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PSTET-2 Syllabus

PHYSICAL EDUCATION

i) Health Education

- **Aspects of Health Education**
Physical, Mental, Social and Spiritual Health
- Factor influencing health
- Assessment tools of physical Health

ii) First Aid

- Meaning
- Objectives of First Aid
- Equipments of first Aid
- Rules of First Aid
- First Aider
- Qualities of First Aider
- Methods of Artificial Respiration
- Conditions in Which First Aid is given
- Treatments given by First Aiders
- Types of injuries in sports

iii) Nutrition and Balanced Diet

- Meaning of Balanced Diet
- Balanced Diet for different People
- Elements of Balanced Diet
- ,Types, Sources, functions,required quantity,
- Effects of deficiency of protein, carbohydrates ,Vitamins, Fats,Minerals and Water.

- Effects of excessiveness of protein, carbohydrates ,Vitamins, Fats,Minerals and Water.
- Disease related to lack of Vitamins

iv) Yoga

- Meaning
- Definitions
- History of Origin
- Objectives
- Importance of Yoga
- Guidelines of Yoga
- Ashtanga Yoga
 - (a) Meaning
 - (b) Parts of Ashtanga Yoga
- Surya Namaskara
- Cultural Asanas
- Meditative
- Relaxation Asanas
- Types ,Methods, Guidelines, Benefits and disadvantages of wrong Method.
- Pranayama – Definition, Meaning , Types ,Objectives , Guidelines and Benefits.

v) Personal Hygiene

- Meaning
- Definition
- Benefits
- Cleanliness of School, Home , Classroom and Surrounding.

vi) Major Dhyan Chand

- Early Life
- Career
- Role in Indian Hockey
- Awards

vii) Folk (Traditional) Games of Punjab

- Types – KotlaChhapaki, Bandar Killa , Rope Skipping , Pitthu.
- Importance
- Methods of fixing turn

viii) National Song and National Anthem

- History
- Authors and Books
- Occasions
- Instructions
- Duration
- Precautions

ix) Human Body

- Meaning
- Categories
- Body Posture – Meaning, Functions , How to cure and Improve.
- Body Functions – Meaning , Various systems of Human Body.

x) Physical Capacity

- Meaning

- Qualities
- Importance
- Advantages of exercise

xi) Safety education

- Meaning
- Causes of accidents on roads , Schools and Home
- Safety Guidelines.

xii) National Flag

- History
- Shape
- Colours
- Size
- Occassions for hoisting and Unfirl.
- Precautions regarding the use of National Flag.

xiii) Kila Raipur

- History of village Kila Raipur
- Origin of Rural Olympics.
- Rural Sports in Kila Raipur.
- Modern Sports in Kila Raipur.
- Girls in Rural Olympics.
- ' Specialities of Kila Raipur Sports festival.
- Popularity of Kila Raipur games in foreign countries.

xiv) Golden Boy AbhinavBindra

- Early Life
- Interest in Shooting
- Training in Shooting
- Achievements

xv) Discipline

- Meaning
- Types
- Need And Importance
- Role of Sports and Discipline

xvi) Posture and its deformities

- Meaning
- Causes
- Exercise to prevent

xvii) Sports injuries

- Meaning
- Causes
- Types
- Symptoms
- Treatment

xviii) Value of Sports

- Value for individual
- Value for Nation

xix) Scout and Guide

- History
- Importance
- Scout Law
- Scout Promise
- Scout MOTTO and Salute