



सावित्रीबाई फुले पुणे विद्यापीठ
॥ यः क्रियावान् स पण्डितः ॥

Savitribai Phule Pune University

(formerly University of Pune)

Department of Sports & Physical Education

Academic Year 2025-26

**Advance Course in
Mountaineering & Allied Sports**

Entrance Test Syllabus

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SECTION – A

UNIT-1 : MATHEMATICAL REASONING AND APTITUDE :

- ❖ Number series
- ❖ Letter series
- ❖ Elementary statistics
- ❖ Time Speed and Distance
- ❖ Proportion and Percentage
- ❖ Time and Work
- ❖ Ratio and proportion

UNIT-2 : LOGICAL AND ANALYTICAL REASONING SYLLABUS :

- ❖ Arrangement – Seating/ Circular
- ❖ Directions
- ❖ Calendars
- ❖ Clocks
- ❖ Blood Relationship
- ❖ Number Series
- ❖ Coding-Decoding
- ❖ Assumption
- ❖ Syllogisms

SECTION – B

UNIT-1 : GENERAL AWARENESS AND ENVIRONMENT :

- ❖ Plants & Agriculture in India
- ❖ Flora and Fauna in India
- ❖ Air & Water systems in Indian climate
- ❖ Human Impact on Environment
- ❖ Natural resources and their importance

UNIT-2 : GEOGRAPHY OF INDIA AND MAHARASHTRA :

- ❖ Location and Geopolitical/ Strategic significance
- ❖ Major physiographic regions and administrative divisions of India and Maharashtra
- ❖ Salient features of Deccan Plateau and Himalaya
- ❖ Rivers of India and Maharashtra
- ❖ Origin and characteristics of Indian monsoon

UNIT-3 : EVOLUTION OF MOUNTAINEERING, HISTORY, CULTURE , PEOPLE AND SOCIOECONOMIC STRUCTURE IN THE MOUNTAIN REGIONS :

- ❖ Evolution and History of Mountaineering & rock climbing
- ❖ Sherpa community & their connection to Himalaya
- ❖ Kingdoms, Dynasties and mountain ranges in India
- ❖ Economical perspective in the mountainous region
- ❖ Mountain communities, tribes & their lifestyles

UNIT-4 : HUMAN BODY SCIENCE, NUTRITION, EXERCISE, SPORT :

- ❖ Human body science, organ system, parameters for health monitoring
- ❖ Macro and micro Nutrients, malnutrition, difficulties in sports due to lack of nutrition
- ❖ Sports scene of India with a specific focus on adventure sports
- ❖ Science of Exercise, importance of Yog and pranayam

UNIT-5 : DISASTER MANAGEMENT AND EMERGENCY RESPONSE COORDINATION :

- ❖ Disaster management cycle
- ❖ Natural and man-made Hazards
- ❖ Emergency Response systems
- ❖ Role of Communication in Disaster Management
- ❖ Role of Weather Forecasting in Disaster Management
- ❖ Disaster management Institutes in India
- ❖ Risk assessment and knowledge of first aid

