**SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY**

**PESHAWAR**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**Mission Statement of Program of Health and Physical Education**

The BS program covers a broad range of fields including human physiology, psychology and biomechanics, and their relationship to sports performance, health and well-being. The program will be promoting sports, leadership, teamwork and ethics, and will provide student’s opportunities to design and enhance the intellectual assets and moral values required to lead meaningful lives while impacting society in respectful ways.

**Program Objective**

The basic aims of undergraduate program are to;

1. Equip students with specialized dynamic skills for personal and mental growth through practical work, active learning and participation in multidimensional sports activities only.
2. Promote among students cognitive and efficiency skills which is useful for promotion of knowledge.
3. Orientate students with training methods of members of special population.
4. Familiarize students having a sound knowledge of the theoretical and practical subject matter.
5. Provide students with knowledge of the subject as well as have a broader view of other discipline of social and physical sciences that will enable them to interact with other branches of knowledge and strengthen their understanding of the society.
6. Familiarize students with the essential tools and techniques of research enabling them to analyze any given situation/issue and suggest its possible solutions.
7. Empower students to establish and develop practice in the fields of Health and Physical Education.
8. Create cohesiveness via students participations in sports and research activities among the institutions and personnel of sports and Physical Education.
9. Inter-relate the discipline and prepare students in the global and local perspective creating an environment of healthy competition and equal opportunities at national and International Level.

**Shaheed Benazir Bhutto Women University**

**Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS 4 Year Program (8 Semesters) 2017-2021**

**1st Semester**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
| ENG-301 | English-I | Compulsory | 3(3+0) |
| ISL-301 | Islamic Studies/Ethics | Compulsory | 2(2+0) |
| STAT-301 | Introduction to Statistics | General | 3(3+0) |
| PHY-301 | Mechanics-1 | General | 3(3+0) |
| HPE-301 | Foundation of Physical Education & Sports | Foundation | 3(3+0) |
| HPE-302 | Techniques & Skills of Games –I | Practical | 1(0+1) |
| HPE-303 | Techniques & Skills of Athletics –I | Practical | 1(0+1) |
| HPE-304 | Techniques & Skills of Gymnastics–I | Practical | 1(0+1) |
| **C.H & Marks** | | | **17(14+3)** |

**2nd Semester**

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| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
| MTH-303 | Basic Mathematics | Compulsory | 3(3+0) |
| ENG-302 | English-II | Compulsory | 3(3+0) |
| PST-323 | Pakistan Studies | Compulsory | 2(2+0) |
| CSC-301 | Introduction to Computer | General | 3(3+0) |
| HPE-305 | Sports Bio Mechanics | Foundation | 3(3+0) |
| HPE-306 | Rules of Athletics | Foundation | 3(3+0) |
| HPE-307 | Techniques & Skills of Games –II | Practical | 1(0+1) |
| HPE-308 | Techniques & Skills of Athletics –II | Practical | 1(0+1) |
| HPE-309 | Techniques & Skills of Gymnastics-II | Practical | 1(0+1) |
| **C.H & Marks** | | | **20(17+3)** |

**3rd Semester**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
|  | Introduction to Sociology | General | 3(3+0) |
| ENG-410 | English-III | Compulsory | 3(3+0) |
|  | Bio Chemistry | General | 3(3+0) |
| HPE-401 | Rules of Games | Foundation | 3(3+0) |
| HPE-402 | Health Education | Foundation | 3(3+0) |
| HPE-411 | Techniques & Skills of Games –III | Practical | 1(0+1) |
| HPE-412 | Techniques & Skills of Athletics –III | Practical | 1(0+1) |
| HPE-413 | Techniques & Skills of Gymnastics-III | Practical | 1(0+1) |
| **C.H & Marks** | | | **18(15+3)** |

**4th Semester**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
| PSY-301 | Understanding Psychology | General | 3(3+0) |
| MTH-402 | Analytical Geometry | Compulsory | 3(3+0) |
| HPE-403 | Planning for Scientific Sports Coaching | Foundation | 4(3+1) |
| HPE-404 | Planning Sports Facilities | Foundation | 3(3+0) |
| HPE-405 | Basic Anatomy and Physiology | Foundation | 3(3+0) |
| HPE-414 | Techniques & Skills of Games –IV | Practical | 1(0+1) |
| HPE-415 | Techniques & Skills of Athletics – IV | Practical | 1(0+1) |
| HPE-416 | Techniques & Skills of Gymnastics- IV | Practical | 1(0+1) |
| **C.H & Marks** | | | **19(15+4)** |

**5th Semester**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-511 | Exercise Physiology | Major | 3(3+0) |
| HPE-512 | Science of Sports Training & Coaching | Major | 3(3+0) |
| HPE-513 | Research Methods in Physical Education | Major | 3(3+0) |
| HPE-514 | Sports Medicine | Major | 3(3+0) |
| PSC-304 | Everyday Sciences | General | 3(3+0) |
| HPE-515 | Specialization in Selected Game | Elective | 2(0+2) |
| **C.H & Marks** | | | **17(15+2)** |

**6th Semester**

|  |  |  |  |
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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-517 | Measurement & Evaluation in Physical Education | Major | 3(3+0) |
| HPE-518 | Sports Psychology | Major | 3(3+0) |
| HPE-519 | Recreation and Leisure | Major | 3(3+0) |
| HPE-520 | Trauma and Rehabilitation | Major | 3(3+0) |
| HPE-521 | Specialization in one group of Track & Field Events | (Elective) | 3(1+2) |
| HPE-522 | Practical(Teaching Practice) | Practical | 2(0+2) |
| **C.H & Marks** | | | **17 (13+4)** |

**7th Semester**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-611 | Sociological aspect of Physical Education & Sports | Foundation | 3(3+0) |
| HPE-612 | Media Marketing & Sports | Elective | 3(3+0) |
| HPE-613 | Physiotherapy in Sports | Foundation | 4(3+1) |
| HPE-614 | Sports Journalism | Elective | 3(3+0) |
| HPE-621 | Specialization in Gymnastics | Elective | 3(1+2) |
| **C.H & Marks** | | | **16(13+3)** |

**8th Semester**

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| --- | --- | --- | --- |
| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-631 | Curriculum Development in Physical Education | Major | 3(3+0) |
| HPE-632 | Sports Nutrition | Major | 3(3+0) |
| HPE-633 | Administration & Management in Physical Education | Major | 3(3+0) |
| HPE-634 | Physical Education for Special Population | Elective | 3(3+0) |
| HPE-699 | Research/  Two subjects to be selected from the list of electives |  | 6(6+0)/  6(3+3) |
| **C.H & Marks** | | | **18(18+0)** |

**Department of Health & Physical Education**

**Total # of Semester Cr.Hrs**

1st Semester 17(14+3)

2nd Semester 20(17+3)

3rd Semester 18(15+3) 4th Semester 19(15+4) 5th Semester 17(15+2) 6th Semester 17(13+4) 7th Semester 16(13+3) 8th Semester 18(18+0)  **142 (120+22)**

 **Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**Layout for BS (4 YEAR) In Health and Physical Education 2017-21**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Compulsory Courses (the student has no choice)** | | | | | | | | **General Courses to be Chosen From Other Department** | | | | |
| **7-Courses 19-(Credit Hours)** | | | | | | | | **7- Courses (19- Credit Hours)** | | | | |
|  | | | | | | | |  | | | | |
| **S.#** | **Course**  **Code** | | | **Subject** | | **Cr.hr** | | **S.#** | **Course Code** | **Subject** | | **Cr.hr** |
| 1 | ENG-301 | | | English-I | | 3(3+0) | | 1 | STAT-301 | Introduction to Statistics | | 2(2+0) |
| 2 | ENG-302 | | | English-II | | 3(3+0) | | 2 | PHY-301 | Mechanics-1 | | 3(3+0) |
| 3 | ENG-410 | | | English-III | | 3(3+0) | | 3 |  | Introduction to Sociology | | 3(3+0) |
| 4 | ISL-301 | | | Islamic Studies/Ethics | | 2(2+0) | | 4 |  | Bio Chemistry | | 3(3+0) |
| 5 | MTH-303 | | | Basic Mathematics | | 3(3+0) | | 5 | PSY-301 | Understanding Psychology | | 3(3+0) |
| 6 | PST-323 | | | Pakistan Studies | | 2(2+0) | | 6 | PSC-304 | Everyday Sciences | | 3(3+0) |
| 7 | Math-402 | | | Analytic Geometry | | 3(3+0) | | 7 | CSC-301 | Introduction to Computer | | 3(3+0) |
|  | | | | | | **19** | |  | | | | **20** |
| **Discipline Specific Foundation Courses** | | | | | | | | **Major Courses Including Research Project / Internship** | | | | |
| **10-Courses (34-Credit Hours)** | | | | | | | | **11 Courses (36 Credit Hours)** | | | | |
| **S.#** | **Course Code** | | **Subject** | | | | **Cr.hr** | **S.#** | **Course Code** | **Subject** | | **Cr.hr** |
| 1 | HPE-301 | | Foundation of Physical Education & Sports | | | | 3(3+0) | 1 | HPE-512 | Science of Sports Training & Coaching | | 3(3+0) |
| 2 | HPE-405 | | Basics of Anatomy & Physiology | | | | 3(3+0) | 2 | HPE-513 | Research methods in Physical Education | | 3(3+0) |
| 3 | HPE-305 | | Sports Bio Mechanics | | | | 3(3+0) | 3 | HPE-514 | Sports Medicine | | 3(3+0) |
| 4 | HPE-306 | | Rules of Athletics | | | | 3(3+0) | 4 | HPE-517 | Measurement & Evaluation in Physical Education | | 3(3+0) |
| 5 | HPE-401 | | Rules of Games | | | | 3(3+0) | 5 | HPE-518 | Sports Psychology | | 3(3+0) |
| 6 | HPE-402 | | Health Education | | | | 3(3+0) | 6 | HPE-631 | Curriculum Development in Physical Education | | 3(3+0) |
| 7 | HPE-404 | | Planning Sports Facilities | | | | 3(3+0) | 7 | HPE-633 | Administration & Management in Physical Education and Sports | | 3(3+0) |
| 8 | HPE-611 | | Sociological aspect of Physical Education and Sports | | | | 3(3+0) | 8 | HPE-699 | Research Project/Thesis | | 6(6+0) |
| 9 | HPE-613 | | Physiotherapy in Sports | | | | 4(3+1) |
| 9 | HPE-632 | Sports Nutrition | | 3(3+0) |
| 10 | HPE-403 | | Planning for Scientific Sports Coaching | | | | 4(3+1) |
| 10 | HPE-614 | Sports Journalism | | 3(3+0) |
| **32+2=34** | | | | | | | |
| 11 | HPE-511 | Exercise Physiology | | 3(3+0) |
| **36** | | | | |
| **Elective Courses with in the major** | | | | | | | | | | | | |
| **05-Courses (12-Credit Hours)** | | | | | | | | | | | | |
| **S.#** | | **Course Code** | | | **Subject** | | | | | | **Cr.hr** | |
| 1 | | HPE-612 | | | Media Marketing & Sports | | | | | | 3(3+0) | |
| 2 | | HPE- 515 | | | Specialization in selected game | | | | | | 2(2+0) | |
| 3 | | HPE-521 | | | Specialization in one group of track & field events | | | | | | 2(2+0) | |
| 4 | | HPE-621 | | | Specialization in Gymnastic | | | | | | 2(2+0) | |
| 5 | | HPE-634 | | | Physical Education for Special Population | | | | | | 3(3+0) | |
|  | | | | | | | | | | | 12(12+0) | |

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**English-I (Compulsory)**

**BS (1st Semester)**

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| **Course No** | Course title | **Course Description** | **C.H** |
| ENG-301 | English-I | Compulsory | 3(3+0) |

**Objective**

This course introduces the students with the basic grammatical/ structural rules of English Language. It will help the students in improving their basic language skills to the optimum level so as to enable them to communicate effectively in English Language through proper usage of vocabulary and knowledge of English grammar. Students will be familiarized with the technical methods of reading/ comprehension and will be exposed to different reading materials, which will help them in improving their vocabulary, grammar and sentence structure etc. The experience of this course will also help them to overcome those problems due to which they are unable to express themselves properly.

**Unit# 1 Vocabulary**

1. Frequently confused/ misused words.
2. Phrases.
3. Synonymous.
4. Antonymous.
5. Idioms and general vocabulary.

**Unit #2** **Practical use of Grammar**

* 1. Nouns.
  2. Pronouns.
  3. Verbs.
  4. Adjectives.
  5. Adverbs.
  6. Prepositions.
  7. Conjunctions.
  8. Articles.
  9. Interjections.

1. Tenses

**Unit# 3 Sentences**

1. Types of sentences.
2. Parts of sentences.
3. Direct and indirect speech.
4. Active, passive voice and conditional sentences.

**Unit# 4 Composition and Summarization**

1. Describing.
2. Narrating.
3. Argumentation.
4. Short/ long composition.
5. Comprehension and précis writing.

**Books reference:**

1. High School English Grammar & Composition by Wren and Martin.
2. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 1, 2nd & 3rd edition. Oxford University Press.
3. Reading upper intermediate. Brian Tomilson & Rod Ellis. Oxford Supplementary skills 3rd Impression 1992.
4. Writing. Intermediate by Marie-Christine Boutin, Suzanne Brinand & Francoise Grellet. Oxford supplementary skills 4 impression 1993.

**Supplementary Study Material:**

1. Concepts (Book 3 & 4) by P.C. Wren.
2. Learner companion series vocabulary by Gorge Devitson.
3. Precis writing of R. Dhillon.
4. Systems students companion English for lower secondary School by Majdalene Chew & Surinder kaur.
5. Understand & Communicate (Book 2 and published by PEP international Pvt. Ltd.)
6. Word Power made easy by Norman Lewis.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| ISL-301 | Islamic Studies/Ethics | Compulsory | 2(2+0) |

**Objective**

This course is aimed at to provide basic information about Islamic Studies, to enhance understanding of the students regarding Islamic civilization, to improve student skill to perform prayers and other worships & to enhance the skills of the students for understanding of issues related to faith and religious life.

**Unit# 1 Introduction to Quranic Studies**

1. Basic concept of Quran.
2. History of Quran.
3. Uloom-ul-Quran.

**Unit #2** **Study of selected text of Holy Quran**

Verses of Surah Al- Baqra related to faith (Verse No.284-286).

Verses of Surah Al-Hujrat related to Adab-al Nabi. (Verse No. 1-18)

Verses of Surah Al- Mumanoon related to characteristics of faithful (Verse

No. 1-11)

1. Verses of Surah Al-Furqan related to Social Ethics(Verse No.63-77)
2. Verses of Surah Al- Inam related to Ihkam(Verse No.152-154)
3. Verses of Surah Al-Ahzab related to Adab-al-Nabi (Verse no. 6-21-40-56-57-58)

Verses of Surah Al-Hashar (18,19,20) related to thinking, day of

judgment

1. Verses of Surah Al-Saf related to Tafakar, Tadabar (verse no. 1-14)

**Unit# 3 Seerat of Holy Prophet (S.A.W)**

1. Life of Mummad Bin Abdullah (before Prophet Hood).
2. Life of Holy Prophet (S.A.W) in Makkah.
3. Important lessons derived from the life of Holy Prophet in Makkah.
4. Life of Holy Prophet (S.A.W) in Madina.
5. Important events of Life Holy Prophet in Madina.
6. Important lessons derived from the life of Holy Prophet in Madina.

**Unit# 4** **Introduction to Sunnah**

1. Basic Concept of Hadith.
2. History of Hadith.
3. Kind of Hadith.
4. Uloom-ul-Hadith.
5. Legal Position of Sunnah.
6. Sunnah & Hadith.

**Unit#5** selected study from text of hadith (20 hadith from the book Al- Arabeen by Imami Nowavi will be taught as text of Hadith)

**Unit# 6** **Introduction to Islamic Law & Jurisprudence**

1. Basic concepts of Islamic Law.
2. History & importance of Islamic Law & Jurisprudence.
   1. Source of Islamic Law & Jurisprudence.
   2. Nature of differences in Islamic Law.
   3. Islamic and sectarianism.

**Unit# 7** **Islamic culture & civilization**

1. Basic concepts of Islamic culture & civilization.
2. Historical development of Islamic culture & civilization.
3. Characteristics of Islamic culture & civilization.
4. Islamic culture & civilization & Contemporary Issues.

**Unit# 8** **Islam & Science**

1. Basic Concepts of Islam & Science.
2. Contribution of Muslim & Development of Science.
3. Quranic & Science.

**Unit# 9** **Islamic Economic System**

1. Basic Concepts of Islamic Economic System.
2. Means of distribution of wealth in Islamic Economics.
3. Islamic concept of Riba.
4. Islamic ways to trade and commerce.

**Unit# 10 Political System of Islam**

1. Basic concepts of Islamic Political System.

Islamic Concept of sovereignty

Basic institutions of government in Islam

**Unit# 11 Islamic History**

1. Period of Hilafat-e-Rashida.
2. Period of Ummayyads.
3. Period of Abbasids.

**Unit# 12 Social System of Islam**

Basic concepts of Social system of Islam

Elements of Family

Ethical value of Islam

**Books reference:**

1. Hameed Ullah Muhammad,“ Emergence of Islam’’, IRI, Islamabad.
2. Hameed Ullah Muhammad,“ Muslim Conduct of State”,.
3. Hameed Ullah Muhammad,“ Introduction to Islam”,.
4. Hussain Hamid Hassan,” an Introduction to the Study of Islamic Law’’,. Leave Publication

Islamabad Pakistan.

1. Ahmad Hssan,’’ Principal of Islamic Jurisprudence’’, Islamic research Institute International Islamic University Islamabad 1993.
2. Mir Waliullah ,’’ Muslim Jurisprudence & the Quranic Law of Crimes’’, Islamic Book Service

1982.

1. H.S. Bhatia ,’’ Studies in Islamic Law, Religion & Society’’, Deep & Deep Publication New Delhi 1989.
2. Dr. Muhammad Zia ul Haq ,” Introduction to Al-Sharia Al-Islamia”, Allama Iqbal Open University Islamabad 2001.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| STAT-301 | Introduction to Statistics | General | 3(3+0) |

**Unit# 1 what is Statistics**

1. Definition of Statistics
2. Population
3. Sample
4. Descriptive and inferential statistics
5. Observation
6. Data
7. Discrete and continuous variables
8. Errors of measurement
9. Significant digits
10. Rounding of number
11. Collection of primary and secondary data
12. Editing of data
13. Exercises

**Unit #2** **Presentation of Data**

Introduction

* 1. Basic principles of classification and tabulation
  2. Constructing of a frequency distribution
  3. Relative and cumulative frequency distribution
  4. Diagrams
  5. Graphs and their construction
  6. Bar charts
  7. Pie chart
  8. Histogram
  9. Frequency polygon and frequency curve
  10. Cumulative frequency polygon or Ogive Histogram
  11. Ogive for discrete variable
  12. Types of frequency curves
  13. Exercises

**Unit#3** **Measures of central tendency**

* 1. Introduction

Different types of Averages

Quintiles

The Mode empirical relation between Mean

Median and Mode

Relative Merits and Demerits of various averages

Properties of good average

Box for whisker plot

Stem and leaf Display

Definition of outlines and their direction

Exercises

**Unit#4 Measures of Dispersion**

Introduction

Absolute and relative measures range

The semi inter-quartile range

The mean deviation

The variance and standard deviation

Change of origin and scale

Interpretation of the standard deviation

Coefficient of variation

Properties of variance and standard deviation

Standardized variables

Movements and Movements ratios

Exercises

**Unit #5** **Probability and Probability Distributions**

1. Discrete and continuous distribution
2. Binomial Poisson and normal distribution
3. Exercise

**Unit #6** **Sampling and sampling Distributions**

Introduction

1. Sampling design and sampling frame bias
2. Sampling and non-sampling errors
3. Sampling with and without replacement
4. Probability and non-probability sampling
5. Sampling distribution for single mean and proportion
6. Difference of mean and proportions
7. Exercises

**Unit #7 Hypothesis testing**

1. Introduction
2. Statistical problem
3. Null and alternative hypothesis
4. Type-1 and Type-II errors
5. Level of significance
6. Test statistics
7. Acceptance and rejection regions
8. General procedure for testing of hypothesis
9. Exercises

**Books Reference:**

* + 1. Bhawana Bazaar Faisalabad
    2. Muhammad F 2005 “Statistical methods and Data Analysis Kitab Markaz
    3. Walpole R E 1982 “Introduction to Statistics” 3rd E Macmillan Publishing Co

|  |  |  |  |
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| **Course No** | **Course title** | **Course Description** | **C.H** |
| PHY-301 | Mechanics-1 | General | 3(3+0) |

**Unit # 1 Physics Introduction**

Importance

Practical use of physics in daily life

Branches of physics

**Unit #2 Newton laws**

Equilibrium

Condition of equilibrium

Examples of static

Translational

Rotational equilibrium

Equation of motion (1st, 2nd, 3rd)

Derivation and solved examples

**Unit#3 Force and Energy**

Kinds of force

Angular force square

Centripetal force

Centrifugal force

Inverse square force

Newton laws of gravitation

Torque and opening and closing door

Circular motion of mass attached to rope

Restoring force

Motion of mass attached to spring

Liver, pully, pendulum

Archemidis principles

Forces in liquids viscosity

Cohessive forces

Admhenssive forces

Bonyonce force

**Book Reference:**

Physics by Holliday Resnick krane volume 1 and 2

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-301 | Foundation of Physical Education & Sports | Foundation | 3(3+0) |

**Objective**

This course is being introduced with a view to reflect the current status and emerging developments in the field of physical education. Emphasis has been placed on the contents that well in term develop the practical and applicable aspect of the foundation of physical education in the area of sports, in addition to the personality development, a prime objective of the field. Effects have been made to collect the diversity of the field at a single juncture and make it a useful, worthy and comprehensive accomplishment for the future generation. It is hoped that this professional and collaborative approach will work as a curtain raiser for the future prospects and pave the way to the excellence in this unique and important area of sports.

**Unit# 1** **Definition and Meaning of Physical Education and Sports**

1. Definition of Physical Education and sports
2. New name for the field.
3. Allied fields.
4. Terminology.

**Unit #2** **Philosophies of Physical education and Sports**

* 1. **Components of philosophy**
     1. Metaphysics
     2. Epistemology
     3. Logic
     4. Axiology
     5. Ethics
     6. Aesthetics

1. **Philosophies in physical education**
   * 1. Idealism
     2. Realism
     3. Pragmatism
     4. Naturalism
     5. Existentialism
     6. Modern Philosophies in physical Education

**Unit#3 Objectives of Physical Education & Sports**

* 1. Clarifying terms Aims, Objectives and Goals
     + - 1. Objectives of Physical Education and Sports

Organic development

* + - 1. Cognitive development
      2. Motor development
      3. Social development

**Learning in three Domains and Assessment**

1. Cognitive Domain.
2. Affective Domain.
3. Psycho motor Domain.

**Unit#4 Psychological and Social Foundations of Physical Education and Sports**

a. Definition of learning.

b. Theories of Learning and their implications.

1. Factor Affecting Learning.
2. Concept and theories of play

**Unit #5 Careers and Professional Consideration in Physical Education Sports**

1. Physical Education and sports career Opportunities
2. Leadership and Professional Development
3. The Teaching Profession
4. Teaching Responsibilities

**Unit #6** **Issues, Challenges and the Future of Physical Education and Sports**

**Books Reference:**

1. Bucher CA and Thaxton NA: Physical Education and sport: change and challenge, st.Louis 1981,Mosby.
2. Bucher CA and Wuest DA foundation of Physical Education and sport 13th Edition 1999 WCB Mc Graw-Hi
3. Sedentop D Introduction to Physical Education, Fitness and sport Mountain view, Calif 1990, Mosby.
4. Singh YK. (Yogesh kumar) and ms Nath R ( Ruchika) Teaching of Psychology Ansari Road Daryagang New Delhi- 110002.2005.A.P.H Publishing corporation

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-302 | Techniques & Skills of Games –I | Practical | 1(0+1) |

**Objective**

This practical course is designed with the purpose to provide comparatively advance techniques of the selected games so that students may develop skills for demonstration.

**Develop Skills in the following Games**

**Ball Games**

* 1. Cricket
  2. Football

**Racket Games**

* + 1. Lawn tennis

**Others**

* + 1. Chess

1. **Books Reference:**

|  |  |  |
| --- | --- | --- |
| 1. | Dr .P.Modak | Rules & Principles of sports & Games, New Delhi |
|  |  | Khel Shitya Kendra, India 2005 |
| 2. | Dr.Anil Sharma | Sports law ( With latest Rules and Management), |
|  |  | New Delhi khel shitya Kendra, Indian 2004. |
| 3. | Dr. Anil Sharma | The Illustrated Encyclopedia of rules in sports & |
|  |  | Games, New O.P. Sharma Delhi Sports publication,2004 |
| 4. | Mood Musker Rink | Sports and recreational activities, 13th Edition, |
|  |  | London, McGraw Hill, 2002. |
| 5. | B.K.Chaturvedi | Rules & Skills of game & sports, new Delhi |
|  |  | Goodwill Publishing House, 2003 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-303 | Techniques & Skills of Athletics –I | Practical | 1(0+1) |

**Objective**

The outline of this practical course is prepared with the purpose to provide basic technical knowledge to the students and familiar them with modern approach.

For developing the skills in athletics selected track events enabling them to develop courage, determination, speed, endurance, and self–reliance.

**Develop Skills in the following Events**

**Track Events**

**Sprints Races**

100 meter

1. 200 meter
2. 400 meter

**Middle Distance Races**

1. 800 meter
2. 1500 meter

**Long Distance Races**

1. 3000 meter
2. 5000 meter
3. 10000meter

**Marathon Race**

1. 42.195 km

**Race Walking**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOOKS REFERENCE** | | |  |  |
| 1. | DR. P.Modak |  | Rules & Principles of sports & Game , New Delhi Khel shitya | |
|  |  |  | Kendra,india 2005 |  |
| 2. | M.B.Davies | | Physical Training, Games and Athletics in Schools |  |
|  |  |  | New Delhi, Khel Sahitya Kendra,2005 |  |
| 3. | Ekta | | Teaching and coaching Athletics. New Delhi, Sports |  |
|  |  |  | Publication, 2004 |  |
| 4. | Mood Musker Rink | | Sports and recreational Activities,13th Edition, Mc Graw |  |
|  |  |  | Hill, 2003 |  |
| 5. | O.P. Sharma, | | Athletics Skills & Rules, Delhi Khel Shitya , |  |
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| 6. | Guy Butler | | Athletics & Training, New Delhi, Sonali publication 2003. |  |
| 7. | Dr. M. L. Kamlesh | | Athletic Personality; A Psychological Probe, New Delhi, |  |
|  |  |  | Khel Sahitya Kendra, 2004. |  |
| 8. | R. Jain. | | Track and Field, New Delhi, Khel Sahitya Kendra, 2003 |  |
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| 10. Danial D.Arnheim, | | | Athletic Training-4th Edition, CA, WCB, McGraw Hill,1999 | |
| 11. Sharma,N.P. | | | Fundamental of track and Field.New Delhi; Khel Sahitya |  |
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| 12. Danial D Arnhei | | | Athletic Training-4th Edition, CA, WCB, McGraw Hill, 1999 | |
| 13. Sharma, N.P, | | | Fundamental of track & Field. New Delhi: Khel shitya | Kendra 2005 |
| 14. Gothi,E. | | | Teaching & Coaching Athletics.New Delhi: Sports Publication, 2004. | |
| 15. Jain, R. | | | Track and Field. New Delhi: Khel Shitya Kendra, 2003 |  |
| 16. Thani Vivek. | | | Ency of track &field. New Delhi, khel shitya Kendra, 2003 |  |
| 17. I.A.A.F | | | Hand book of Athletics, P.A.A.F Publisher, 2000. |  |
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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-304 | Techniques & Skills of Gymnastics–I | Practical | 1(0+1) |

**Objective**

The purpose of introducing this practical course on Gymnastics work is to provide students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the youth and to develop gymnastics Basic skills for demonstration.

1. **Men Floor Exercises**
2. **Women Floor Exercises**
3. **Trampolining**

**Books Reference:**

|  |  |  |
| --- | --- | --- |
| 1. | Renu Jain | Men Gymnastic Coaching, New Delhi, Sports Publication, |
|  |  | 2005. |
| 2. | Anoop Jain | Gymnastic Rule Book 2004, New Delhi, Sports Publication, |
|  |  | 2005. |
| 3. | David Jain | Play & Learn Gymnastics, New Delhi, Khel Sahitya Kendra, |
|  |  | 2003. |
| 4. | Renu Jain | Play the Game Gymnastics, Great Britian,1991. |
| 5. | Fred Turoff | Artistic Gymnastics, Wm.C. Brown Publishers,1991. |
| 6. | E.Mauldon | Teaching Gymnastics,-2nd Edition, London, Longman, 1979. |
| 7. | Anoop Jain | Gymnastics Rule Book 2004, New Delhi, Sports Publication, |
|  |  | 2004. |

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (2nd Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| MTH-303 | Basic Mathematics | Compulsory | 3(3+0) |

**Objective**

Specific objectives of the course to prepare the students not majoring in Mathematics with the essential tools of algebra to apply the concepts and the Techniques in their respective disciplines

**Unit # 1** **Preliminaries**

1. Real number system
2. Complex number
3. Introduction to sets
4. Set operation
5. Functions
6. Types of functions

**Unit #2 Matrices**

1. Introduction to matrices
2. Types
3. Matrix inverse
4. Determinants
5. System of liner equation
6. Cramer’s rule

**Unit#3 Quadratic Equations**

1. Solution of Quadratic Equations
2. Qualitative analysis of roots of Quadratic Equations
3. Equation reducible to Quadratic Equations
4. Cube roots of unity
5. Relation between roots and coefficients of Quadratic Equations

**Unit#4 Sequences and Series**

1. Arithmetic progression
2. Geometric progression
3. Harmonic progression

**Unit#5 Binomial Theorem**

1. Introduction to mathematical induction
2. Binomial Theorem with rational and irrational indices

**Unit#6 Trigonometry**

1. Fundamentals of Trigonometry
2. Trigonometric identities

**Book Reference:**

Dolciani MP, Wooton W, Beckenback EF, Sharron S Algebra 2 ` and Trigonometry 1978 Houghton & Mifflin Boston (Suggested text)

Kaufmann JE College Algebra and Trigonometry 1987 PWS Kent Company Boston Swokowski EW,

Fundamental of Algebra and Trigonometry (6th edition) 1986 PWS-Kent Company Boston

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| ENG-302 | English-II | Compulsory | 3(3+0) |

**Objective**

The course aims at including students with the key concepts of communication and their application keeping line with the following objectives:

1. To increase the students ability to improve and utilize the skills necessary for a competent interpersonal communicator
2. To increase the students understanding of his/her own as well as other behavior in the context of communication.
3. To improve students communication skills in both social and professional context

**Unit#1 Principles of Effective Communication**

1. Concepts
2. Benefits and characteristic of effective communication
3. Basic forms of communication
4. Verbal & nonverbal communication
5. Components of communication (communication process)
6. Problems of communication
7. Communicating in organization
8. Communication channels
9. Intercultural communication in global context
10. Oracy skills (Listening & speaking)
11. Literacy skills (reading & writing)
12. Visual and oral presentation

**Unit#2 Basic Principles of Communication**

1. Communication methods and skills
2. Business messages
3. Reading skills
4. Extensive and Intensive
5. Skimming and Scanning
6. Communication and the technology context
7. Formal letter
8. Memorandum
9. Curriculum vitae (resume)
10. Business E-Mail
11. Fax Massages

**Book Reference:**

1**.** Communication for Business by Shirley Taylor (4th edition).

2**.** Business Communication today by Courtland L Bovee.

3**.** Effective Business Communication by Herta A Murphy (7th edition)

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| PST-323 | Pakistan Studies | Compulsory | 2(2+0) |

**Objective**

This course is to develop vision of historical perspective government, politics, contemporary Pakistan, ideological back ground of Pakistan. Study the process of governance, national development, issues arising in the modern and posing challenges to Pakistan.

**Course Outlines**

1. Historical perspective
2. Ideological rationale with special reference to Sir Syed Ahmad Khan, Alama Muhammad Iqbal and Quqid-i-Azam Muhammad Ali Jinnah
3. Factors leading to Muslim separatism
4. People and land Indus civilization
5. People and land Muslim advent

People and land Location and Geo physical feature

**Government and Politics in Pakistan**

1. Political and constitutional phases: 1947-1958
2. Political and constitutional phases: 1958-1971
3. Political and constitutional phases: 1971-1977
4. Political and constitutional phases: 1977-1988
5. Political and constitutional phases: 1988-1999
6. Political and constitutional phases: 1999-2008 onward

**Contemporary Pakistan**

1. Economic institution and issues
   1. Society and social culture
   2. Electricity
   3. Foreign policy of Pakistan and challenges
   4. Futuristic outlook of Pakistan

**Book Reference:**

1. Khan Hamid Constitutional Development in Pakistan Lahore Oxford University Press 2002.
2. Mahmood Safdar Pakistan Political Roots & Development Karachi 1947-1999 Oxford University Press 2000.
3. Rizvi H.A Military and Politics in Pakistan Progressive Publisher Lahore 1988.
4. Ziring Lawrence Pkistan in the Twentieth Century Oxford University Press 1997.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| CSC-301 | Introduction to Computer | General | 3(3+0) |

**Unit#1 Introduction**

Introduction to the basics of IT

Definition and importance of computer

Classification of computer

Function of computer

**Unit #2 Number System**

Binary number system

Decimal number system

Octal number system

Hexadecimal number system

Conversions

**Unit#3 Computer Arithmetic**

Binary addition

Binary subtraction

Binary division

Binary multiplication

**Unit#4**  **Computer Peripherals: I/O**

Basic concepts of the computer hardware

Input and output devices

Commonly used input devices

Other concept related to I/Os

**Unit#5 Storage devices**

Primary and secondary storage devices

Classification of secondary storage devices

Direct and sequential storage devices

Types and uses of secondary storage devices

**Unit#6 Computer software and application software**

Concept of software

Types of software

Application of computer in education

Software needed and used by the end users

The software needed for management of systems

**Unit#7 The Internet and Media**

How can the businesses take advantages of the internet?

**Unit#8 Practical communication literacy (MS word)**

Word processing basics

Letter, reports, resumes

Desktop publishing basics

**Unit#9 Financial literacy (MS Excel)**

Excel basic

Charts and Graphs

**Unit#10 Presentation literacy (MS PowerPoint)**

PowerPoint basics

Presentation skills

**Unit#11 Internet**

Netiquette

Terminology

Email

Search Engines

Conducting Research

**Book Reference:**

1. Introduction to computer by Peter Norton 6th internet edition.

2. Fundamental of information technology by Alexr Icon Mahewslcon leon Press 2nd ,4th and 6th.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-305 | Sports Bio Mechanics | Foundation | 3(3+0) |

**OBJECTIVES OF COURSE:**

This course has been designed to impart basic scientific technical information about body movements involved in sports activities by elaborating biomechanics, form of motion, Kinematics of Physical Activities, Analyzing Games techniques.

**UNIT 1 INTRODUCTION TO BIOMECHANICS**

* 1. Definition and Meaning of Biomechanics
  2. Terminology used in Biomechanics
  3. Importance of Biomechanics in Health, Phy: Edu & Sports

**UNIT 2 MOVEMENT**

* 1. Definition and Meaning of Movement
  2. Types of Movement

1. Basic Movement
2. Derived Movement

**UNIT 3 ANATOMICAL BASIS OF MOTION**

1. Definition of motion
2. Anatomical basis of human motion
3. Role of muscular system in human motion
4. Role of skeletal system in human motion
5. Role of nervous system in human motion

**UNIT 4 ENVIRONMENT AND MECHANICAL LAWS IN REFERENCE TO MOTION**

1. Definition of environment
2. Environmental factors affecting movement
3. Mechanical Laws( Newton’s Laws of Motion)
   * 1. Force 2. Mass 3. Gravity 4. Friction 5. Liver 6. Energy 7. Air Resistance 9. Equilibrium

**UNIT 5 DIMENSION OF HUMAN BODY**

1. BMI
2. Types and characteristics of Human Body in accordance to Phy: Edu & Sports
3. Importance of Body Types
4. correctives exercises for each body type

**UNIT 6 HUMAN POSTURE**

1. definition and importance of posture
2. measurement of good posture
3. postural defects
4. Tilted Head
5. khphosis
6. lordosis
7. khoholordosis
8. scoliosis
9. knee and foot deformities
   1. Remedial exercises for postural defects

**References**

* 1. Anna Espenscnada, Helen M. Eckert Motor Development, Chales E. Merrill publishing Company
  2. Claeny Gotdon and Bluer Applied Kinesiology and Biomechanics, McGraw Hill Book Company
  3. Clyde Knmapp and Particias Hageman Kannard. Teaching Physical Education in Secendary Level, McGraw Hill BOOK Company.
  4. David A. Winter Biomechanics of Human Movement, John Wily and Sons
  5. Evelyn L. Schurr, Movement experience for Children, Prentice Hall, Inc Englwood Cliff New Jersey

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-306 | Rules of Athletics | Foundation | 3(3+0) |

**Objective:**

The main purpose of this course is to enhance the knowledge of the students regarding Track & field. This course will also be helpful in developing the skill of the students regarding the marking, and laying out the standard track and other circles and marking of the track. The students will be able to conduct the track and field competitions at various levels as well as to perform the duties of technical officials.

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| **Unit # 1** | **History of Ancient Olympic Games with Special** | | |
|  | **Reference to Track & Field** | |  |
| **Unit# 2** | **Modern Olympic Games with Special Reference to** | | |
|  | **Athletics.** | |  |
| **Unit# 3** | **Introduction to Athletic** | |  |
| **Unit# 4** | **Method of laying of 200 and 400 Meters Running Track.** | | |
| **Unit# 5** | **How to conduct track and Field competitions** | | |
|  | **at College, University and National level** | | |
| **Unit# 6** | **Officials and their duties in Athletics** | | |
| **Unit# 7** | **Rules of Track Events** | |  |
|  | **i)** | **Sprint Races** | 100 Meters, 200 Meters & 400 Meters. |
|  | **ii)** | **Middles Distance Races** | 800 Meters and 1500 Meters |
|  | **iii) Long Distance Races** | | 3000,5000 and 10000 Meters |
|  | **iv) Hurdles Races** | | 100 Meters & 400 Meters (for women) |
|  |  |  | 110 Meters, 400 Meters & 3000 Meters |
|  |  |  | Steeple chase (for man) |
|  | **v)** **Relay Races** | | 4X100 Meters, 4X400 Meters |
|  | **vi) Road Races** | |  |

**vii) Cross Country**

**Viii) Combined Events**.

**Unit# 8 Rules of Field Events (Jumps)**

1. Broad Jump/ long Jump

High Jumps

1. Triple Jump/Hop step & Jump
2. Pole Vault

**Unit# 9 Rules of Field Events (Throws)**

1. Shot Put
2. Discus
3. Javelin
4. Hammer

**Unit# 10 Rules of WADA in IAAF Competitions**

|  |  |  |  |
| --- | --- | --- | --- |
| **BOOKS REFERENCE** | | |  |
| 1. | DR. P.Modak |  | Rules & Principles of sports & Game , New Delhi Khel |
|  |  |  | Shitya Kendra,india 2005 |
| 2. | M.B.Davies | | Physical Training, Games and Athletics in Schools |
|  |  |  | New Delhi, Khel Sahitya Kendra, 2005 |
| 3. | Ekta | | Teaching and coaching Athletics. New Delhi, Sports |
|  |  |  | Publiation, 2004 |
| 4. | Mood Musker Rink | | Sports and recreational Activities,13th Edition, McGraw |
|  |  |  | Hill, 2003 |
| 5. | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel shitya , |
|  |  |  | Kendra,india 2003 |
| 6. | Guy Butler | | Athletics & Training, New Delhi, Sonali publication |
|  |  |  | 2003. |
| 7. | Dr. M. L. Kamlesh | | Athletic Personality;A Psychological Probe, New Delhi, |
|  |  |  | Khel Sahitya Kendra, 2004. |
| 8. | R. Jain. | | Track and Field, New Delhi, Khel Sahitya Kendra, 2003 |
| 9. | Daniel D.Arnheim | | Essentials of Athletic Training-5th Edition,Toronto,McGraw |
|  |  |  | Hill, 2002. |
| 10. | Danial D.Arnheim, | | Athletic Training-4th Edition, CA, WCB, McGraw Hill,1999 |
| 11. Sharma,N.P. | | | Fundamental of track and Field. New Delhi; Khel Sahitya |
|  |  |  | Kendra,india 2005 |
| 12. | Danial D Arnheim | | Athletic Training-4th Edition, CA, WCB, McGraw Hill, 1999 |
| 13. | Sharma, N.P, | | Fundamental of track & Field. New Delhi: Khel shitya |
|  |  |  | Kendra 2005 |
| 14. | Gothi,E. | | Teaching & Coaching Athletics. New Delhi: Sports |
|  |  |  | Publication 2004. |
| 15. | Jain, R. | | Track and Field. New Delhi: khel shitya Kendra, 2003 |
| 16. | Thani Vivek. | | Ency of track &field. New Delhi, khel shitya Kendra, 2003 |
| 17. | I.A.A.F | | Hand book of Athletics, P.A.A.F Publisher, 2000. |

1. Allen GuttmanWomen’s Sports, Columbia University press 1991 USA

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-307 | Techniques & Skills of Games –II | Practical | 1(0+1) |

**Objective**

This practical course is designed for the purpose to provide comparatively advance techniques of the selected games so that students may develop skills for competitions.

Develop skills in the following Games.

**Ball Games**

Field Hockey

Basket ball

**Racket Games**

Badminton

**Others**

Swimming

Water polo

**Books Reference**

|  |  |  |
| --- | --- | --- |
| 1. | Dr .P.Modak | Rules & Principles of sports & Games, New Delhi Khel |
|  |  | Shitya Kendra, India 2005. |
| 2. | Dr.Anil Sharma | Sports law ( With latest Rules and Management), |
|  |  | New Delhi khel shitya Kendra, Indian 2004 |
| 3. | Dr. Anil Sharma | The Illustrated Encyclopedia of rules in sports & |
|  |  | Games, New O.P. Sharma, Delhi sport publication,2004 |
| 4. | Mood Musker Rink | Sports and recreational activities, 13th Edition, London, |
|  |  | McGraw Hill, 2002. |
| 5. | B.K.Chaturvedi | Rules & Skills of game & sports, new Delhi Goodwill |
|  |  | Publishing House, 2003 |
| 6. | Lokesh Thai | Rules of Games & Sports, New Delhi, Sports |
|  |  | Publications, 1995. |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-308 | Techniques & Skills of Athletics –II | Practical | 1(0+1) |

**Objective:**

The outline of this practical course is prepared with the purpose to provide basic technical knowledge to the students and familiar with modern approach For developing the skills in athletic selected Field events enabling them to develop courage, determination, strength, speed, endurance, and selfs–reliance etc .

**Field Events**

**Develop Skills in the following Events**

**Throws**

1. Discus.
2. Javelin.
3. Hammer
4. Shot Put

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| **BOOKS REFERENCE** | | |  | |
| 1. | | DR. P.Modak | | Rules & Principles of sports & Game , New Delhi Khel | |
|  |  |  | | Shitya Kendra,India 2005 | |
| 2. | | M.B.Davies | | Physical Training, Games and Athletics in Schools | |
|  |  |  | | New Delhi, Khel Sahitya Kendra,2005 | |
| 3. | | Ekta | | Teaching and coaching Athletics. New Delhi,Sports | |
|  |  |  | | Publication, 2004 | |
| 4. | | Mood | | Musker Rink Sports and recreational Activities,13th Edition, | |
|  |  |  | | McGraw Hill, 2003 | |
| 5. | | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel Shitya , | |
|  |  |  | | Kendra,India 2003 | |
| 6. | | Guy Butler | | Athletics & Training, New Delhi, Sonali publication 2003 | |
| 7. | | DR. P.Modak | | Rules & Principles of sports & Game , New Delhi Khel Shity | |
|  |  |  | | Kendra,India 2005 | |
| 8. | | M.B.Davies | | Physical Training, Games and Athletics in Schools | |
|  |  |  | | New Delhi, Khel Sahitya Kendra,2005 | |
| 9. | | Ekta | | Teaching and coaching Athletics. New Delhi,Sports | |
|  |  |  | | Publication, 2004 | |
| 10. | | Mood Musker Rink | | Sports and recreational Activities,13th Edition,McGraw | |
|  |  |  | | Hill, 2003 | |
| 11. | | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel Shitya , | |
|  |  |  | | Kendra,India 2003 | |
| 12. | | Guy Butler | | Athletics & Training, New Delhi, Sonali publication | |
|  |  |  | | 2003. | |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-309 | Techniques & Skills of Gymnastics-II | Practical | 1(0+1) |

**Objective**

The purpose of introducing this practical course on Gymnastic Apparatus work is to provide the students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the youth.

Develop Basic Skills in Gymnastics with apparatus.

**Men**

1. Rings
2. Parallel Bar
3. Horse Vault
4. Horizontal Bar

**Women**

1. Asymmetrical Bars..
2. Beams
3. Horse Vault
4. Pommel Horse.

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| --- | --- | --- | --- |
| **Books Reference:** | | |  |
| 1. | Renu Jain |  | Men Gymnastic Coaching, New Delhi, Sports Publication, |
|  |  |  | 2005 |
| 2. | Anoop Jain | | Gymnastic Rule Book 2004, New Delhi, Sports Publication, |
|  |  |  | 2005 |
| 3. | David Jain | | Play & Learn Gymnastic, New Delhi, khel |
|  |  |  | Sahitya Kendra,2003 |
| 4. | Renu Jain | | Play the Game Gymnastics, Great Britian,1991 |
| 5. | Fred Turoff | | Artistic Gymnastics, Wm.C. Brown |
|  |  |  | Publishers,1991 |
| 6. | E.Mauldon | | Teaching Gymnastics,-2nd Edition, London, Longman, |
|  |  |  | 1979 |
| 7. | Anoop Jain | | Gymnastic Rule Book 2004, New Delhi, Sports Publication, |
|  |  |  | 2004 |

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (3rd Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
|  | Introduction to Sociology | General | 3(3+0) |

**Objective**

The course is designed to introduce the students with sociological concepts and the discipline. The focus of the course shall be significant concepts like social systems and structures socio economic changes and social processes. The course will provided due foundation for further studies in the field of sociology.

**Unit#1 Introduction**

1. Definition, scope and subject matter
2. Sociology as a science
3. Historical background of sociology
4. Relationship of sociology with other social science
5. Sociological imagination
6. Sociological land perspectives

**Unit#2 Society**

1. Introduction to society
2. Types of society
3. Characteristics of society
4. Historical development of society
5. Society vs. Community
6. Society vs. State

**Unit#3 Socialization and Personality**

Introduction of socialization

1. Types
2. Agents
3. Personality and its types
4. Determination and personality development

**Unit#4 Culture**

1. Introduction to culture
2. Characteristics of culture
3. Types of culture
4. Elements of culture
5. Organization of culture
6. Culture and its related concepts
7. Culture vs civilization

**Unit#5 Collective Behavior**

1. Introduction to collective behavior
2. Crowd behavior
3. Public opinion
4. Propaganda
5. Social movement
6. Leadership
7. Mob
8. Panic
9. Riot
10. Public poll

**Unit#6 Social Structure and Social Processes**

1. Introduction to social structure
2. Role and status
3. Cooperation
4. Accommodation
5. Acculturation
6. Assimilation
7. Amalgamation
8. Conflict
9. Competition

**Unit#7 Social Stratification and social Mobility**

1. Introduction to stratification
2. Determinants of social stratification
3. Characteristics of c stratification
4. Types of social stratification
5. Introduction to social mobility
6. Dynamics of social mobility

**Book Reference:**

1. Brown K (2004) sociology UK Polit press.
2. Frank N M (2003) International Encyclopedia of sociology USA Dearborn publishers.
3. Gidden A (2002) Introduction to sociology UK polity press.
4. Henslin J M (2004) sociology A Down to Erath approach Toronto Allen and Bacon.
5. Tischler H L introduction to sociology (7th ed) New York The Harcourt press.
6. Macionis J J (2006) sociology (10th ed) New York Prentice Hall New Jersey.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| ENG-410 | English-III | Compulsory | 3(3+0) |

**Objective**

This course will introduce students to the basic principles of effective / skillful writing and will develop the understanding of the students’ academic and technical writing skills. Students will understand and know, how to the stages of writing process and will apply these to technical and workplace writing task.

**Unit # 1 Introduction to Technical/Skillful writing**

1. What is technical/skillful writing
2. What is purpose and importance of technical/skillful writing
3. Characteristics of technical writing
4. Basic aspects and principles of technical writing and style

**Unit # 2** **Technical Writing Process**

1. An overview of the process, Pre-writing, writing and post Writing

**Unit # 3** **Writing an Outlines**

1. What is an outlines
2. Principles of making outlines
3. Arranging ideas in outlines

**Unit # 4** **Writing an Abstract and Summarizing a Text**

1. What is an abstract
2. What is summarizing
3. Types of summary and abstract
4. Difference between outlines, abstract and summary

**Unit #5 Description**

1. Common elements of descriptions
2. Planning the mechanism description
3. Writing the mechanism description
4. Planning the process description
5. Writing the process description

**Unit #6 Report Writing**

1. What is report writing
2. Difference between report and other forms of writing
3. Formal and Informal reports
4. Types of formal reports

**Unit #7 Proposals Writing**

1. External proposals and internal proposals
2. Types of internal proposals

**Unit #8 Writing a Review**

1. What is review and types of review
2. Writing advertisements, Note taking
   1. Writing notices, Writing circulars
   2. Writing Minutes of meeting/conference

**Book Reference:**

1. Technical reporting writing by Steven E Pauley&Daniel G Riorden.
2. Technical writing and specification by Gildon H K Megraw Hill.
3. Technical writing by Steve M Chnical.
4. College writing skills by Jhon Langan.
5. Mc-Graw-Hill Higher Education 2004.
6. Writing advanced by Ron White.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
|  | Bio Chemistry | General | 3(3+0) |

**Unit # 1 Introduction to Bio Chemistry**

1. Brief introduction to the scope and biochemistry
2. The molecular logic of living organisms
3. Cell structure and their function
4. Origin and nature of bio molecules

**Unit # 2 Physical Aspect of Biochemistry**

1. Weak interaction in aqueous system
2. Ionization of water
3. Weak acids and weak bases
4. Buffers Buffering against ph changes
5. Diffusion osmosis and osmotic pressure

**Unit # 3 Proteins**

1. Amino acids classification and properties
2. Proteins classification and properties
3. Structure of proteins primary, secondary, tertiary & quaternary

Amino acids sequence

* 1. Biological functions of proteins and peptides

**Unit # 4 Lipids**

1. Classification fatty acids and their properties
2. Biological significance of glycerides
3. Biological significance of phospholipids and non-phospholipids
4. Biological significance of steroids
5. Structure of biological membrane

**Unit #5 Carbohydrates**

1. Classification of carbohydrates
2. Chemistry and properties of monosaccharide
3. Chemistry and properties disaccharides
4. Chemistry and properties polysaccharides
5. Glycolipids and glycoproteins

**Unit #6 Digestion and Absorption Utilization**

1. Carbohydrates
2. Lipids
3. Proteins

**Unit #7 Nucleic Acids**

1. Purines and Pyrimidine’s
2. Nucleosides and Nucleotides
3. Structure s and function of RNA and DNA

**Unit #8 Enzymes**

1. Chemical Nature
2. Nomenclature and Classification
3. Enzymes activity
4. Effect of different factor on enzymes activity
5. Coenzymes and immobilized enzymes

**Unit #8 Vitamins**

1. Introduction, classification and chemistry
2. Biological significances of vitamins A, D, E, K,B complex & C

**Unit #8 Practical’s**

1. Hydrolysis of protein
2. Qualitative test of amino acids/paper chromatography
3. Estimation of protein by Kjeldahi, Lowery methods
4. Titration cure of amino acids
5. Qualitative tests for carbohydrates (pentose’s, hexoses reducing and non-reducing sugar )
6. Estimation of glucose sucrose (polar meter)
7. Enzymatic hydrolysis of glycogen
8. Conflict
9. Competition

**Book Reference:**

1. Technical reporting writing by Steven E Pauley&Daniel G Riorden.
2. Technical writing and specification by Gildon H K Megraw Hill.
3. Technical writing by Steve M Chnical.
4. College writing skills by Jhon Langan.
5. Mc-Graw-Hill Higher Education 2004.
6. Writing advanced by Ron White

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-401 | Rules of Games | Foundation | 3(3+0) |

**Objective**

The prime focus of this course would be to develop the knowledge of the students about international rules of different games. This course will also help in enhancing the organizational skills of the students in addition to improving the students’ knowledge regarding the organization and conduct of tournaments at different level. It will also contribute towards the development of leadership qualities and sportsmanship among the students of Health & Physical education.

**Unit#1 Concepts of Sports and Games**

1. Definition of sports and games
2. Types of games
3. Values of sports and games

**Unit #2** **Allied areas of Sports and Games**

Camping

Civil Defense

Mountaineering

1. Hiking/Trekking
2. Camping

**Unit #3** **Competitions and their Types**

1. Single elimination or knockout system
2. Round Robin or league system
3. Combination system

Challenge system

* 1. Ladder system
  2. Pyramid system

**Unit#4** **Organizational Structure and Conduct of Games at Different Levels**

1. Education level

Private level

1. National level

International level

1. Role of Associations, Federations, Olympic committee, provincial sports boards, Pakistan Sports Board, HEC,PCB and ICC in National and in-ternational level sports.

**Unit#5** **National and International Competitions**

1. National Games
2. SAF Games
3. Asian Games

Common Wealth Games

1. Olympic Game
2. World Games
3. Para Olympic Games
4. World University Games
5. World Championships
6. Other competitions.

**Unit #6** **Brief History and Rules of the following Games**

**Ball Games**

1. Cricket
2. Field Hockey
3. Football
4. Basket ball
5. Volley ball
6. Hand ball
7. Base ball
8. Net ball

**Racket Games**

1. Tennis
2. Badminton
3. Table Tennis
4. Squash

**Others**

1. Kabaddi
2. Tug of war
3. Swimming
4. Water polo
5. Gymnastics
6. Chess

**Books Reference**:

|  |  |  |
| --- | --- | --- |
| 1. | Dr .P.Modak | Rules & Principles of sports & Games, New |
|  |  | Delhi Khel Shitya Kendra, India 2005. |
| 2. | Dr.Anil Sharma | Sports law ( With latest Rules and Management), |
|  |  | New Delhi Khel Shitya Kendra, Indian 2004 |
| 3. | Dr. Anil Sharma | The Illustrated Encyclopedia of rules in sports & |
|  |  | Games, New O.P. Sharma Delhi , sport publication |
|  |  | 2004. |
| 4. | Mood musker Rink | Sports and recreational activities, 13th Edition, |
|  |  | London, Mc Graw Hill, 2002. |
| 5. | B.K.Chaturvedl | Rules & Skills of game & sports, new Delhi |
|  |  | Goodwill Publishing House, 2003. |
| 6. | Lokesh Thai | Rules of Games & Sports, New Delhi, Sports |
|  |  | Publications, 1995. |
| 7. | Ruth Medley | Rules of the Games |
| 8. | Pankaj | Rules of Games & Sports |
| 9. | B.N Ahuja | Rules and skills of Games & Sports |
| 10. R.B Goel | | Sports and Games |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-402 | Health Education | Foundation | 3(3+0) |

**Objective:**

This course is designed to acquaint students with principles of health, religious aspects of health, and to promote healthy life style in community.

**Unit# 1** **Introduction**

a. Definition of health and health education

b. Aims and objectives of health education

c. Importance of health education in community

d. Relationship of health education with physical Education.

**Unit# 2** **Islam and Health Education**

a. Personal Hygiene.

b. Personal Hygiene and Islamic principles.

**Unit # 3** **Environment and Human Health**

a. Impurities of air and their effects on health

b. Water and health

c. Noise and its impact on mental health.

**Unit# 4** **Foods and Nutrition**

a. Definition of Foods.

b. Functions of Foods.

c. Food Hygiene.

d. Definition of Nutrition.

* 1. Nutrients.
     1. Protein.
     2. Carbohydrates
     3. Fats.
     4. Minerals.
     5. Water.
     6. Vitamins.

f. Diet & Concept of Diet in Sports

**Unit# 5** **Diseases their Causes, Symptoms and Preventive Measures**

* + 1. **Bacterial Diseases**
       1. Cholera
       2. T.B
       3. Tetanus
  1. **Viral Diseases**

Polio

Measles

Hepatitis

AIDS/HIV

* 1. **Fungal Diseases**

Athlete Foot

Ring Worm

* 1. **Parasite Diseases**

Malaria

Thread worm

Ascariasis

1. **Venereal diseases**

Syphilis

Gonorrhea

1. **Non Communicable Diseases and their care**

Hypertension

Diabetes

Asthma

Epilepsy

**Unit# 6 Health Hazards**

Opium

Heroine

Alcohol

Cigarette smoking

Snuff (Naswar)

Sleeping pills

Hashish (chars )

1. **Unit# 7** **Disinfections and Disinfectants.**
2. **Unit# 8** **First Aid.**
3. a. Definition of first aid.
4. b. Principles of first aid.
5. c. Duties of first aider.
6. d. RICE, DRABC, SALTAPS.

**BOOKS REFERENCE:**

1. Akhtar saleem M.
2. Muhammad IIyas.et.,al.
3. Shah S.K Dr.et.Al
4. Andreson st.
5. Wilf Paish
6. Asif Malik D.P.E

Modern Health Education

Community Medicine and public Health

4th edition time trades, urdu bazaar Karachi.

Synopsis of Hygiene and Public Health

AIl Community Health

Diet in Sport EP Publishing Limited

IImul adban O Ilmusihat Iqra Book Agency, Sadaf Plaza Qissa Kjawani bazaar Peshawar

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-411 | Techniques & Skills of Games –III | Practical | 1(0+1) |

**Objective**

This practical course is designed with the purpose to provide comparatively advance techniques of the selected games so that students may develop skills for demonstration.

**Develop Skills in the following Games**

**Ball Games** Volley ball**,** Hand ball

**Racket Games** Table tennis

**Others** Tug of war

**Books Reference:**

|  |  |  |
| --- | --- | --- |
| 1. | Dr .P.Modak | Rules & Principles of sports & Games, New Delhi |
|  |  | Khel Shitya Kendra, India 2005 |
| 2. | Dr.Anil Sharma | Sports law ( With latest Rules and Management), |
|  |  | New Delhi khel shitya Kendra, Indian 2004. |
| 3. | Dr. Anil Sharma | The Illustrated Encyclopedia of rules in sports & |
|  |  | Games, New O.P.Sharma Delhi Sport publication,2004 |
| 4. | Mood Musker Rink | Sports and recreational activities, 13th Edition, |
|  |  | London, Mc Graw Hill, 2002. |
| 5. | B.K.Chaturvedi | Rules & Skills of game & sports, New Delhi |
|  |  | Goodwill Publishing House, 2003 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-412 | Techniques & Skills of Athletics –III | Practical | 1(0+1) |

**Objective**

The outline of this practical course is prepared with the purpose to provide basic technical knowledge to the students and familiar them with modern approach.

For developing the skills in athletics selected track events enabling them to develop courage, determination, speed, endurance, and self–reliance.

**Develop Skills in the following Events**

**Hurdles Races**

100 meter (Women)

110 meter (Men)

400 meter (Men & Women)

Steeple chase

**Relay Races**

4 X100 meter

4 X 400 meter

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| --- | --- | --- | --- |
| **Books Reference** | | |  |
| 1. | DR. P.Modak |  | Rules & Principles of sports & Game , New Delhi Khel shitya |
|  |  |  | Kendra,India 2005 |
| 2. | M.B.Davies | | Physical Training, Games and Athletics in Schools |
|  |  |  | New Delhi, Khel Sahitya Kendra,2005 |
| 3. | Ekta | | Teaching and coaching Athletics. New Delhi,Sports |
|  |  |  | Publication, 2004 |
| 4. | Mood Musker Rink | | Sports and recreational Activities,13th Edition, Mc Graw Hill, 2003 |
| 5. | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel Shitya , |
|  |  |  | Kendra,India 2003 |
| 6. | Guy Butler | | Athletics & Training, New Delhi, Sonali publication 2003. |
| 7. | Dr. M. L. Kamlesh | | Athletic Personality;A Psychological Probe,New Delhi, |
|  |  |  | Khel Sahitya Kendra, 200 |
| 8. | R. Jain. | | Track and Field,New Delhi,Khel Sahitya Kendra, 2003 |
| 9. | Daniel D.Arnheim | | Essentials of Athletic Training-5th Edition,Toronto,McGraw |
|  |  |  | Hill, 2002. |
| 10. Danial D.Arnheim, | | | Athletic Training-4th Edition, CA, WCB, McGraw Hill,1999 |
| 11. Sharma,N.P. | | | Fundamental of track and Field.New Delhi; Khel Sahitya |
|  |  |  | Kendra,india 2005 |
| 12. Danial D Arnhei | | | Athletic Training-4th Edition, CA, WCB, McGraw Hill, 1999 |
| 13. Sharma, N.P, | | | Fundamental of track & Field. New Delhi: Khel Shitya Kendra 2005 |
| 14. Gothi,E. | | | Teaching & Coaching Athletics.New Delhi: Sports Publication,2004. |
| 15. Jain, R. | | | Track and Field.New Delhi: khel shitya Kendra, 2003 |
| 16. Thani Vivek. | | | Ency of track & field. New Delhi, khel shitya Kendra, 2003 |
| 17. I.A.A.F | | | Hand book of Athletics, P.A.A.F Publisher, 2011. |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-413 | Techniques & Skills of Gymnastics-III | Practical | 1(0+1) |

**Objective**

The purpose of introducing this practical course on Gymnastics work is to provide students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the youth and to develop gymnastics advance techniques and skills for demonstration.

* + - 1. **Men Floor Exercises**
      2. **Women Floor Exercises**
      3. **Trampolining**

**Books Reference:**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Renu Jain | Men Gymnastic Coaching, New Delhi, Sports Publication, 2005. |  |
| 2. | Anoop Jain | Gymnastic Rule Book 2004, New Delhi, Sports Publication, 2005. |  |
| 3. | David Jain | Play & Learn Gymnastics, New Delhi, khel Sahitya Kendra, 2003. |  |
| 4. | Renu Jain | Play the Game Gymnastics, Great Britian,1991 |  |
| 5. | Fred Turoff | Artistic Gymnastics, Wm.C. Brown Publishers,1991 |  |
| 6. | E.Mauldon | Teaching Gymnastics,-2nd Edition, London, Longman,1979. | . |
| 7. | Anoop Jain | Gymnastics Rule Book 2004, New Delhi, Sports Publication, |  |
|  |  | 2004. |  |

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (4th Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| PSY-301 | Understanding Psychology | General | 3(3+0) |

**Prerequisites:** None

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| |  |  | | --- | --- | | **Course Objectives** |  |  * To describe psychology with major areas in the field, * To identify the parameters of this discipline. Distinguish between the major perspectives on human thought and behavior. * To gain insight into human behavior and into one's own personality or personal relationships. Explore the ways that psychological theories are used to describe, understand, predict, and control or modify behavior.   **Intended Learning Outcomes**  Students will have the basic knowledge of Psychology, human behavior, methods used in testing of human behavior.  **Course Outline**   1. **Introduction to Psychology:**     * 1. Definition and brief history of Psychology.      2. Scope of Psychology 2. **Biological Basis of Behavior**     * 1. Neuron: Structure and Functions      2. Central Nervous System and Peripheral Nervous System      3. Endocrine Glands 3. **Sensation, Perception and Attention**   **a. Sensation**   * + 1. Characteristics and Major Functions of Different Sensations   1. **Perception**       1. Definition of Perception      2. Factors affecting Perception: Subjective, Objective      3. Kinds of Perception: Depth Perception, Movement Perception and Form Perception   2. **Attention**       1. Factors: Subjective and Objective      2. Span of Attention      3. Fluctuation of Attention      4. Distraction of Attention  1. **Motives**     1. Definition of motives    2. Classification: Primary (Biogenic) Motives: Hunger, Thirst, Defecation and Urination, Sleep, Temperature Regulation   Secondary (Sociogenic) Motives: Curiosity, Affiliation, Achievement, Power, Social Approval.   1. **Emotions**     1. Definition    2. Theories of Emotion : James Lange Theory; Canon-Brad Theory, Schechter-Singer Theory 2. **Learning**     1. Definition of Learning    2. Types of Learning: Classical and Operant Conditioning,    3. Definition and Types of Reinforcement 3. **Memory**     1. Definition    2. Stages of memory: sensory memory, short term memory, long term memory    3. Forgetting and theories of forgetting: decay theory, interference theory,   motivational forgetting theory   1. **Thinking**     1. Definition    2. Tools of Thinking: Imagery, Language, Concepts    3. Kinds of Thinking: directed, creative and autistic    4. Problem Solving: strategies and obstacles |
| **Recommended Books:**   1. Atkinson R. C., & Smith E. E. (2000). *Introduction to psychology* (13th ed.). Harcourt Brace College Publishers. 2. Fernald, L. D., & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers. 3. Glassman, W. E. (2000). *Approaches to psychology*. Open University Press. Hayes, N. (2000). *Foundation of psychology* (3rd ed.). Thomson Learning. Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). McGraw-Hill Companies, Inc. 4. Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc. 5. Myers, D. G. (1992). *Psychology.* (3rd ed.). New York: Wadsworth Publishers. 6. Ormord, J. E. (1995). *Educational psychology*: *Developing learners*. Prentice- Hall, Inc |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| MTH-402 | Analytical Geometry | Compulsory | 3(3+0) |

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| **Course Structure:** Lectures:3, Practical: 0 | **Credit Hours:** 3 |
| **Prerequisites:** | |
| **Course Objectives:**   * Familiarization/Recognition of Student with drafting and Geometry (Measuring Systems). * To train students in acquiring all the drafting skills by using tools (Matrices). * To understand different methodologies of constructing various basic polygons Including reducing /enlargement of figures. * One point perspective, two point perspective and different views.   **Course Content:**  *Geometry in Two Dimensions:* Cartesian-coordinate mesh, slope of a line, equation of a line, parallel and perpendicular lines, various forms of equation of a line, intersection of two lines, angle between two lines, distance between two points, distance between a point and a line.  *Circle*: Equation of a circle, circles determined by various conditions, intersection of lines and circles, locus of a point in various conditions.  *Conic Sections:* Parabola, ellipse, hyperbola, the general-second-degree equation | |
| **Recommended Books/Helping Material:**   * Abraham S, Analytic Geometry, Scott, Freshman and Company, 1969 * Kaufmann JE, College *Algebra and Trigonometry*, 1987, PWS-Kent Company, Boston * Swokowski EW, *Fundamentals of Algebra and Trigonometry* (6th edition), 1986, PWS-Kent Company, Boston   **Material**: T-square, set –square, campus, clutch pencils, drafting board etc. | |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-403 | Planning for Scientific Sports Coaching | Foundation | 4(3+1) |

**Objectives:**

The purpose of this course is to provide knowledge about scientific coaching to maintain professionalism, fulfill the responsibilities, to manage the sports training stages, organize the training designed and mature application of teaching the well manners.

**Unit 1 Introduction to sports coaching**

a. Introduction and nature of coaching profession

b. Need and importance

**Unit 2**  **Teaching Methodology for a Coach**

a. Skill, Technique and Ability

b. Skill Development

**Unit 3 Role of a Coach**

a. Coaching Philosophy

b. Coaching Style

c. Coaching Ethics

**Unit 4 Development of Skill Analysis and Strategies**

a. Physical Training

b. Mental Training

c. Tactical Training

d. Technical Training

**Unit 5 Per iodization of Training**

a. Micro cycle

b. Macro cycle

c. Meso cycle

d. Warming up

e. Cooling down

**Unit 6 Components of Fitness**

a. Health related Fitness (Need, Importance & Improvement)

b. Skill related Fitness (Need, Importance & Improvement)

c. Training Laws and Principles

**Unit 7 Coaching & Training Plans of major Games**

a. Athletics

b. Cricket

c. Hockey

d. Football

e. Volley Ball

f. Badminton

**g.** Basketball

**Books & Reference Material**

1. Dr. A.Waheed Mughal: The coaching Philosophy, Islamabad-2012

2. Dr. A.Waheed Mughal: The Theory of training, Islamabad-2013

3. Dr. A.Waheed Mughal: Science of sports training, Islamabad-2014

4. The Scientific Aspects of Sports Training; A.W.Taylor

5. Sports Coaching Concepts; A Framework for Coaches behaviour. John Lyle

6. Scientific Principles of Coaching; Englewood Cliff

7. Coaching Basketball; Jerry Kraus and Ralph Pim

8. Scientific Foundation of Coaching; Pate Rotella Mcclenghan

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-404 | Planning Sports Facilities | Foundation | 3(3+0) |

**Objective**

The objectives of the course are to raise the awareness among the students about the planning in sports and physical education. It also aims at developing their concept about the latest facilities in sports and use of modern laboratories in sports. The course will also enhance the capabilities of the students regarding facilities planning in sports.

**Unit # 1 Planning Process**

**a. Basic Consideration.**

**b. Need for Area and Facilities.**

1. Major Concepts.
2. Steps in Planning Factors.

Planning Units – Types and Functions

**Unit#2 Planning for Sports & Physical Education facilities**

a.Major Concepts .

b. Steps in Planning Process.

c. Responsibilities of Physical Educator

**Unit#3 Facilities for Research**

**a. General Consideration.**

**b. Teaching and Research Laboratories**

**c. Specific laboratories Facilities.**

1. Measurement and Evaluation.
2. Biomechanics.

Exercise Physiology.

Motor Learning and Psychology Learning

**Unit# 4** **Planning Of Indoor Facilities**

1. a. Courts
2. b .Gymnasium.
3. c. Swimming Pool.

**Unit#5 Outdoor Facilities**

1. Stadium.
2. Track& field

**Unit # 6 Facilities for Faculty and Staff**

a. Administrative Units.

b. Essential administrative facilities.

c. Administrative office.

d. Faculty offices.

e. Audiovisual and Conference Room.

f. Locker Shower Room

g. Toilet and Lavatory Facilities.

**Unit#7 Understanding of PC-1 and Compilation of PC-1**

**Book References**

1. Planning facilities for Athletics ,physical Education ,and Recreation(1974)
2. American Association for Health physical Education, and Recreation 12013 sixteenth Street N.W Washington DC 2006.
3. Eugene M.E, Richard P.T(1976);facilities in sports and physical Education; C.V Mosby company.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-405 | Basic Anatomy and Physiology | Foundation | 3(3+0) |

**Objective:**

The outlines of this course have been drawn with the objectives to provide basic knowledge of human anatomy and physiology and various parts of the body. It will acquaint the students with initial information about human body structure and its functions during exercises.

**Unit#1** I**ntroduction**

1. Definition of Anatomy and physiology.
2. Terminologies used in Anatomy & Physiology.
3. Importance of Anatomy and physiology in physical education and sports.

**Unit#2** **Life, Cell, Tissues, Organs, Systems and Glands**

**Unit#3 Skeletal System with special reference to exercise and sports.**

1. Osteology
2. Skeleton
3. Arthorology (joints).

**Unit#4 Myology with special reference to exercise and sports**

1. Structure of muscles
2. Types of muscles
3. Big muscles of human body with origin and insertion
4. Mechanism & Types of muscular contraction
5. Effects of training on muscles

**Unit#5 Tendons, Ligaments and cartilages with special reference to exercise and sports**

1. Structure.
2. Functions.

**Unit#6 Cardiovascular System with special reference to exercise and Sports**

1. Structure
2. Functions

**Unit#7 Digestive System with special reference to exercise and Sports**

1. Structure

Functions

**Unit#8 Respiratory System with special reference to exercise and Sports**

* 1. Structure

1. Functions
2. VO2 Max

**Unit#9** **Excretory System with special reference to exercise and sports.**

1. Structure
2. Function

**Unit#10 Endocrine System and Hormonal Responses to Exercises**

1. Structure
2. Functions

**Unit#11 Nervous System with special reference to Exercise and Sports**

1. Structure

Function

**Unit# 12 Organs for Senses**

1. 1. Taste
2. 2. Smell
3. 3. Touch
4. 4. Hearing
5. 5. Sight

**Unit #13** **Human Energy Systems**

**Unit #14 Temperature Regulation during Exercise**

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| --- | --- | --- | --- |
| **Reference Books** | |  |  |
| 1. | Saladin,K.S | | Anatomy &physiology.3rd Edition.-New York; |
|  |  |  | McGraw Hill ,2004 |
| 2. | Chaurasia ,B.D | | Human Anatomy.-4th Edition-New Delhi;CBS,2004. |
| 3. | Marieb,E.N.Human | | Anatomy And Physiology -4th Edition-New York. |
|  |  |  | Benjamin, 2004. |
| 4. | Elaine N .Marieb | | Human Anatomy And Physiology |
| 5. | Evelyn N.Marieb | | Human Anatomy & physiology for nurses ,faber and faber |
|  |  |  | Publisher,1998 U.K |
| 6. | Elaine N.Marieb | | Essentials of Human Anatomy & physiology, |
|  |  |  | The Benjamin\Cumming publishing company 1994 USA. |
| 7. | R.J. Lost. | | Manual Practical Anatomy Long man Publisher 1993 U.K |
| 8. | B.D.chaurasia | | Human Anatomy Reginol And Applied ,CBS publisher |
|  |  |  | 1991 Delhi India. |
| 9. | B.D.chaurasia | | Human Anatomy ,CBS publisher 1988 Delhi india . |
| 10. | Henry Gray, | | Gray;s Anatomy long Man Publisher 1973 U.K. |
| 11. | Seeley, Rod ,R | | Anatomy & physiology 7th ed,McGraw Hill,New York 2006 |
| . |  |  |  |
| 12. | Widmair,Eric.P | | Human Physiology; The mechanisms of body function |
|  |  |  | 10th ed.McGraw Hill New york .2006 |
| 13. | Seelley Rod .R | | Essentials of Anatomy & physiology.5th ed.Mc Graw Hill New york 2005 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-414 | Techniques & Skills of Games –IV | Practical | 1(0+1) |

**Objective**

This practical course is designed for the purpose to provide comparatively advance techniques of the selected games so that students may develop skills for competitions.

**Develop skills in the following Games.**

**Ball Games**

1. Base ball
2. Net ball.

**Racket Games**

1. Squash.

**Others**

1. Kabaddi

**Books Reference**

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| 1. | Dr .P. Modak | Rules & Principles of sports & Games, New Delhi Khel |
|  |  | Shitya Kendra, India 2005. |
| 2. | Dr. Anil Sharma | Sports law ( With latest Rules and Management), |
|  |  | New Delhi khel shitya Kendra, Indian 2004 |
| 3. | Dr. Anil Sharma | The Illustrated Encyclopedia of rules in sports & |
|  |  | Games, New O.P.Sharma, Delhi sport publication,2004 |

1. Mood Musker Rink Sports and recreational activities, 13th Edition, London, McGraw Hill, 2002.

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| 5. | B.K.Chaturvedi | Rules & Skills of game & sports, new Delhi Goodwill |
|  |  | Publishing House, 2003 |
| 6. | Lokesh Thai | Rules of Games & Sports, New Delhi, Sports |
|  |  | Publications, 1995. |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-415 | Techniques & Skills of Athletics – IV | Practical | 1(0+1) |

**Objective:**

The outline of this practical course is prepared with the purpose to provide basic technical knowledge to the students and familiar with modern approach For developing the skills in athletic selected Field events enabling them to develop courage, determination, strength, speed, endurance, and selfs–reliance etc.

**Develop Skills in the following Events**

**Jumps**

1. High Jump
2. Long Jump
3. Hop, Step and Jump
4. Pole Vault

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| **BOOKS REFERENCE** | | |  |
| 1. | DR. P.Modak |  | Rules & Principles of sports & Game , New Delhi Khel |
|  |  |  | Shitya Kendra,india 2005 |
| 2. | M.B.Davies | | Physical Training, Games and Athletics in Schools |
|  |  |  | New Delhi, Khel Sahitya Kendra,2005 |
| 3. | Ekta | | Teaching and coaching Athletics. New Delhi,Sports |
|  |  |  | Publication, 2004 |
| 4. | Mood Musker Rink | | Sports and recreational Activities,13th Edition,McGraw |
|  |  |  | Hill, 2003 |
| 5. | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel shitya , |
|  |  |  | Kendra,india 2003 |
| 6. | Guy Butler | | Athletics & Training, New Delhi, Sonali publication 2003 |
| 7. | DR. P.Modak | | Rules & Principles of sports & Game , New Delhi Khel shitya |
|  |  |  | Kendra,india 2005 |
| 8. | M.B.Davies | | Physical Training, Games and Athletics in Schools |
|  |  |  | New Delhi, Khel Sahitya Kendra,2005 |
| 9. | Ekta | | Teaching and coaching Athletics. New Delhi,Sports |
|  |  |  | Publication, 2004 |
| 10. | Mood Musker Rink | | Sports and recreational Activities,13th Edition,McGraw |
|  |  |  | Hill, 2003 |
| 11. | O.P.Sharma, | | Athletics Skills & Rules, Delhi Khel shitya , |
|  |  |  | Kendra,india 2003 |
| 12. | Guy Butler | | Athletics & Training, New Delhi, Sonali publication, 2003 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-416 | Techniques & Skills of Gymnastics- IV | Practical | 1(0+1) |

**Objective**

The purpose of introducing this practical course on Gymnastic Apparatus work is to provide the students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the youth.

Develop advance techniques and Skills in Gymnastics with apparatus.

1. **Men**
2. Rings
3. Parallel Bar
4. Horse Vault
5. Horizontal Bar
6. Pommel Horse
7. **Women**
8. Asymmetrical Bars
9. Beams
10. Horse Vault.

**Books Reference:**

1. Renu Jain Men Gymnastic Coaching, New Delhi, Sports Publication, 2005
2. Anoop Jain Gymnastic Rule Book 2004, New Delhi, Sports Publication, 2005
3. David Jain Play & Learn Gymnastic, New Delhi, khel Sahitya Kendra,2003
4. Renu Jain Play the Game Gymnastics, Great Britian,1991
5. Fred Turoff Artistic Gymnastics, Wm.C. Brown Publishers,1991
6. E.Mauldon Teaching Gymnastics,-2nd Edition, London, Longman, 1979
7. Anoop Jain Gymnastic Rule Book 2004, New Delhi, Sports Publication, 2004

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (5th Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-511 | Exercise Physiology | Major | 3(3+0) |

**Objective**

The course has been developed with the objective to provide knowledge of exercise physiology, exercise responses, methods to improve performance, fitness, age and exercise, gender differences, weight control, obesity and exercise environment.

**Unit 1 Introduction**

a. Definition and nature of exercise physiology.

b. Importance of exercise physiology in Physical Education

**Unit 2 Muscular System and Exercise**

a. Muscle: Structure and function

b. Muscle Fiber types

c. Metabolic fuels for exercise and recovery

**Unit 3 Cardiovascular System and Exercise**

a. Muscle blood flow and blood pressure

b. Oxygen consumption and cardiac output.

c. Training effects on heart, stroke volume and heart rate

**Unit 4 Environment and Exercise**

a. Acclimatization to heat, cold, altitude

b. Diseases related to environment.

**Unit 5 Nervous System and Exercise**

a. Effects of nervous system during exercise

b. Neuromuscular coordination

**Unit 6 Glandular System and Exercise**

a. Effects of therapeutic medication on Endocrine changes

b. Hormonal changes

**Unit 7 Gender Differences**

a. Male and Female athletes

b. Effect on performances and control

**Unit 8 Obesity**

* + 1. Definition and types
    2. Hazards
    3. Diabetes
    4. Coronary Heart Diseases (CHD)

**BOOKS RECOMMENDED**

* 1. Dr. Muhammad Asif, Exercise Physiology, Lahore, 2004-05.
  2. Reilly T and Williams, 1990, Physiology of Sports (E&FN Spon, London).
  3. Ardle William D Mc, 1988, Exercise Physiology, Lea Febuser, 600 Washing to Square, Philadepia, PA 19106 USA, ISBN 9-07, 100114.
  4. Reilly T, 1990, Physiology of Sports, C.V. Brown Publisher, New York, USA.
  5. 1989, Powers Exercise Physiology, C. Brown Publisher, New York, USA.
  6. Shaver, 1990, Essentials of Exercise Physiology, Jitandir Vij Publisher, New Delhi, India.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-512 | Science of Sports Training & Coaching | Major | 3(3+0) |

**Objective**

The course is basically designed to create awareness in the perspective physical education for understanding the sports training and to develop a professional coach who can impart training under the scientific principles and in a systematic order. The course will enable the coach to place the training process in proper and thoughtful manner.

**Unit# 1 Sports Training**

1. Introduction
2. Understanding of Sports Training
3. Coach in different Capacities
4. Relationship between Coach and Organization.
5. Athlete and link Personnel
6. Coaching Style
7. Qualities of a Good Coach

**Unit#2 Training Principles/ Laws**

1. Gradualness
2. Age Dependence
3. Utility
4. Loading / Over-Loading
5. Reversibility and Specificity

**Unit#3 Components of Fitness /Bio Motor Abilities**

**Unit# 4 Fundamental Aspects and Training of Strength**

Introduction

Classification of Strength

Maximum Strength

Speed Strength –Elastic Strength.

Strength Endurance

Strength Training

**Unit# 5 Fundamental Aspects and Training of Endurance**

Introduction

1. Local & General Endurance.
2. Endurance Training Methods

Aerobic and anaerobic Endurance

Short, Middle and long Distance Endurance

**Unit#6 Fundamental Aspects and Speed Training**

Introduction

Speed of Movement

Phases of Running Action

**Unit# 7 Warm Up & Cool Down.**

Introduction

* 1. Kinds (General ,Specific)
  2. Need and Importance.

Effects of Warm up and Cool down.

**Unit# 8 Training Planning**

a. Short term Planning.

b. Midterm Planning.

c. Long term Planning.

i) Foundation Training

ii) Build up Training.

iii) High Performance Training.

**Unit#9 Load (Outer and Inner Load)**

1. Introduction
2. Loading factors

Training methods

Forms of organization and load structure

1. Load and adaptation principles for the arrangement of load (increasing load, continuous load).

**Books References:**

* The Olympic Moment by Lausanne , Switzerland , 1984(I.O.C)
* Encyclopedia of Athletics, by The Hamlyn publishing Group-1985.
* Science of sports Training, by Dr .A. Waheed Mughal, Pakistan Sports Board ,2008.
* Training Theory ,by ,A, Waheed Mughal ,Pakistan sports Board ,2008

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-513 | Research Methods in Physical Education | Major | 3(3+0) |

**Objective**

Without any doubt research is the basic requirement of the academic promotion and development of a discipline. This basic informative course of research methods will help the students of Health and Physical Education and sports to understand the definitions and meanings of research, use of the tools for data collection, procedures of sampling and various terminologies used in the research process. It is hoped that after successfully going through the course, the students will be in a better position to pursue research thesis in their respective field.

**Unit# 1 Introduction to Research**

**Need and importance of Research in Physical Education**

**Unit # 2 Definition and Meaning of Research**

**Methods of Acquiring Knowledge**

Inductive & Deductive Reasoning Methods

Scientific Method of Inquiry

1. Characteristics of research
2. Types of research.

**Unit# 3 Research Design**

1. 1. Qualitative Method.
2. 2. Quantitative Method.
3. 3. Mixed Method.

**Unit #4** **Selection of the problem and Development of Research Proposal**

* + - 1. Selection of the Problem
      2. Criteria and sources of problem selection
      3. Developing the research proposal

**Unit # 5 Sampling**

Introduction

1. Types of sampling
2. Sampling procedure

**Unit # 6 Tools for Data Collection**

Questionnaire

Interview

Test.

Observation

**Unit # 7 Style of Writing the Research Report**

APA Style of writing the Research report

The components of research report.

Term report, Research Report, Dissertation, Thesis, Foot notes, References /

Bibliography.

**Books References**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| 1. | Annel Roth Steing | Research design and statistics for Physical Education, prentice | | | | | |
|  |  |  |  |  |  |  |  |
|  |  | Hall Inc | | | | | |
| 2. | David H.Clarke and H.Harrison Clarke , | Research process in physical Education. | | | |  | |
| 3. | Jhon w.Best | Research in Education,Prentice Hall Inc. | | | | | |
|  |  |  |  |  |  | | |
| 4. | Louis Cohen & Lawrence ,Minion | Research Method in Education crrom Helm london | | | | | |
|  |  |  | |  |  | | |
| 5. | Max D. Engelhard | Method of Educational research, Rand McNally &Co Chicago. | | | | | |
|  |  |  | | |  | | |
| 6. | Muhammad Iqbal Saif, | The Basics of Research Process. | | |  | | |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-514 | Sports Medicine | Major | 3(3+0) |

**Objective:**

This course has been designed to make the students aware regarding the sports medicine subject and to give the knowledge of training and conditioning in sports. The course of sports medicine will also help in the development of the skills / knowledge regarding the sports injuries/ there prevention, treatment and rehabilitation .One of the main and very important objective of this course is designed to aware the students regarding the use of doping in sports, there effects and legal position of the doping in sports.

**Unit# 1** **Introduction**

What is Sports Medicine

History of Sports Medicine Branches of Sports Medicine

**Unit# 2 Classification of Sports Injuries**

Cramps

Sprain

Strain

Pulled muscle

Soreness

Fractures

**Unit# 3 Sports Injuries their first aid and Treatment**

Principles of Treatment

First Aid

Injuries of upper limb

Injuries of lower limb

Injuries of Head /Skull/Neck

Vertebral column Injuries

**Unit# 4 Prevention**

Prevention of Sports injuries Fitness

Follow rules

Skills perfection

Equipment’s and Clothing

Warm- up and Cool down

**Unit#5 Sport Therapeutic Treatment.**

* 1. Thermal.
  2. Cold Therapy (cryo-therapy)
  3. Heat Therapy
  4. Massage.
  5. Electrical procedures of physio-therapeutic treatment

**Unit#6 Fitness Testing**

General consideration and testing

Fitness testing (Level 01, Level 02)

**Unit# 7 Climatic Stress and its Management**

Heat and Acclimatization

Cold and Acclimatization

Altitude and Acclimatization

Deep Sea and Acclimatization

**Unit# 8 Doping**

Definition of doping

Doping regulations

Methods /Types of doping

Common banned drugs in sports

**Unit# 9 Obesity**

Definition and Types of Obesity

Complication of obesity

Reductions of body fats or obesity

Obesity and Sports performance

Body Mass Index

**Unit# 10 Rehabilitation in Sports**

1. Principles of Rehabilitation
2. Therapeutic Exercises.
3. Cardio-Vascular Diseases
4. Motor Rehabilitation
5. Obesity
6. Diabetes.

**Unit# 11 Age and Sports**

Biological and chronological Age

Age of Peak Performance

Effects of Age on Muscular, Cardio-Vascular, Respiratory, Nervous System, Skeletal System and Joints

**Book References**

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|  | |  |  | | | | | Jaypee Brothers Medical Publishers, New Delhi, India. | | | | | |
| 3. | | Dr Vidya Ratan, 1991. | | | | | | Multiple Choice Questions in Preventive and Social | | | |  | |
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| 4. | | Hermas G P Mosterd W L, 1989. | | | | | | Sports Medicine and Health, Elsevier Science Publishers B V, | | | | | |
|  | |  |  | | | | | Biomedical Division, Amsterdam, Netherlands. | | | |  | |
| 5. | | Sperryn Peter N, 1989. | | | | | | Sports and Medicine, Butterworth’s Borough Green | | | | Sevenoaks, | |
|  | |  |  | | | | | England. | |  | |  | |
| 6. | | Dr Giam C K, Dr Teb K C, 1988. | | | | | | Sports Medicine Exercise and Fitness. P G Publishing Pvt Limited, | | | | | |
|  | |  |  | | | | | UK. | |  | |  | |
| 7. | | JGF Williams and PN Sperryn Edward Arnold, | | | | | | Sports Medicine, Butler & Tanne Ltd, London. | | | |  | |
| 8. | | John M C Coslon and Williams Armour. | | | | | | Sports Injuries and their Treatment. | |  | |  | |
| 9. | | Christopher M Norris, 1997. | | | | | | Injuries Diagnosis and Management for Physiotherapists, Butter | | | | | |
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| 10. Gardiner M Dena, 1985. | | | | | | | | The Principles of Exercise Therapy. CBS | |  | |  | |
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| 11. Iqbal, Yasmeen, Akhtar and Naeem, 1997. | | | | | | | | Sports Injuries: Prevention Diagnosis and | | Treatment.(Jamshoro: | | | |
|  | |  |  | | | | | Alumin,Centre for Health & Physical Education). | | | |  | |
| 12. Peterson Laras and Dr Per Renstorm, 1989. | | | | | | | | Sports Injuries, Published Federation and Folksam Insurance | | | | | |
|  | |  |  | | | | | Company, UK. | |  | |  | |
| 13.Morris B Mellion, M D, 1989. | | | | | | | | Sports Injuries and Athletic Problem. Surjeet | | Publication, New Delhi, | | | |
|  | |  |  | | | | | India. | |  | |  | |
| 14.Hutson M A, 1987. | | | | | | | | Sports Injuries. Oxford Medical Publication, London. Reilly T and | | | | | |
|  | |  |  | | | | | Williams, 1990. Physiology of Sports (E & FN Spon, London). | | | | | |
| 15. Ardle William D Mc, 1988. | | | | | | | | Exercise Physiology. Lea Febuser, 600 Washing to | | | | Square, | |
|  | |  |  | | | | | Philadepia, PA19106 USA, ISBN 9-07. 100114 | | | |  | |
| 16. | | | Reilly T, 1990. | | | | | Physiology of Sports. C V Brown Publisher, Nyc | | | | USA. | |
| 17. | | | Shaver, 1990. | | | | | Essentials of Exercise Physiology. Jitandir Vij Publisher, | | | | | |
|  | |  |  | | | | | New Delhi, India. | |  | |  | |
| 19. | | | Rodhi Ashand Kaare, 1986. | | | | | Text Book of Work Physiilogy. Hill Co, | |  | |  | |
|  | |  |  | | | | | Singapore, ISBN-0-07-1000114. | |  | |  | |
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| **Course No** | | | | | **Course title** | | | **Course Description** | | **C.H** | |
| PSC-304 | | | | | Everyday Sciences | | | General | | 3(3+0) | |

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| Pre-Requisites | F.A / F.SC with at least 45% marks |
| Course Objectives | Equip the students with skills to understand everyday science and applications of science. |

Internal assessment: 20 marks \_\_\_\_\_\_\_\_\_\_ Assignments, Presentation, Quizzes

Mid-term Examination: 30 marks \_\_\_\_\_\_\_\_\_\_ Course Covered

Final-term examination: 50 marks \_\_\_\_\_\_\_\_\_\_ Total Course Covered

Instructor:

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| **Month** | **Week #** | **Topic to be Covered** | |
| 1st | 1 | Physical Sciences  Universe | Galaxy, Light Year, Solar System, Sun, Earth |
| 2 | Energy Resources | What is Energy  Renewable Sources of Energy i.e. LED Energy, Solar Energy, Wind Energy, tidal energy, geothermal energy |
| 3 | Energy Resources | Non-Renewable Energy Resources  Conservation of energy and its sustainable use  Reinforcement: Quizzes |
| 4 | Natural Hazards and Disasters | Difference between Natural Hazard and Disaster  Earth Quake, Volcanic Eruption |
| 2nd |  |  | Tsunami  Floods  Drought |
| 5 | Natural Hazards and Disasters | Avalanche  Travelling Cyclone  Wildfire  Urban Fire  Disaster Risk reduction |
| 6 |  | The Basis of Life- Cell Structures and Functions  Blood Types |
| 7 | Biological Sciences:  Common Diseases and Epidemics:- | Hormones and Endocrine Glands  What is Epidemics  Causes, symptoms, Prevention of Hepatitis A and B  Causes, symptoms, Prevention and treatment of Diarrhea |
| 8 | Common Diseases and Epidemics:- | Causes, symptoms, Prevention of Polio  Polio Eradication in Pakistan  Causes, symptoms, Prevention of Dengue fever  Causes, symptoms, Prevention and treatment of Malaria  Reinforcement: Quizzes |
| 3rd | 9 | **Mid Term Exam** | |
| 10 | Food Sciences | Concept of Balance Diet:  Vitamins  Carbohydrates  Protein, |
| 11 |  | Fats and oil  Minerals  Fiber  Preservation of Food  Reinforcement: Quizzes |
| 12 | Environmental Sciences | Definition of the Atmosphere, Hydrosphere, Biosphere and Lithosphere  Types of Pollution:  1.Water Pollution |
| 4th | 13 | Environmental Sciences | 2.Atmospheric Pollution  3.Land Pollution  Drinking water quality |
| 14 | Environmental Sciences | Greenhouse Effect and Global Warming,  Ozone Depletion  Reinforcement: Quizzes/Review Test |
| 15 | Information Technology & Telecommunications | Computers,  Social Media Websites |
| 16 | Information Technology & Telecommunications | Basics of Wireless Communication (Mobile, Satellite, GPS and Fiber Optic etc)  Reinforcement: Quizzes |
| 17 | Presentations and Assignments | |
|  | 18 | **FINAL TERM** | |

. **Recommended Book**

* Dr Rabnawaz Samo, Encyclopedic Manual of everyday science, Karachi: Maktab e Faridi, 2005.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-515 | Specialization in Selected Game | Elective | 2(0+2) |

It is mandatory for the students of BS 5th semester to take a specific game for coaching /officiating .The purpose of this Practical course is to enable the students to coach /officiate /organize a particular sports event at school /college / university /national level.

* + - 1. Cricket
      2. Foot Ball
      3. Volley Ball
      4. Badminton
      5. Table Tennis

**Shaheed Benazir Bhutto Women University Peshawar**

**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (6th Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-517 | Measurement & Evaluation in Physical Education | Major | 3(3+0) |

**Objective**

This course will enable the students of BS to use the statistical means for the research purpose and to understand the meaning of the scores in statistics and use them skillfully. It will further help the students to learn about inferential statistics and use it in everyday life along with research. Through proper use of these statistical means the students will also be able to measure fitness component and specific skills in sports.

**Unit # 1** **Measurement and Evaluation**

1. Definition of Measurement and Evaluation
2. Importance Measurement and Evaluation in Physical Education

**Unit # 2 Types of Data**

1. Introduction of Data
2. Types of data.
3. Individual observation.
4. Frequency Distribution.
5. Discreet Data

**Unit # 3 Describing a Distribution of Test Scores**

**Measures of central tendency**

Mean, Median, Mode

**Measures of variability**

Range, Quartile, Decile and Percentile and Quartile Deviation

**Standard Deviation**

Scores Distributions, Normal Curve, Skewed Distribution

**Standard Scores**

Z – Scores, T- Scores, Correlation

Pearson Product Movement, Spearman Rank Difference.

ANOVA (Analysis of variables), T-Scores

**Unit # 4 Measurements of Physical and motor Fitness**

Flexibility

Strength

Endurance

Cardio Respiratory Endurance

Strength Endurance

Speed Endurance

Speed

Power

Agility

Balance

**Unit #5** **Measurement of specific Sports Skills**

1. Track and Field skills
2. Different Games and sports skills.

**Book References**

|  |  |  |
| --- | --- | --- |
| **1** Ch Mecholy | Test and measurement in physical education NY | |
|  | Fsc , Croits & Co. |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2** | **H .Harison Clarke** | **Application of Measurement Prentice Hall** | | |
|  |  |  | |
|  |  | **Inc** | **Englewood Cliff , New Jersey .1976.** | |
| **3** | **Jack K. Nelson and Barry L. Johnson** | | **Measurement of physical performance** | |

Burgess publishing Company, Minneapolis,

Minnesota, 1979.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-518 | Sports Psychology | Major | 3(3+0) |

**Objective**

The knowledge of Sport Psychology will enable the students to learn more about the organized play and goal setting procedures, which will contribute to the services provided by them in the educational as well as professional institutions. This in turn is making the people idle, unhealthy and negative where the will for the uplift of their own or the country is lacking. There is a dire need to clinch the people back to the play fields in order to achieve the goal of strong individuals who may contribute to the success of the nation. psychology need to be infused at gross root level as act as motivator for the young generation, so if the physical education Teacher is equipped with the knowledge, She/he will be better to inculcate the theme in the off-spring .The knowledge of Sport Psychology will enable the students to learn more about the organized play and goal setting procedures, which will contribute to the services provided by them in the educational as well as professional institutions

**Unit #1** **Introduction**

Definition of Sports Psychology

1. Significance of Psychology in Sports

**Unit #2 Nervous System and Glandular System**

Response Mechanism in human body or Neuro-physiology of Arousal

Glands and their effects on human behavior

Psycho-Physiological factors effecting sports performance.

**Unit #3 Personality and Sports**

Theories of personality

Measurement of personality

Personality profiles of Athletes

**Unit #4 Motivation and Performance**

Definition of motivation

Sports motivation

Nature and types of motivation

Theories of motivation

Shaping athletes behavior via requirement

**Unit # 5 Causal Attribution in Sports**

**Unit #6 Stress**

Definition of Stress

Theories of Stress

Effects of sports stress on performance or Neuro-chemical aspects Stress.

Dynamics of Stress

**Unit #7 Anxiety, Arousal and Stress Relationship**

Differentiating Among stress, Anxiety and Arousal

Concept of stress

Concept of Anxiety

Concept of Arousal

**Unit #8 Aggression**

Types of aggression

Theories of aggression

Significance of aggression in sports

Aggression

**Unit #9 Goal Setting**

Types of goals

Goal identification

Rational goal setting/principles of effective goal setting

How a goal affects performance

**Unit #10 Concentration**

Attention and its dimension.

Types of intentional focus

Importance of concentration in sports

Factors that effects concentration

Techniques to enhance concentration

**Unit #11 Self-confidence and Sports Performance**

Introduction

Models of sports confidence

Sources of sports confidence

Development of self-Confidence

**Unit #12 Sports Cohesion**

Definition and types of Cohesion

Factors that affect team Cohesion.

Measurement of Cohesion

Intervention to enhance cohesion

**Unit #13 Cognitive and Behavioral interventions to Improve Sports Performance**

Coping strategies in sports

Relaxation strategies

Arousal energizing strategies

Imagery and sports performance

Hypnosis

Relaxation, self-talks, Self-thoughts and Commitment

**Unit #14 The Psychology of Athletic Injuries**

**Books Reference:**

* + - 1. Borcas Busam But, 1987. Psychology of Sports, Van Nostrand Rouledge Company, New York,
      2. Borthy V Harns and Bettle L Harris, 1984. The Athletics Science to sports psychology, Leisene press,
      3. Chiang H and Maslow A H,N Y Van Nostrand,1989.The Health Personality.
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      7. Schultz , B M ,1969 .Psychology in use an introduction to applied psychology, N Y Macmillan & co.
      8. William P Stranb, 1980 , Psychology in Analysis of Athlete Behavior. Movement Publication USA

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-519 | Recreation and Leisure | Major | 3(3+0) |

**Objective**

The purpose of this course is to teach the major aspects of recreational leadership. It is an effort to provide student leaders with a balance treatment of the recreational field. How and where are emphasized as much as why and when, this course consists of the principles and techniques essential to the adequate training of the students and background of recreation and theoretical and practical material for recreational programming. This course will help the students to understand the significant of recreational activities for a common man.

**Unit # 1 Introduction**

History of the Recreation

1. Leadership Principle and Procedures

**Unit # 2 Organization and Administration of Recreational Program**

1. Recreational Survey
2. Administrative Setup
3. Problem confronting
4. Club organization
5. Leisure quotient

**Unit # 3 Planning Aids**

1. Audio visual aids
2. Safely and first aid
3. Special events
4. Tournaments

**Unit # 4 Indoor Recreation**

1. Recreation for adult and aged
2. Arts and crops
3. Hobbies
4. Dramatics and recreation
5. Therapeutic recreation and play therapy

**Unit # 5 Outdoor Recreation**

1. Camping and outdoor education
2. Active games
3. Hikes and excursions
4. Rowing and sailing
5. Recreational swimming

**Books Reference:**

|  |  |  |
| --- | --- | --- |
| 1. | Human Kinetics (Organization) – 2005 | Introduction to recreation and leisure |
| 2. | Daniel D. McLean, Amy R. Hurd – 2011 | Kraus' Recreation and Leisure in Modern Society |
| 3. | Christopher B. Gray – 2007 | Philosophy of man at recreation and leisure |
| 4. | George Torkildsen – 2005 | Leisure And Recreation Management |
| 5. | David L. Jewell – 1997 | Reflections on Leisure, Play, and Recreation |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-520 | Trauma and Rehabilitation | Major | 3(3+0) |

**Objectives**

This course is designed to acquaint the students with the injuries its management and rehabilitation elaborating, knee, Tennis Elbow ankle injuries and explaining safety rules and basic physiotherapist treatment to manage in case of emergency.

**COURSE CONTENTS**

**Unit# 01 Introduction to Sports Injuries**

**a. Classification:**

i) Cramps

ii) Ruptures

iii) Fractures

iv) Pulled Muscles/Muscle Stiffness

v) Strains

vi) Soreness

**b. Identification:**

i) Upper Limb

ii) Lower Limb

**Unit#02 Prevention of Injuries During**

a. Warm up

b. Skill performance

c. Play

d. Use of equipment

e. Proper cool down

**Unit#03 Treatment of Injuries**

a. Through Exercise

b. Through Medication

c. Hydro Therapy/Steam Therapy/Ice Therapy

d. Pressure Therapy

**Unit#04 Fractures and Dislocation of Joints**

a. Definitions

b. Types

c. Treatment / Rehabilitation

**Unit#05 Massage**

a. Definition of Massage

b. Importance of Massage

c. Methods of Massage

**RECOMMENDED BOOKS**

1. Dr. A. Waheed Mughal; Sports Injuries, Islamabad, 2012

2. Christopher M Norris, 1997. *Injuries Diagnosis and Management for Physiotherapists,* Butter Worth Heinemann Publisher, UK.

3. Iqbal, Yasmeen, Akhtar and Naeem, 1997. Sports Injuries: Prevention Diagnosis and Treatment. (Jamshoro: Alumin, Centre for Health & Physical Education).

4. Peterson Laras and Dr Per Renstorm, 1989. Sports Injuries, Published Federation and Folksam Insurance Company, UK.

5. Morris B Mellion, M D, 1989. Sports Injuries and Athletic Problem. Surjeet Publication, New Delhi, India.

6. Huston M A, 1987. Sports Injuries. Oxford Medical Publication, London.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-521 | Specialization in one group of Track & Field Events | (Elective) | 3(1+2) |

**Objective**

It is mandatory for the students of BS 6th semester to take specific group of Athletics event for coaching /officiating .The purpose of this Practical course is to enable the students to coach /officiate /organize a particular sports event at school /college / university /national level.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-522 | Practical(Teaching Practice) | Practical | 2(0+2) |

**Objective**

The Teaching practice Methods is designed to acquaint students with teaching methods, significance of teaching planning, components and types of lesson plan and teaching evaluation format for lesson practice in PE and sports. The students are required to demonstrate and teach the skills learned in specialization in selected track and field events.

1. Definition of teaching method and lesson planning.
2. Principles and Significances of lesson planning.
3. Sequence of planning.
4. Concept of lesson planning.
5. Element of a good lesson plan.
6. Types of lesson plan in physical education.
7. Components of physical education lesson plan.
8. Evaluation format for lesson plan/teaching practice in Physical Education.
9. Teaching practice of selected Physical activities through different teaching methods.

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**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (7th Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-611 | Sociological aspect of Physical Education & Sports | Foundation | 3(3+0) |

**Objective**

This course will bring awareness in students about the general sociological perspectives and understanding about the various levels of interactions in society through sports. Further, they will understand the interaction occur in sports activities. This course will specifically improve the moral and ethical background and will help in better socialization and personality development.

**Unit#1** **Introduction**

Definition of Sociology

Scope and Significance

The Sociology of Sports

**Unit# 2 Sports and Society**

Definitions

Types of societies and cultures

Development of youth sports

The role of sports in the development of individual and society

**Unit# 3 Deviance and Social Control in Sports**

Definitions of deviance and social control

Types and approaches of deviance

Social control through sports

**Unit# 4 Violence and Sports**

Violence in a Sociological Perspective

Violence in Sports

Violence on and off the Field

Violence among the Spectators

The Role of Sports to Control the Violence

**Unit# 5 Sports and Socialization**

Definitions

Theories and agencies of socialization

Politics in Sports

Political instability and sports

**Unit# 6 Sports as Social Institution**

Definition of Social Institution

Sports and Family

Sports and Religion

Sports and Education

Sports and Economic

Sports as a Recreation

Sports and Women

**Unit#7** **Sports Problems**

1. The Social Problems in Sports

Poverty, literacy and Sports

Unemployment and Sports

Remedies and Solution of Social Problems through Sports

**Books References**

1. Dr . Anwar Alam 2005, Principles of Sociology , Department of Sociology , University of Peshawar
2. Sociology -1 by Allama Iqbal Open University
3. Sociology -11 byAllama Iqbal University
4. Palu B Horton ,Chesier L Hunt (1994).Sociology ,McGra Hill .
5. VandarZindan ,1995 the Social Experience , Mcgra Hill.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-612 | Media Marketing & Sports | Elective | 3(3+0) |

**Objectives**

Media is a powerful institution and is playing a very effective role in every walk of life. It is playing an important role in the propagation of sports and brining the masses closer to the glamour of sports. The course will meet the need to bring the students at home with the role of media in the mobilization of sports for the national cohesion and boasting the economy of the country through the sports as an industry. This course will help to understand the present and future trends in sports and their implications upon the national development.

**Unit# 1 Introduction**

* + - 1. Types and Characteristics of Media
  1. Role of Media in Globalizations of Sports
  2. Mobilization through Media

**Unit#2 Sports and Media**

* 1. The Professions of Sports Journalism
  2. Sports writing and Journalism
  3. Sports Broadcasting
  4. Sports Photography
  5. Careers in Sports Media

**Unit#3 Media and International Competition Games (Olympic Games)**

* 1. The Press Commission and Radio Commissions
  2. Facilities and Services at the games
  3. News and Entertainment

**Unit#4 Sports Advertisement**

* 1. Sports General
  2. Sports Periodicals
  3. Sports Magazines
  4. Banners

Pamphlet

**Unit#5 Sports and Journalism**

* 1. Introduction
  2. Images and Messages in Media Sports
  3. Sports and Government
  4. Media as a Source of Propagation in Sports
  5. Media and the Development of Sports.

**Books Reference:**

|  |  |  |
| --- | --- | --- |
| 1. | Bradley Schultz | Sports Media, Second Edition: Reporting, Producing, and |
|  |  | Planning |
| 2. | Lawrence A. Wenner | Media, Sports, and Society, SAGE Publications, 01-Aug-1989 |
| 3. | L. Wenner | Media Sport, Taylor & Francis, 19-Aug-1998 |
| 4. | A. Raney, Jennings Bryant | Sports and Media, Taylor & Francis, 19-Aug-1998 |
| 5. | David Rowe | Sport, Culture and the Media, 2004 |
| 6. | Raymond Boyle, Richard Haynes | Power Play: Sport, the Media and Popular Culture, 2009 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-613 | Physiotherapy in Sports | Foundation | 4(3+1) |

**Objective**

This course is designed to help the students to understand injuries, techniques of rehabilitation and Physiotherapy.

**Unit # 1 Anatomy**

1. Systematic anatomy
2. Regional anatomy
3. Functional anatomy

**Unit # 2 Physiology for Physiotherapy**

**Unit # 3 Physics for Physiotherapy**

**Unit # 4 Introduction to principles of Physiotherapy**

**Unit # 5 Principles of exercise and Physiotherapy practices**

**Unit # 6 Foundations of Physiotherapy practices**

**Unit # 7 Physiotherapy Specialties**

1. Musculoskeletal
   1. Lower limb
   2. Upper limb
   3. spine
   4. Trunk
   5. Neurology & Physiotherapy
   6. Cardio thoracic

**Unit # 8 Health Promotion and preventive practices in Physiotherapy**

**Unit # 9 Physiotherapy Professional practice**

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| --- | --- | --- | --- |
| **Books Reference** | |  |  |
| 1. | [Maria Stokes PhD MCSP Professor](http://www.amazon.co.uk/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Maria%20Stokes%20PhD%20%20MCSP%20Professor&search-alias=books-) | | Physical Management in Neurological |
|  |  |  | Rehabilitation (Physiotherapy Essentials), 2003 |
| 2. | Rose Macdonald | | Taping Techniques, Principles and Practice, 1991 |
| 3. | Jonathan Kenyon | | The Physiotherapist's Pocket Book |
| 4. | Kathryn Refshauge | | Musculoskeletal Physiotherapy 2e,Published |
|  |  |  | September 21st 2004 by Butterworth-Heinemann |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-614 | Sports Journalism | Elective | 3(3+0) |

Sports journalism teach journalistic principles as they relate to professional and amateur sports. Most sports journalism programs incorporate both broadcast journalism and print journalism.  Journalism as a whole, then apply that knowledge to sports broadcasting and sports writing.

* Mass communication, Journalistic ethics, Technical writing, News reporting
* Sports reporting, Sports Television journalism, Sports Radio journalism
* Journalism research, Sports broadcast commentary, Legal issues in sports
* New media sports reporting, Public speaking

**Books Reference:** To berecommendedby the course teacher.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-621 | Specialization in Gymnastics | Elective | 3(1+2) |

It is mandatory for the students of BS, 7th semester to take specific group of Gymnastics for coaching /officiating .The purpose of this Practical course is to enable the students to coach /officiate /organize gymnastics event at school /college / university /national level.

**A) Men Floor Exercises**

1. Horse Vault

2. Horizontal Bar  
3. Pommel Horse

4. Rings

**B) Women Floor Exercises**

1. Beams

2. Horse Vault

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**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION**

**BS-HEALTH AND PHYSICAL EDUCATION**

**BS (8th Semester)**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-631 | Curriculum Development in Physical Education | Major | 3(3+0) |

**Objective**

This course is designed with the purpose to acquaint the students with basic concepts, theories and types of physical education curriculum and strategies adopted for evaluation and changes in Physical education curriculum

**Unit#1 Introduction**

Definition of Curriculum

Physical Education as an integral part of the Education process

Need of Physical Education and Sports Curriculum in educational institutions**.**

**Unit#2 Process of Curriculum Development**

1. **Curriculum Process**:
2. Situation Analysis/need assessment
3. Objectives
4. Content selection
5. Methodology
6. Evaluation

**Models of Curriculum Development**

**Major issues related to Physical Education Curriculum design**

**Unit#3 Types of Curriculum**

* + - 1. Subject centered curriculum

Activity based curriculum

**Unit#4 Factors affecting the Physical Education Curricula**

Psychological

* + - 1. Philosophical
      2. Social and Cultural
      3. Socio Political

**Unit#5 Curriculum Development of P.E In Pakistan**

Secondary level

College and Universities level

**Unit#6 Curriculum Evaluation**

Need of Evaluation

Kinds of Evaluation

Diagnostic

Formative

Summative

Strategies needed for evaluation

Core Curriculum

**Books Reference:**

* 1. Iqbal and Yasmeen, 1997. *Science of Physical Education,* Jamshoro Alumni, Health & Physical Education.
  2. Khalid Rashid, 1995. *Talimaat-i-Jismani.* Ilmi Kutabkhana, Kabir Street Urdu Bazar, Lahore.
  3. Tanner Laurel N, Daniel Tanner. 1980. *Curriculum Development*, Macmillan Publishers.
  4. Cowell, 1955. Curriculum Design in Physical Education. Prentice Hall Inc, Englewood Cliffs, New Jersy, USA.

1. Jewett Bain 1985. *Curriculum Process in Physical Education,* C Brown Publishers, New York, USA.
2. Report 1980. *Curriculum for Development (Final Report),* UNESCO.
   1. Report 1986. *Curriculum in Health and Physical Education for Classes I-*

*V-VI-VII-VIII-IX-X-XI & XII,* National Bureau of Curriculum, Islamabad.

* 1. *Curriculum for Development* (Final Report an Analysis and review of Proceduresand Customs, UNESCO).

1. Nicholas S H and Nicholas R. *Developing a Curriculum A Practical Guide.*
2. Govt of Pakistan, 1947. *Proceedings of the First Educational Conference.*

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| **Course No** | | | **Course title** | **Course Description** | **C.H** |
| HPE-632 | | | Sports Nutrition | Major | 3(3+0) |

**Objective**

The outlines of this course has been designed to provide adequate knowledge to the students with the purpose to acquaint them with the fabrics of sports nutrition to be administer to Athletes regarding carbohydrates, fats, protein and vitamins process of digestion , absorption , metabolism, muscular activity and recommendations to specific group of sports persons.

**Unit #1** **Introduction**

1. Definition of Nutrition and nutrients.
2. Nutrients present in food.
   1. Carbohydrate.
   2. Fats.
   3. Protein.
   4. Vitamins.
   5. Minerals.
   6. Water.

**Unit# 2 Nutrient S Loading as Energy**

Process of digestion and Absorption

* + - 1. Fats
      2. Carbohydrate

Proteins

* 1. Carbohydrate and Performance.

1. Choices of Food

**Unit #3 Energy Metabolisms**

Aerobic Metabolism

1. Anaerobic Metabolism

**Unit# 4 Energy into Muscular Activity**

How is Energy used during Exercises

Exercise duration

Exercise type

**Unit # 5** **Fluid and Athletics**

Temperature regulation during exercise

Factors influences fluid absorption

Adequate hydration before, during and after exercise

Dehydration its causes & prevention

**Unit #6 Vitamins and Minerals**

The involvement of vitamins and minerals in human body functions

Facts and Misconceptions about the use of vitamins and minerals

**Unit # 7 Nutritional Advice for** **Specific Group of Athletes**

Pre contest, during and post contest meal

Dietary recommendations for better health and physical performance

Diet for athletes

**Unit #8** **Weight Management**

Concept of Dieting

Physiological factors of weight management

|  |  |  |  |
| --- | --- | --- | --- |
| **Books Reference** | |  |  |
| 1. | Kern, Mark | | Sports Nutrition. New York: Taylor and |
|  |  |  | Francis,2005 |
| 2. | Chand, sharad | | Concepts and issues in sport Nutrition. New Delhi |
|  |  |  | sports Publication 2005 |
| 3. | Sabar wal, Bhawana | | Nutrition: Auxiliaries and Nutrition. New Delhi. |
|  |  |  | Common Wealth,2004 |
| 4. | Lakshmi, Vijay | | sports Nutrition. New Delhi: Khel Sahitya |
|  |  |  | Kendra,2003 |
| 5. | Plimmer,R.H.A | | Food Health and Vitamins. New Delhi:sports |
|  |  |  | Publication 2003 |
| 6. | Webb, Geoffery.P. | | Nutrition: Health Promotion Approach,2nd Edition |

London:Arnold,2002

1. Kirtani, Reema.A-ZHand book of Diet and Exercise. New Delhi: Khel

**Kendra, 2002**

|  |  |  |
| --- | --- | --- |
| 8. | Williams,Melvin.H | Nutrition: for health, Fitness and Sports,-6th |
|  |  | Edition.london: Nutrition, McGraw hill,2002 |
| 9. | Stave wooten, | Nutrition for sports pages Simon & Schuster Ltd, |
|  |  | 1980 |
| 10. | Dr .Louise Burke | Food for Sports performance Allen and Unwin |
|  |  | Publishers, 1992 st. Leonard Australia |
| 11. | Constance V.kies | Sports Nutrition(Minerals and Electrolytes CRC |
|  |  | Press,1995 Florida U.S.A |
| 12. | Rose, Mary Stanton | Eating for peak performance Allen &unwin |
|  |  | Publishers, 1997 wellington, New Zealand. |
| 13. | Melvin H. Williams | Nutrition for Health Fitness and sports McGraw |
|  |  | hill,2002 Publication 2005 new York USA |
| 14. | Geoffrey P.Webb | Nutrition A Health Promotion Appreach.Arnold |
|  |  | Publication 2002 U.K |
| 15. | Hample, Wardlaw | Perspectives in Nutrition. 7th ed. McGraw |
|  |  | hill, New York, 2007 |
| 16. | Lec, Robert.D. | Nutritional Assessment. 4th ed. McGraw hill, new |
|  |  | York,2007 |
| 17. | Maclarenm Don. | Nutrition and Sports. Churchill livinstone pub. |
|  |  | New York,2007 |
| 18. | Burke, Lowise | Practical sports Nutrition. Human Kinetics |
|  |  | Pub. New York, 2007 |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-633 | Administration & Management in Physical Education | Major | 3(3+0) |

**Objective**

Good administration and better management can produce best results. Physical education and sport are the fields that require most excellent administration for converting the efforts into real success. This particular course will help the physical educators and sports managers to understand the soul of administrative routines and become aware of the qualities and qualifications of good administration, in addition to understanding the need of public relations and use of these relation for the promotion of physical education and sports.

**Unit #1 Administration**

1. Definition of Administration
2. Scope and importance of Administration
   1. Types of Administration
   2. Qualities of an Administrator
   3. Responsibilities of Administrator

**Unit #2 Organizational Administrative Set Up In Sports/Physical Education**

1. Administrative Organization and Structure
2. Formal and Informal Organization
3. Objectives of Organizations
4. Administrative set up of Physical Education in Educational Institution

**Unit #3 Personnel Administration in Physical Education**

1. Principles of Personnel Administration
2. Qualification of Staff c. Teaching load
3. In Service Training
4. Evaluation and Supervision.

**Unit # 4 Fiscal Management**

1. Definition of budget and fiscal Management
2. Types of Budget
3. Importance of Fiscal Management
4. Finance and Budgeting
5. Preparing Annual Budget
6. Purchase Procedure
7. Fund Raising

**Unit # 5 Office Management**

1. Importance of Office Management and Discipline
2. Facilities, Space Personnel Equipment and Supplies
3. Administrative Structure
4. Environment and Cultures
5. Assignments, responsibilities, correspondence, filing system and record

**Unit # 6 Public Relation**

1. Definition
2. Importance of Public Relations in Sports & Physical Education
3. Difference between Private and Public Administration

**Unit # 7 Planning Facilities in Physical Education/Sports**

1. Basic Consideration for Planning
2. Need of Planning for various Activities, Areas and Facilities
3. Planning Factors, Units, Types and Functions
4. Planning and Teaching Stations for Schools and Indoor activities
5. Planning for Gymnasium/Recreational buildings f. Play fields.
6. Stadium
7. Artificial Surfaces

**Books References:**

|  |  |  |
| --- | --- | --- |
| 1. | Jensen, 1992 | *Administrative Management of Physical Education and* |
|  |  | *Athletic Programme.* Lea. |
| 2. | Leith, 1990. | *Study Guide to Sport Administration.* Human. |

Chakraborty S, 1998.*Sports Management.* Lokesh Thani.

* + 1. Pande P K Sharma O P, 1998. *New Encyclopaedia of Physical Education* *Vol I-V.*

1. *Bucher, Charles A.Administration of Physical Education and Athletic Programme. The C V Mosby Company****.***
   1. Bucher, Charles A.*Administration of Health and Physical Education, Including Athletics.* The C V Mosby Company.
   2. Arthur A, Voltmer and Edward F.*The Organization and Administration of Physical Education,* Prentice Hall Inc.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Editor, Howard Stephenson. | Hand Book of Public Relations | |
|  |  | Hill | Book Company. |

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-634 | Physical Education for Special Population | Elective | 3(3+0) |

**Objectives**

This course is designed to provide knowledge to the students about the rehabilitation of special persons through physical activities. The course will also create awareness regarding teaching methods useful for special people to adjust them in the society.

**Course Contents**

**Unit # 01 Historical Background of Special Populations**

a. Concepts of Specials Populations:

i. Dark Age

ii. Modern Age

b. Concept for Special Populations in our Society

**Unit # 02 Understanding of Special Population**

a. W.H.O.’s Definition and Classification of Special Population

b. Basic Terms

c. Public Law

d. Posture and its Importance

**Unit # 03 Types of Special Population**

**a. Mental Retardation:**

i. Mild

ii. Moderate

iii. Severe

iv. Profound

**b. Deaf and Defective**

i. Mild

ii. Moderate

iii. Severe

iv. Profound

**c. Visually Impaired**

a. Blind

b. Partially Sighted

c. Partially Blind

d. Low Vision

**d. Physically Disabled**

a. Mild

b. Moderate

c. Severe

d. Profound

**Unit # 04 Teaching Programs For Special Population**

a. Individual Programs

b. Developmental Programs

c. Remedial Programs

d. Therapeutic Programs

**Unit # 05 Adjustment of Special Population**

a. Factors Affecting Adjustment

b. The Effects of Environment

c. Ways of Making Adjustment

d. Adjustment of Special Populations in Society through Teachers and Parents

**Unit # 06 Physical Activities for Special Population**

a. Games and Sports activities for Special Population

b. Fitness Exercises for Special Population

c. Understanding the Nature of Motor Learning

d. Movement Mechanical Principles for Special Population

**Unit # 07 Physical Education Teacher for Special Population**

a. Attributes of Physical Education Teacher

b. Qualifications of Physical Education Teacher

**RECOMMENDED BOOKS**

1. Dr. A.Waheed Mughal; Physical Education for Special Needs, Islamabad, 2013

2. Shekar, K.C. Adapted Physical Education, New Delhi: Khel Sahitya Kendra, 2005,

3. Jain, Anoop, Adapted Physical Education, New Delhi: Sports Publication, 2003.

4. Misra, Bhawana, Handbook of Teaching Disabled, New Delhi: Mohit, 2002.

5. Seamus Hegarty Mithu Alur, Education and Children with Special Needs, Sage Publications 2002 India.

6. Rao, V.K., Special Education, New Delhi: A.P.H., 2001.

7. Horrat, Michel, Developmental and adapted physical activity assessment, Human Kinetics Pub., London 2007.

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-699 | Research/  Two subjects to be selected from the list of electives |  | 6(6+0)/  6(3+3) |

**Objective**

It is mandatory for students of the department for Physical Education & Sports to undertake research project in consultation with the concerned teacher and approval of the chairman of the department. The purpose of offering this course is to provide adequate knowledge of research methods and writing technique adequately by collection appropriate data of the approved research thesis topic for quality research in the field of Physical Education.

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**LIST OF ELECTIVE COURSES**

|  |  |  |  |
| --- | --- | --- | --- |
| **S.No** | **Course Code** | **Course Title** | **C.H** |
| 1 | HPE-635 | Talent Identification in Sports | 3(3+0) |
| 2 | HPE-636 | Adopted Physical Education | 3(3+0) |
| 3 | HPE-637 | Wellness & Fitness | 3(3+0) |
| 4 | HPE-639 | Cognitive Motor learning | 3(3+0) |
| 5 | HPE-640 | Movement Education | 3(3+0) |