



# भारतीय विज्ञान शिक्षा एवं अनुसंधान संस्थान मोहाली

(शिक्षा मंत्रालय, भारत सरकार)

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## सूचना / NOTICE

Ref.: Advt. No. IISERM/NF (03)/Regular/2023-24 dated 08.11.2023

### **Pattern and Syllabus of written examination for the post of Physical Education Instructor (Post Code – 01)**

1. Question Paper will consist of Multiple Choice Questions (MCQs) and duration will be of **60 minutes**.
2. The question paper will consist of **50 Multiple Choice Questions (MCQs) totalling to 100 Marks** and candidates are required to attempt all the questions.
3. Part A will consist of 10 questions from General Knowledge & English and 10 questions from Reasoning & Aptitude and Part B will consist of 30 questions from domain knowledge.
4. Each question will have 4 options i.e. A, B, C and D and only one correct answer.
5. The applicants will be awarded +2 marks for each correct answer encircled in the OMR sheet.
6. For each incorrect answer encircled in the OMR sheet, 0.5 marks will be deducted.
7. If a question is left blank/unanswered, there will be no penalty for that question.
8. If a candidate encircles more than one answer, it will be treated as wrong answer even if one of the given answers happens to be correct and there will be penalty of 0.5 marks deduction.

### **Syllabus for domain:**

- **Fundamentals of Sports** – 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.
- **General Awareness** – Concepts of Physical Education and Sports, including current trends and practices.
- **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.

- **Nutrition for Sports Person** – Balanced Diet & Nutrition (Macro & Micro-Nutrients), Nutritive & Non-Nutritive Components of Diet Nutritional requirements of athletes: pre, during and post competition phases energy requirements of athletes in specified events.
- **Training and Doping in Sports** – Principles & Concepts of Sports Training, Skill, Technique & Tactics, Warming up & limbering down, Concepts & classification of doping, Prohibited Substances & their side effects.
- **Infrastructure Related** – Sports equipment: Need, type, purchasing policy, maintenance, issue and disposal.
- **Playfields** – Need, importance, characteristics, location, steps in layout of playfields, care and maintenance Swimming pool: Need, construction, characteristics, accessories, maintenance, rules for running pool, water purification system and safety measures.

#### **Stage-II: Pattern of Physical Fitness Test**

- Candidates who qualify in stage I and shortlisted to attend Stage II will be required to undergo a **Physical Fitness Test** in accordance with the relevant regulations of UGC as part of selection process. Stage II will be conducted at a later stage.

(i) All the candidates who are required to undertake the physical fitness test are required to produce a medical fitness certificate certifying that he/she is medically fit before undertaking such test.

(ii) On production of such certificate mentioned in point (i) above, the candidate would be required to undertake the physical fitness test in accordance with the following norms:

<b>Norms for Male Candidates:</b>			
12 Minutes Run / Walk test			
Upto 30 Years age	Upto 40 Years age	Upto 45 Years age	Upto 50 Years age
1800 metres	1500 metres	1200 metres	800 metres

<b>Norms for Female Candidates:</b>			
8 Minutes Run / Walk test			
Upto 30 Years age	Upto 40 Years age	Upto 45 Years age	Upto 50 Years age
1000 metres	800 metres	600 metres	400 metres

**भर्ती प्रकोष्ठ**  
**भा. वि. शि. अ. सं. मोहाली**

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