



Indian Institute of Technology Indore

Simrol Campus, Khandwa Road, INDORE, 453552, India

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Recruitment Cell: +91-731-6603178

No.IITI/Rectt.Cell/PTI/2021/06/

June 24, 2022

Recruitment for the post of Physical Training Instructor against the Advt. No. IITI/Estt./NT posts-01/October,2021 dated 06-10-2021

List of shortlisted candidates for Written Examination

Sl. No.	Roll No.	Application Reference No. for the post of Physical Training Instructor
1	2106001	2021RC010156R99
2	2106002	2021RC01081R63
3	2106003	2021RC010201R28
4	2106004	2021RC010422
5	2106005	2021RC0101241R68
6	2106006	2021RC0101770
7	2106007	2021RC0101184R46
8	2106008	2021RC0101189
9	2106009	2021RC010320R66
10	2106010	2021RC0101731
11	2106011	2021RC0101929
12	2106012	2021RC010157
13	2106013	2021RC0101858
14	2106014	2021RC0101503
15	2106015	2021RC0102144
16	2106016	2021RC010362R67
17	2106017	2021RC010953
18	2106018	2021RC0102088
19	2106019	2021RC010730
20	2106020	2021RC0101404
21	2106021	2021RC010597
22	2106022	2021RC0101974
23	2106023	2021RC0102002
24	2106024	2021RC0102307
25	2106025	2021RC0101930
26	2106026	2021RC0101059
27	2106027	2021RC0101767

Note: -

- The Call letter for written examination will be sent to the shortlisted candidates through e-mail.
- The syllabus for the written examination is attached below.


Registrar, IIT Indore





भारतीय प्रौद्योगिकी संस्थान इन्दौर
खण्डवा रोड, सिमरोल, इन्दौर - 453 552, भारत
Indian Institute of Technology Indore
Khandwa Road, Simrol, Indore - 453 552, India

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Advertisement No. IITI/Estt./NT posts-01/October,2021 dated 06-10-2021

Scheme of examination for the post of Physical Training Instructor

Subject		Maximum Marks	Time
PAPER-I			
(All questions will be objective type with no negative marking)			
Part-A	English Language- Comprehension, Grammar, Sentence correction, One words, Antonyms, Synonyms etc.	20	120 minutes
	General Arithmetic	10	
	Logical Reasoning	10	
Part-B	Domain knowledge	60	
Total questions in PAPER-I		100	
Total marks of written examination		100	120 minutes

Notes:-

- 1- The written examination is qualifying only for further process of selection and no marks shall be taken into account for final selection or ranking of individual candidate.
- 2- Only those candidates who score minimum cut off marks in the examination as may be fixed by the IIT Indore at its discretion, will be called for interview.
- 3- IIT Indore reserves the right to conduct physical trials/skill test of qualifying nature.



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Syllabus for Domain Knowledge (Physical Training Instructor)

General Knowledge of Physical Education

- Physical Education: Meaning, Aims, objectives, Scope, Need and Importance.
- Misconceptions about Physical Education.
- Biological Foundation: Heredity and Environment, Chronological, Anatomical, Physiological and Mental ages.
- Body types/Classification, Second wind, Oxygen-debt and kinesthetic sense.
- Psychological foundation: Learning, Personality, Instinct, Emotions, Motives and Motivation.
- Sociological Foundation: Traditions, Leadership, Group dynamics; Socialization and Social interaction.
- Philosophical Foundation: Idealism, Pragmatism, Naturalism and Realism.
- Physical Fitness: Warming up, limbering down, aerobic and anaerobic activities, calisthenics and Rhythmic exercises.
- Exercise programme for the development of the following parts of the body: Chest, Abdomen, Back, Neck, Arm, shoulder, Thigh and Calf.
- Physical and Health related fitness test.
- Games and Sports as cultural heritage.
- Kinesiology: History, aims, objectives and role in Physical Education and Sports.
- Law of Motion, Lever, Force, Center of Gravity, Equilibrium and their relationship with sports.
- Common Postural Deviations/deformities.
- Therapeutic Modalities in Rehabilitations.
- Sports Massage: History, Approach, Effect and Types of Massage Manipulations.
- Prevention and First Aid for Common Sports Injuries.

General Knowledge of sports, Physical Education and its current affairs

Games/Sports: Athletics, Basketball, Badminton, Chess, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Lawn Tennis, Swimming, water polo, Table Tennis and Volleyball.

- History of above Games / Sports.
- Latest general rules of above Games / Sports.
- Measurement of play fields and specifications of sports equipment of above Game / Sports.
- Fundamental Skills of above Games / Sports.
- Related sports terminologies of above Games / Sports.
- Proper sports gear of above Games / Sports.
- Important tournaments and venues
- Sports Personalities
- Sports Awards

- Sports associations or federations.
- Modern Olympic Games: I.O.C, Start of Olympics, Olympiad, Objectives, Motto, Olympic Charter, Olympic venue, Olympic Flag/Ring, Olympic Mascot, Olympic oath, Olympic Flame/torch, Medals, Opening and Closing ceremonies.

Education and Games Psychology:

- Psychology: Meaning, Definitions, Nature, Branches and Scope.
- Importance of Psychology in Education with special reference to Physical Education.
- Sports psychology meaning definition and nature
- Individual differences
- Psycho physical unity
- Growth and Development,
- Transfer of training.

Methods, Supervision and Organizations of Physical Education

- Types of teaching methods, principles of teaching, presentation technique, principles of class management.
- Lesson planning: types of lesson, objectives and parts of lessons.
- Teaching Aids.
- Guiding principles, essential features, techniques and qualities of supervision.
- Organization and conduct of competitions and tournaments: knock-out, league, combination and challenge or perennial type tournament.
- Public relation: meaning, importance in physical education and sports.

Theories of Training and Decisions:

- Sports training: Principles, Characteristics and methods.
- Training load and Periodization.
- Motor abilities: Meaning, Types, Principles and methods of developing.
- Coaching: Meaning, Techniques, tactics and Lead-up games activities.
- Officiating: Meaning, Importance and Principles.
- Qualities, qualifications & responsibilities of a good official.

Science of Basic Physical Anatomy, its Functions and Health Education:

- Anatomy: Meaning, concept, need and importance in physical education & sports.
- Cell, tissue, organ and organ system.
- Bones and Joints: Definition, Classification and Terminology of movement around joints.
- Muscles: Structure and Functional Classification, General Characteristics (Properties)
- Exercise Physiology: Meaning, need and importance in physical education & sports. Effects of exercise on muscular system, circulatory system and respiratory system.
- Food, nutrition, balance diet and diet according to sports activities.