

SYLLABUS
ASSISTANT SPORTS OFFICER

- Principles & Concepts of Sports Training, Skill, Technique & Tactics, warming up & limbering down, Concept & classification of doping, Prohibited Substances & their side effects.
- Need, importance, characteristics, location, steps in layout of playfields, care and maintenance of Swimming pool, construction, characteristics, accessories, maintenance, rules for running pool, water purification system and safety measures
- Safety measures for all sports and prevention of injuries, First Aid, Management of injuries, Causes and remedies of injuries, Physiotherapy, rehabilitation and Massage.
- Balanced Diet & Nutrition (Macro & Micro- Nutrients), Nutritive & Non-Nutritive Components of Diet Nutritional requirements of athletes: during pre and post competition phases Energy requirements of athletes in specified events.
- Concepts of Physical Education and Sports, including current trends and practices.
- Equipment used, Rules and regulations. Fundamental skills and officiating of the following games and sports: Athletics, Hockey, Cricket, Basketball Football, badminton, Table Tennis, Wt. Lifting, Swimming, Water polo, Chess, Squash and Volleyball.
- Sports equipment: Need, type, purchasing policy, maintenance, issue and disposal.
- General English, Quantitative Aptitude, Analytical Reasoning & General Knowledge / Current Affairs.