



राष्ट्रीय प्रौद्योगिकी संस्थान श्रीनगर
NATIONAL INSTITUTE OF TECHNOLOGY SRINAGAR
(An autonomous Institute of National Importance under the aegis of Ministry of Education, Govt. of India)
 हजरतबल, श्रीनगर, जम्मू-कश्मीर, 190006, भारत
Hazratbal, Srinagar Jammu and Kashmir, 190006, INDIA

SYLLABUS FOR STUDENTS ACTIVITY & SPORTS (SAS) OFFICER

GENERAL AWARENESS

<ul style="list-style-type: none"> • General English • Elementary Mathematics • Quantitative Aptitude • Verbal and Non Verbal Reasoning • General Studies & Current Affairs 	<ul style="list-style-type: none"> • CCS Rules • Application of Computer Software like MS Word, Excel, Power Point, Tally etc • Internet, e-mail and various online tools
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CORE BRANCH SYLLABUS

<ul style="list-style-type: none"> • Aims, Objective and scope of Physical Education • Foundation of physical education • Olympic Movement • Sports Psychology • Sports Training and various principles , methods of training • Exercise Physiology and various systems of body • Human anatomy and Physiology • Sports Medicine, Injuries and their management • Yoga 	<ul style="list-style-type: none"> • Rules, regulations, measurements and specification of various Games & Sports • Tournament organization • Health Education • Sports Biomechanics and Kinesiology • Major Sports Events and Awards • Current Sports News • Sports Management • Health Education • Research and statistics
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