

SYLLABUS OF PT COURSE

JOINING INSTRUCTIONS

AIM	DURATION & CAPACITY	ELIGIBILITY	BOOKS & SPL. EQPTS. REQUIRED
<p>(A) TO IMPART BASIC PHYSICAL TRAINING TO THE FORCE PERSONNEL AND MAKE THEM PROFICIENT TO PERFORM UNIT LEVEL PHYSICAL TRAINER.</p> <p>(B) TO PREPARE POTENTIAL PHYSICAL TRAINING INSTRUCTOR FOR POSTING IN VARIOUS TRAINING CENTRES.</p>	<p>10+2 WEEKS 60 TRAINEES. 03 SQUADS OF 20 TRAINEES</p>	<p>A) CT'S TO GO'S B) AGE UPTO 28 YEARS. C) MEDICAL CATEGORY SHAPE-I D) INDIVIDUAL SHOULD HAVE BASIC FITNESS LEVEL AND APTITUDE FOR PHYSICAL TRAINING.</p>	<p>A) FULL KIT B) GOOD QUALITY SHOES (ANY COLOUR) C) PT VEST D) PT SHORT E) TRACK SUIT F) EI CLOTHING (AS PER SEASON) G) JUNGLE SHOES H) UNIFORM-01 KHAKHI AND COMBAT I) SWIMMING COSTUME J) WHITE BED SHEET-02 K) TWO PASSPORT PHOTO L) HEALTH CARD M) I- CARD</p>

TIME TABLE FOR P.T. COURSE

DURATION	:	10 WEEKS
WORKING DAYS IN A WEEK	:	06 DAYS
TOTAL WORKING DAYS	:	60 DAYS
NO OF PERIOD IN A DAY	:	08 PERIODS
TOTAL PERIOD	:	480 PERIODS

BLOCK SYLLABUS OF 10 WEEKS P.T. COURSE

SL. NO	CODE	SUBJECT	INDOOR PERIODS	DEMO	OUTDOOR PERIODS	TOTAL
1.	OCA-1/2	OPENING/CLOSING ADDRESS	02	-	-	02

LECTURE ON P.T. PROTOCOL

2.	HF-1/2	HEALTH AND FITNESS/LIFE STYLE DISEASE	02	-	-	02
3.	BE- 1/2	BENEFITS OF EXERCISE	02	-	-	02
4.	IM-1/2	INJURY MANAGEMENT	02	-	-	02
5.	FA-1/2	FIRST AID	02	-	-	02
6.	PT-1/2	PHYSIOTHERAPY	02	-	-	02
7.	WM-1/2	WEIGHT MANAGEMENT	02	-	-	02
8.	NT-1/2	NUTRITION	02	-	-	02
9.	SM-1/2	STRESS MANAGEMENT	02	-	-	02
10.	HD-1/2	HYDRATION AND DEHYDRATION	02	-	-	02
11	WE-1/2	WOMEN AND EXERCISE	02	-	-	02

ABOVE LECTURE WILL BE DELIVERED BY DOCTOR AND SL.NO.-11 WILL BE PREFERABLY DELIVERED BY LADY DOCTOR /THE PRACTICAL ASPECTS WILL BE SUPPLIMENTED BY P.T. INSTRUCTOR.

12.	PE- 1	PRINCIPLES OF EXERCISE	01	-	-	01
13.	FF-1	FITT FACTORS	01	-	-	01
14.	WC-1	WARM-UP AND COOL DOWN	01	-	-	01
15.	EC-1	ENVIRONMENTAL CONSIDERATIONS	01	-	-	01
16.	CE-1	CHILDREN AND EXERCISE	01	-	-	01
17.	EE-1	ELDERLY AND EXERCISE	01	-	-	01
18.	EA-1	EXERCISE APPARELS	01	-	-	01
19.	EPD-1	EXERCISE PROGRAMME DESIGN AND SELECTION OF EXERCISE/VARIATION.	01	-	-	01
20.	BC-1	BODY COMPOSITION	01	-	-	01
21	TL-1	TRAINING LOAD	01	-	-	01
22	AP-1/6	ANATOMY AND PHYSIOLOGY	06	-	-	06
		TOTAL	38	-	-	38

STRENGTH TRAINING

01	ST-1	BENEFITS OF STRENGTH TRAINING	01	-	-	01
02.	ST-2/10	STRENGTH TRAINING EXERCISE TECHNIQUE,FREE HAND,FREE WEIGHTS,GYM EQUIPMENTS(UPPER AND LOWER BODY)	-	-	09	09
03.	ST-11	STRENGTH TRAINING PROGRAMME DESIGN	01	-	-	01
04.	ST-12	SEQUENCE OF EXERCISE	-	-	01	01
05.	ST-13	SAFETY FACTORS	-	-	01	01
		TOTAL	02	-	11	13

ENDURANCE TRAINING						
01	ET-1/8	ENDURANCE RUNNING	-	-	08	08
02.	ET-9/16	SPEED RUNNING	-	-	08	08
CARDIO RESPIRATORY EXERCISE						
01	HIIT-1/8	HIGH INTENSITY INTERVAL TRAINING	-	-	08	08
02.	IR-1/8	INTERVAL RUNNING	-	-	08	08
COMPONENTS OF PHYSICAL FITNESS TRAINING						
FLEXIBILITY AND STRETCHING TRAINING						
01	FST-1	BENEFITS OF FLEXIBILITY TRAINING	01	-	-	01
02.	FST-2	FLEXIBILITY TRAINING PROGRAMME DESIGN	-	-	01	01
03.	FST-3/10	STRETCHING EXERCISES TO IMPROVE FLEXIBILITY	-	-	08	08
04.	FST-11	SAFETY FACTORS	-	-	01	01
AGILITY TRAINING						
01	AT-1	BENEFITS OF AGILITY TRAINING	01	-	-	01
02.	AT-2/10	EXERCISE TO IMPROVE AGILITY TRAINING	-	-	09	09
CORE GROUP EXERCISE						
01.	BCG-1	BENEFITS OF CORE GROUP EXERCISE	01	-	-	01
02.	EICG-2/11	EXERCISE TO IMPROVE CORE GROUP EXERCISE	-	01	09	10
		TOTAL	05	01	71	77
CIRCUIT TRAINING						
01.	CT-1	BENEFITS OF CIRCUIT TRAINING	01	-	-	01
02.	CT-2/11	CIRCUIT EXERCISE	-	01	09	10
P.T. PROTOCOL EXERCISES (TRG DTE. VIDEOS)						
01.	PE-1/28	WEEKLY EXERCISES AS PER TRG. DTE VIDEOS	-	-	28	28
YOGA PROTOCOL						
01.	YG-1/10	YOGA PROTOCOL	01	-	09	10
MASS P.T. AND AEROBICS						
01.	NT-1/26	NEW TRENDS IN P.T (MASS P.T &AEROBICS)	-	02	24	26
GAMES& SPORTS						
01.	ETG-1/23	EXERCISE THROUGH GROUP GAMES	-	-	23	23
02.	GS-1/53	GAME & SPORTS MANAGEMENT	10	-	43	53
INSTRUCTOR ABILITY DEVELOPMENT						
34.	IPET-1/104	INSTRUCTOR PHYSICAL EFFICIENCY TEST	-	04	100	104
35.	OT-1/9	OBSTACLE TRAINING	-	01	08	09
36.	MK-1/29	MALLAKHAMB (DEMO PRACTICE)	-	01	28	29
37.	SW-1/10	SWIMMING	-	-	10	10
38.	IP-1/16	INSTRUCTIONAL PRACTICE (INDOOR & OUTDOOR)	-	-	16	16
39.	MISC-1/6	WEEKLY TEST	-	-	06	06
40.	TE-1/40	TEST/EXAM AND CLOSING ADDRESS	-	-	40	40
			12	09	344	365
		TOTAL	55	10	415	480

DETAILS SYLLABUS OF P.T. COURSE

01. OPENING ADDRESS

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	OCA-1	OPENING ADDRESS	01	-	-	01
02	OCA-2	CLOSING ADDRESS	01	-	-	01
TOTAL			02	-	-	02

LECTURE ON P.T PROTOCOL

02. HEALTH AND FITNESS

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	HF-1/2	HEALTH AND FITNESS/LIFE STYLE DISEASE	02	-	-	02
TOTAL			02	-	-	02

03. BENEFITS OF EXERCISE

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	BE-1/2	BENEFITS OF EXERCISE	02	-	-	02
TOTAL			02	-	-	02

04. INJURY MANAGEMENT

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	IM-1/2	PREVENTION OF SPORTS INJURY	02	-	-	02
TOTAL			02	-	-	02

05. FIRST AID

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	FA-1/2	FIRST AID	02	-	-	02
TOTAL			02	-	-	02

06. PHYSIOTHERAPY

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	PT-1/2	PHYSIOTHERAPY	02	-	-	02
TOTAL			02	-	-	02

07. WEIGHT MANAGEMENT

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	WM-1	CAUSES OF OVERWEIGHT, METHODS OF WEIGHT(READ FAT) LOSS	01	-	-	01
02	WM-2	WEIGHT GAIN AND WEIGHT CONTROL	01	-	-	01
TOTAL			02	-	-	02

08. NUTRITION

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	NT-1	BASIC OF NUTRITION /TYPES OF NUTRITION	01	-	-	01
02	NT-2	HOW TO PREPARE BALANCE DITE CHART	01	-	-	01
TOTAL			02	-	-	02

09. STRESS MANAGEMENT

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	SM-1/2	TYPES OF STRESS AND STRESS RELIEF TECHNIQUES	02	-	-	02
TOTAL			02	-	-	02

10. HYDRATION AND DEHYDRATION

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	HD-1/2	HYDRATION AND DEHYDRATION / DEHYDRATION SYMPTOM,CAUSES,PREVENTION TREATMENT	02	-	-	02
TOTAL			02	-	-	02

11. WOMEN AND EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	WE-1/2	WOMEN AND EXERCISE	02	-	-	02
TOTAL			02	-	-	02

12. PRINCIPLES OF EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	PE-1	PRINCIPLES OF EXERCISE	01	-	-	01
TOTAL			01	-	-	01

13. FITT FACTORS

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	FF-1	FITT FACTORS	01	-	-	01
TOTAL			01	-	-	01

14. WARM-UP AND COOL DOWN

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	WC-1	WARM-UP AND COOL DOWN.	01	-	-	01
TOTAL			01	-	-	01

15. ENVIRONMENTAL CONSIDERATIONS

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	EC-1	ENVIRONMENTAL CONSIDERATIONS	01	-	-	01
TOTAL			01	-	-	01

16. CHILDREN AND EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	CE-1	CHILDREN AND EXERCISE	01	-	-	01
TOTAL			01	-	-	01

17. ELDERLY AND EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	EE-1	ELDERLY AND EXERCISE	01	-	-	01
TOTAL			01	-	-	01

18. EXERCISE APPARELS

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	EA-1	EXERCISE APPARELS	01	-	-	01
TOTAL			01	-	-	01

19. EXERCISE PROGRAMME DESIGN

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	EPD-1	EXERCISE PROGRAMME DESIGN, SELECTION OF EXERCISE/VARIATION	01	-	-	01
TOTAL			01	-	-	01

20. BODY COMPOSITION

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	BC-1	RATIO OF BODY COMPOSITION	01	-	-	01
TOTAL			01	-	-	01

21. TRAINING LOAD

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	TL-1	IMPORTANCE OF TRAINING LOAD IN P.T	01	-	-	01
TOTAL			01	-	-	01

22. ANATOMY AND PHYSIOLOGY

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	AP-1	HUMAN SKELETAL SYSTEM	01	-	-	01
02	AP-2	MUSCULAR SYSTEM	01	-	-	01
03	AP-3	RESPIRATORY SYSTEM	01	-	-	01
04	AP-4	HUMAN DIGESTIVE SYSTEM	01	-	-	01
05	AP-5	CIRCULATORY SYSTEM	01	-	-	01
06	AP-6	HUMAN NERVOUS SYSTEM	01	-	-	01
TOTAL			06	-	-	06

COMPONENTS OF PHYSICAL FITNESS

23. STRENGTH TRAINING

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	ST-1	BENEFITS OF STRENGTH TRAINING	01	-	-	01
02	ST-2/10	STRENGTH TRAINING EXERCISE TECHNIQUE, FREE HAND, FREE WEIGHTS, GYM EQUIPMENTS (UPPER AND LOWER BODY)	-	-	09	09
03	ST-11	STRENGTH TRAINING PROGRAMME DESIGN	01	-	-	01
04	ST-12	SEQUENCE OF EXERCISE	-	-	01	01
05	ST-13	SAFETY FACTORS	-	-	01	01
TOTAL			02	-	11	13

24. ENDURANCE TRAINING

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	ET-1/8	ENDURANCE RUNNING	-	-	08	08
02	ET-9/16	SPEED ENDURANCE	-	-	08	08
TOTAL			-	-	16	16

25. CARDIO RESPIRATORY EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	HIIT-1/8	HIGH INTENSITY INTERVAL TRAINING	-	-	08	08
02	IR-1/8	INTERVAL RUNNING	-	-	08	08
TOTAL			-	-	16	16

26. FLEXIBILITY AND STRETCHING TRAINING

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	FST-1	BENEFITS OF FLEXIBILITY TRAINING	01	-	-	01
02	FST-2	FLEXIBILITY TRAINING PROGRAMME DESIGN	-	-	01	01
03	FST-3/10	STRETCHING EXERCISE TO IMPROVE FLEXIBILITY	-	-	08	08
04	FST-11	SAFETY FACTORS	-	-	1	1
TOTAL			01	-	10	11

27.AGILITY TRAINING

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	AT-1	BENEFITS OF AGILITY TRAINING	01	-	-	01
02	AT-2/10	EXERCISE TO IMPROVE AGILITY (VAULTING AGILITY)	-	-	09	09
TOTAL			01	-	09	10

28.CORE GROUP EXERCISE

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	BCG-1	BENEFITS OF CORE GROUP EXERCISE	01	-	-	01
02	EICG-2/11	VARIATION EXERCISE TO IMPROVE CORE GROUP MUSCLE	-	01	09	10
TOTAL			01	01	09	11

29.CIRCUIT TRAINING

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	CT-1	BENEFITS OF CIRCUIT TRAINING	01	-	-	01
02	CT-2/6	CIRCUIT EXERCISE (STANDARD/FIX STATION)	-	01	04	05
03	CT-7/11	MORDEN CIRCUIT	-	-	05	05
TOTAL			01	01	09	11

30.PT PROTOCOL EXERCISES (TRG. DTE. VIDEOS)

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	PE-1/28	WEEKLY EXERCISES AS PER TRG. DTE. VIDEOS	-	-	28	28
TOTAL			-	-	28	28

31.YOGA PROTOCOL

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	YG-1/10	YOGA PROTOCOL	01	-	09	10
TOTAL			01	-	09	10

32.NEW TRENDS IN P.T (MASS P.T &AEROBICS)

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	NT-1/26	NEW TRENDS IN P.T (MASS P.T &AEROBICS)	-	02	24	26
TOTAL			-	02	24	26

33. SPORTS MANAGEMENT

EXERCISE THROUGH GROUP GAMES

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	ETG-1/8	CARDIO GAME	-	-	08	08
02	ETG-9/15	FLEXIBILITY GAME	-	-	07	07
03	ETG-16/23	AGILITY GAME	-	-	08	08
TOTAL			-	-	23	23

GAMES(ATHLETICS)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-1	ENTRIES, EQPT, COMPETITION IN GENERAL, HEATS	01	-	-	01
02	GS-2/3	MAKING & MARKING OF TRACK	-	-	02	02
03	GS-4	STAGGERING OF 200MTRS, 400MTRS, 800MTRS, 4X400MTRS,& 4X100MTRS,	-	-	01	01
04	GS-5/6	1500MTRS, 3000MTRS, HURDLE, RELAY RACES.	-	-	02	02
05	GS-7	FIELD EVENTS (JUMPING AND THROWING EVENTS)	-	-	01	01
TOTAL			01	-	06	07

GAMES(BASKET BALL)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-8	HISTORY, DIMENSION EQPT. AND PLAYING TIME	01	-	-	01
02	GS-9/10	DUTIES OF OFFICIALS, CAPTAIN AND COACH	-	-	02	02
03	GS-11	START OF GAME, STATUS OF BALL, ACT OF SHOOTING, JUMP BALL, THROW-IN TIME-OUT SUBSTITUTION, FORFEIT AND DEFAULT	-	-	01	01
04	GS-12	VIOLATIONS AND PERSONAL FOULS UN SPORTSMEN LIKE FOUL, AND DISQUALIFYING FOUL	-	-	01	01
05	GS-13	TECHNICAL FOUL, TEAM FOUL, FREE THROW	-	-	01	01
06	GM-14	MARKING & FILLING OF SCORE SHEET, REFEREE'S SIGNALS. BLACK & WHITE DEMO	-	-	01	01
		TOTAL	01	-	06	07

GAMES(KABADDI)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-15	HISTORY RULES & FOULS OF GAME	01	-	-	01
02	GS-16/20	DUTIES OF THE OFFICIALS & PROCEDURE FOR CONDUCT OF GAME	-	-	05	05
		TOTAL	01	-	05	06

GAMES(FOOTBALL)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-21/24	HISTORY OF PLAYING EQUIPMENT INCLUDING GROUND DURATION EXTRA TIME AND RULES OF THE GAME , DUTIES OF OFFICIAL	01	-	03	04
02	GS-25/27	FOULS, OFF-SIDE AND DEMO & FILLING OF SCORE SHEET	-	-	03	03
		TOTAL	01	-	06	07

GAMES (HOCKEY)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-28	HISTORY, FIELD OF PLAY & PLAYING EQUIPMENT, OF GAME	01	-	-	01
02	GS-29/30	TEAM SUBSTITUTION, EXTRA TIME & RULES OF GAME	-	-	02	02
03	GS-31	PENALTIES, FREE HIT, PENALTY CORNER, PENALTY STROKE	-	-	01	01
05	GS-32/33	FILLING OF SCORE SHEET	-	-	02	02
		TOTAL	01	-	05	06

GAMES(HAND BALL)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-34/35	HISTORY, HAND BALL COURT & PLAYING EQUIPMENT	01	-	01	02
02	GS-36/38	TEAM, DUTIES & RESPONSIBILITY OF PLAYERS & OFFICIAL, INTERRUPTION & RESUMPTION OF GAME, SUBSTITUTION	-	-	03	03
03	GS-39/40	INTERVAL & FOUL PENALTIES & MISCONDUCT SANCTION TABLE, THROWS	-	-	02	02
		TOTAL	01	-	06	07

GAMES(VOLLY BALL)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-41/42	HISTORY, VOLLEY BALL COURT & PLAYING EQUIPMENT. TEAM DUTIES & RESPONSIBILITY OF PLAYERS & OFFICIALS	01	-	01	02
02	GS-43/44	INTERRUPTION & RESUMPTION OF GAME SUBSTITUTION INTERVAL & CHANGING OF COURTS	-	-	02	02
03	GS-45/46	FOUL, PENALTIES & MISCONDUCT SANCTION TABLE	-	-	02	02
04	GS-47	FILLING OF SCORES SHEET & DEMO	-	-	01	01
		TOTAL	01	-	06	07

GAMES(BADMINTON AND LAWN-TENNIS & TABLE TENNIS)

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	GS-48/49	INTRODUCTION OF BADMINTON	01	-	01	02
02	GS-50/51	INTRODUCTION OF LAWN -TENNIS	01	-	01	02
03	GS-52/53	INTRODUCTION OF TABLE -TENNIS	01	-	01	02
		TOTAL	03	-	03	06
		TOTAL	10	-	43	53

34. I.P.E.T.-INSTRUCTOR PHYSICAL EFFICIENCY TEST

(01) BEAM HEAVING

S NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	BW-1	3RD CLASS BEAM HEAVING (BEAM UPPER GRIP 10 REPS.)	-	-	01	05
02	BW-2	2 ND CLASS BEAM HEAVING (SLOW CIRCLE, ONE TURN ONE PULL UP TWO TIME)	-	-	01	
03	BW-3	1 ST CLASS BEAM HEAVING (SLOW CIRCLE, ONE TURN ONE PULL-UP 4 TIMES, SLOW CIRCLE)	-	-	01	
04	BW-4	SPL.(A) CLASS BEAM HEAVING (SLOW CIRCLE, GRIP CHANGE, FRONT SIDE DISMOUNT AND THEN BOTH ARM PULL MOUNT FRONT SIDE, GRIP CHANGE AND DISMOUNT) H-260 C	-	-	01	
05	BW-5	SPL.(B) CLASS BEAM HEAVING (SLOW CIRCLE, DOWN, TURN, PULL ELBOW LOCK ARMS TRAVEL TO BEAM STRAIGHT ARM, TURN AGAIN SLOW CIRCLE AND DISMOUNT)(210CM.)	-	-	01	

(02) BEAM BALANCE

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	BB-1	3RD CLASS BEAM BALANCE DIRECT MOUNT 3FRONT KICK ONE TURN 3 BACK KICK AND DIRECT DISMOUNT (H-120CM)	-	-	01	05
02	BB-2	2 ND CLASS BEAM BALANCE(H-150CM) (HORSEMOUNT, THREE KICK, ONE TURN, THREE BACK KICK)	-	-	01	
03	BB-3	1 ST CLASS BEAM BALANCE (SLOW CIRCLE HORSE MOUNT, 3 KICK 3TURN AND SLOW CIRCLE DISMOUNT) (H-200CM)	-	-	01	
04	BB-4	SPL.(A) CLASS BEAM BALANCE (H-210CM) (SLOW CIRCLE HORSE AND HOOK SWIPE MOUNT RIGHT LEG SCALE AND THAN LEFT LEG SCALE ONE TURN AND CIRCLE DISMOUNT)	-	-	01	
05	BB-5	SPL. (B) CLASS BEAM BALANCE (H-110CM) (BOTH ARM HOOK THROW MOUNT ON BEAM. RIGHT LEG SCALE AND RIGHT SIDE JUMP)	-	-	01	

(01) ROPE WORK

SL NO	CODE	SUBJECT	LEC.	DEMO	PRACTICE	
01	RW-1/2	3RD CLASS ROPE WORK(12 FEET CLIMB BOTH HAND AND LEG GRIP)	-	01	01	06
02	RW-3	2 ND CLASS ROPE WORK (12 FEET CLIMB WITHOUT LEG GRIP)	-	-	01	
03	RW-4	1 ST CLASS ROPE WORK (12 FEET CLIMB <u>L</u> POSITION)	-	-	01	
04	RW-5/6	SPL. CLASS ROPE WORK(12 FEET CLIMB FIRST PULL-UP ONE HAND CARRYING AND 4 STEP 4 TIME AND THAN HAND CHANGE AGAIN PULL-UP ONE HAND CARRYING AND 4 STEP 4 TIME DOWN WITH BOTH HAND.	-	-	02	

(02) GYMNASTIC (PARALLEL BAR)

SL NO	CODE	SUBJECT	LEC.	DEMO	PRACTICE	
01	PB-1/3	PUSH UP ON BAR	-	01	02	22
02	PB-4/7	FREE SWING AND BACK DISMOUNT	-	-	04	
03	PB-8/10	LEG ACTING AND SIMPLE DISMOUNT	-	-	03	
04	PB-11/14	LEG PENDING AND SPLIT DISMOUNT	-	-	04	
05	PB-15/18	SWING BACK LIFT	-	-	04	
06	PB-19/22	BEND ARM BALANCE THROUGH VAULT	-	-	04	

(03) GROUND WORK 3RD CLASS

SL NO	CODE	SUBJECT	LEC.	DEMO	PRACTICE	
01	GW-1/2	FORWARD ROLL	-	01	01	06
02	GW-3	DIVE ROLL	-	-	01	
03	GW-4	BACK ROLL	-	-	01	
04	GW-5/6	CART WHEEL	-	-	02	

(04) GROUND WORK 2ND CLASS

SL NO	CODE	SUBJECT	LEC.	DEMO	PRACTICE	
01	GW-1/6	CART WHEEL DIVE ROLL	-	-	06	18
02	GW-7/12	RUNNING HAND SPRING DIVE ROLL	-	-	06	
03	GW-13/18	FORWARD ROLL HEAD SPRING	-	-	06	

(05) GROUND WORK 1ST CLASS / SPECIAL CLASS

SL NO	CODE	SUBJECT	LEC.	DEMO	PRACTICE	
01	GW-1/6	CART WHEEL HAND SPRING	-	-	06	42
02	GW-7/12	FORWARD ROLL BACK HAND STAND	-	-	06	
03	GW-13/18	HAND STAND UP START	-	-	06	
04	GW-19/24	HAND SPRING FRONT SAULT	-	-	06	
05	GW-25/30	BACK HAND STAND BACK FLIP	-	-	06	
06	GW-31/36	RUNNING FRONT SOMER SAULT	-	-	06	
07	GW-37/42	STANDING BACK FLIP.	-	-	06	
		TOTAL	-	-	42	

35. OBSTACLE TRAINING

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	OT-1/9	STANDARD OBSTACLE	-	01	08	09
		TOTAL	-	01	08	09

36. MALLAKHAMB

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	MK-1/15	MALLAKHAMB	-	01	14	15
02	MK-16/29	ROPE MALLAKHAMB	-	-	14	14
		TOTAL	-	01	28	29

37. SWIMMING

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	SW-1/10	DIFFERENT TYPES OF SWIMMING	-	-	10	10
		TOTAL	-	-	10	10

38. INSTRUCTIONAL PRACTICE

(OUTDOOR) (INDOOR)

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	IP-1/8	INSTRUCTIONAL PRACTICE OUTDOOR	-	-	08	08
02	IP-9/16	INSTRUCTIONAL PRACTICE INDOOR	-	-	08	08
		TOTAL	-	-	16	16

39. MISC

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	MISC-1/6	WEEKLY TEST(06 WEEKLY TEST)	-	-	06	06
		TOTAL	-	-	06	06

40. TEST & EXAM

SL NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	TE-1/16	MID-TERM TEST	-	-	16	16
02	TE-17/40	FINAL TEST	-	-	24	24
		TOTAL	-	-	40	40
TOTAL PERIODS OF ALL DETAILS SYLLABUS						480

**APPROVED VIDE TRG DTE SIG. NO. S.XII-01/2022-TRG-13 (PT/UAC) DATED
21/06/2022**

**TEST POLICY OF BASIC PT COURSE
ASSESSMENT SYSTEM**

KNOWLEDGE SIDE (A)-SIDE

SL NO	SUBJECT	MARKS
01	MID-TERM WRITTEN TEST	50
02	FINAL WRITTEN TEST	50
03	LECTURE PRESENTATION ON PT PROTOCOL	30
04	SPORTS	20
	TOTAL	150

OUTDOOR (X)-SIDE

SL NO	SUBJECT	MARKS
01	IPET TEST	220
02	OBSTACLE TEST	10
03	P.P.T TEST	20
04	B.P.E.T.	20
05	ENDURANCE (ET) TEST	40
06	OUTDOOR (IP) TEST	40
	TOTAL	350

MID-TERM TEST

SL NO	SUBJECT		MARKS	TOTAL	
01	ENDURANCE TEST OF 8KM RUN IN PT DRESS		15	15	
02	IPET TEST	1	3 RD &2 ND CLASS GROUND WORK	35	90
		2	3 RD &2 ND CLASS ROPE WORK	15	
		3	3 RD &2 ND CLASS BEAM HAVING	15	
		4	3 RD &2 ND CLASS BEAM BALANCE	15	
		5	3 RD CLASS GYMNASTIC	10	
03	IP-INSTRUCTIONAL PRACTICE OUTDOOR P.T. PROTOCOL VIDEO		15	15	
04	B.P.E.T.		20	20	
05	STANDARD OBSTACLE		10	10	
06	EXAM (WRITTEN)			50	
				200	

FINAL TEST

SL NO	SUBJECT		MARKS	TOTAL	
01	ENDURANCE TEST OF 14 KM RUN IN PT DRESS		25	25	
02	IPET TEST	1	1 ST CLASS GROUND WORK / SPECIAL CLASS GROUND WORK	40	130
		2	1 ST CLASS ROPE WORK / SPECIAL CLASS ROPE WORK	20	
		3	1 ST CLASS BEAM HAVING/SPECIAL CLASS BEAM HAVING	20	
		4	1 ST CLASS BEAM BALANCE/SPECIAL CLASS BEAM BALANCE	20	
		5	PARALLEL BAR (GYMNASTIC)	30	
03	IP-INSTRUCTIONAL PRACTICE OUTDOOR		25	25	
04	LECTURE PRESENTATION PT PROTOCOL		30	30	
05	P.P.T		20	20	
06	EXAM (WRITTEN) FINAL		50	50	
07	SPORTS(INDOOR)		20	20	
	REFERRING, UMPIRING				
	INDIVIDUAL SKILLS IN ONE GAME(TRAINEEES MAY OPT ANY GAME)				
TOTAL				300	

ALLOTMENT OF MARKS OF MID-TERM TEST

ALLOTMENT OF MARKS OF MID-TERM TEST

SL.NO	SUBJECT	MARKS	SUBJECT	MARKS	TOTAL
ENDURANCE TEST 8KM RUNNING					
MALE			FEMALE		15
1	UP TO 32 MIN	15	UP TO 40.00 MIN	15	
2	32.01 TO 34.00 MIN	14	40.01 TO 42.00 MIN	14	
3	34.01 TO 36.00 MIN	13	42.01 TO 44.00 MIN	13	
4	36.01 TO 38.00 MIN	12	44.01 TO 46.00 MIN	12	
5	38.01 TO 40.00 MIN	11	46.01 TO 48.00 MIN	11	
6	40.01 TO 42.00 MIN	10	48.01 TO 50.00 MIN	10	
7	42.01 TO 44.00 MIN	08	50.01 TO 52.00 MIN	08	
8	AFTER 44.00 MIN	FAIL	AFTER 52.00 MIN	FAIL	

IPET- TEST

SL NO	SUBJECT	MARKS	TOTAL
GROUND WORK			
01	FORWARD ROLL(3RD CLASS)	03	35
02	DIVE ROLL(3RD CLASS)	04	
03	BACK ROLL(3RD CLASS)	03	
04	CART WHEEL(3RD CLASS)	04	
05	CART WHEEL DIVE ROLL (2 ND CLASS)	07	
06	RUNNING HAND SPRING DIVE ROLL (2 ND CLASS)	07	
07	FORWARD ROLL HEAD SPRING (2 ND CLASS)	07	
	TOTAL	35	
SL NO	SUBJECT	MARKS	TOTAL
ROPE WORK			
01	3 RD CLASS ROPE WORK(12 FEET CLIMB LEG AND HAND GRIP)	05	15
02	2 ND CLASS ROPE WORK (12 FEET CLIMB WITHOUT LEG GRIP)	10	
	TOTAL	15	
SL NO	SUBJECT	MARKS	TOTAL
BEAM HEAVING			
01	3 RD CLASS BEAM HEAVING (10 BEAM OVER GRIP CHEST TOUCH)	05	15
02	2 ND CLASS BEAM HEAVING (SLOW CIRCLE 2 PULL-UP)	10	
	TOTAL	15	
BEAM BALANCE			
01	3RD CLASS BEAM BALANCE DIRECT MOUNT 3FRONT KICK ONE TURN 3 BACK KICK AND DIRECT DISMOUNT (H-120CM)	05	15
02	2 ND CLASS BEAM BALANCE(H-150CM) (HORSE MOUNT, THREE FRONT KICK ONE TURN THREE BACK KICK)	10	
	TOTAL	15	
PARALLEL BAR (GYMNASTIC)			
01	PUSH UP ON BAR (EACH PUSH UP ½ MARKS)	10	10
SL NO	SUBJECT	MARKS	TOTAL
IP-OUTDOOR(P.T. PROTOCOL VIDEO)			
	INSTRUCTIONAL PRACTICE OUTDOOR CLASS	15	15
01	COMMAND CONTROL	6	
02	TURN OUT	3	
03	DEMONSTRATION	3	
04	SKILL/ KNOWLEDGE	3	
	TOTAL	15	

STANDARD OBSTACLE						
TIMING		MARKS	SL NO.	EVENTS	MARKS (M)	MARKS (F)
MALE	FEMALE	10 MARKS	01	STRAIGHT BALANCE	½	1/2
UNDER 50 SEC.	UNDER 60 SEC.	10	02	CLEAR JUMP	01	01
51 TO 60 SEC.	61 TO 70 SEC.	09	03	DOUBLE GATE	01	01
61 TO 70 SEC.	71 TO 80 SEC.	08	04	ZIG ZAG	01	01
71 TO 80 SEC.	81 TO 90 SEC.	07	05	10'' WALL	02	EXEMPT
81 TO 90 SEC.	91 TO 100 SEC.	06	06	DOUBLE DITCH	01	01
			07	LEFT VAULT	½	01
			08	RIGHT VAULT	½	01
			09	RAMP	½	01
			10	STRAIGHT BALANCE	½	½
			11	6'' WALL	01	02
			12	9'' DITCH	½	EXEMPT

BPET (03 KG) WEIGHT				20	
01	5KM RUN 'B' SCALE	MALE		FEMALE	
		TIME	MARKS	TIME	MARKS
		BELOW 24 MIN	10	BELOW 26 MIN	10
		24.01 TO 25.00 MIN	09	26.01 TO 27.30 MIN	09
		25.01 TO 26.30 MIN	08	27.31 TO 30.00 MIN	08
		26.31 TO 28.00 MIN	07	30.01 TO 32.30 MIN	07
02	DITCH	FOR MALES (9'')	FOR FEMALES (8'')	02	
03	VERTICAL ROPE	QUALIFYING		02	
04	HORIZONTAL (MONKEY ROPE)	QUALIFYING		02	
05	FIRE MAN LIFT			04	
MALE		FEMALE			
BELOW 80 SEC.	04	BELOW 90 SEC.	04		
81 TO 85 SEC	03	91 TO 95 SEC	03		
86 TO 90 SEC	02	96 TO 100 SEC	02		
91 TO 100 SEC	01	101 TO 110 SEC	01		

SL NO	SUBJECT	MARKS	TOTAL
WRITTEN EXEM			
01	WRITTEN EXAM	50	50
TOTAL MARKS IN MID-TERM TEST			200

ALLOTMENT OF MARKS OF FINAL TEST

SL.NO	SUBJECT	MARKS	SUBJECT	MARKS	TOTAL
ENDURANCE TEST 14KM RUNNING					
	TIME FOR MALE	MARKS	TIME FOR FEMALE		25
1	UP TO 55 MIN	25	UP TO 65 MIN	25	
2	55.01 TO 57 MIN	24	65.01 TO 67 MIN	24	
3	57.01 TO 59 MIN	23	67.01 TO 69 MIN	23	
4	59.01 TO 61 MIN	19	69.01 TO 71 MIN	19	
5	61.01 TO 63 MIN	18	71.01 TO 73 MIN	18	
6	63.01 TO 65 MIN	17	73.01 TO 75 MIN	17	
7	65.01 TO 69 MIN	15	75.01 TO 77 MIN	15	
8	ABOVE 69	FAIL	ABOVE 77	FAIL	

IPET TEST

SL NO	SUBJECT	MARKS	TOTAL
GROUND WORK (1ST CLASS)			
01	CART WHEEL HAND SPRING	05	40
02	HAND STAND UPSTART	05	
03	FORWARD ROLL BACK HAND STAND	06	
04	HAND SPRING FRONT SAULT	06	
05	BACK HAND STAND BACK FLIP	06	
06	RUNNING FRONT SOMER SAULT	06	
07	STANDING BACK FLIP.	06	
	TOTAL	40	

SL NO	SUBJECT	MARKS	TOTAL
ROPE WORK			
01	1 ST CLASS ROPE WORK (12 FIT CLIMB L POSITION)	10	20
02	SPL. CLASS ROPE WORK(12FIT CLIMB FIRST PULL-UP ONE HAND CARING AND 4STEP 4TIME AND THEN HAND CHANGE AGAIN PULL-UP ONE HAND CARING AND 4STEP 4TIME DOWN WITH BOTH HAND	10	
	TOTAL	20	
BEAM HEAVING			
01	1 ST CLASS BEAM HEAVING (H -260 CM) (SLOW CIRCLE ONE TURN ONE PULL-UP 4 TIMES SLOW CIRCLE)	06	20
02	SPL.(A) CLASS BEAM HEAVING (SLOW CIRCLE, GRIP CHANGE, FRONT SIDE DISMOUNT AND THEN BOTH ARM PULL MOUNT FRONT SIDE, GRIP CHANGE AND DISMOUNT) H-260 C	07	
03	SPL.(B) CLASS BEAM HEAVING (SLOW CIRCLE, DOWN, TURN, PULL ELBOW LOCK ARMS TRAVEL TO BEAM STRAIGHT ARM, TURN AGAIN SLOW CIRCLE AND DISMOUNT)(210CM.)	07	
	TOTAL	20	
BEAM BALANCE			
01	1 ST CLASS BEAM BALANCE (SLOW CIRCLE HORSE MOUNT, ONE KICK ONE TURN 3 TIME AND SLOW CIRCLE DISMOUNT) (H-200CM)	06	20
02	SPL.(A) CLASS BEAM BALANCE (H-210CM) (SLOW CIRCLE HORSE AND HOOK SWIPE MOUNT RIGHT LEG SCALE AND THEN LEFT LEG SCALE ONE TURN AND CIRCLE DISMOUNT)	07	
03	SPL. (B) CLASS BEAM BALANCE (H-110CM) (BOTH ARM HOOK THROW MOUNT ON BEAM. RIGHT LEG SCALE AND RIGHT SIDE JUMP)	07	
	TOTAL	20	

SL NO	SUBJECT	MARKS	TOTAL
PARALLEL BAR (GYMNASTIC)			
01	FREE SWING BACK DISMOUNT	06	30
02	LEG ACTING AND SIMPLE DISMOUNT	06	
03	LEG PENDING SPLIT DISMOUNT	06	
04	SWING BACK LIFT	06	
05	BEND ARM BALANCE THROUGH VAULT	06	
	TOTAL	30	

SL.NO	SUBJECT	MARKS	SUBJECT	MARKS	TOTAL	
PPT- TEST 2.4KM RUN IN PT DRESS MALE						
	TIME	MARKS			08	
01	UNDER 9.00	08				
02	9.00MIN TO 9.20MIN	07				
03	9.21MIN TO 9.40MIN	06				
100MTR SPRINT	TIME	MARKS	PUSH UP	REP.	MARKS	12
	13 SEC	02		20	02	
	15SEC	1.5		18	1.5	
	17SEC	01		16	01	
ABOVE 17	00	BELOW 16	00			
SIT-UP	REP.	MARKS	CHIN UP	REP.	MARKS	
	40	02		10	02	
	35	1.5		09	1.5	
	30	01		08	01	
	BELOW30	00		BELOW08	00	
5MTR SHUTTLE RACE	REP.	MARKS	TOE TOUCH	REP.	MARKS	
	17	02		10	02	
	15	1.5		09	1.5	
	13	01		08	01	
	BELOW13	00		BELOW 08	00	
TOTAL					20	

SL.NO	SUBJECT	MARKS	SUBJECT	MARKS	TOTAL
PPT- TEST 2.4KM RUN IN PT DRESS FEMALE					
	TIME	MARKS			08
01	UNDER 11.30	08			
02	11.31MIN TO 12.00MIN	07			
03	12.01MIN TO 12.30MIN	06			
	TIME	MARKS		REP.	MARKS
	15SEC	02		10	02

100MTR SPRINT	17SEC	1.5	PUSH UP	08-09	1.5		12
	19SEC	01		05-07	01		
	ABOVE 19	00		BELOW 05	00		
SIT-UP	REP.	MARKS	CHIN UP	REP.	MARKS		
	35	02		08	02		
	31-34	1.5		07	1.5		
	25-30	01		06	01		
	BELOW25	00		BELOW06	00		
5MTR SHUTTLE RACE	REP.	MARKS	TOE TOUCH	REP.	MARKS		
	15	02		08	02		
	13	1.5		07	1.5		
	11	01		06	01		
	BELOW 11	00		BELOW 06	00		
TOTAL							20

OUTDOOR- IP

SL NO	SUBJECT	MARKS	TOTAL
INSTRUCTIONAL PRACTICE OUTDOOR CLASS			25
01	COMMAND CONTROL	05	
02	TURN OUT	05	
03	DEMONSTRATION	05	
04	SKILL/ KNOWLEDGE	10	
TOTAL		25	

INDOOR- IP

SL NO	SUBJECT	MARKS	TOTAL
<u>SPORTS</u>			20
	REFERRING, UMPIRING	10	
	SUBJECT KNOWLEDGE (TRAINEES MAY OPT ANY GAME)	10	
TOTAL		20	

SL NO	SUBJECT	MARKS	TOTAL
LECTURE PRESENTATION			
01	TURN OUT	5	30
02	LESSON PLAN	5	
03	DEMONSTRATION	5	
04	USE OF TRAINING AIDS.	5	
05	SUBJECT KNOWLEDGE	10	
TOTAL		30	
WRITTEN EXAM			
01	EXAM	50	50
TOTAL		50	
TOTAL MARKS IN FINAL TEST			300

DAILY MORNING PHYSICAL TRAINING SESSION WILL BE ORGANISED AS PER P.T. PROTOCOL VIDEOS.

AFTER THREE WEEK EVERY SATURDAY IPET EVENTS WILL BE CONDUCTED BY WING COMMANDER (OFFICER) ONLY.

IN 10TH WEEK OF THE COURSE FINAL TEST WILL BE CONDUCTED ON FORTH, FIFTH AND SIXTH DAY..

AFTER 12TH WEEK FOR INSTRUCTOR GRADING TEST WILL BE CONDUCTED .

GRADING SYSTEM

1. "A", "B", "C" - IN THEORETICAL KNOWLEDGE.
2. "X", "Y", "Z" - IN PRACTICAL APPLICATION OF THEORETICAL.

1, THEORETICAL KNOWLEDGE AND PRACTICAL

OVERALL PERCENTAGE		GRADING	GRADING
I) 70% AND ABOVE	-	A	X
II) 60% TO 69.99%	-	B	Y
III) 50% TO 59.99%	-	C	Z
IV) BELOW 50%	-	FAIL	FAIL

COMPOSITION OF BOARD OF OFFICER

MID TERM TEST

AFTER 05TH WEEK THE MID TERM TEST WILL BE CONDUCTED BY A BOARD OF OFFICERS TO BE DETAILED INTERNALLY BY TRAINING INSTITUTION AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: ASSTT. COMDT
MEMBER I : INSP/ SUB INSP
MEMBER II : SUB INSP./A.S.I.

FINAL TEST

IN 10TH WEEK THE FINAL TEST WILL BE CONDUCTED BY A BOARD OF OFFICERS TO BE DETAILED INTERNALLY BY TRAINING INSTITUTION AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: DY. COMMANDANT/ ASSTT. COMDT
MEMBER I : ASSTT. COMDT./ INSP
MEMBER II : INSP/SUB INSP.

INSTRUCTOR GRADING TEST

AFTER 12TH WEEK INSTRUCTOR GRADING TEST WILL BE CONDUCTED AS PER INSTRUCTIONS OF TRG.DIRECTORATE LETTER NO. C.IX.115/2011-TRG-7 DATED 11 MAY,2011 BY A BOARD OF OFFICERS TO BE DETAILED INTERNALLY BY TRAINING INSTITUTION AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: DY. COMMANDANT/ ASSTT. COMDT
MEMBER I : ASSTT. COMDT./ INSP
MEMBER II : INSP/SUB INSP.

NOTE- ONE MEMBER SHOULD BE PREFERABLY PT COURSE QUALIFIED

IMPORTANT NOTES

1, AFTER COMPLETION OF 10 WEEKS PHYSICAL TRAINING THE TRAINEES WHO SECURE AX AND BX GRADING WILL REMAIN IN THIS INSTITUTE AND WILL CONTINUE TWO WEEKS INSTRUCTOR ABILITY DEVELOPMENT COURSE OF TWO WEEKS. REMAINING TRAINEES WILL BE DISPATCHED TO THEIR RESPECTIVE UNIT/ INSTITUTION.

2, AFTER COMPLITION OF THE TWO WEEKS INSTRUCTOR ABILITY DEVELOPMENT COURSE THE TRAINEES WILL BE ASSESSED FOR INSTRUCTOR GRADING. TRAINEES WHO SECURE 75% AND ABOVE MARKS WILL BE AWARDED INSTRUCTOR GRADING WITH GRADING OBTAINED IN 10TH WEEK FINAL TEST.

3,TRAINEES WHO WILL NOT BE ELIGIBLE FOR INSTRUCTOR GRADING WILL BE AWARDED SAME GRADING AS OBTAINED IN 10TH WEEK FINAL TEST.

TWO WEEKS PHYSICAL TRAINING INSTRUCTOR PROGRAMME TO DEVELOP INSTRUCTIONAL ABILITY

TIME TABLE FOR P.T.(INSTRUCTOR) COURSE

DURATION	:	02 WEEKS
WORKING DAYS IN A WEEK	:	06 DAYS
TOTAL WORKING DAYS	:	12 DAYS
NO OF PERIOD IN A DAY	:	08 PERIODS
TOTAL PERIOD	:	96 PERIODS

BLOCK SYLLABUS OF 02 WEEKS P.T. (INSTRUCTOR) COURSE

SL.N O	CODE	SUBJECT	INDOOR PERIODS	DEMO	OUTDOOR PERIODS	TOTAL
01	LP-1-12	LECTURE PRESENTATION.	12	-	-	12
02	PPV-1-12	P.T. PROTOCOL VIDEO PRACTICE.	-	-	12	12
03	OCM-1-12	HOW TO CONDUCT OUTDOOR CLASS. (EXERCISE VARIATION)	-	-	12	12
04	NTIP-1-12	NEW TRENDS IN PT (MASS P.T. AND AEROBICS)	-	-	12	12
05	CT-1-12	VARIOUS METHOD OF CONDUCTING CIRCUIT TRAINING.	-	-	12	12
06	ST-1-12	HOW TO CONDUCT SPORTS TOURNAMENT AT COY/ BN LEVEL.	06	-	06	12
07	IPET-1-12	HOW TO CONDUCT INSTRUCTION PHYSICAL EFFICIENCY TEST.	06	-	06	12
08	IP-1-12	INSTRUCTIONAL PRACTICE.	06	-	06	12
		TOTAL	30	-	66	96

DETAIL SYLLABUS OF 02 WEEKS P.T (I) COURSE

01.LECTURE PRESENTATION.

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	LP-1-12	LECTURE PRESENTATION ON P.T. PROTOCOL	12	-	-	12
TOTAL			12	-	-	12

02.P.T. PROTOCOL VIDEO PRACTICE.

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	PPV-1-12	P.T. PROTOCOL VIDEO PRACTICE.(TRG. DIRECTORATE)	-	-	12	12
TOTAL			-	-	12	12

03.HOW TO CONDUCT OUTDOOR CLASS METHODOLOGY.

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	OCM-1-12	HOW TO CONDUCT OUTDOOR CLASS METHODOLOGY.	-	-	12	12
TOTAL			-	-	12	12

04.NEW TRENDS IN P.T (MASS P.T & AEROBICS)

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	NTIP-1/6	MASS P.T	-	-	06	06
02	NTIP-1/6	AEROBIC EXERCISE	-	-	06	06
TOTAL			-	-	12	12

05. VARIOUS METHOD OF CONDUCTING CIRCUIT TRAINING.

SL.N	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	CT-1-6	BENEFITS OF CIRCUIT TRAINING	-	-	06	06
02	CT-7-12	CIRCUIT EXERCISE	-	-	06	06
TOTAL			-	-	12	12

06. HOW TO CONDUCT SPORTS TOURNAMENT AT COY/ BN LEVEL.

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	ST-1-3	HISTORY OF GAME COURT & PLAYING EQUIPMENT. TEAM DUTIES & RESPONSIBILITY OF PLAYERS & OFFICIALS	03	-	-	03
02	ST-4-6	INTERRUPTION & RESUMPTION OF GAME SUBSTITUTION INTERVAL & CHANGING OF COURTS	01	-	02	03
03	ST-7-9	FOUL, PENALTIES & MISCONDUCT SANCTION TABLE	01	-	02	03
04	ST-10-12	FILLING OF SCORES SHEET & DEMO	01	-	02	03
TOTAL			06	-	06	12

07. HOW TO CONDUCT INSTRUCTION PHYSICAL EFFICIENCY TEST.

S.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	IPET-1/10	HOW TO CONDUCT INSTRUCTION PHYSICAL EFFICIENCY TEST.	06	-	06	12
TOTAL			06	-	06	12

08. INSTRUCTIONAL PRACTICE.

SL.NO	CODE	SUBJECT	LECTURE	DEMO	PRACTICE	TOTAL
01	IP-1-12	INSTRUCTIONAL PRACTICE.	06	-	06	12
TOTAL			06	-	06	12