

Syllabus & Scheme of Examination for the Post of Physical Training Instructor.
Advertisement No. IIT Mandi/Recruit./NTS/2024/02 dated 07.03.2024

Date of Selection Process: 07.11.2024.

Reporting Time: 08:30 A.M.

Venue: Conference Room, A-3 Building, South Campus, IIT Mandi

There will be a two stage Examination.

Stage I : Written Test

Stage II : Sports Specific Trade/Coaching Ability Test & Physical Fitness Test

STAGE I: WRITTEN TEST

The written test will consist of a multiple-choice exam (60 marks) and subjective exam (40 marks).

Syllabus for the Written Test

FUNDAMENTALS OF SPORTS and SAFETY MEASURES –

Rules and regulations, Equipment used, Fundamental skills and officiating of the following games and sports: Athletics, Hockey, Cricket, Basketball, Football, Badminton, Table Tennis, Squash, Tennis, Chess, Swimming, Water polo, Wt. Lifting and Volleyball. Safety measures and prevention of injuries, First Aid, Management of injuries, causes and remedies of injuries, physiotherapy and rehabilitation.

MOTOR ABILITIES AND DOPING IN SPORTS-

Types, factor affecting and training methods of Strength, Speed, Endurance, Flexibility and Coordinative abilities. Technical and tactical preparation, Training load, Adaptation and recovery, Training methods. Concept and classification of doping, Prohibited Substances.

INFRASTRUCTURE RELATED-

Sports equipment: Need, type, purchasing policy, maintenance, issue and disposal. Playfields: Need, importance, characteristics, location, steps in layout of playfields, care and maintenance. Swimming pool: Need, construction, characteristics, accessories, maintenance, rules for running pool, water purification system and safety measures.

GENERAL AWARENESS-

Concepts of Physical Education and Sports, including current events, trends and practices. Group dynamics, Group cohesion and leadership in sports. Basic knowledge about sports in the IIT system, Inter IIT Sports Meet, basic knowledge about computers, Basic knowledge of English, Reasoning Ability and Mathematical Ability.

Stage-II: Sports Specific Trade/Coaching Ability Test & Physical Fitness Test (Qualifying in nature)

The candidates are required to take a qualifying physical fitness test and sport-specific trade/coaching ability test in one of the following sports of his/her choice for which IIT Mandi has available sports infrastructure:

- Cricket
- Football
- Volleyball
- Swimming
- Athletics
- Table Tennis
- Badminton
- Hockey
- Basketball.

The candidates will be asked to present a lesson plan demonstrating their ability to instruct players.

PHYSICAL FITNESS TEST

Norms for Men			
12 Minutes Run/Walk Test			
Up to 30 years	Up to 40 years	Up to 45 years	Up to 50 years
1800 meters	1500 meters	1200 meters	800 meters
Norms for women			
12 Minutes Run/Walk Test			
Up to 30 years	Up to 40 years	Up to 45 years	Up to 50 years
1000 meters	800 meters	600 meters	400 meters

General Information/Instruction about the Exam

- I. The Stage-I & Stage-II will be conducted for all the candidates present in person during the selection process. Whereas, the written exam of only those candidates will be evaluated who qualify the Stage-II, as per the benchmark set by the selection committee.

and/or

Final selection will be made on the scores obtained in the Stage-I (Written Exam), as the Stage –II is of qualifying in nature. But if a candidate fails to qualify in Stage-II, her/his candidature will not be considered further.

- II. All candidates are required to produce a Medical Certificate certifying that she/he is medically fit for undertaking **vigorous** physical activity.
- III. Only one best suited answer has to be given for any MCQ. More Than one answer will be treated as the wrong answer.
- IV. Use of only a blue or black ball point pen is permitted to answer the questions and fill the form in the exam hall. Use of ink pen/gel pen/pencil/whitener is not permitted.
- V. Medium of instructions/answers will be English only.
- VI. Involvement in any malpractices will lead to disqualification.
- VII. Use of calculators, cell phones, smart watches, log books, periodic tables, and any type of electronic device etc., are strictly prohibited during the written test/selection process.
- VIII. Any additional instructions given during the selection process must be adhered/complied.