 **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)**

**2018-2022 and Onwards**

**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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 Information and Communication Technologies | General | 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** | | | **17(14+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**

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| **Course No** | **Course title** | **Course Description** | **C.H** |
| HPE-511 | Exercise Physiology | Major | 3(3+0) |
| HPE-512 | Science of Sports Training | 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 Science | General | 3(3+0) |
| HPE-515 | Specialization in Selected Game | Elective (Practical) | 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  (Practical) | 3(1+2) |
| HPE-522 | Practical(Teaching Practice) | Practical | 2(0+2) |
| **C.H & Marks** | | | **15 (13+2)** |

**7th Semester**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 Bio Mechanics | Foundation | 3(3+0) |
| HPE-621 | Specialization in Gymnastics | Practical (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 17(14+3)

3rd Semester 18(15+3) 4th Semester 19(15+4) 5th Semester 17(15+2) 6th Semester 15(13+2) 7th Semester 16(13+3) 8th Semester 18(18+0)  **139 (117+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 2018-22**

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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 (21- 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 | | | 3(3+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 Science | | | 3(3+0) | |
| 7 | Math-302 | | | | Analytical Geometry | | | 3(3+0) | 7 | CSC-301 | Introduction to Information and Communication Technologies | | | 3(3+0) | |
|  | | | | | | | | **19** |  | | | | | **21** | |
| **Discipline Specific Foundation Courses** | | | | | | | | | **Major Courses Including**  **Research Project / Internship** | | | | | | |
| **10-Courses** | | | | | | | | | **10 Courses** | | | | | | |
| **32-Credit Hours** | | | | | | | | | **40 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 | | | 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-614 | | | 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) | |  |  | |  | | |  |
| 7 | HPE-404 | | | Planning Sports Facilities | | | 3(3+0) | | 6 | HPE-631 | | Curriculum Development in Physical Education | | | 3(3+0) |
| 8 | HPE-611 | | | Sociological aspect of Physical Education and Sports | | | 3(3+0) | | 7 | HPE-633 | | Administration & Management in Physical Education and Sports | | | 3(3+0) |
| 9 | HPE-613 | | | Physiotherapy in Sports | | | 4(3+1) | |
| 8 | HPE-699 | | Research | | | 6(6+0) |
| 10 | HPE-403 | | | Planning for Scientific Sports Coaching | | | 3(3+0) | |
| 9 | HPE-632 | | Sports Nutrition | | | 3(3+0) |
| **31+1=32** | | | | | | | | |
| 10 | HPE-511 | | Exercise Physiology | | | 3(3+0) |
| **33** | | | | | | |
| **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) Course CodeENG-301**

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| **Course Structure:** Lectures: 3 | **Credit Hours:** 3 |
| **Prerequisites:** None | |
| **Course Objectives:**  The main focus of this course is to introduce students to the basic concepts of English grammar and to develop their understanding of English language and effective listening and oral communication skills. Objectives of the course are:     * Enabling the students to identify grammatical structures/ errors and use correct tenses, spellings, punctuation, and mechanics required for formal and informal communication * Enabling students to comprehend language through various listening strategies * Preparing students to use presentation skills for effective communication through a variety of classroom activities within specific (given) contexts.   **Course Contents**   * Tenses * Parts of speech * Sentence structures * Phrase and Clause (Dependent and Independent Clause) * Voices of Verb (Active and Passive) * Punctuation * Word Formation * Idioms and Proverbs * Listening and Speaking Skills   (Listening practice+ presentation skills  interview techniques  extempore/prepared unprepared talks)  *Note: Extensive reading is required for vocabulary building* | |
| **Recommended Readings**  *An Introduction to the Pronunciation of English* by A.C Gimson London: Edward Hrnold, 1971  English II: a Contemporary Approach by Robdert W Boyton. New York: Haydon,1987  1. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 1. Third edition. Oxford University Press. 1997. ISBN 0194313492  2. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 2. Third edition. Oxford University Press. 1997. ISBN 0194313506  3. Writing. Intermediate by Marie-Christine Boutin, Suzanne Brinand and Francoise Grellet. Oxford Supplementary Skills. Fourth Impression 1993. ISBN 0 19 435405 7 Pages 20-27 and 35-41.  4. Upper Intermediate. Brain Tomlinson and Rod Ellis. Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 453402 2. | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Islamic Studies (Compulsory)**

**BS (1st Semester) Course Code ISL-301**

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| ***Course Contents*** |
| **تعارف قرآن**  **مفہوم، نزول قرآن ،قرآن مجید کی تر تیب،قرآن مجید کے نام اور صفات، حفا ظت قرآن کی صورتیں ،تدوین قرآن ،قرآن مجید کی تا ثیر** |
| **منتخب قرآنی آیات**  **البقرۃآیت نمبر 284 تا 286**  **الحجرات آیت نمبر 1 تا 18**  **المو منون آیت نمبر 1 تا 11**  **الفرقان آیت نمبر63 تا 77**  **الانعام آیت نمبر 152 تا 154**  **الاحزاب آیت نمبر 6،21،40،56،57،58**  **الحشر آیت نمبر 18 تا 20**  **الصف آیت نمبر 1 اور 14** |
| **سیرت النبی**  **ولادت با سعادت،رضاعت ،والدہ ما جدہ کا انتقال،جد امجد کی تر بیت ابو طالب کی**  **کفا لت،حرب فجار ،حلف الفضول،تعمیر کعبہ،شغل تجارت،حضرت خدیجہ سے نکا ح،بعثت نبوی،**  **آغاز وحی،تبلیغ کا آغازحکم،قریش کی ایذارسانی،قریش مکہ کی مخالفت کے اسباب**  **ہجرت حبشہ حضرت ھمزہ کا قبول اسلام حضرت عمر کا قبول اسلام** |
| **شعب ابی طالب میں محصوری، عام الحزن ،سفر طائف سفر معراج،بیعت عقبہ اولی، بیعت عقبہ ثانی، تعلیمات نبوی مکی دور**  **ہجرت مد ینہ**  **ہجرت مد ینہ کے نتا ئج،رسول اللہ کی مد نی زندگی،غزوات نبوی،** |
| **غزوہ بدر،احد ، خندق،صلح حد یبیہ،غزوہ موتہ، فتح مکہ** |
| **غزوہ حنین،غزوہ تبوک،حجۃ الوداع، وصال مبارک** |
| **تعارف حدیث**  **مفہوم،حدیث کی تا ریخی اہمیت اور تدوین،حجیت حدیث،علوم الحدیث،** |
| **منتخب احادیث نبوی** |
| ***Mid-Term Exams*** |
| **فقہ اسلا می کا تعارف**  **فقہ کی لغوی و اصطلا حی تعریف،فقہ اسلا می کی تا ریخ و اہمیت،فقہ اسلامی کے ما خذ** |
| **اسلامی تہذیب وتمدن**  **تہذیب کی تعریف،تمدن ،مسلمانوں کی علمی،تمد نی اورفن تعمیر میں تر قی،اسلامی تہذیب کی خصوصیات** |
| **اسلام اور سا ئنس**  **غور فکر،تدبر اور مشا ہدہ،مشاہدہ ارض وسماوات،سا ئنس کی ترقی میں مسلمانوں کا کردار،**  **قرآن اور سا ئنس** |
| **اسلام کا معاشی نظام**  **اقتصاد کی تعریف،اسلا می معاشیات کی تعریف،انفاق کی اقسام،مصارف زکواۃ،رباء کا معنی و مفہوم اور حرمت رباء ،مضاربت اور شراکت** |
| **اسلام کا سیا سی نظام**  **خلا فت کے معنی و مفہوم اور اہمیت،اسلام میں حا کمیت اعلی کا تصور،اسلامی حکو مت کے بنیادی ادارے** |
| **اسلا می تا ریخ**  **خلفا ء راشدین،حضرت ابوبکر ،حضرت عمر،حضرت عثمان،حضرت علی،بنو امیہ کی حکومت ،بنو امیہ کے زوال کے اسباب** |
| **،عبا سی حکومت ،حکومت عبا سیہ کے زوال کے اسباب** |
| **اسلام کا معا شرتی نظام**  **اسلام کے معا شرتی نظام کی چند خصوصیات،حسن معاشرت سے متعلق اہم تعلیمات،میاں بیوی کے حقوق**  **والدین اور اولاد کا با ہمی تعلق،اولاد کے حقوق والدین کے فرائض،ہمسایوں کے حقوق**  **رشتہ داروں کے حقوق،اخلاق حسنہ،اخلاق رزیلہ،منا فقین کے اقسام** |

**Shaheed Benazir Bhutto Women University Peshawar**

**Introduction to Statistic**

**BS (1st Semester) Course Code STAT-301**

**Course Breakup**

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| --- | --- |
| Course Name: **Fundamentals Of statistics** | Course Code:STAT-301 |
| Course Structure: | Credit Hours: 03 |
| Requisites: Name: | |

**Learning Objectives:**

To give the basic knowledge of Statistics to the students not majoring in Statistics

**Intended Learning Outcomes:**

* After completion of this course the student should be able to:
* Understand the use of the essential tools of basic Statistics;
* Organize and display the data through tables and graphs.
* Understand and differentiate between the types of data and variables.
* Evaluate and Interpret basic descriptive statistics.
* Apply the concepts and the techniques in their respective disciplines.

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| **Course Outlines** | |
|  | **Modules** |
| **Week 1** | **Introduction to Statistics**  **Nature and scope of Statistics**   1. Population 2. Sample 3. Descriptive and inferential statistics 4. Variable and constant 5. Discrete and continuous variables |
| **Week 2** | **Data**  Observations  Primary and secondary data  Collection of data  Editing of data  Classification of data |
| **Week 3** | **Presentation of data**   1. Introduction 2. Tabulation 3. Constructing a frequency distribution 4. Examples |
| **Week 4** | **Graphical display**   * 1. Diagrams   2. Simple bar chart   3. Multiple bar chart   4. Component bar chart   5. Pie diagram   6. Graphs and their construction   7. Histogram   8. Frequency polygon   9. Frequency curve   10. Ogive |
| **Week 5** | **Measure of central tendency**   1. Different types of averages 2. Mean ( for group and ungrouped data) 3. Arithmetic mean 4. Geometric mean 5. Harmonic mean |
| **Week 6** | 1. Median (for group and ungrouped data) 2. Mode(for group and ungrouped data) 3. Relative merits and demerits of various averages 4. Properties of good averages |
| **Week 7** | **Measure of dispersion**   1. Introduction 2. Absolute and relative measures 3. The semi-interquartile range 4. The mean deviation |

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| **Week 8** | **Mid-term examination** |
| **Week 9** | 1. Variance and standard deviation 2. Interpretation of standard deviation 3. Coefficient of variation 4. Properties of variance and standard deviation |
| **Week 10** | **Regression**   1. Introduction 2. Simple linear regression 3. Examples |
| **Week 11** | **Correlation**   1. Correlation 2. Pearson product of moment correlation coefficient 3. Examples |
| **Week 12** | **Sampling and Sampling Distributions**   * Introduction * Sample design and sampling frame * Statistics vs parameters * Probability and non-probability sampling * Sampling with and without replacement |
| **Week 13** | * Sampling and non-sampling errors * sampling bias * sampling error * Sampling distributions for single mean. * Importance of sampling |
| **Week 14** | **Hypothesis Testing**   1. The logic of hypothesis tests 2. translating a research question into null and alternative hypotheses 3. P-values 4. Type I and Type II errors 5. General procedure of hypothesis testing |
| **Week 15** | **Testing of hypothesis about single mean (z and t-test)**   1. Introduction 2. Testing of hypothesis 3. Examples |
| **Week 16** | **Testing of hypothesis about difference of mean**   1. Introduction 2. Testing of hypothesis 3. Examples |
| **Week 17** | **Student’s presentation + Quizzes** |
| **Week 18** | **Final term examination** |

**Books Recommended:**

1. Chaudhry, S.M.and Kamal, S. (1996), “Introduction to Statistical Theory” Parts I &amp; II, 6th ed, Ilmi Kitab Khana, Lahore, Pakistan.

2. Chaudhry, S.M.and Kamal, S. (1996), “Introduction to Statistical Theory” Parts I &amp; II, 6th ed, Ilmi Kitab Khana, Lahore, Pakistan.

3. Clark, G.M and Cooke, D. (1998), “A Basic Course in Statistics” 4th ed, Arnold, London.

4. Mclave, J.T., Benson, P.G. and Snitch, T. (2005) “Statistics for Business &amp; Economics” 9th ed.Prentice Hall, New Jersey.

5. Spiegel, M.R., Schiller, J.L. and Sirinivasan, R.L. (2000) “Probability and Statistics”, 2nd ed. Schaums Outlines Series. McGraw Hill. NY.

6. Walpole, R.E., Myers, R.H and Myers, S.L. (1998), “Probability and Statistics for Engineers and

Scientist” 6th edition, Prentice Hall, NY.

**Shaheed Benazir Bhutto Women University Peshawar**

**Mechanics-I (General)**

**BS (1st Semester) Course Code PHY-301**

|  |  |
| --- | --- |
| **Course Code** | PHY-301 |
| **Course Title** | Mechanics-I |
| **Credit Hours** | 2+1 |
| **Prerequisite**  **/Co requisite** | None |
| **Remarks** | Found-1 |
| **Recommended Books** | 1. D. Halliday, R. Resnick and J. Walker, “Fundamentals of Physics”, John Wiley & Sons, 9th ed. 2010. 2. R. A. Freedman, H. D. Young, and A. L. Ford (Sears and Zeemansky), “University Physics with Modern Physics”, Addison-Wesley-Longman, 13th International ed. 2010. |
| **Course Description** | |
| Unit 01 Basic Concepts: Units and Dimensions, SI Units, Changing Units, Scalars and Vectors, Adding Vectors: Graphical as well as Component Method, Multiplying Vectors: Dot and Cross Products.  Unit 02 Motion in One, Two and Three Dimensions: Position & Displacement, Velocity and Acceleration, Motion under Constant Acceleration, Projectile Motion, Uniform Circular Motion.  Unit 03 Newton’s Laws: Newton’s Laws of Motion and their Applications involving some particular  Forces including Weight, Normal Force, Tension, Friction, and Centripetal Force, Newton’s Law of Gravitation, Gravitational Potential Energy, Escape Velocity, Kepler’s Laws, Satellite Orbits & Energy.  Unit 04 Work and Kinetic Energy: Work done by Constant and Variable Forces, Power, Conservative and Non-conservative Forces, Work and Potential Energy.  Unit 05 System of Particles: Motion of a System of Particles and Extended Rigid Bodies, Center of Mass and Newton’s Laws for a System of Particles, Linear Momentum, Impulse.  Unit 06 Rotational Motion: Rotation about a Fixed Axis, Angular Position, Angular Displacement, Angular Velocity and Angular Acceleration, Rotational Inertia, Parallel-axis Theorem, Torque and Newton’s Law for Rotation, Conservation of Angular Momentum.  Unit 07 Angular Momentum: Angular Velocity, Conservation of angular momentum, effects of Torque and its relation with angular momentum.  Unit 08 Simple Harmonic Motion (SHM): Amplitude, Phase, Angular Frequency, Velocity and Acceleration in SHM, Linear and Angular Simple Harmonic Oscillators, Energy in SHM, Simple Pendulum, SHM and Uniform Circular Motion, Damped Harmonic Oscillator. | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Foundation of Physical Education and Sports**

**BS (1st Semester) Course Code HPE-301**

**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

Factor Affecting Learning

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

**Shaheed Benazir Bhutto Women University Peshawar**

**Technique and Skills of Game-1**

**BS (1st Semester) Course Code HPE-302**

**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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Athletics -I**

**BS (1st Semester) Course Code HPE-303**

**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 , |  |
|  |  |  | 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, Mc Graw | |
|  |  |  | 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, 2000. |  |
|  |  |  |  |  |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Gymnastic -I**

**BS (1st Semester) Course Code HPE-304**

**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**

**Basic Mathematics**

**BS (2nd Semester) Course Code MTH-303**

1. **Overall Aims of Course**

At the end of the course student would be able: to know about real and complex numbers and also know about sets, function, matrices etc.

1. **Intended Learning Outcomes of Course (ILOs)**
2. ***Knowledge and Understanding***

On successful completion of this course the student should be able to know about:

* Complex numbers, functions and its graphs.
* Matrices and its application.
* Quadratic equation, sequence and series.

1. ***Intellectual/Cognitive Skills***

On successful completion of this course the student should be able to:

* Provide framework for thinking about basic algebra and its application.

1. **General and Transferable Skills** On successful completion of this course the student should be able to understand concept of:

* Complex numbers, functions.
* Sets and basic operation on sets.
* Matrices and their application.

1. **Contents**

|  |  |  |
| --- | --- | --- |
| **Month breakup** | **Week** | **Course Break up** |
| 1st Month | 1. | **Ch#1: Real and complex number.**  Introduction to real numbers and properties of real numbers. |
| 2nd Month | 2. | Introduction of complex number, graphical representation of complex numbers, conjugate of complex numbers. |
| 3. | Modulus of complex numbers, properties of complex numbers. |
| 4 | Function and types of function. |
| 5 | **Ch#2: Matrices.**  Introduction to matrices, types, additive identity and multiplicative identity. |
| 3rd  Month | 6 | Determinant, inverse of matrix, system of linear equation, crammer rule. |
| 7 | **Ch#3: Quadratic equation.**  Quadratic equation, solving by factorization and completing square, Quadratic formula, |
| 8 | Relation between roots and coefficient of Quadratic equations |
| 9. | Midterm examination |
| 4th  Month | 10. | Qualitative analysis of roots of quadratic equation, Cube root of unity, |
| 11. | **Ch#4: Sequence And Series**  Arithmetic series, finding its general term, sum of arithmetic series. |
| 12. | Geometric sequence, general term, sum of G. sequence. |
| 13. | Harmonic sequence, general term, Arithmetic mean, Geometric mean. |
| 5th Month | 14. | **Ch#5: Binomial theorem**  Introduction to mathematical induction and its application. |
| 15. | Binomial theorem with rational and irrational indices. |
| 16. | **Ch#6: Trigonometry**  Fundamental of trigonometry and trigonometric identities |
| 17. | Final Term Examination |

**List of References**

* **Text Books and references**

1. **Course notes** : From books
2. **Essential books (text books):**

* Dolciani MP, Wooton W, Sharran S algebra 2 and trigonometry 1978 Houghton And Mifflin Boston.
* Swokowski EW, Fundamental of algebra and trigonometry (6th edition)
* FSc text book of mathematics

**Shaheed Benazir Bhutto Women University Peshawar**

**English-II (Compulsory)**

**BS (2nd Semester) Course Code ENG-302**

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| **Course Structure:** Lectures: 3 | **Credit Hours:** 3 |
| **Prerequisites:** None | |
| **Course Objectives:**  Main focus of this courseis the development of effective communication strategies, oral presentation, and written correspondence within the formal and informal context.  The objectives of this course are:   * Enabling the students to recognize the components and barriers of oral and written communication * Developing students’ skills to apply their knowledge of grammar and usage for formal and informal communicative purposes. * Enhancing students’ language skills to be used in diversified context and audience.   **Course Contents**   1. Components of Communication    * Context    * Sender-Encoder    * Message    * Medium    * Receiver-Decoder    * Feedback 2. Communication Skills (7 C’s of Communication) 3. Barriers of Communication & Measures to avoid these (Practice with sentences & paragraphs) 4. Paragraph Writing (Thesis Statement, Topic Sentence and Supporting Sentences) 5. Letters (Formal and informal) 6. Comprehension Skills (Reading and Understanding within the context)   Reading strategies ( skimming, scanning, speedy )   1. Précis Writing (Rules & Practice)   *Note: Documentaries to be shown for discussion and review* | |
| **Recommended Books**  English II: a Contemporary Approach by Robdert W Boyton. New York:  Haydon,1987   1. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 2. Third edition. Oxford University Press 1986. ISBN 0 19 431350 6. 2. Writing. Intermediate by Marie-ChrisitineBoutin, Suzanne Brinand and Francoise Grellet. Oxford Supplementary Skills. Fourth Impression 1993. ISBN 019 435405 7 Pages 45-53 (note taking). 3. Upper-Intermediate by Rob Nolasco. Oxford Supplementary Skills. Fourth Impression 1992. ISBN 0 19 435406 5 (particularly good for writing memos, introduction to presentations, descriptive and argumentative writing). | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Pakistan Studies (Compulsory)**

**BS (2nd Semester) Course Code PST- 323**

**Introduction/Objectives:**

• Develop the familiarity with historical perspectives, on Pakistan and with its government and politics.

• Study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.

**Outlines**

**1. Historical Perspective**

1. Indus Civilization
2. Evolution and growth of Muslim Society in the Subcontinent
3. Ideological rationale with special reference to Sir Syed Ahmad Khan, Allama Iqbal

and Quaid-e-Azam

1. Factors leading to Muslim Separatism

**2. Location and Geo-physical features of Pakistan**

**3. Government in Pakistan**

1. Objectives resolution
2. The Constitution of 1956, The Constitution of 1962, The Constitution of 1973 and Amendments

**4. Contemporary Pakistan**

1. Economic institutions and Issues
2. Society and Culture
3. Foreign Policy of Pakistan Challenges
4. Guiding Principles of Pakistan Foreign Policy
5. Determinant of Pakistan Foreign Policy
6. Futuristic outlook of Pakistan

**Suggested Reading**

* + - 1. Rabbani, Ikram. Introduction to Pakistan Studies. Lahore: Caravan Book House.
      2. Khan, Naushad. Pakistan Studies and Pakistan Affairs, 2016.
      3. Burki, Shahid Javed. State and Society in Pakistan, The MacMillan Press Ltd, 1980.
      4. Akbar, S, Zaidi. Issues in Pakistan’s Economy. Oxford University Press, 2000.
      5. S.M.Burke and Lawrence Ziring. Pakistan’s foreign Policy: A Historical Analysis. Karachi: Oxford University Press, 1993.
      6. Mehmood Safdar. Pakistan: Political Roots and development. Lahore: 1994.
      7. S. M. Burke and Lawrence Ziring. Pakistan’s Foreign Policy: A Historical analysis. Karachi: Oxford University Press, 1993.
      8. Mehmood, Safdar. Pakistan: Political Roots & Development. Lahore, 1994.
      9. Wilcox, Wayne. The Emergence of Bangladesh., Washington: American Enterprise, Institute of Public Policy Research, 1972.
      10. Mehmood, Safdar. Pakistan Kayyun Toota, Lahore: Idara-e-Saqafat-eIslamia, Club Road, nd.
      11. Amin, Tahir. Ethno - National Movement in Pakistan, Islamabad: Institute of Policy Studies, Islamabad.
      12. Ziring, Lawrence. Enigma of Political Development. Kent England: Wm Dawson & Sons Ltd, 1980.
      13. Zahid, Ansar. History & Culture of Sindh. Karachi: Royal Book Company, 1980.
      14. Afzal, M. Rafique. Political Parties in Pakistan, Vol. I, II & III. Islamabad: National Institute of Historical and cultural Research, 1998.
      15. Sayeed, Khalid Bin. The Political System of Pakistan. Boston: Houghton Mifflin, 1967.
      16. Aziz, K. K. Party Politics in Pakistan, Islamabad: National Commission on Historical and Cultural Research, 1976. Muhammad Waseem, Pakistan Under Martial Law, Lahore: Vanguard, 1987.
      17. Haq, Noor ul. Making of Pakistan: The Military Perspective. Islamabad: National Commission on Historical and Cultural Research, 1993.
      18. Ziring, Pakistan in 20th Century.
      19. Ian Talbot, Pakistan: A Country.
      20. M. R. Kazmi, A Concise History of Pakistan, Karachi: OUP.
      21. Hamid Khan, Constitutional and Political History of Pakistan.

**Shaheed Benazir Bhutto Women University Peshawar**

**Introduction to Information and Communication Technologies (General)**

**BS (2nd Semester) Course Code CSC-301**

**Course Objective**

This is an introductory course on Information and Communication Technologies. The topics include ICT terminologies, hardware and software components, the internet and World Wide Web, and ICT based applications.

**Intended Learning Outcomes:**

After the completion of this course, the student will be able to:

* Understand the enabling/pervasive features of ICT
* Application of computer in education
* Software needed and used by the end users
* The software needed for management of systems
* Identify the various categories of software and their usage
* Understand different terms associated with the Internet and World Wide Web.
* Use various web tools including Web Browsers, E-mail clients and search utilities.
* Use text processing, spreadsheets and presentation tools
* Understand the enabling/pervasive features of ICT

**Course Outline:**

* Introducing Computer Systems, Types of computer and history of computer
* Basic Definitions & Concepts, Hardware: Computer Systems & Components. Interacting with the Computer, input and output devices.
* Storage Devices, Number Systems, Software: Operating Systems, Programming and Application Software, Introduction to Programming, Databases and Information Systems, Database, Introduction to RDBMS, Uses of Databases, Management information systems
* Networks, Data Communication, The Internet, Browsers and Search Engines, The Internet: Email, Collaborative Computing and Social Networking, The Internet: E-Commerce, IT Security and other issues, threats, identity theft, online spying tools, threats to hardware hacking
* Taking protective measures
* Project Week, Review Week

**Reference Material:**

1. Norton, P.(7th ed.). *Introduction to Computers .*McGraw Hill .
2. Williams, S.(6th ed.). *Using Information Technology: A Practical Introduction to Computer & Communications* .McGraw Hill.
3. Sarah ,E., Hutchinson., Stacey, C., Sawyer.(6th ed.).*Computers, Communications & information: A user's introduction*.
4. Leon,A., Leon.M. *Fundamentals of Information Technology*. Leon press

**Shaheed Benazir Bhutto Women University Peshawar**

**Rules of Athletics (Foundation)**

**BS (2nd Semester) Course Code HPE-306**

**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.

|  |  |  |  |
| --- | --- | --- | --- |
| **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 lying 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

**Shaheed Benazir Bhutto Women University Peshawar**

**Technique and Skills of Games- II**

**BS (2nd Semester) Course Code HPE -307**

**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**

* + 1. Badminton.

**Others**

* + 1. Swimming.
    2. 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. |

**Shaheed Benazir Bhutto Women University Peshawar**

**Technique and Skills of Athletics - II**

**BS (2nd Semester) Course Code HPE-308**

**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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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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**Shaheed Benazir Bhutto Women University Peshawar**

**Technique and Skills of Gymnastic - II**

**BS (2nd Semester) Course Code HPE-309**

**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.

|  |  |  |  |
| --- | --- | --- | --- |
| **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**

**Introduction to Sociology (General)**

**BS (3rd Semester) Course Code**

**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

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Technical Writing and Presentation Skills (Compulsory)**

**BS (3rd Semester) Course Code ENG-410**

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| **Course Structure:** Lectures: 3 | **Credit Hours:** 3 |
| **Prerequisites:** | |
| This course builds on English- II  **Course Objectives**  This course aims to develop the formal writing skills of the students. The main objectives are:   * Acquainting students’ with various writing strategies * Enabling the students to make official (formal) correspondence * Developing students’ skills of report writing   **Course Contents:**   * Essay Writing:  1. Essay Structure, Developing a Thesis, Outlining, Transitioning, Revising the Draft, Conclusion 2. Kinds: Argumentative, Discursive, Analytical, Descriptive, Expository, Persuasive  * Revising Paragraphs * Resume Writing * Letters (Various formats)  1. Business Letter 2. Cover Letter 3. Personal Statements  * Memorandum  1. Parts of a memo 2. Format  * Report writing:  1. Purpose of writing a Report 2. Structure of a Report 3. Major components of a Report   *Note: A report (following the proper format) will be practiced as assignment upon instructor’s discretion.* | |
| **Recommended Books**  1. Writing. Advanced by Ron White. Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 435407 3 (particularly suitable for discursive, descriptive, argumentative and report writing).   1. College Writing Skills by John Langan. Mc=Graw-Hill Higher Education. 2004. 2. The Mercury Reader. A Custom Publication. Compiled by norther Illinois University. General Editiors: Janice Neulib; Kathleen Shine Cain; Stephen Ruffus and Maurice Scharton. (A reader which will give students exposure to the best of twentieth century literature, without taxing the taste of engineering students). | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Bio Chemistry (General)**

**BS (3rd Semester) Course Code**

**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

**Shaheed Benazir Bhutto Women University Peshawar**

**Rules of Games (Foundation)**

**BS (3rd Semester) Course Code HPE-401**

**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

* + 1. 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

**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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Health Education (Foundation)**

**BS (3rd Semester) Course Code HPE-402**

**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

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

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Games -III**

**BS (3rd Semester) Course Code HPE-411**

**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

* + - 1. Hand ball

**Racket Games**

* + - * 1. Table tennis

**Others**

* 1. 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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Athletics -III**

**BS (3rd Semester) Course Code HPE-412**

**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. |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Gymnastic -III**

**BS (3rd Semester) Course Code HPE-413**

**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**

**Understanding Psychology**

**BS (4th semester) Course Code PSY-301**

**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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Analytical Geometry**

**BS (4th semester) Course Code MTH-402**

|  |  |
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| **Course Structure:** Lectures:3 | **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. | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Planning For Scientific Sports Coaching (Foundation)**

**BS (4th Semester) Course Code HPE-403**

**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

**Shaheed Benazir Bhutto Women University Peshawar**

**Planning Sports Facilities (Foundation)**

**BS (4th Semester) Course Code HPE-404**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Basic Anatomy and Physiology (Foundation)**

**BS (4th Semester) Course Code HPE-405**

**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

|  |  |  |  |
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| 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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Games –IV**

**BS (4th Semester) Course Code HPE-414**

**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. |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Athletics –IV**

**BS (4th Semester) Course Code HPE-415**

**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 |
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| 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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Techniques and Skills of Gymnastic –V**

**BS (4th Semester) Course Code** **HPE-416**

**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**

**Exercise Physiology (Major)**

**BS (5th Semester) Course Code HPE-511**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Science of Sports, Training (Major)**

**BS (5th semester) Course Code HPE-512**

**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:**

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

**Shaheed Benazir Bhutto Women University Peshawar**

**Research Methods in Physical Education (Major)**

**BS (5th Semester) Course Code HPE-513**

**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**

1. **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.

Fundamental or pure research

Applied research

* + 1. Operational or Action research

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

**Unit# 2 Qualitative and Quantitative Researches**

1. 1. Qualitative Approach.
2. 2. Quantitative Approach.

**Unit #3** **Selection of the problem and Development of Research Proposal**

**Selection of the Problem**

**Criteria and sources of problem selection**

**Developing the research proposal**

* + - 1. Statement of the problem.
      2. Significance of the problem
      3. Objectives of the study
      4. Assumptions and Hypothesis.
      5. Limitation and Delimitation.
      6. Procedure of the study/ Methodology.
      7. Literature review

**Unit #4 Sampling**

* + 1. Introduction

1. Types of sampling
2. Sampling procedure

**Unit # 5 Tools for Data Collection**

Questionnaire

Interview

Test.

Observation

**Unit # 6 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. | | |  | | |

**Shaheed Benazir Bhutto Women University Peshawar**

**Sports Medicine (Major)**

**BS (5th Semester) Course Code HPE -514**

**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**

Define 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 and 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 Doping**

Definition of doping

Doping regulations

Methods /Types of doping

Common banned drugs in sports

**Unit# 7 Rehabilitation in Sports**

1. Principles of Rehabilitation
2. Therapeutic Exercises.

**Book References**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Dr Vidya Ratan, 1989. | | | | Hand Book of Preventive and Social Medicine | |  |
|  |  |  | | | | Jaypee Brothers Medical Publishers, New Delhi, India. | | |
| 3. | Dr Vidya Ratan, 1991. | | | | | Multiple Choice Questions in Preventive and Social | |  |
|  |  |  | | | | Medicine. Pee Brothers, New Delhi, India. |  |  |
| 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 | | |
|  |  |  | | | | Worth Heinemann Publisher, UK. |  |  |
| 10. Gardiner M Dena, 1985. | | | | | | The Principles of Exercise Therapy. CBS |  |  |
|  |  |  | | | | Publications, Shandara, Delhi. |  |  |
| 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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**Shaheed Benazir Bhutto Women University Peshawar**

**Everyday Science (General)**

**BS (5th Semester) Course Code PSC-304**

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| --- | --- | --- | --- |
| Department | Political Science | Semester | 2nd |
| Semester | 2nd | Course Title | Everyday Science |
| Course Code | PSC-304 | Credit Hours | 03 |
| 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:

|  |  |  |  |
| --- | --- | --- | --- |
| **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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**Shaheed Benazir Bhutto Women University Peshawar**

**Specialization in Selected Game**

**BS (5th Semester) Course Code HPE-515**

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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Measurement and Evaluation in Physical Education (Major)**

**BS (6th Semester) Course Code HPE-517**

**Objective**

This course will enable the students of MP.Ed 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 Anthropometric Assessment of Body Composition**

Body mass Index

Body Circumference

Skinfolds

Measuring body Density

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

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

**Book References**

|  |  |  |
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| **1** Ch Mecholy | Test and measurement in physical education NY | |
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| **2** | H .Harison Clarke | Application of Measurement Prentice Hall | | |
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|  |  | Inc | Englewood Cliff , New Jersey .1976. | |
| 3 | Jack K. Nelson and Barry L. Johnson | | Measurement of physical performance | |

Burgess publishing Company, Minneapolis,

Minnesota,1979

4. Measurement for Evaluation in Physical Education and Exercise Science (Fifth edition)

**Shaheed Benazir Bhutto Women University Peshawar**

**Sports Psychology (Major)**

**BS (6th Semester) Course Code HPE-518**

**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 Personality and Sports**

Theories of personality

Measurement of personality

Personality profiles of Athletes

**Unit #3 Motivation and Performance**

Definition of motivation

Sports motivation

Nature and types of motivation

Theories of motivation

Shaping athletes behavior via requirement

**Unit #4 Stress**

Definition of Stress

Theories of Stress

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

Dynamics of Stress

**Unit #5 Anxiety, Arousal and Stress Relationship**

Differentiating Among stress, Anxiety and Arousal

Concept of stress

Concept of Anxiety

Concept of Arousal

**Unit #6 Aggression**

Types of aggression

Theories of aggression

Significance of aggression in sports

Aggression

**Unit #7 Goal Setting**

Types of goals

Goal identification

Rational goal setting/principles of effective goal setting

How a goal affects performance

**Unit #8 Concentration**

Attention and its dimension.

Types of intentional focus

Importance of concentration in sports

Factors that effects concentration

Techniques to enhance concentration

**Unit #9 Self-confidence and Sports Performance**

Introduction

Models of sports confidence

Sources of sports confidence

Development of self-Confidence

Intervention to enhance cohesion

**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,
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      4. Harper N Y and Brothers,Maslow, j ,1954 . The motivation and personality.
      5. Harvey P G Health,1988. Psychology, Longman, London.
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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

**Shaheed Benazir Bhutto Women University Peshawar**

**Recreation and Leisure (Major)**

**BS (6th Semester) Course Code HPE - 519**

**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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Trauma and Rehabilitation (Major)**

**BS (6th Semester) Course Code HPE - 520**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Specialization in One Group of Track & Field**

**BS (6th Semester) Course Code HPE - 521**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Practical (Teaching Practice)**

**BS (6th Semester) Course Code HPE -522**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Sociological Aspect of Physical Education and Sports (Foundation)**

**BS (7th Semester) Course Code HPE - 611**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Media Marketing and Sports (Elective)**

**BS (7th Semester) Course Code HPE - 612**

**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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Physiotherapy in Sports (Foundation)**

**BS (7th Semester) Course Code HPE - 613**

**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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Sports Bio Mechanics (Foundation)**

**BS (7th Semester) Course Code HPE -614**

**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**

Definition and Meaning of Movement

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 8. 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

**Shaheed Benazir Bhutto Women University Peshawar**

**Specialization in Gymnastic**

**BS (7th Semester) Course Code HPE - 621**

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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Curriculum Development in Physical Education (Major)**

**BS (8th Semester) Course Code HPE - 631**

**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.*

**Shaheed Benazir Bhutto Women University Peshawar**

**Sports Nutrition (Major)**

**BS (8th Semester) Course Code HPE - 632**

**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 |

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

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| 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 |

**Shaheed Benazir Bhutto Women University Peshawar**

**Administration & Management in Physical Education (Major)**

**BS (8th Semester) Course Code HPE - 633**

**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:**

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| 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.

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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.

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|  |  | Hill | Book Company. |

**Shaheed Benazir Bhutto Women University Peshawar**

**Physical Education for Special Population (Elective)**

**BS (8th Semester) Course Code HPE - 634**

**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.

**Shaheed Benazir Bhutto Women University Peshawar**

**Research (Major)**

**BS (8th Semester) Course Code HPE-699**

**Objective**

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.

**Shaheed Benazir Bhutto Women University Peshawar**

**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-638 | Sports Journalism | 3(3+0) |
| 5 | HPE-639 | Cognitive Motor learning | 3(3+0) |
| 6 | HPE-640 | Movement Education | 3(3+0) |