

SYLLABUS FOR POST- ASTT. TEACHER (L.T.)
SUBJECT- PHYSICAL EDUCATION
LEVEL- (GRADUATE)

- History and fundamentals of physical education- nature, scope and significance .
- Anatomy and physiology in physical education .
- Health education .
- Sports training .
- Kinesiology and biomechanics.
- Test and measurement.
- Sports psychology .
- Officiating and coaching.

