

Revised scheme of evaluation of Massage Therapists for recruitment in the Sports Authority of India

The objective evaluation will have single response, multiple choice questions. The test will have 100 questions with one mark allotted for each question. The paper would have two parts of 50 questions each. The syllabus for the evaluation is as follows

PART A- 50 questions. Each question carries one mark.

1. Basic anatomy as applied to Sports Massage
2. Basic physiology
3. Massage Techniques
4. Indications and Contraindications of massage
5. Effects of massage
6. Preevent massage
7. Postevent massage
8. Stretching methods
9. Recovery techniques
10. First aid in sports
11. Hygiene principles for massage therapist
12. Basic knowledge of Sports nutrition
13. Basic knowledge of Sports physiology
14. Basic knowledge of Sports anthropometry
15. Basic knowledge of Sports psychology
16. Basic knowledge of Sports training

PART B- 50 questions. Each question carries one mark.

1. Basic mental ability
2. Basic knowledge of computer applications like MS Word, MS Excel MS Powerpoint
3. Basic knowledge of internet use
4. Basic knowledge of sports and games
5. Knowledge of current sports affairs
6. Knowledge of sports organization in the country
7. Documentation
8. Professional ethics