

Plan of Written Examination

All the aspirants are informed as under with respect to the written test to be conducted for the recruitment of **Hostel Superintendent-cum-PTI (Advt. No. 06/2022)**:-

- (i) The Exam will be conducted in MCQ (Multiple Choice Questions) format. OMR sheets will be used for answering the questions.
- (ii) There will be negative marking. Each question carries 1 mark. **For every wrong answer, 1/4th mark would be deducted. The question(s) not attempted will receive no credit or discredit.**
- (iii) The test would be of 2 hours duration.
- iv) Pattern of the written competitive examination is as follows:-

Sr. No.	Topic	No. of Questions	Marks (Each Question carries 1 mark)	Type of Questions
1.	Questions from the Subject (Part A of Syllabus)	90	90	MCQs (Multiple Choice Questions)
2.	Questions from General Knowledge, English, Punjabi, Logical Reasoning and Mental ability (Part B of Syllabus)	30	30	
Total		120	120	

- v) Tentative syllabus for the written examination for the recruitment of **Hostel Superintendent-cum-PTI** is annexed at Annexure-1 and 2.

Annexure-I

Part A-Subject Syllabus (Hostel Superintendent-cum-PTI)

1. Introduction and History of Physical Education.
2. Definition, Meaning, Purpose and Aims of Physical Education.
3. Development of Physical Education in India before and after independence.
4. Importance of Physical Education in modern Era.
5. The Structure and formation of Human Body.
 - (i) Blood Circulatory System.
 - (ii) Muscular System.
 - (iii) Excretory System.
 - (iv) Nervous System.
 - (v) Respiratory System.
 - (vi) Digestive System.
6. Definition of Psychology, Meaning and inspiration, Social aspect of Physical Education.
7. Definition and Meaning of Sports Psychology, objectives of Sports.
8. Meaning of Health Science, Concept, field, Goals & objectives.
9. Communicable disease its Causes and prevention, Personal Health Science.
10. Development and growth of body. Effect of intoxicants on Health.
11. Balanced Diet.
12. Physical Fitness, Method of Training, Warm up and Cool Down.
13. Incapability, Prevention and Re-generate, First Aid, Muscle Pull, Fracture, Dislocation, Sports Injury.
14. Family Life.
15. Asian Games, Olympic Games, Sports Award, Commonwealth, Punjab Sports Department, Punjab Olympic Association.
16. Kinesiology, Lever, Equilibrium, Motion.
17. Massage, Entertainment, Sports Arrangements, Fixtures.
18. Introduction of Computer, Window, MS Office, Internet, Browsing, PPT.
19. Yoga, Pranayam, Assan.
20. Athletics, Measurement of all play grounds and Basic fundamentals of Sports.
21. Hostel Management.

Annexure-2

Part B--General Knowledge, English, Punjabi, Logical Reasoning and Mental Ability.

Sr. No.	Indicative Contents of Syllabus	Weightage (Approx.)
1	<p>General Knowledge and Current affairs of National and International importance including:</p> <p>(i) Political issues, (ii) Environment issues, (iii) Current Affairs, (iv) Science and Technology, (v) Economic issues, (vi) History of India with special reference to Indian freedom struggle movement. (vii) Sports, (viii) Cinema and Literature.</p>	10
2	<p>Logical Reasoning & Mental Ability:</p> <p>Verbal Reasoning: Coding, Decoding, Analogy, Classification, Series, Direction sense test, relations, mathematical operations, time test, odd man out problems.</p> <p>Non Verbal Reasoning: Series, Analogy and Classification.</p> <p>Basic numerical skills, Percentage, Number system, LCM and HCF, Ratio and Proportion, Number series, Average, Problems based on Ages, Profit & Loss, Partnership and Mixture, Simple and Compound Interest, Work and Time, Time and Distance, Mensuration and Data Interpretation.</p>	10
3	<p>English:-</p> <p>Basic Grammar, Subject and Verb, Adjectives and Adverbs, Synonyms, Antonyms, One Word Substitution, Fill in the Blanks, Correction in Sentences, Idioms and their meanings, Spell Checks, Adjectives, Articles, Prepositions, Direct and Indirect Speech, Active and Passive Voice, Correction in Sentences, etc.</p>	5
4	<p>ਪੰਜਾਬੀ:-</p> <p>ਸੁੱਧ-ਅਸੁੱਧ, ਸ਼ਬਦਜੋੜ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ, ਸਮਾਨਾਰਥਕ/</p>	5

	ਵਿਰੇਧੀਸ਼ਬਦ , ਨਾਂਵ, ਪੜਨਾਂਵ ਅਤੇ ਕਿਰਿਆ ਦੀਆਂ ਕਿਸਮਾਂ ਤੇ ਸਹੀ ਵਰਤੋਂ, ਲਿੰਗ ਅਤੇ ਵਚਨ, ਪੰਜਾਬੀ ਅਖਾਣ ਤੇ ਮੁਹਾਵਰੇ, ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਪੰਜਾਬੀ ਅਨੁਵਾਦ ਅਤੇ ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ ਆਦਿ।	
	Maximum Marks	30

Note:- a) The distribution of marks/question in each section is indicative. It may vary slightly.

b) The syllabus is broadly classified as above but may vary to some extent.