

---

## Contents

---

● Previous Years' Solved Papers	
● Principles of Physical Education and Sports Psychology	3–32
— Meaning of Term Physical Education.....	3
— Various Philosophies of Physical Education.....	6
— Biological Principles of Physical Education Heredity and Environment.....	7
— Physiological Differences.....	11
— Body Types.....	12
— Psychological Principles of Physical Education.....	13
— Learning.....	13
— Various Forms of Transfer of Training .....	16
— Intelligence.....	17
— Feelings and Emotions.....	18
— Psychological Basis of Human Behavior.....	21
— Personality.....	22
— Motivation.....	24
— Attention and Interest.....	24
— Play, Theories of Play and Playway.....	25
— Leadership.....	26
— Objective Questions.....	27
● Organisation, Administration and Supervision	33–48
— Meaning of Organisation.....	33
— Meaning of Administration.....	33
— Qualification of Organiser.....	35
— Kinds of Administration.....	35
— Teaching Methods.....	39
— Lesson Planning.....	40
— Intramurals, Extra Murals and Tournaments.....	42
— Meaning of Seeding System.....	44
— Objective Questions.....	45
● Principle of Coaching	49–56
● Physical Education in India	57–201
— Marking of Play-Field and Courts.....	59
— Equipment for Physical Education.....	65
— Objective Questions.....	66
— Athletics.....	81

— Track and Field Events.....	81
— Running Events.....	82
— Jumping Events.....	86
— Throwing Events.....	91
— Pentathlon.....	95
— Track and Field Personalities.....	97
— Athletics : Arjuna Award Winners.....	97
— Badminton.....	98
— Basketball.....	102
— Cricket.....	109
— Football.....	115
— Hockey.....	124
— Kho-Kho.....	134
— Kabaddi.....	137
— Swimming.....	142
— Tennis.....	143
— Table Tennis.....	145
— Judo.....	146
— Volleyball.....	150
— Olympic Games.....	158
— Asian Games.....	165
— Objective Questions.....	167
● <b>Anatomy, Psysiology and Exercise</b> .....	<b>202–244</b>
— Objective Questions.....	216
● <b>Sports Injuries, Prevention and Health Education</b> .....	<b>245–270</b>
— Objective Questions.....	266
● <b>Camping for Recreation</b> .....	<b>271–296</b>
— Arjuna Award Winners (Discipline-wise).....	277
— Dronacharya Award.....	286
— Rajeev Gandhi Khel Ratan Award.....	287
— Maulana Abul Kalam Azad Trophy.....	287
— Dhyan Chand Award.....	288
— Objective Questions.....	288

---