

**DETAILED SYLLABUS FOR CATEGORY – II (PAPER – II)
FOR PET ONLY**

**Section I
LANGUAGE-I (MIL-ODIA)**

ଏହି ପାଠ୍ୟକ୍ରମରେ ପୂର୍ଣ୍ଣସଂଖ୍ୟା ୨୦ ଏବଂ ଏଥିପାଇଁ ୨୦ଟି ପ୍ରଶ୍ନ ରହିବ । ପ୍ରତ୍ୟେକ ପ୍ରଶ୍ନର କ୍ରମସଂଖ୍ୟା କେବଳ ୧,୨,୩,୪, କ୍ରମରେ ୨୦ ଯାଏ ରହିବ । ପ୍ରତି ପ୍ରଶ୍ନସହ ୪ଟି ସମ୍ଭାବ୍ୟ ଉତ୍ତର ଦିଆଯିବ । ତା' ମଧ୍ୟରୁ ସବୁଠାରୁ ଉପଯୁକ୍ତ ଉତ୍ତରଟିକୁ ବାଛିବାକୁ ହେବ । ପ୍ରତ୍ୟେକ ପ୍ରଶ୍ନର ମୂଲ୍ୟ ୧ ନମ୍ବର ।

ପ୍ରଶ୍ନରେ ଶବ୍ଦ କିମ୍ବା ବାକ୍ୟ ପାଇଁ କ୍ରୀଡ଼ା ସମ୍ବନ୍ଧୀୟ ଉଦାହରଣ ହେଲେ ଭଲ ।

୧. ଅବବୋଧ ପରୀକ୍ଷଣ : ପ୍ରାୟ ୧୫୦ ଶବ୍ଦ ବିଶିଷ୍ଟ କ୍ରୀଡ଼ା ସମ୍ବନ୍ଧୀୟ ଏକ ଗଦ୍ୟ ଅନୁଚ୍ଛେଦ ପ୍ରଦାନ କରାଯାଇ ତା'ର ଆଧାରରେ ୫ଟି ପ୍ରଶ୍ନ କରାଯିବ । ପ୍ରତି ପ୍ରଶ୍ନର ଝରିଟି ଲେଖାଏଁ ସମ୍ଭାବ୍ୟ ଉତ୍ତର ଦିଆଯିବ ଓ ପରୀକ୍ଷାର୍ଥୀ ତା' ଭିତରୁ ସବୁଠାରୁ ଉପଯୁକ୍ତ ଉତ୍ତରଟିକୁ ବାଛିବେ । (1 x 5)
୨. ପନ ନିର୍ଣ୍ଣୟ - ଗୋଟିଏ ନିର୍ଦ୍ଦିଷ୍ଟ ବାକ୍ୟ ଦିଆଯାଇ, ତହିଁରୁ ଗୋଟିଏ ପଦକୁ ରେଖାଙ୍କିତ କରି ସେହି ପଦଟିକୁ ଚିହ୍ନଟବାକୁ ପ୍ରଶ୍ନକରାଯିବ । ଏଥିପାଇଁ ଝରିଟି ସମ୍ଭାବ୍ୟ ଉତ୍ତର ଦିଆଯିବ । ପରୀକ୍ଷାର୍ଥୀ ଠିକ୍ ଉତ୍ତରଟି ବାଛିବେ । ଏହି ପରି ବିଶେଷ୍ୟ, ସର୍ବନାମ, ବିଶେଷଣ, ଅବ୍ୟୟ, କ୍ରିୟାପଦ ଇତ୍ୟାଦି ୫ ପ୍ରକାର ମଧ୍ୟରୁ ୨ ପ୍ରକାରର ୨ଟିକୁ ଚିହ୍ନଟବାକୁ ହେବ । ଭିନ୍ନ ଭିନ୍ନ ୨ଟି ବାଖ୍ୟ ମାଧ୍ୟମରେ ୨ଟି ପ୍ରଶ୍ନ କରାଯିବ । (1 x 2)
୩. ବାକ୍ୟ ପରିଚିତ : ସରଳ, ଯୌଗିକ ଓ ଜଟିଳ ବାକ୍ୟ କିମ୍ବା ଦୁଇ ପ୍ରକାର ବାକ୍ୟର ମିଶ୍ରରୂପ ଭିତରୁ ଯେକୌଣସି ବାକ୍ୟଟିଏ ପ୍ରଶ୍ନରେ ଦେଇ ତାହାର ପ୍ରକାର ଚିହ୍ନଟବାକୁ କୁହାଯିବ । ସମ୍ଭାବନା ସ୍ୱରୂପ ୪ ପ୍ରକାର ଉତ୍ତର ଦିଆଯିବ । ତାହା ମଧ୍ୟରୁ ଗୋଟିକୁ ବାଛିବାକୁ ହେବ । (1 x 1)
୪. ସାଧାରଣ ଅଶୁଦ୍ଧି - ବାକ୍ୟ - ତିନୋଟି ଅଶୁଦ୍ଧ ବାକ୍ୟ ସହିତ ଗୋଟିଏ ଶୁଦ୍ଧବାକ୍ୟ ଦିଆଯାଇ ଶୁଦ୍ଧବାକ୍ୟଟିକୁ ବାରିବାକୁ କୁହାଯିବ । (1 x 1)
୫. ସାଧାରଣ ଅଶୁଦ୍ଧି - ଶବ୍ଦ - ତିନୋଟି ଅଶୁଦ୍ଧ ରୂପସହ ଗୋଟିଏ ଶୁଦ୍ଧରୂପ ଦିଆଯାଇ ଶୁଦ୍ଧରୂପଟି ବାଛିବାକୁ ଦିଆଯିବ । ଏହିପରି ୨ଟି ପ୍ରଶ୍ନ ପଡ଼ିବ । (1 x 2)
୬. ରୁଚି - ୨ଟି ପ୍ରଶ୍ନ ଦିଆଯାଇ ପ୍ରତ୍ୟେକର ଝରିଟି ସମ୍ଭାବ୍ୟ ଅର୍ଥ ଦିଆଯିବ । ଠିକ୍ ଉତ୍ତର ବାଛିବାକୁ ନିର୍ଦ୍ଦେଶ ରହିବ । (1 x 2)
୭. ଅଳଙ୍କାର - ଅନୁପ୍ରାସ, ଉପମା, ଉତ୍ପ୍ରେକ୍ଷା, ବ୍ୟତିରେକ, ଶ୍ଳେଷ-୫ଟି ପ୍ରଶ୍ନ କରାଯିବ । ସମ୍ଭାବ୍ୟ ୪ଟି ଉତ୍ତରରୁ ବାଛିବାକୁ ହେବ । (1 x 2)
୮. କୃଦନ୍ତ : ଗୋଟିଏ କୃଦନ୍ତ ନିଷ୍ପନ୍ନ ପଦ ଗଠନ କିମ୍ବା ପ୍ରତ୍ୟୟ ଚିହ୍ନଟବାକୁ ପ୍ରଶ୍ନକରାଯିବ । ୪ଟି ସମ୍ଭାବ୍ୟ ଉତ୍ତର ଦିଆଯାଇ ଠିକ୍ ଉତ୍ତରଟି ବାଛିବାକୁ ନିର୍ଦ୍ଦେଶ ରହିବ । (1 x 1)

୯. ଚର୍ଚ୍ଚିତ : ଗୋଟିଏ ଚର୍ଚ୍ଚିତ ନିଷ୍ପନ୍ନ ଦିଆଯାଇ ପ୍ରତ୍ୟକ୍ଷ ନିର୍ଣ୍ଣୟ କିମ୍ବା ଭିନ୍ନ ଭିନ୍ନ ୪ଟି ଶବ୍ଦ ମଧ୍ୟରୁ ଚର୍ଚ୍ଚିତ ନିଷ୍ପନ୍ନ ଠିକ୍ ଶବ୍ଦଟିଏ ରଖି ଚିହ୍ନଟକରାକୁ କୁହାଯିବ । (1 x 1)
୧୦. ସମାସ : ତତ୍ପୁରୁଷ, କର୍ମଧାରୟ, ବହୁବ୍ରୀହି, ଦ୍ୱିଧା, ଦ୍ୱନ୍ଦ୍ୱ, ଅବ୍ୟୟୀଭାବ ସମାସମଧ୍ୟରୁ ୨ଟି ପ୍ରଶ୍ନ କରାଯାଇ କିମ୍ବା ବ୍ୟାସବାକ୍ୟ ଦିଆଯାଇ ସମାସ ନିଷ୍ପନ୍ନ ପଦ ନିର୍ଣ୍ଣୟ କରିବାକୁ ଦିଆଯିବ । ଏଥିପାଇଁ ପ୍ରତିଟିର ୪ଟି ସମ୍ଭାବ୍ୟ ଉତ୍ତର ପ୍ରଦାନକରି ଠିକ୍ଟିକୁ ବାଛିବାକୁ ନିର୍ଦ୍ଦେଶ ରହିବ । (1 x 2)
୧୧. ବିଭକ୍ତି : ବାକ୍ୟଟିଏ ଦିଆଯାଇ ସେଥିରୁ ରେଖାଙ୍କିତ ପଦର ବିଭକ୍ତି ଚିହ୍ନଟକରାକୁ କୁହାଯିବ ଏବଂ ଏଥିପାଇଁ ୪ଟି ସମ୍ଭାବ୍ୟ ଉତ୍ତର ଦିଆଯିବ । (1 x 1)

Section-II – Language-II (English) same as Paper-I (20 Marks)

Section-III – Contents of C.P.Ed. and B.P.Ed. Course (60 Marks)

Section – III

PHYSICAL EDUCATION

1. Principle and History of Physical Education

10 Marks

- Meaning, Objectives, Aims of Physical Education
- Relationship of Physical Education to General Education, Health Education and Recreation
- Importance of Physical Exercise, Physical Training and Physical Culture
- Physical Education as a Socializing agencies
- Leadership and its importance, qualification and qualities of a Physical Education Teacher
- Contribution of Physical Education Teachers to General Education
- Scout and Guides, NCC, JRC, SGFI, NFC and its contributions
- Contribution of Yoga in modern civilization
- Olympics and Asian Games
- Teachers Training and Professional preparation in Physical Education

2. Sports Psychology

10 Marks

- Meaning and importance in Physical Education
- Mental Process – Body, Mind, Relationship and Neuro-muscular coordination
- Transfer of training, Theories of Play, Learning processes and play way in Education
- Individual differences as personality, mental hygiene and child guidance
- Discipline and behaviour : Nature and Development

3. Organization, Administration and Recreation

10 Marks

- Importance, objectives and guiding principles
- Construction and care of gymnasium and swimming pools
- Preparation of different playground
- Need, purchase and maintenance of sports equipments and maintenance of different registers and records
- Preparing time table and factor affecting time table in Physical Education and Sports
- Scheduling school sports, Problem in school sports, Interamural and extramural competitions
- Preparation of Budget, accounting and auditing
- Importance of Recreation in Human life

4. Anatomy Physiology and Health Education

10 Marks

- Joints structure, Types and Movements of the Joints, Importance of Good Posture and Remedies of Bad Posture
- Effect of regular activities on muscles, heart and respiratory system
- Fatigue, its causes and remedies
- Blood pressure, oxygen debt, second wind
- Importance of health education and the role of Physical Education Teachers in School Health Programme
- Medical Examination, effects of narcotics and drugs
- Nutrition and importance of diet for players and athletes
- Different diseases and their symptoms, detection care and prevention of diseases like Cholera, Diarrhea, Chicken Pox, Measles, Tetanus, Diphtheria and Malaria

5. Methods of Physical Education

10 Marks

- Meaning, Scope and Importance of Methods in Physical Education
- Drill and Marching Commands, Teaching aids, various methods of teaching physical activities, Games, Sports and Indigenous activities.
- Various Tournaments and Competitions
- Test, Measurement and Evaluation in Physical Education, National Physical Efficiency Test
- Layout of the track and field events and different play grounds
- Demonstration and Exhibitions, Awards and Incentives
- Lesson Planning – General and Specific

6. Officiating and Coaching

10 Marks

- The qualities of a good officials, relation of official with management, coaches, players and spectators
- Duties of the officials
- Promoting and maintaining different games, publicity, arrangement of training camps and schedules
- Conditioning of players and teams – General, Fundamental, Workload
- Warming up – Types and Values
- Various training methods – Isometric and Isotonic exercises, Circuit training, Weight Training, Fartlek Training and Interval Training
- Play of various positions in Games
- Officiating of different games and track and field events – its rules, signals and positional play
- Track and Field events, Major games like Kho-Kho, Kabaddi, Volleyball, Football, Basket ball, Soft ball, Cricket, Hockey and Badminton

Paper-II

Section-IV

For PET only

CHILD DEVELOPMENT, PEDAGOGY, SCHOOL MANAGEMENT AND EVALUATION (50 MARKS)

1. Child Development

- Meaning of growth and development
- Different stages of development
- Physical, Mental, Emotional and Social Development of a child
- General characteristics of various stages of growth and development of a child

2. Pedagogy

- Teaching techniques (Lecture method, Demonstration Method, Discussion Method and Project method etc.)
- Important devices and methods of teaching
- Teaching procedure – whole method, part method, whole and part method
- Difference between teaching methods and teaching aids

3. School Management and Evaluation

- School Management
- Programme Planning, Principles of Programme Planning in Physical Education
- Function of Planning – organization of school sports coordination and contracting of Physical Education activities
- Evaluation of School Physical Education activities and School Health Education Programme