Screening Test: Subject related to the syllabus (Multiple Choice Questions)
3. Skill Test: Specialized game skill test.
