



# TAMIL NADU GOVERNMENT GAZETTE

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## Part II—Section 2

Notifications or Orders of interest to a section of the public  
issued by Secretariat Departments.

### NOTIFICATIONS BY GOVERNMENT

#### SCHOOL EDUCATION DEPARTMENT

#### SYLLABUS FOR THE POST OF PHYSICAL EDUCATION TEACHERS

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ஜய. திருவள்ளூர் ஆண்டு-2045]

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UNIT - 1

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION :

Meaning of Physical Education, Physical culture, Physical Training, Aim and Objectives of Physical Education.

Physical Education in Ancient Greece – Sparta and Athens – Ancient and Modern Olympic Games – Asian Games.

Physical Education in India – SAI, SDAT, School Level Competitions in Tamil Nadu– RDG, BDG, RDS, School games federation of India

Biological foundation – somatic Type- Sheldon & kretschmer Growth and Development – Heredity and Environment – Age characteristic- Individual Difference- muscle tone, Athletic heart – Reciprocal inversion – Vital capacity – Chronological age – Physiological age – mental age.

UNIT - 2

SPORTS MANAGEMENT IN PHYSICAL EDUCATION :

Meaning of Sports management, Scheme of Organisation – School, District and State.

Care and Maintenance of equipments and play field – Qualities and qualification of Physical education teacher.

Preparation of Time Table, Types of Physical Education period, records and registers, budget and finance.

Supervision – Qualification and duties of Supervisor – visits – Periodical. surprise, Request, Visitation procedure, Report on visit.

[ 1 ]

## UNIT - 3

## METHODS OF PHYSICAL EDUCATION:

Principles of Class Management – Formation – Types of commands – Methods, Oral, Demonstration, limitation, dramatization, At will method, Set drill Method, Part Method- Whole method- Whole Part Whole Method- Progressive part method.

Lesson Plan – Particular lesson plan-General lesson Plan.

Tournaments – Intramural – Extramural – Types of Tournament – Knock out, league, combination, challenge – Drawing of Fixtures of various competitions.

## UNIT - 4

## ANATOMY AND PHYSIOLOGY:

Cell structure and properties – Tissues – Organs - Axial and appendicular skeleton- Classification of joints – Types of muscles-Blood – Composition of Blood- Blood groups – Functions of Blood.

Heart- Structure of the Heart – Cardiac cycle – circulation of Blood

Respiratory passage- Lungs – Structure and Functions – Exchange of Gases – Mechanism of Respiration.

Structure and function of Tongue, Teeth, Salivary Glands, Stomach, Small and large intestines, pancreas and liver, kidney and skin.

Location and Function of the Endocrine Glands – Pituitary, Thyroid, Para thyroid, Adrenalin and sex Glands.

Central Nervous system- Brain – functions of the parts of Brain – spinal cord –Reflex action – Nerves – Autonomous nervous system.

## UNIT - 5

## OFFICIATING AND RULES OF GAMES AND SPORTS AND TRAINING:

History and Development of Games and Sports – Ground Dimension and Marking – Standard Equipment, Rules of games and officiating.

Hockey, Foot Ball, Volley Ball, Basket Ball, Kabaddi, Khokho, Badminton, Ball Badminton, Table Tennis, Throw ball, Hand Ball, Tennikoit, Cricket, Chess, Carrom.

Lay out of standard track (400 metres) – Stagers for 200,400,800 ,

Relay zone marking for 4x100, 4x400 m, - Layout of sector for Shot put, Javelin, Discus-Long jump, High jump.

Types of Training – Weight training – Circuit training – Fartlek Training –Interval Training.

## UNIT - 6

## EVALUATION AND MEASUREMENT :

Selection of Test- criteria for a Good test – validity – Reliability – Objectivity – Norms.

Components of Physical Fitness – Physical fitness test – AAPHERD youth fitness test – JCR Test – Barrow Motor Ability Test – Harvard step test – 12 minutes run /Cooper test.

Test for specific sports skills.

Badminton	:	French short Service Test
Basket Ball	:	Johnson Basket Ball Test
Hockey	:	Schmithal French Field –Hockey Test.
Foot Ball	:	Mc Donald soccer volley Test
Volley Ball	:	Russell Lange volley Ball Test
Tennis	:	Dyer Tennis test

## UNIT - 7

## HEALTH EDUCATION, NUTRITION AND SPORTS TRAUMA MANAGEMENT:

Meaning of Health Education – Health Services and Supervision – Infection immunity – Causes of Disease – Malaria, Small Pox, Dysentery, Mumps, Typhoid.

Nutrition and Diet, Components of Food.

Sports injuries – Meaning – Importance – Treatment for shock, Poisoning, Drowning, Bleeding, Fractures, Sprain, Strain, Dislocation, Fainting, Abrasion, Dog bite, First Aid Box, Cuts – Kinds of Bandage, Kinds of Dressing, Sun stroke- General rule for burns – Snake Bite.

Physiotherapy – Definition – importance of Physiotherapy, Principles of Physiotherapy – Electro therapy – Hydro therapy – Thermo therapy, Massage – Posture – Postural Deformities – Therapeutic Exercises and Uses.

## UNIT - 8

## SPORTS PSYCHOLOGY :

Meaning of Psychology – its role in Physical Education – Personality - Types of Personality – 1.Q – Theories of learning – Conditioned Response – Trial and Error – insightful.

Laws of Learning – Transfer of Learning – Positive – Negative – Theories of Play.

**SYLLABUS FOR THE POST OF DRAWING TEACHERS**

<i>S. No.</i>	<i>Title</i>	<i>Sub-Title</i>
		I - ELEMENTS AND PRINCIPLES OF ART
1.	<b>LINE</b>	Origin of line-Types of Lines-Properties of Lines-Uses of Lines
2.	<b>SHAPE</b>	Two Dimension-Geometrical Shapes-Organic shapes-Properties of Shapes-Uses of Shapes
3.	<b>FORM</b>	Three Dimension-Geometrical Forms-Organic Forms-Sculpture in round-Low relief and high relief
4.	<b>PERSPECTIVE</b>	Implied Space Suggesting- Depth in two Dimension-One point Perspective-Two point Perspective-Three Point Perspective-Isometric Perspective
5.	<b>COLOUR</b>	Colour Theory-Colour Wheels-Primary Colours-Secondary Colours-Complementary Colours-Additive Colours-Subtractive Colours-Partitive Colours-Properties of Colours
6.	<b>DESIGN</b>	Types of Design Balance-Symmetrical Balance-Asymmetrical Balance-Scale and Proportion-Rhythm-Emphasis and Subordination-Fonts and Logos-Golden Section
		II - HISTORY OF ARTS
1.	<b>INDIAN ART AND CRAFTS</b>	Archeological Monuments in India-Mural Paintings. Miniature Painting Contemporary Art-States and their crafts.
2.	<b>WESTERN ART :</b>	Cave Paintings.Egyptian Art. 1. Leonardo Davinci 2. Michael Angelo. 3. Raphael
3.	<b>RENAISSANCE ARTISTS AND OTHERS</b>	4. Titian. 5. Sandro Botticelli. 6. Albert Durer. 7. Carragio 8. Vandyck 9. Peter Paul Rubens. 10. Frans Hals. 11. Rembrandt. Van Rijn. 12. Johannes Vermeer. 13. Francisco Goya 15. William Turner. 15. John Constable
		III - ART AND TAMIL LITERATURE
	<b>ART AND TAMIL LITERATURE</b>	Art terms and Descriptions in Tamil Literature. Books and Authors:Names of famous Authors their books
		IV - ART AND SOCIETY
	<b>ART AND SOCIETY</b>	Illustrators of Tamil Nadu. Cartoonists of Tamil Nadu. Art Directors of Tamil Cinema. Art Organisations and Institutions.
		V - TEACHING SKILL
	<b>TEACHING SKILL</b>	Educational Psychology for Art TeachersTeaching Methodology School of Administration

SYLLABUS FOR THE POST OF SEWING TEACHERS .**1. Tools & Equipment**

Measuring Tools - Marking Tools - Cutting Tools - General Tools

**2. Sewing Machine & Maintenance**

Parts of sewing - care and maintenance of sewing machine - minor defects and their rectification.

**3. Different types of Hand Stitches**

Temporary Stitches - Permanent Stitches

**4. Sewing Technique for Garment Construction**

Seams - Seam Finishes - Plackets - Collars - Sleeves - Fasteners - Trimmings and Decoration

**5. Taking body measurements****6. Pattern making**

Making Pattern for measurements - Preparation of paper Pattern

**7. Layout- Principles of Layout**

Types of lay outs- Estimation of material requirements.

**8. Garment Construction**

The method of cutting- stitching and finishing the following garments - Zabra - Chemise - Circular frock - panel petticoat - Ladies kurtha - Survar - School Uniform - Pyjama - Kalidhar kurtha - Bermudas.

**EMBROIDERY****1. Tools and Equipments used for Embroidery**

Embroidery frame- Crewel needle- bent scissors- stilletos- Thread holder- Carbonpaper- ruler - Tracing paper- measuring tape- thimble- Selection of material and thread.

**2. Design**

Elements of design- principles of design- Transferring designs - different methods-Enlarging and reducing of design.

**3. Embroidery Stitches**

Out line stitches - Running stitch- stemstitch- Chain stitch and back stitch - Border Stitches - Blanket stitch - wheatear stitch - Button hole stitch - Filling Stitch - Satin stitch- Herringbone Stitch - seed stitch- Fancy Stitch - cross stitch- wheel stitch - Lazy daisy stitch - Knot stitch - French knot- Bullion knot- Double knot - Coral knot

**4. Types of Embroidery**

Tambour- Eyelet hole- shadow work- monograms - Aari work and Zardhoshi work - Applique - Hem applique- motif applique

**5. Care of embroidery articles.****HAND LOOM WEAVING****1. Calculation**

Numbering of cotton yarn - Method of testing count- strength- twist and elasticity of yarn. Ends and picks suitable for a well balanced cloths- identification of cotton- silk- artificial silks and woollen yarns.

**2. Fabric structure**

Use of point paper -construction of standard weaves like plain weave and its derivatives- Twill weave and its derivatives- Honey comb weave and huck-a-back. Extra warp and extra weft ornamentation.

**3. Pile Fabrics**

Warp pile and weft pile.

**4. Handloom weaving**

Mechanism of plain weave- dobbies and jacquard loom.

**5. Dyeing and printing**

Preparation of fabric before dyeing – Desizing- Scouring and bleaching - Method of doing Different types of dyes – Direct dye- Reactive dye and vat dye - Method of doing different types of printing – Block print- Stencil print and screen print.

**6. Finishing of fabrics**

Method of doing Mercerization & calendering.

**7. Psychology**

Principles and elements of design-Psychology of colour and dress.

**SYLLABUS FOR THE POST OF MUSIC TEACHERS****1. Music Technical Terms :**

Nada, Svara, Svarasthara, Southi, Arohana, Ararohanaa, Sthayi, Avartha, Graha (Eduppu) Agatham, Anagatham and Sangathi, Angam, Thalam, Saptha Thalam, Swarkattu.

**2. Practical Exercise in Music :**

Saralio Varisal, Jantaivarisai, dhattu varisai, Lowersthay, Uppersthayi, Alankaram Geetham, Jathiswaram, Swarajathi, Varnam.

**3. Classification of Ragas :**

Raga- Janaka Raga and Janya Raga

Varjam, Vakram, Bhashanga and Upanga Ragas, and Madhyama Sruthi Raga.

**4. Classification of Thalas:**

Saptha thala, 35 Thalas

**5. Taladasa Pranas Knowledge of the following Kalam, Margam, Kriya Anga Graha, Jabi, Kalai, Layam, Yathi, Prastharam****6. 72 Melakartha Scheme****7. Gana Kala Ragas :**

Morning Ragas, Afternoon Ragas, Evening Ragas and Night Ragas.

**8. Ancient Tamil Music :**

Pans and their classification into pan, panniyam, Tiran, Tirathiram.

**9. Methods of Singing Pallavis :**

Ragam, thanam, Niraval, Kalpanaswaram

**10. Comparisan of Indian Music and Western Music****11. Camparisan of Karnatic Music and Hindustani Music.****12. Light Music and its characteristics.****13. Folk Music and its characteristics****14. Lakshanas of Sabha Composistion Varnam, Keerthanai, Kruthi Padam Javali, Thillana Pallavi Ashtapathi tharangam.****15. Classical Dance Composistion Thodaya Mangalam, Alarippu, Padavarnam, Shabtham, Padam, Javali thillana.**

16. Benefits of student psychology.
17. The list of different stage concerts
18. Development of Indian Music  
(Ancient period to Modern period)
19. Reproducing Notation in the Music and Mudhra.
20. Indian Music Strength.
21. The seats of music in South India.
22. The vital role of music in the Nation.
23. History of Karnatic music with special reference to the following composers including their biographical contribution.  
Thyagarajar, Muthuswami Dikshitar, Syama, Sasthrigal Marimuthapillai, Muthuthandavar, Arunachal Kavirayar,  
Thirunavukarasar, Thiru Gnanasambandar, Sundarar, Manikavasakar, Arunagiri Nadhar. Purandharadasar.
24. The kings and ethnic group patronized music.
25. Vocal voice practices and fingering practices.
26. Music classrooms and Music Library.
27. Classification of Musical instruments in to stringed, wind and percussion groups.
28. The Qualification of the music teacher
29. Importance of Education psychology on teachers.
30. Maintenance of school records
31. Student - teachers Relationship

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