



### **Syllabus of Written Examination for the position of Sports Officer**

(This syllabus is intended to serve as a general guideline for preparation. It is not exhaustive, and additional topics or domains may be included by the Institute as required.)

Subject		Maximum Marks	Time
Part A	<b>English Language:</b> <ul style="list-style-type: none"> <li>Comprehension, Grammar, Vocabulary, Synonyms, Antonyms, Sentence Correction.</li> <li>Drafting of Official Communication (Letters, Circulars, E-Mails, Reports).</li> <li>Note Writing and Official Correspondence</li> </ul>	30	120 Minutes
	<b>General Awareness &amp; Administration:</b> <ul style="list-style-type: none"> <li>National Sports Policy, Khelo India, Fit India Movement, National Games.</li> <li>Indian Constitution: Fundamental Duties and Sports Promotion Responsibilities.</li> <li>General Knowledge of Indian and International Sports Events, Personalities, Awards.</li> <li>Office Management, Noting &amp; Drafting, GFR Basics, and Event Budgeting.</li> <li>Ethics, Vigilance, and Governance in Public Institutions.</li> </ul>		
	<b>Computer &amp; Information Communication Technology (ICT) Skills:</b> <ul style="list-style-type: none"> <li>ERP systems, e-office, MS Office (Word, Excel, PowerPoint).</li> <li>Digital record keeping and reporting</li> <li>Use of technology in sports event management, analytics, and fitness monitoring.</li> </ul>		
Part B	Domain knowledge	70	
Total marks of the Written Examination		100	120 Minutes

### **Syllabus for Domain Knowledge for the position of Sports Officer**

Sl. No.	Topic
1.	<b>Foundations and Evolution of Physical Education and Sports:</b> <ul style="list-style-type: none"> <li>Meaning, Aims, Scope, and Importance of Physical Education and Sports.</li> <li>Philosophical, Sociological, and Psychological Foundations.</li> <li>Sports as a Tool for National Integration and International Understanding.</li> <li>Olympic Movement: History, Principles, and Modern Developments.</li> <li>Role of Sports Officers in Academic Institutions.</li> </ul>
2.	<b>Sports Science: Anatomy, Physiology, and Biomechanics:</b> <ul style="list-style-type: none"> <li>Structure and Function of Human Body Systems.</li> <li>Effects of Exercise and Training on Muscular, Cardiovascular, and Respiratory Systems.</li> <li>Biomechanical Principles in Sports: Motion, Balance, Leverage, Force, and Center of Gravity.</li> <li>Postural Deviations, Corrective Exercises, and Rehabilitation Methods.</li> <li>Sports Injuries: Prevention, First Aid, and Recovery Management.</li> </ul>
3.	<b>Sports Psychology and Health Education:</b> <ul style="list-style-type: none"> <li>Psychological Aspects of Performance and Motivation.</li> <li>Stress Management, Leadership, and Athlete Behaviour.</li> </ul>

	<ul style="list-style-type: none"> <li>• Growth and Development of Athletes; Talent Identification.</li> <li>• Counseling Techniques and Behaviour Modification.</li> <li>• Nutrition, Diet Planning, and Drug Abuse Prevention in Sports</li> </ul>
4.	<b>Sports Training, Coaching, and Performance:</b> <ul style="list-style-type: none"> <li>• CCS and DoPT Rules.</li> <li>• Principles, Methods, and Stages of Training.</li> <li>• Periodization, Load Management, and Recovery.</li> <li>• Development of Motor Abilities and Skill Acquisition.</li> <li>• Coaching Techniques, Tactics, and Leadership Styles.</li> <li>• Role of AI, Video Analysis, and Wearable Technology in Performance Enhancement.</li> </ul>
5.	<b>Sports Management, Administration, and Event Organization:</b> <ul style="list-style-type: none"> <li>• Organizational Structure of Sports Bodies in India (SAI, AIU, IOA, NSF, etc.).</li> <li>• Event Management – Planning, Budgeting, Logistics, and Reporting.</li> <li>• Procurement and Inventory Management of Sports Equipment.</li> <li>• Public Relations, Media Management, and Stakeholder Engagement.</li> <li>• Legal and Ethical Issues in Sports Administration (Contracts, Code Of Conduct, Gender Equity).</li> </ul>
6.	<b>Measurement, Evaluation, and Research in Sports:</b> <ul style="list-style-type: none"> <li>• Tests and Measurement Tools for Physical Fitness and Performance Assessment.</li> <li>• Data Recording, Evaluation, and Report Preparation.</li> <li>• Research Methodology in Sports Sciences.</li> <li>• Use of Statistical Tools and Data Analytics in Sports.</li> <li>• Accreditation and Benchmarking in Sports Programs.</li> </ul>
7.	<b>Emerging Trends in Sports and Fitness:</b> <ul style="list-style-type: none"> <li>• Sports Technology: Analytics, Sensors, and AI in Coaching and Training.</li> <li>• E-Sports and Virtual Training Environments.</li> <li>• Sustainable Sports Infrastructure and Green Sports Campuses.</li> <li>• Digital Fitness Platforms and Wellness Tracking.</li> <li>• Sports Entrepreneurship and Career Pathways for Athletes.</li> </ul>

**Note: -**

1. The written test aims to assess both theoretical knowledge and applied understanding relevant to managing sports and physical education in a higher education setting.
2. Applicants qualifying in the written test may be called for **Skill Test and Personality Interaction** as decided by the Institute.