

**SYLLABUS**  
**PHYSICAL TRAINING INSTRUCTOR**

- Asian Games
- Olympic Games
- Physical Activity, Yoga, Sports Nutrition and Weight Management, Anatomy and Physiology
- Fitness and wellness
- Contemporary issues in Physical Education and sports
- Organization and Administration in Physical Education and sports
- Education technology and methods of teaching in Physical Education and sports
- Exercise physiology
- Health Education and Sports medicine
- Sports psychology and sports sociology
- Measurement and evaluation in Physical Education and sports
- Kinesiology and biomechanics in Physical Education and sports
- Sports management, Research and statistics in Physical Education and sports
- Sports Training and methods of sports training
- Professional preparation and curriculum design
- Computer application in Physical Education and Sports
- The knowledge of computer basics like MS Excel, PPT and Word.
- General English, Quantitative Aptitude, Analytical Reasoning & General Knowledge / Current Affairs.

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