

**KERALA TEACHER ELIGIBILITY TEST  
(K-TET) 2012**

**SYLLABUS**

**Category IV**

[For Language Teachers in Arabic, Urdu, Sanskrit, Hindi  
(Up to Upper Primary Level),  
Specialist Teachers & Physical Education Teachers]



**State Council of Educational Research and Training (SCERT)  
KERALA**

**August 2012**

# KERALA TEACHER ELIGIBILITY TEST 2012-'13

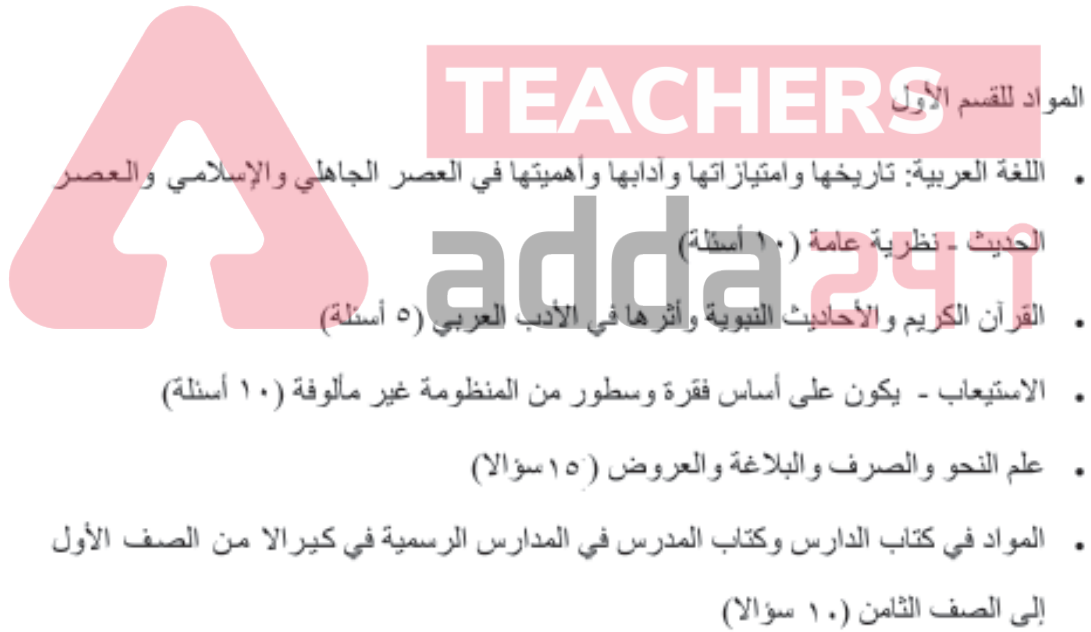
## Category IV

## SYLLABUS

### 1. ARABIC

#### العربية

يتضمن هذا قسمين. الأسئلة في القسم الأول (٥٠ سؤالاً) تستهدف اختبار قابلية استيعاب اللغة وقابلية التخمين (Inference) وقابلية تطبيق قواعد اللغة (Grammar)، وقابلية الألفاظ (Verbal Ability) والوعي عن تاريخ الأدب العربي قديماً وحديثاً. الأسئلة في القسم الثاني (٣٠ سؤالاً) تحتوي على العلم التربوي لتنمية اللغة (Pedagogy of Language Development) لكل سؤال علامة واحدة.



المواد للقسم الأول

- اللغة العربية: تاريخها وامتيازاتها وأدائها وأهميتها في العصر الجاهلي والإسلامي والعصر الحديث - نظرية عامة (١٠ أسئلة)
- القرآن الكريم والأحاديث النبوية وأثرها في الأدب العربي (٥ أسئلة)
- الاستيعاب - يكون على أساس فقرة وسطور من المنظومة غير مألوفة (١٠ أسئلة)
- علم النحو والصرف والبلاغة والعروض (١٥ سؤالاً)
- المواد في كتاب الدارس وكتاب المدرس في المدارس الرسمية في كيرالا من الصف الأول إلى الصف الثامن (١٠ سؤالاً)

#### المواد للقسم الثاني

- ⇒ دراسة اللغة واكتساب اللغة
- ⇒ المهارات اللغوية - الاستماع والتحدث والقراءة والكتابة
- ⇒ المهارات التواصلية
- ⇒ طرق تدريس اللغة العربية واستراتيجياته قديماً وحديثاً

- ⇒ تدريس القواعد - الرؤية الانتقادية عن دور قواعد اللغة للتواصل شفويا وتحريريا
- ⇒ تحديات تدريس اللغة في صف متنوع الدارس في المقدره، والمشكلات اللغوية والأخطاء والاضطرابات
- ⇒ الوسائل التدريسية والتدريسية : كتاب الدارس - كتاب المدرس - الوسائل ذات متعدد الوسائط (Multimedia) - المصادر اللغوية المتعددة
- ⇒ التقويم: التقويم المستمر والمستوعب والتقويم الدوري
- ⇒ التخطيط في التدريس - أهميتها وكيفيةها
- الكتب للقراءة والمطالعة:

١. الجزء الأول والثاني للنحو الواضح الابتدائي

٢. كتاب الدارس والمدرس من الصف الأول إلى الثامن

٣. البلاغة الواضحة (علم البيان)

٤. العربية للحياة (الجزء الأول)

٥. تاريخ الأدب العربي لأحمد حسن الزيات

This section has two parts. First part (50 MCQs) intends to text comprehension, Inference , Verbal ability, Applied grammar and Understanding of history of classical and modern Arabic literature. The second part (30 MCQs) tests the awareness of pedagogy of language learning and development. Each MCQ carries one mark.

#### Part One

- Arabic language; V its history, characteristics, literature and its importance - Classical and Modern: General overview (10 Marks)
- Influence of Holly Quran and Hadith Shareef in Arabic literature. (5 Marks)
- Comprehension based on one unseen passage and poem lines (10 Marks)
- Applied Grammar, Rhetoric and Prosody (15 Marks)
- Arabic Text books and Hand books from STD 1 to STD 8 of state schools of Kerala (10 Marks)

#### Part Two

- Language learning and acquisition
- Basic language skills - listening, speaking, reading and writing
- Communication skills
- Methods of Teaching Arabic - Traditional and modern
- Teaching of grammar - modern view on the role of grammar
- Teaching languages in diverse class rooms, differently abled children: Problems and Challenges
- Teaching, learning materials, text books, hand books, and Multimedia
- Evaluation: CCE, Terminal Evaluation
- Lesson planning - its important and modalities

## 2. HINDI

### हिंदी पाठ्यक्रम

#### भाषा का शिक्षणशास्त्र (Pedagogy of Language development)

- भाषार्जन प्रक्रिया - भाषा का नया परिप्रेक्ष्य - सैद्धांतिक आधार। - सर्वभाषा व्याकरण (Universal Grammar) - सामाजिक ज्ञान निर्मितवाद (Social Constructivism) - बहुमुखी बुद्धि सिद्धांत (Theory of Multiple Intelligence) (3)
- प्रोक्तिपरक शिक्षण शास्त्र - कथानक का महत्व। (2)
- आख्यान एक शैक्षणिक उपकरण के रूप में - समेकित दक्षता - अर्थग्रहण कैसे सुनिश्चित करें? (2)
- संशोधन प्रक्रिया - स्वनिर्धारण (5)
- अन्य भाषा की कक्षा में मातृभाषा की भूमिका। (1)
- वाचन, लेखा - चित्रिय वाचन और लेखन, जैविक वाचन, जैविक लेखन। (3)
- अध्येता और पाठ्य - सामग्री गतिविधि का संबंध - भाषार्जन और भाषा के बारे में अध्ययन - शैक्षणिक उपकरण - विश्लेषणात्मक प्रश्न। (2)
- आंकन और मूल्यांकन। (2)
- भाषा शिक्षण की चुनौतियाँ। (1)
- कक्षा वातावरण (1)
- शिक्षण सामग्रियाँ - तकनीकी का उपयोग। (2)
- भाषाई कौशल - श्रवण, भाषण, वाचन, लेखन - आशयग्रहण - सृजनात्मकता। (5)
- विशेष मदद चाहनेवाले छात्रों (Children with special needs) को अध्ययन - संयोजित अध्ययन (Inclusive Education) (1)

#### विषय (CONTENT)

##### हिंदी भाषा और लिपि

1. हिंदी की प्रमुख बोलियाँ- ब्रज, अवधी, खड़ीबोली (2)
2. देवनागरी लिपी (2)

##### हिंदी साहित्य का इतिहास

3. वीरगाथा काल - चंदबरदाई-पृथ्वीराज रासो (1)
4. भक्तिकाल - निर्गुण काव्यधारा- कबीरदास (1)
5. सगुण काव्यधारा-सूरदास और तुलसीदास की प्रमुख रचनाएँ (2)
6. रीतिकाल- बिहारीलाल (1)
7. द्विवेदी युग-अयोध्यासिंह उपाध्याय हरिऔध -प्रिय प्रवास मैथिली शरण गुप्त - पंचवटी (3)

8. छायावाद	(5)
जयशंकर प्रसाद - आँसू	
सुमित्रानंदन पंत - प्रथम रश्मि	
सूर्यकांत त्रिपाठी निराला - जुही की कली	
महादेवी वर्मा - मेरे दीपक	
9. प्रगतिवाद - नागार्जुन-कालिदास	(2)
10. प्रयोगवाद - अज्ञेय -नदी के द्वीप	(2)
11. समकालीन कविता	(2)
कुमार अंबुज- एक आदमी जंगल में	
12. नाटक : जयशंकर प्रसाद- स्कंदगुप्त	(2)
मोहन राकेश- आषाढ़ का एक दिन	(2)
13. उपन्यास : प्रेमचंद - निर्मला	(2)
मन्नू भंडारी - आप का बंटी	(2)
14. कहानी : प्रेमचंद-पूस की रात	(1)
यशपाल- दुःख	(1)
उषा प्रियंवदा- वापसी	(1)
15. रेखाचित्र : - महादेवी वर्मा - गिल्लु	(2)
16. आत्मकथा : हरिवंशराय बच्चन की आत्मकथा	(1)
<b>प्रयोजनमूलक हिंदी</b>	
17. राष्ट्रभाषा और राजभाषा	(3)
18. पारिभाषिक शब्दावली	(2)
<b>व्याकरण</b>	
19. वर्ण-विचार	(1)
20. संज्ञा	(2)
21. सर्वनाम	(2)
22. विशेषण	(2)
23. क्रिया	(4)
24. कारक	(2)
25. उपसर्ग, प्रत्यय	(1)
26. वाच्य	(2)
<b>मुहावरे एवं लोकोक्तियाँ</b>	
27. मुहावरा	(1)
28. लोकोक्ति	(1)

## Reference:

1. Hindi Text Books and hand books : std. V to XII

### 3. SANSKRIT

#### A. शिक्षाशास्त्रावगमः। बहुविकल्पमातृकाप्रश्नाः (30)

(अ) भाषावगमः।

का नाम भाषा। भाषागोत्राणि। भाषासु संस्कृतस्य स्थानम्। श्रवण - भाषण - वाचन लेखन - नैपुण्यः। भाषाधर्माः - ग्रहणम् - प्रकटनम् - आस्वादनम्। संस्कृतपठनस्योद्देश्यानि।

(आ) भाषाबोधनतत्त्वानि।

बोधनविधिसूत्राणि (Maxims of Language Teaching)

(इ) संस्कृत शिक्षणविधयः (Methods of teaching Sanskrit)

गुरुकुल - भण्डार्कर - पाठपुस्तक - समन्वय पद्धतयः। गद्यशिक्षणम्। पद्यशिक्षणम्। व्याकरणशिक्षणम्। नाटकशिक्षणम्। रचनाशिक्षणम्।

(ई) भाषापठनसमुपगमः। (Approaches of Language learning)

व्यवहारवादः। ज्ञाननिर्मितिवादः। समस्याधिष्ठित पठनम्। विमर्शनात्मक पठनम्। बहुमुखबुद्धिसिद्धान्तः।

(उ) सङ्कलित शिक्षा।

(ऊ) मूल्यनिर्णयः।

साम्प्रदायिकमूल्यनिर्णयः। निरन्तरमूल्यनिर्णयः। स्वयंमूल्यनिर्णयः। परस्परमूल्यनिर्णयः। वार्षिकमूल्यनिर्णयः। श्रेणीकरणम् (Grading)

Ref: 1. संस्कृताध्यापनस्य नूतनप्रविधयः by CHLN SARMA & Fatheh Singh

2. संस्कृताध्यापनम् by Dr. Sahadeven

#### B. विषयः। (Content) बहुविकल्पमातृकाप्रश्नाः (60)

अदृष्टं गद्यभागं/नाटकं पठित्वा तद्गत - प्रश्नानामुत्तराणामङ्कनम्। बहुविकल्पमातृकाप्रश्नाः (5)

अदृष्टं श्लोकं/सुभाषितं पठित्वा तद्गत - प्रश्नानामुत्तराणामङ्कनम्। बहुविकल्पमातृकाप्रश्नाः (5)

संस्कृतशास्त्रं संस्कृत साहित्यम् च (15) केरलीय संस्कृतकृतयः (3) आनुकालिकविषयाः (2)

आहत्य 20 बहुविकल्पमातृका प्रश्नाः (20)

#### व्याकरणम्

धातुपदलकारपुरुषवचनानि (2)

अन्तलिङ्गविभक्तिवचनानि (2)

सन्धिः (5)

कारकम् (5)

समासः (2)

प्रयोगः (2)

संज्ञाप्रकरणम् (2)

आहत्य 20 बहुविकल्पमातृकाप्रश्नाः (20)

अलङ्काराः

अनुप्रासः, यमकम्, श्लेषः, काव्यलिङ्गम्, उपमा, रूपकम्, उत्प्रेक्षा, दीपकम्, अर्थान्तरन्यासः, उल्लेखः।

आहत्य 5 बहुविकल्पमातृकाप्रश्नाः (5)

वृत्तम्

वर्णानां गुरुलघुविवेचनं गणनिर्णयञ्च। अनुष्टुप्, इन्द्रवज्रा, रथोद्धता पूष्पिताग्रा, उपजातिः, वंशस्थम् स्रग्धरा, मालिनी, वसन्ततिलका, शार्दूलविक्रिडितम्। आहत्य 5 बहुविकल्पमातृकाप्रश्नाः। (5)

**Ref:** 1. SCERT द्वारा निर्दिष्टानि पञ्चमीतः द्वादशकक्ष्यापर्यन्तानि पाठपुस्तकानि हस्तपुस्तकानि च। (संस्कृतविद्यालयानां अक्कादमिक विद्यालयानां च)



## 4. URDU

<b>A</b>	<b>زبانی صلاحیتیں اور طریقہء تعلیم</b>
I	زبان کی تعلیم کے اغراض و مقاصد:
II	♦ تبادلہء خیالات، تمدن اور ثقافت کی ترسیل، معلومات کا تحفظ اور ترسیل
III	♦ زبان کی تعلیم کے اصول اور نظریے:
IV	♦ بچوں کی مرکزیت، فطرت سے مطابقت، زندگی سے مربوط
V	♦ زبان اور اس کی آموزش:
VI	♦ زبان ایک حیاتی عنصر، شعوری اور غیر شعوری تعلیم، تعلیم اور آموزش، تعلیم و تعلم
VII	♦ زبان کی تعلیم:
VIII	♦ تعلیم کا ماحول، سرگرمیاں، حکمت عملیاں
IX	♦ بنیادی لسانی صلاحیتیں اور ان کی نشوونما:
X	♦ اہمیت اور ضرورت، چار اہم لسانی مہارتیں، سرگرمیاں، حکمت عملیاں
XI	♦ وسائل تعلیم: ضرورت اور اہمیت، مختلف قسم کے وسائل
XII	♦ جائزہ: اصول اور نظریے، مختلف قسم کے جائزے، آلات جائزے، سرگرمیاں، حکمت عملیاں
XIII	♦ اصلاحی تدریس:
XIV	♦ ضرورت اور اہمیت، تکنیک اور سرگرمیاں
XV	♦ خصوصی توجہ کی ضرورت والے طلبہ کی تعلیم
XVI	♦ اصول اور نظریے، سرگرمیاں اور حکمت عملیاں
XVII	♦ استاد کارول
XVIII	♦ درسی کتاب کی خصوصیات



## مواد B

- I اردو زبان کا آغاز و ارتقا
- ◇ اردو زبان کی ترویج و اشاعت میں صوفیائے کرام کا حصہ
  - ◇ دکن میں اردو زبان و ادب کی ترویج و اشاعت
  - ◇ بہمنی، قطب شاہی اور عادل شاہی سلاطین کی شعری اور نثری خدمات
  - ◇ قلی قطب شاہ، وجہی، خواصی، ابن ناشلی، ولی، نصرتی وغیرہ
- II اردو شاعری کا ارتقا:
- ◇ غزل اور چند اہم غزل گو شعرا
  - ◇ دبستانِ دہلی کے شعرا : میر تقی میر، خواجہ میر درد، مرزا غالب، مومن
  - ◇ دبستانِ لکھنؤ کے شعرا : ناسخ، آتش
  - ◇ قصیدہ گو شعرا : سودا، ذوق
  - ◇ مرثیہ نگار : انیس، دبیر
  - ◇ مثنوی نگار : میر حسن، نسیم
  - ◇ نظم گو شعرا : نظیر اکبر آبادی، محمد حسین آزاد، اکبر الہ آبادی، مولانا الطاف حسین حالی، چکبست، اقبال
  - ◇ ترقی پسند تحریک اور اس کے چند نمائندہ شعرا : مخدوم، فیض، جوش، علی سردار جعفری
- III اردو نثر کا ارتقا:
- ◇ داستان : رتن ناتھ سرشار، میرامن دہلوی
  - ◇ ناول اور افسانہ: مرزا ہادی رسوا، پریم چند، کرشن چندر، راجندر سنگھ بیدی، سعادت حسن منٹو
  - ◇ ڈراما : آغا حشر کاشمیری، امتیاز علی تاج، محمد مجیب، محمد حسن
  - ◇ تنقید نگاری، مقالہ نگاری، خاکہ نگاری، انشاء پر داری، خطوط نگاری اور ان کی خصوصیات
  - ◇ حالی، شبلی، مولوی عبدالحق، فرحت اللہ بیگ، رشید احمد صدیقی،

مولانا ابوالکلام آزاد، مرزا غالب

- ❖ سرسید احمد خان اور ان کے رفقاء (عناصرِ خمسہ) کی نثری خدمات:
- محمد حسین آزاد، مولانا حالی، شبلی نعمانی، نذیر احمد، ذکاء اللہ
- ❖ اردو کی ترویج و اشاعت میں چند اداروں کی خدمات:
- فورٹ ولیم کالج، دہلی کالج، علی گڑھ کالج، انجمن ترقی اردو،
- قومی کونسل برائے فروغ زبان اردو (NCPUL) دہلی

IV قواعد :

- ❖ اسم کی قسمیں : اسم خاص، اسم عام اور ان کی قسمیں
- ❖ فعل اور اس کی قسمیں : لازم، متعدی اور ناقص
- ❖ زمانہ : ماضی، حال اور مستقبل اور ان کی قسمیں
- ❖ حرف اور اس کی قسمیں : ضمیر اور اس کی قسمیں
- ❖ صفت اور اس کی قسمیں : جملہ کی قسمیں
- ❖ محاورے، تشبیہات و استعارات

پیمانہ مواد برائے سوالات

مواد	تعداد سوالات	اسکور
اردو زبان کی ابتدا دکن میں اردو	۵	1x5
اردو شاعری کا ارتقا	۲۰	1x20
اردو نثر	۲۵	1x25
قواعد	۱۰	1x10
زبانی صلاحیتیں اور طریقہء تعلیم	۳۰	1x30
کل	۹۰	

## 5. PHYSICAL EDUCATION

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### **I. Foundation, Philosophy and History of Physical Education**

- a) Definition, aims and objectives of Physical Education - Scope and nature of Physical Education- Modern concept of Physical Education and its inter-disciplinary approach- Sports Sciences including Sports Medicine, Biomechanics, Kinesiology, Exercise Physiology, Sports Psychology.
- b) Biological Principles - Biological basis of life, Growth and development, Biped position, Individual differences- Heredity and environment- Sex differences- Body types- Anatomical age- Physiological age- Chronological age and mental age.
- c) Philosophical Principles: Philosophy- meaning and nature- Educational philosophy applied to Physical Education - Naturalism, idealism, pragmatism, realism, existentialism- Contribution of following educational philosophers- Rousseau, Froebel, Dewey, Gandhiji and Tagore.
- d) History: Physical Education in ancient Greece, Rome - Physical Education in ancient India- Vedic period and epic period- National Sports Awards- SAI, NSNIS, NYK, PYKKA, TFPF- Ancient and modern Olympics games, Asian games, Common wealth games and SAF games, Youth Olympic Games (YOG).

### **II Management of Physical Education and Sports**

Meaning, Importance and scope of management - Principles and guidelines of management- Skills of management- Management structure for Physical Education and Sports programmes (SAI, SGFI, KSSC,IOA) - Facility management- Playfield preparation, layout and maintenance - Purchase, Care, maintenance and repair of equipment- Planning and budgeting - Storekeeping- Stock register- Stock verification.

### **III Anatomy, Physiology, Kinesiology and Biomechanics**

- a) Cell, Tissue, organ and system, cell divisions - Structure and functions of blood- Classifications and functions of bones- Structural and functional classification of muscles- Cardiac and smooth muscles- Definition and classification of joints.
- b) Physiology: Digestion, absorption and transportation of nutrients, Organs associated with excretion and their functions- Structure of neuron- Functions of important parts of nervous system (brain and spinal cord)- Secretions and functions of endocrine glands (Pituitary and thyroid)- Functions of sense organs (skin, eye, nose, tongue and ear)- Cardiac output - Stroke volume - Heart rate- Venous Return - Blood pressure - Vital capacity - Tidal volume - VO<sub>2</sub>max -BMR- Aerobic and anaerobic activities- Oxygen debt- Second wind.
- c) Kinesiology and Biomechanics: Definitions and role of Kinesiology and Biomechanics in Physical Education and Sports- Fundamental and anatomical positions- Orientation of planes and axes of motion- Fundamental joint movements and related muscles- Types of muscular contraction- Definition and brief explanation of following terms: mass, weight, force, motion and its types, equilibrium, friction and momentum, levers and its types, anatomical levers, Newton's laws of motion, speed, velocity, acceleration, spin, water buoyancy, centrifugal and centripetal force, work, power and energy, centre of gravity, pressure, moment of force, moment of inertia, projectiles, momentum and impulse, impact and elasticity, air resistance and water resistance.

### **IV Psychology and Sociology**

- a) Psychology: Definition and nature of Psychology- Branches of Psychology-Educational and Sports psychology- Methods of Psychology- Learning- Definition, types and nature of learning- Laws of learning- Transfer of learning- Motivation- Personality- Personality and sports performance- Competition anxiety and its causes and ways to overcome competitive anxiety.

- b) Sociology: Nature and scope of sociology- Socialization- Social stratification- Social control- Groups, crowds and public- Values of sports in society- Sports and mass media- Sports and politics- Role of sports in national integration and world peace.

**V. Health Education, First-Aid, Corrective and Adapted Physical Education**

- a) Health Education: Definitions, determinants and spectrum of health, Communicable diseases- disease cycle, method of disease transmission- immunity- concept of hygiene- community health- Nutrition- Classification of foods- Proximate principles - important sources and functions of vitamins and minerals- Balanced diet- Under nutrition- Malnutrition- Lifestyle diseases: Type II diabetics, Hypertension, osteoporosis, obesity, heart diseases.
- b) First-Aid: Definition, Principles of first-aid- Wounds, types and its management- Common sports injuries and its management- CPR- RICE- ABC of first-aid- First-aid for burns, scalds, animal bite, snake bite, heat stroke, drowning- Electric shock- Safety at home- safety at school- Safety at sports and Physical Education.
- c) Corrective Physical Education: Definition and concept of posture- disadvantages and causes of bad posture- Types of postural deviations and its causes- Khyphosis, lordosis, scoliosis, knock-knees, bow-legs, flat foot- Massage and its classifications- Principles of prevention of injuries- treatment of postural deviation through corrective exercises.
- d) Adapted Physical Education: Definition of disabling conditions - Designing Physical Education programmes for differently abled students - Benefits of Physical Education for students with disabilities - Recreational sports opportunities- Competition opportunities: Paralympics - Classification of disability: Physical disabilities, Mental retardation, Visual impairment, Hearing impairment, Behavioral disorders, Characteristics and functional limitations of the above disabilities

**VI. Teaching Methodology in Physical Education**

Definitions and Functions of Education - Types of Education- Formal, Informal and Non-formal education - Principles of teaching - Teaching Methods in Physical education: Lecture Method, Command Method, Demonstration Method, Imitation Method, Project Method, Discussion Method, Group Directed Practice Method, Dramatisation, At Will Method, Set Drill Method, Whole Method, Part Method, Whole-Part-Whole Method, Stage-Whole Method- Presentation Techniques : Meaning Importance and step involved in presentation, Preparation-Personal and Technical, Command-Its types, command used in different situations, Formation-Its types, and situations for using different formations, Class Management-Meaning and Principles, Practice Teaching, Micro Teaching- Educational Technologies: Importance of teaching aids, Criteria in selecting teaching aids, Information and Communication Technologies (ICT) in Physical Education. Lesson Planning: Meaning and objectives of Lesson Plan, Principles of Lesson Plan, Types and parts of lesson plan - Tournaments: Types of Tournaments, Types of fixtures, Organisation of tournaments, Event Management. - Intramurals: Objectives of intramural, Organisation of Intramural competitions, Annual sports day - Extramurals: Objectives of extramural competitions.

**VII. Test & Measurements in Physical Education & Sports**

- a) Meaning of the terms: test, measurement and evaluation- -Need and importance of test, measurement and evaluation in physical Education- Criteria in the selection of test - Scientific Authenticity, Validity, Reliability, Objectivity, Norms, Administrative feasibility, Educational applications - Administration of a testing programme- Duties before, during and after testing- Measurement of Cardio respiratory function - Cooper's 12 minute Run/Walk test, Harvard's step test and its modifications -Measurement of motor fitness- AAHPER physical fitness test battery, JCR test- Measurement of general motor ability- Barrow motor ability test (Men), Scott Motor ability test (Women), Mc Cloys' general motor ability test- Measurement of Strength -Kraus-Weber minimum muscular fitness test, Roger's physical fitness index.

Sport Skill Tests: Basketball: Johnson's basketball test, Knox basketball test - Football: AAHPER football test, McDonald Soccer test- Volleyball: Brady volleyball test, AAHPER volleyball test - Badminton: Lockhart and McPherson's test, French short-serve test - Tennis: Broer Miller test, Dyer's test- Hockey: Friedel field hockey test- Frank-Tyson's Cricket skill tests.

- b) Anthropometry: Girth measurements - Width measurements -Height and weight readings - Skinfold measurements -Body composition and indices.
- c) Statistics: Measures of Central Tendency (Mean, Median and Mode)- Measures of Variability ( Range, Quartile Deviation and Standard Deviation).
- d) Rules and measurements of selected games: Track & Field- Basketball- Football- Volleyball- Hockey- Cricket- Shuttle Badminton-Table Tennis- Handball- Kho-Kho- Kabaddi-Swimming.

#### **VIII. General Theory and Methods of Training**

- a) Definitions of conditioning, training, coaching and sports training- Objectives and principles of sports training- Training load- Load adaptation process, super compensation, overload- signs and symptoms of overload, remedial measures and methods of overcoming overload.
  - b) Physical Fitness: Definition of physical fitness, health-related physical fitness - skill/performance related physical fitness - components of physical fitness.
  - c) Strength: Definition of strength - Types of strength - Factors determining strength - Methods of strength training - Endurance : Definition of endurance - Classification of endurance - Factors determining endurance - Methods of endurance training- Basic methods of conditioning- continuous method, interval method, repetition method- Speed: Definition of speed - Types of speed abilities - Factors determining speed - Methods of developing speed abilities- Speed barrier - Flexibility: Definition of flexibility - Types of flexibility- Factors determining flexibility- Methods of flexibility training- Coordinative abilities: Definition of coordinative abilities- Importance of coordinative abilities- Types of coordinative abilities- Methods to develop coordinative abilities
  - d) Technical training: Definition of technique - Importance of technique- Process of technique learning (phases of skill acquisition) - Methods of technique training- - Concept tactics and strategy- Periodical cycles (micro, meso and macro cycles) - Principles of Planning- Periodisation- Definition of periodisation , Importance of periodisation, Types of periodisation.
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## 6. Drawing

To develop an awareness of the basic principles of art in students so that they can articulate in Visual language.

### Basic Elements

Picture plane, Picture frame, line, shape, texture, Pigments, Various Media and materials, colour theory, composition, characteristics of space, volume, dimensions, Geometrical space, perceptual space, conceptual space, Space volume as medium of experience and expression in sculpture and perspective principles.

### Principles of Basic Elements

Proportion, balance, harmony, Rhythm unity of form and composition. Art and its primitive beginnings, prehistoric cave paintings of Europe and India.

### History of Indian Art

Indus valley civilization and its sculptures and monuments. Mauryan Art:--Buddhists Stupas and pillars- Evolution of Buddha image-Ajanta paintings. Gupta architecture and sculpture. Post-Gupta period-Medieval Hindu Temples, Chola, Pandya, Pallava, Kerala Murals and Folk and Ritual art of Kerala.

### History of World Art

Pre-historic art :-Altamira -- Paleolithic Painting & Sculpture- Neolithic Pottery -- Magico-religious function of art

Greek Art- Roman architecture and sculpture-Early Christian Art-Byzantine art Art of the middle ages-Gothic art. Renaissance in Italy and Northern European countries-Leonardo da vinci, Michael Angelo, Raphael, Dutch realists of 17<sup>th</sup> Century, Romanticism, "Realism" in 19<sup>th</sup> Century

Impressionism-- Post impressionism -- Fauvism, Cubism--Expressionism-Futurism-abstractism-surrealism-Dadaism-Pop art, post modern art -Installations- Public art practices- contemporary art scene.

### Art Pedagogy

Scope, role and nature of art education in School curriculum-- the rationale for including art subject supplementing learning process to see overall how it affect personality development.

Method of imparting the skill-

Constructive method: practical work-concept formation-Imagination

1. History of art and Ideas: ( to be narrated in story-telling style)
2. Simple introduction to some important aesthetic concepts
3. Description of great works of art stressing their significance of form-and- content relationship.
4. Arrange reproductions or electronic images of works of art and hold discussions on them -- motivate students to look at works and encourage them to interpret the works in their own words.
5. Introduce to the students simple pieces of description about a work written by noted art-writers and make them learn how to talk about/write about a work of painting or sculpture, stressing the form, content and meaning of the work.

## 7. SEWING

### Contents

#### Sewing Machine

- Different types of sewing machine - Hand, treadle, electrical, over lock
- Parts of sewing machine and functions
- Care and maintenance
- Common problems and remedies while sewing
- Special attachments

#### Tailoring Tools and Equipments

- Measuring, Drafting, Cutting, Stitching, Pressing

#### Body Measurement

- Measurement of human body and its importance
- Dress form
- Eight head and ten head theory
- Measurement chart & relation of measurement

#### Pattern Making

- Precautions in making patterns, Lay out, grading, spec sheet
- Precautions in cutting cloth - texture based and design based

#### Hand Stitches used for Tailoring

- Tacking, running, hemming, back, button hole, herring bone, over casting .....

#### Fullness in garments

- Seams, darts, tucks, pleats, ruffles, gathers, smocking
- Hemmed opening, continuous opening, simple placket, mitred opening, fly opening, bound opening, shirt opening
- Buttonholes, buttons, hooks, eyes, zip, tape loops, rouleau loops
- Facing, Binding, Piping

#### Raw Materials

- Introduction to textiles
- Classification of fibres - Natural and manmade
- Yarn manufacturing process, yarn particulars
- Different types of sewing threads, properties of sewing thread

#### Fabric Forming

- Features of looms - types of looms - weaving process

#### Fabric Particulars

- Warp, weft, EPI, PPI selvedge, cloth width, weaving designs

#### Finishing Process

- Singeing, scouring, bleaching, mercerizing, sanforising, dyeing, printing, calendaring, shrinking, weighing, napping, glazing, embossing, moireing
- Roller printing, screen, block, stencil, spray, direct, discharge, resist
- Common dyes, methods and styles of dyeing

#### Study of cloth

- History of clothing
- Cotton, silk, linen, woolen, shiffon, net, rayon, polyester, nylon, velvet, canvas
- Selection of Fabrics according to climate, age, occupation, religion, cultural, political, festival
- Clothing care - Stains removal, laundry
- Different Types of mending, darning, patching



**Technical Terms**

- Cross back, fly, lapels etc

**Knitting**

- Basic stitches, patterns, knowledge of tools

**Crochet**

- Basic stitches, knowledge of tools

**Embroidery**

- Hand embroidery tools
- Stitches and usage - Out line stitches, chain stitches, border stitches, marking stitches, decorative stitches and ornamentation stitches
- Design Transferring - Pouncing method, carbon, direct
- Design Enlarging and Reducing - Square method, diagonal method
- Cut work, applique work, shadow work, drawn thread work, mirror work, beads work, sequence work

**Fabric Painting**

- Primary colours, secondary colours, tertiary colours, warm and cool colours, colour wheel

**PEDAGOGY**

- Scope, role and nature of art and craft education in school curriculum – the rationale for including craft subject – supplementing learning process – overall personality development
- Method of imparting the skill – constructive method – practical work – concept formation – imagination – instructional aids – use of audio visual equipments – practical records and albums – field visit – lesson planning – unit planning
- Directing learner interest – approach
- Trends and development in garment manufacturing – Socio economic considerations of fashion – fashion designers – India and abroad
- Publications in the craft – books and journals – national level institutes in garment manufacturing education – NIFT – institutes involved in framing quality norms in the craft – ATIRA, NITRA
- Evaluation – Constructing practical tests, assessing the skills.



## 8. MUSIC

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### Historical aspects of Music

#### Origin of music

- Margi - Desi
- Evaluation of Scales
- Forms in sacred music, their evaluation

#### Music in Vedic Period

- Udatha - Anudatha - ...
- Natya Sashtra by Bharathamuni, Bhrahdesi by Mathangamunni
- Sangeetharatnakara - by Sarangadevan
- Swaramelakalanidhi by Ramamathyar
- Curriculum by Purandaradasa in mayamalavagowla Raga

#### Pre and post period of Trinity

- Ashtapathy of Jayadeva
- Bifurcation of Indian music as Hindustani and Karnatic music.

#### Seats of music

- Madura, Tanjur, Mysore, Travancore
- **LIFE SKETCH**

Thyagaraja, Deekshithar, Syamasasthri, Purandara dasar, Kshathrajnar, Narayanatheerthar, Jayadevar, Arunagiri nathar, Maharaja Swathithirunal Mahakavi Kuttamath, Kuttikunnjithankachi, Eravivarman thambi, K.C Kesava pilla, Papanasam Sivan, Neelakanda Sivan,

#### Technical aspects of Music

#### Musical Terminology

- Naada, Swara, Sruthi, Vadi, Samvadi, Vivadi, Anuvadi, Sthayi, Gruha, Jeeva, Nyasa, Amsa, Raga, Gamaka, Notation, ...

#### Musical Forms

- Geetha, Jathiswaram, Swarajathi, Thanavarnam, Daruvarnam, Padavarnam, Kriti, Keerthanam, Padam, Ragamalika, Javali, Thillana, Thirupukal, .....

#### Ragalaekshanam

- Mayamalavagoula, Kalyani, Hamasadwani, Sankarabharanam, Hindolam, Mohanam, Saveri, Thodi, Panthuvarali, Keeravani, Kharaharapriya, Chakravakam, Bilahari, Aarabhi, Vasantha, Abhogi, Kamboji, Bhairavi, Poorvikalyani, Madhyamavathi
- Sruthibhedha, 22 Sruthis, Dasavidagamagas, 72 Melakartha ragam Kadapayadi, Bhoothasankhya

#### Origin and development of Thala

- Sapthathala
- Scheme of 35 Thala, Jathi, Gathi, Angas, Shadanga, Dasaprana.
- Desadi -Madyadi Thala
- Chapputhala and its varieties

#### Recent Trends and development in music

- Light music, film songs, Patriotic songs, Festival songs, Fusion music, Karokea music, Music therapy, Influence of Carnatic music on Kathakali music, Influence of Hindustani music on Carnatic Music

**Musical Instruments****Classification of musical instruments**

- String
- Wind
- Percussion
- Origin and development of musical instruments
- Construction of musical instruments
- Playing techniques

**Musical Instruments**

- Thambura, Veena, violin, flute, mridangam, Chenda, Khanjira, Maddalam, Edakka, Thimila, Kombu, Kuzhal, Gottuvadyam, Ghatam, Thavil, Nadaswram.

**Folk Music, its characteristic and classification**

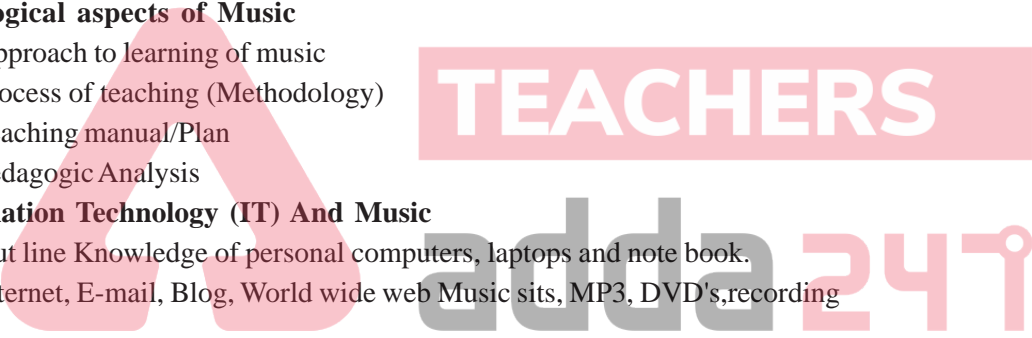
- Devotional song
- Festival Song
- Agricultural Song
- Vanchipattu
- Tharattupattu(Cardle Song, Lulleby )
- Nadanpattukal
- Traditional ritual Songs

**Pedagogical aspects of Music**

- Approach to learning of music
- Process of teaching (Methodology)
- Teaching manual/Plan
- Pedagogic Analysis

**Information Technology (IT) And Music**

- Out line Knowledge of personal computers, laptops and note book.
- Internet, E-mail, Blog, World wide web Music sits, MP3, DVD's, recording

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