



**SHAHEED BENAZIR BHUTTO WOMEN
UNIVERSITY PESHAWAR**

**SUBMISSION OF SCHEME OF STUDY
DEPARTMENT OF HEALTH & PHYSICAL EDUCATION**



SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY
PESHAWAR



DEPARTMENT OF HEALTH & PHYSICAL EDUCATION



DEPARTMENT OF HEALTH & PHYSICAL EDUCATION

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Ms. Tashfeen Zia (Member)
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Affiliation and Monitoring, SBBWU

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Dr. Rubi Bilal (Secretary)
Controller of Examinations, SBBWU

Dr. Safia Ahmed
Dr. Safia Ahmed (T.I)
Dean Faculty of Sciences & Social
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**SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY
PESHAWAR**
**MEETING OF ACADEMIC COUNCIL AMENDED SCHEME OF STUDY
DEPARTMENT OF HEALTH & PHYSICAL EDUCATION BS 4 year
Programme**

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ITEM.NO	DESCRIPTION OF THE ITEM	PAGE NO
I	Submission of Revised Scheme of Studies as per recommendation of academic council on 22 nd July 2025	06-07 -08



SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY PESHAWAR

ITEM No. I: Approval of Revised Scheme of Studies as per HEC New UEP

2023

STRUCTURE

Sr	Categories	Credit Hours Min – Max
1.	General Education (Gen Edu) Requirements: Mandatory Courses of General Education.	30 – 30
2.	Major (Disciplinary) Requirements: Area of Study in Which the Degree is offered	*72 ≥
3.	Interdisciplinary/Allied Requirements (To Support Horizon of the Major)	**12 ≥
4.	Field Experience/Internship (Practical Work Experience related to a Student's Field of Study or Career interest)	03 – 03
5.	Capstone Project or Capstone Research Project	03 – 06
	Total	120 – 144

***The Credit Hours for the courses of Major Disciplines may vary but not less than 72 Credit Hours.**

****The Credit Hours for Interdisciplinary/Allied Courses may vary but not less than 12 Credit Hours.**

- Total number of Credit hours 120-144
- Duration 4 years
- Semester duration 16-18 weeks
- Semesters 8
- Course Load per Semester 15-18 Cr hr
- Number of courses per semester 4-6 (not more than 3 lab / practical courses)

The Incharge/Chairperson, Department of Health & Physical education. Ms. Mariyyah Samin, (Deputy Director Sports, HOD of Dept) has forwarded the agenda through email to the members of the Board of Studies.

Thereafter, the agenda was presented in the meeting of the Board of Faculty held on 24th, October 2023 and taken up for consideration by the board members.

Decision: The board, after having a detailed discussion expressed their satisfaction with the curriculum and content of the courses offered and recommended adopting the HEC UEP 2023 with the following modifications.

2. To approve the following scheme of studies for BS Health & Physical Education session 2023 onwards presented via email by circulation as Agenda item No. I as per the following recommendations of members of BOF.
(Mention Point wise the recommendations/observations raised by the members of the Board of Faculty)
 - i. The Credit Hours for the Course Title of All Subjects is corrected as 3 +0.

(SESSION 2025 & ONWARDS)

Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 1	Art & Humanities	AH-301	Basic Visual Design	2	0	2
	Fehm-e-Quran 1	ISL-325	Understanding of Quran	1	0	1
	Islamic Studies/Religious Studies/Ethics	ISL-301	Islamic Studies/Religious Studies/Ethics	2	0	2
	Interdisciplinary/Allied	PHY-301	Mechanics -I	3	0	3
	Functional English	ENG-303	English-I	3	0	3
	Major I	HPE-310	Philosophical basis of health & Physical Education	3	0	3
	Major II	HPE- 312	Scientific Approach of Games Rule	3	0	3
Break up of Practical (Viva Voce)						
Sports Practical	Sports Practical	HPE-313	Technique & skills of games-II Football ,Table Tennis , & Volley ball	0	1	1
			Total	17	1	18
Semester 2	Social Sciences	PSY-301	Understanding Psychology	3	0	3
	Fehm-e-Quran II	ISL-325	Understanding of Quran	1	0	1
	Expository Writing	ENG-304	English II	3	0	3
	Interdisciplinary/Allied	EDU-303	Classroom Management	3	0	3
	Ideology and Constitution of Pakistan	PST-313	Ideology & constitution of Pakistan	2	0	2
	Major III	HPE-314	Basic of Human Anatomy	3	0	3
	Major IV	HPE-306	Rules of Athletics	3	0	3
Break up of Practi cal (Viva Voce)						
	Sports Practical HPE-303	HPE-303	Techniques & Skills of Athletics –I Athletics (Track & Field event)	0	1	1
			Total	18	1	19
Semester 3	Quantitative Reasoning (QR I)	MTH-401	Quantitative Reasoning (QR 1)	3	0	3
	Application of Information and Communication Technologies.	CSC-308	Application of Information & Communication technologies	3	0	3
	Natural Science	HND-521	Sports Nutrition	2	1	3
	Pakistan Studies	PST-323	Pakistan Studies	2	0	2

	Entrepreneurship	MS-309	Introduction to Entrepreneurship	2	0	2
	Major V	HPE-418	Principles of Sports Training	3	0	3
Break up of Practi cal (Viva Voce)						
Sports Practical	Techniques & Skills of Games –III	HPE-423	Techniques & skills of games - III	0	1	1
	Sports Practical	HPE-303	Techniques & Skills of Athletics -1 Athletics (Track & field event)	0	1	1
			Total	15	2	17
Semester 4	Civic and Community Engagement	PSC-418	Civic and Community Engagement	2	0	2
	Quantitative Reasoning (QR II)	MTH-402	Analytical Geometry	3	0	3
	Major VI	HPE-419	Psychology in Sports	3	0	3
	Major VII	HPE-402	Health education	3	0	3
	Major VIII	HPE-421	Physiology of Sports & Exercise	3	0	3
	Major IX	HPE-404	Planning Sports Facilities	3	0	3
Break up of Practi cal (Viva Voce)						
Sports Practical	Techniques & skills of games IV	HPE-424	Techniques & skills of games IV	0	1	1
			Total	17	1	18
Semester 5	Interdisciplinary/Allied Course	LAW-111	Introduction to Law	3	0	3
	Interdisciplinary/Allied Course	MS-301	Introduction to Business	3	0	3
	Major X	HPE -523	Sports Administration & Management	3	0	3
	Major XI	HPE -635	Talent Identification in Sports	3	0	3
	Major XII	HPE -525	Physical Activity for Special Population	3	0	3
	Major XIII	HPE-422	Fitness & Wellness	3	0	3
			Total	18	0	18
Semester 6	Major XIV	HPE-513	Research method in Physical Education	3	0	3
	Major XV	HPE-514	Sports medicine	3	0	3
	Major XVI	HPE- 529	Nutrition & Athletics Performance	3	0	3
	Major XVII	HPE-527	Sociology in Sports	3	0	3
	Major XVIII	HPE-528	Leadership in Sports	3	0	3
			Total	15	0	15
Semester 7	Internship (Mandatory)	HPE-697	Internship (Mandatory)	0	3	3
	Major XIX (Elective)	HPE -613	Physiotherapy in Sports	3	0	3
	Major XX	HPE-643	Motor Control and Learning	3	0	3
	Major XXI	HPE -614	Sports Biomechanics	3	0	3

	Capstone Research Project OR Capstone Project + Optional Course	HPE -699	Capstone Research Project OR Optional Course of 03 Cr.Hrs.	3	3	3
			Total CHrs.	12	6	15
Semester 8	Major XXII (Elective)	HPE -615	Principles of Scientific Sports coaching	2	1	3
	Major XXIII	HPE -616	Test, Measurement & evaluation	3	0	3
	Major XXIV	HPE -612	Media Marketing in Sports	3	0	3
	Capstone Research Project OR Capstone Project + Optional Course	HPE -698	Capstone Project OR One Optional Course from list of 03 Cr. Hrs.	3	3	3
			Total Cr.Hrs.	11	4	12
				123	15	132

Total Credit hours

Semester	Lecturer	Lab/ Practical	Credit Hours
1st SEMESTER	17	1	18
2nd SEMESTER	18	0	18
3rd SEMESTER	15	3	18
4th SEMESTER	17	1	18
5th SEMESTER	18	0	18
6th SEMESTER	15	0	15
7th SEMESTER	12	6	15
8th SEMESTER	11	4	12
Total	123	15	132

Course Name: Philosophical basis of Physical education (1st Semester)	Course Code: HPE-310
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: This course is designed to acquaint students with the objectives to make them understand the basic concepts of physical education and its relation to Health Education, and provide preliminary awareness about physical, mental and social developments; interpretation of biological, psychological effects on physical activities	
Course Outline: INTRODUCTION: Historical background of Physical Education, Definition and scope of Physical Education, Aims and objectives of Physical Education. PHILOSOPHY AND PHYSICAL EDUCATION: Definition Components of Philosophy Relationship of Physical Education with Naturalism, Idealism, Realism, Pragmatism, Externalism PHYSICAL EDUCATION AS DISCIPLINE: Physical Education, an academic discipline Physical Education and Islam, Physical Education as a profession SCIENTIFIC FOUNDATION OF PHYSICAL EDUCATION: biological interpretation of Physical Education, psychological interpretation of Physical Education Sociological interpretation of Physical Education, PHYSICAL EDUCATION AND RECREATION: Definition of Recreation ,Types of Recreation ,Principles of Leisure, Outdoor pursuits LEADERSHIP IN PHYSICAL EDUCATION: Definition and kinds of leadership, selection criteria of leaders, Qualities of a good leader, Challenges in Physical Education profession.	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	
Recommended Books: 1. Dr. A. Waheed Mughal, Philosophical Basis of Physical Education, Islamabad 2012. 2. Shamshad Ahmed. Education in Physical Education. New Delhi: Isha Books, 2005. 3. Syal, Meenu. Physical Education Sports and Games. New Delhi: Sports Publication, 2005. 4. Davis, M.B. Physical Training in School. New Delhi: Sport Publication, 2004. 5. Shekar, C.K. Foundation of Physical Education and Sports. New Delhi: Khel Sahitya Kendra, 2004. 6. Jain, Anoop. Physical Education Foundation. New Delhi: Sports Publication, 2003. 7. Jain, D. Physical Education for Secondary School Children. New Delhi: Khel Sahitya Kendra, 2003. 8. Gupta, A. K. Facts and Foundation in Physical Education. New Delhi: Sports Publication, 2003. 9. Seefeld, E.A. Physical Education for Children, New Delhi: Sports Publication, 2002. 10. Charles A. Bucher, Foundation of Physical Education Exercise Sciences & Sports, 14th Edition, 2003. McGraw Hill, New York	

Course Name: Scientific Approach of Games Rule (1st Semester)	Course Code: HPE-312
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: 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.	
Concepts of Sports and Games Definition of sports and games, Types of games, Values of sports and games Allied areas of Sports and Games, Camping, Civil Defense, Mountaineering, Hiking/Trekking, Camping, Competitions and their Types, Single elimination or knockout system, Round Robin or league system, Combination system, Challenge system, Ladder system, Pyramid system, Organizational Structure and Conduct of Games at Different Levels, Education level, Private level, National level, International level, Role of Associations, Federations, Olympic committee, provincial sports boards, Pakistan Sports Board, HEC, PCB and ICC in National and international level sports. National and International Competitions, National Games, SAF Games, Asian Games, Common Wealth Games, Olympic Game, World Games, Para Olympic Games, World University Games, World Championships, Other competitions. Brief History and Rules of the following Games, Ball Games, Cricket, Field Hockey, Football, Basketball, Volley ball, Hand ball, Baseball, Net ball, Racket Games, Tennis, Badminton, Table Tennis, Squash	
Course Outcomes: This course will provide students with a solid foundation in the fundamental concepts of sports sciences & physical education & prepare graduates for diverse career paths, including roles in coaching, fitness training, sports management & education.	
Recommended Books: 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 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	

Course Name Technique & skills of Games-II (1 st Semester)	Course Code: HPE-313
Course Structure: Lectures: 1, Labs: 0	Credit Hours: 1
Prerequisites: Nil	
Objectives: This practical course has been designed with the purpose to provide technical knowledge to the students for developing their skill in selected games.	
Course Outline: Volley Ball , Service, types, Digging ,Smashing , Blocking ,Boosting, Forearm Pass Foot Ball , Dribbling ,Passing & Kicking, System of Playing, Stopping & Blocking, offensives & Defensives Principles ,Goal keeping, Table tennis ,Stance (Standing), Position and Grip) Service ,Stroke	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	
Book Reference :	

Course Name Rules of Athletics (2nd Semester)	Course Code: HPE-306
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course 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.	
Course Outline: Modern Olympic Games with Special Reference to Athletics. At College, University and National level Rules of Track Event ,Sprint Races , 100800 Meters and 1500 Meters Long Distance Races 3000, 5000 and 10000 Meters 100 Meters & 400 Meters Hurdles Races Steeple chase (for man) Relay Races 4X100 Meters, 4X400 Meters Road Races Cross Country Meters, 200 Meters & 400 Meters , Middles distance Races ,Combined Events , Rules of Field Events (Jumps) Broad Jump/ long Jump High Jumps, Triple Jump/Hop step & Jump Pole Vault Rules of Field Events (Throws) Shot Put ,Discus,Javelin,Hammer Rules of WADA in IAAF Competitions	
Course Outcomes: This course will provide students with a solid foundation in the fundamental concepts of sports sciences & physical education & prepare graduates for diverse career paths, including roles in coaching, fitness training, sports management & education.	
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,13 th 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. Daniel 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
13. Daniel D. Arnheim Athletic Training-4th Edition, CA, WCB, McGraw Hill, 1999
14. Sharma, N.P. Fundamental of track & Field. New Delhi: Khel Sahitya Kendra 2005
15. Gothi, E. Teaching & Coaching Athletics. New Delhi: Sports Publication 2004.
16. Jain, R. Track and Field. New Delhi: Khel Sahitya Kendra, 2003
17. Thani Vivek. Ency of track & field. New Delhi, Khel Sahitya Kendra, 2003
18. I.A.A.F Hand book of Athletics, P.A.A.F Publisher, 2000. Allen Guttmann Women's Sports, Columbia University press 1991 USA

Course Name: Basics of Human Anatomy (2nd Semester)	Course Code: HPE-314
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: The outlines of this course has been drawn with the objective to provide basic knowledge of human anatomy and body parts such as head and neck, thorax, abdomen and pelvis, Skeleton, Bones Tissues, Joints and Muscles to acquaint students with initial information about human body structure and functions.	
COURSE CONTENTS INTRODUCTION ,Definition of Anatomy ,Importance of Anatomy in Sports ,Terms & terminologies used in Anatomy CELL ,Structure of Cell ,Functions and Characteristics of Cell ,Cell division TISSUES AND ORGANS ,Definition Types ANATOMY OF SKELETAL SYSTEM ,ANATOMY OF MUSCULAR SYSTEM,ANATOMY OF DIGESTIVE SYSTEM ,ANATOMY OF CARDIOVASCULAR SYSTEM ,ANATOMY OF NERVOUS SYSTEM ANATOMY OF CARDIOVASCULAR SYSTEM ANATOMY OF NERVOUS SYSTEM	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts of basic knowledge of human anatomy and body parts such as head and neck, thorax, abdomen and pelvis, Skeleton, Bones Tissues, Joints and Muscles to acquaint students with initial information about human body structure and functions.	

Course Name: Techniques and Skills of Athletics -I (3rd Semester)	Course Code: HPE-303
Course Structure: Lectures: 0, Labs: 1	Credit Hours: 1

Prerequisites: Nil
Course Objective: The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approach for developing their skills in Track and Field events. Furthermore, this course will enable them to develop courage, determination, speed, endurance and self-reliance.
Course Outline: THROWS Discuss, Shot Put, Hammer Javelin Skills , Coaching and Officiating, Stance, Grip/Holding, Glide, Throw and Balance , Jumps Horizontal and Vertical Skills, Coaching and Officiating, Start, Run-up, Jumping style at Takeoff board, Style of crossing bar.e. Landing ,Races, Sprints Races 100 meter, 200 meter, 400 meter Middle Distance Races 800 meter, 1500 meter, Long Distance Races 3000 meter, 5000 meter, 10,000 meter Marathon Race 42.195 km
Course Outcomes: : This course will promote ethical & professional conduct in sports & physical education, emphasizing the importance of fair play, inclusivity & respect.
Recommended Books: Latest Edition of the Following Books. 1. Dr. A. Waheed Mughal; Run Jump Throw, Islamabad-2012 2. Ekta, Teaching and Coaching Athletics, New Delhi, 2004 3. O.P Sharma, Athletics Skills & Rules, New Delhi, 2003 6. Guy Butler, Athletics & Training, New Delhi, 2003

Course Name: Sports Nutrition (3 rd Semester)	Course Code: HND-521
Course Structure: 2 Lectures 1 Practical	Credit Hours: 3(2+1)
Prerequisites: None	
Learning Outcomes: To emphasize the importance of proper fueling for physical activity, pre-and post-workout. To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements To highlight the risks associated with performance enhancing drugs including anabolic androgenic steroids. Theory: The principles of fitness, motivation and conditioning; Nutrition for the athletes, stress management, preventing accidents, stretching, posture and aerobics; Vitamins and minerals supplementation for fitness; High and low intensity exercise, cross training, walking for weight control and case studies; Introduction to muscle contraction, fast and slow fibres, energy storage, fuels used for exercise; Energy balance, fluid balance, fuelling cycle: Pre-exercise, during exercise and during recovery; Athletes eating plan, calorie goals, calorie values, carbohydrate goals, protein goals, fat, vitamins and mineral goals; Competition nutrition; Loosing, gaining and making weight for athletes; Eating disorder and athletes; Sports drink and supplementation; National and international regulations for supplements; Risks associated with performance enhancing drugs; Metabolic Equivalent Task; My pyramid for sportsman. Practical: Bioelectric impedance analysis; Sweat rate and hydration status calculation; Calculation of BMR and RMR; Diet planning for different sportsmen like body builders, athletes, swimmers, etc. Preparation of sports drinks and food products according to accelerated needs; Use of sports supplements. Visit of sports centers and fitness clubs.	

Books References :

1. Antonio, J., D. Kalman, J.R. Stout, M. Greenwood, D.S. Willoughby and G.G. Haff. 2008. Essentials of Sports Nutrition and Supplements. Humana Press, New York, USA. Driskell, J.A. 2007. Sports Nutrition Fats and Proteins. CRC Press, Taylor and 1. Francis Group, Boca Raton, FL, USA.
2. Fink, H.H., A.E. Mikesky and L.A. Burgoon 2011. Practical Applications in Sports Nutrition, 3rd ed. Jones & Bartlett Learning Burlington, MA, USA.
3. Lanham-New, S.A., S.J. Stear, S.M. Shirreffs and A.L. Collins. 2011. Sports and Exercise Nutrition. Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.
4. Maughan, R.J. 2000. Nutrition in Sport: The Encyclopedia of Sports Medicine. WileyBlackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.

Course Name Principle of Sports Training (Major) (3rd Semester)	Course Code: HPE-418
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives: 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.	
Course Outline: Objective ,Sports Training , Introduction, Understanding of Sports Training, Coach in different Capacities, Relationship between Coach and Organization Athlete and link Personnel, Coaching Style Qualities of a Good Coach, Training Principles/ Laws , Gradualness, Age Dependence, Utility Loading / Over-Loading, Reversibility and Specificity Components of Fitness /Bio Motor Abilities, Fundamental Aspects and Training of Strength , Introduction, Classification of Strength, Maximum Strength, Speed Strength –Elastic Strength. Strength Endurance, Strength Training, Fundamental Aspects and Training of Endurance Introduction, Local & General Endurance, Endurance Training Methods, Aerobic and anaerobic Endurance, Short, Middle and long Distance Endurance	
Course Outcomes: Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	

Book Reference :**Chandra Shaker (2004): Sports Training New Gyan offset Printers New Delhi****A. Waheed Mughal (2006-07): Science of Sports Training F Maz G-9, Islamabad, Pakistan****Peter Jal Thamson (1991): “Introduction to Coaching Theory” International & Amateur Athletic Federation, Marshal Arts Print Services Ltd., West Sussex, R.H 13 8 AU England****“The Olympic Movement”: by Lausanne, Switzerland, 1994****(I.O.C) A.Waheed Mughal (2012) Theory of Training Islamabad**

Course Name Techniques & Skills of Games –III (3 rd Semester)	Course Code: HPE-423
Course Structure: Lectures: 1, Labs: 0	Credit Hours: 1
Prerequisites: Nil	
Objectives: 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	
Course Outline: Develop Skills in the following Games, Ball Games, Cricket, Football Racket Games, Lawn tennis, Others, Chess	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	
Book Refrence : 1. Dr Anil Sharma Sports Law(With Latest Rules and Management) New Delhi khel shitya Kendra, Indian 2004. 2. Dr Anil Sharma The Illustrated Encyclopedia of rules in sports & Games, New O.P. Sharma Delhi Sports publication,2004 3. Mood Musker Rink Sports and recreational activities, 13 th Edition, London, McGraw Hill, 2002. 4. B.K.Chaturvedi Rules & Skills of game & sports, new Delhi Goodwill Publishing House, 2003 5. DR. P.Modak Rules & Principles of sports & Game , New Delhi Khel shitya Kendra,india 2005 6. M.B.Davies Physical Training, Games and Athletics in Schools New Delhi, Khel Sahitya Kendra.2005 7. Ekta Teaching and coaching Athletics. New Delhi, Sports Publication, 2004 8. O.P. Sharma Athletics Skills & Rules, Delhi Khel Shitya , Kendra, India 2003 9. Guy Butler Athletics & Training, New Delhi, Sonali publication 2003. 10. Dr. M. L. Kamlesh Athletic Personality; A Psychological Probe, New Delhi Khel Sahitya Kendra, 2004. 11. R. Jain Track and Field, New Delhi, Khel Sahitya Kendra, 2003 12. Daniel D. Arnheim Essentials of Athletic Training-5 th Edition,Toronto, Mc Graw\ 13 Danial D.Arnheim, Athletic Training-4 th Edition, CA, WCB, McGraw Hill,1999 14 Sharma,N.P. Fundamental of track and Field.New Delhi; Khel Sahitya, Kendra,india 2005 15 Danial D Arnhei Athletic Training-4 th Edition, CA, WCB, McGraw Hill, 1999 16. Sharma, N.P Fundamental of track & Field. New Delhi: Khel shitya 17. Gothi,E. Teaching & Coaching Athletics.New Delhi: Sports Publication, 2004 18. Jain, R Track and Field. New Delhi: Khel Shitya Kendra, 2003 19. Thani Vivek. Ency of track &field. New Delhi, khel shitya Kendra, 2003 20. . I.A.A.F Hand book of Athletics, P.A.A.F Publisher, 2000.	

Course Name Psychology in Sports (4th Semester)	Course Code: HPE-419
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives: This course of Psychology in Sports is designed to fulfill the following objectives. There is very little know how in the people related to the sports arena in the sweet homeland about Psychology involvement in sport, which is resulting in the deserting of the ground and sport. This in turn is making the people idle, unhealthy, negative, and without any vigor and will for the uplift of their own or the country. There is a dire need to clinch the people back to the play fields in order to achieve the goal of training psychologically strong individuals who may contribute to the success of the nation. Psychology need to be infused at gross root level as it will act as motivator for the young generation, so if the Physical Education Teacher is equipped with the knowledge, he/she will be better able to inculcate the theme in the off-springs. 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.	
Course Outline: Psychology Psychology Defined ,A Few Important Branches of Psychology with Special Reference to Exercise and Sports ,Applications of Psychology in Sports ,What Does The Sports Psychologist Do? Motivations and Self Confidence in Sports, Bandura's Theory (Model) Of Self-Efficacy Developing Self-Confidence through Self Talk ,Guide to Promoting Positive Self Thoughts and Smart Talk . Commitment Goal Setting Attention and Concentration in Sport, Reasons for Goal Setting ,Principles for Effective Goal Setting ,Attention and Types of Attention Focus ,Attention and Maximizing Performance Personalities and the Athlete , Personality Defined ,Castell's Sixteen Factor Personality Inventory ,Determinants of Personality , Personality and Sports Performance , Anxiety, Arousal, and Stress Relationships , Differentiating Among Stress, Anxiety and Arousal ,Concept of Stress ,Concept of Anxiety Imagery and Performance ,Imagery Defined ,Benefits of Imagery , Steps for Becoming Proficient in Imagery ,Imagery For and During Competition	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	
• Book Refrence : DorcasEusam But, Psychology Of Sports. Van Nostrand Reinhold Company, New York, USA. 1987 • Dorothy V. Hams and Bettel L Harris The Athletic Science To Sports Psychology Leisene Press, A Decision of Human Kinetics Publisher Inc. USA. 1984 • J.E Kane, Psychological Aspects Of Physical Education And Sports. Rantledge and Keganrani London and Boston, 1972 • Richard H. Cox Sports Psychology. McGraw Hill Companies Inc. 1221 Avenue of the Americas, New York, USA. 2002 • Terry Orlick, The Psychology. Human Kinetics Publishers, Inc. USA. 1975 □ William F. Stranb, Sports Psychology In Analysis Of Athlete Behavior. • Movement Publications, USA. 1980	

Course Name Health Education (4th Semester)	Course Code: HPE-402
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives: This course is designed to acquaint students with principles of health, religious aspects of health, and to promote healthy life style in community.	
Course Outline Definition of health and health education, Aims and objectives of health education, Importance of health education in community, Relationship of health education with physical Education. ISLAM AND HEALTH EDUCATION Personal Hygiene. Personal Hygiene and Islamic principles. ENVIRONMENT AND HUMAN HEALTH .Impurities of air and their effects on health , water and health .Noise and its impact on mental health. FOODS AND NUTRITION .Definition of Foods. . Functions of Foods. Food Hygiene Definition of Nutrition. Nutrients. Protein. Carbohydrates, Fats. Minerals. Water. Vitamins. Diet & Concept of Diet in Sports. Diseases their Causes, Symptoms and Preventive Measures. Bacterial diseases Cholera, T.B, Tetanus viral diseases ,Polio, Measles, , AIDS/HI Fungal diseases Athlete foot, Ring worm, Parasite diseases Malaria, Thread worm, Ascariasis Venereal diseases Syphilis, Gonorrhea on Communicable Diseases and their care Hypertension, , Diabetes, Asthma, Epilepsy Health Hazards. Alcohol, Cigarette smoking, Snuff (Naswar), Sleeping pills, Hashish (chars) Disinfections and Disinfectants First Aid Definition of first aid. Principles of first aid. Duties of first aider. RICE, DRABC, SALTAPS.	
Course Outcomes: This course is designed to acquaint students with principles of health, religious aspects of health, and to promote healthy life style in community.	
BOOK REFERENCE 7. 1. Akhtar saleem M. Modern Health Education. 8. Muhammad Ilyas. Et al. Community Medicine and public Health 4 th edition time trades, urdu bazaar Karachi 9. Shah S.K Dr.et.Al Synopsis of Hygiene and Public Health 10. Andreson st. All Community Health 11. Wilf Paish Diet in Sport EP Publishing Limited 12. Asif Malik D.P.E IImul adban O Ilmusihat Iqra Book Agency, Sadaf Plaza Qissa Kjawani bazaar Peshawar	

Course Name Physiology of Sports & Exercise (4th Semester)	Course Code: HPE-421
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives: The course has been developed with the objective to provide knowledge of Physiology in Sports, exercise responses, methods to improve performance, fitness, age and exercise, gender differences, weight control, obesity and exercise environment.	

Course Outline: Introduction Definition and nature of anatomy & exercise physiology. ,Importance of exercise physiology in Physical Education ,Effects of Exercise on various System of the Body **Muscular System And Exercise**, Muscle: Structure and function ,Fiber types and biochemistry ,Metabolic fuels for exercise and recovery ,**Cardiovascular System And Exercise**, Muscle blood flow and blood pressure ,Work out put, Oxygen consumption and cardiac output. ,Training effects on heart, stroke volume and heart rate ,Effects of heart disease and old age on athletic performance. **Temperature Regulation during Exercise** ,Balance ,Heat Production ,Heat Loss ,Acclimatization to High Altitude, Acclimatization to Cold , **Nervous System And Exercise** Effects of nervous system during exercise ,Neuromuscular coordination ,**Glandular System And Exercise**

General metabolic and endocrine changes ,Effects of therapeutic medication ,Hormonal changes **Gender Differences** ,Exercise and sex differences ,Male and Female athletes ,Effect on performances and control , **Obesity** ,Definition and types ,Hazards ,Diabetes ,Coronary Heart Diseases (CHD)

- **Book Reference :** Dr. A. Waheed Mughal; Exercise Physiology, Islamabad, 2012 □ Dr. Muhammad Asif, Exercise Physiology, Lahore, 2004-05.
- Reilly T and Williams, 1990, Physiology of Sports (E&FN Spon, London).
- Reilly T, 1990, Physiology of Sports, C.V. Brown Publisher, New York, USA.
- 1989, Powers Exercise Physiology, C. Brown Publisher, New York, USA.
- Shaver, 1990, Essentials of Exercise Physiology, Jitandir Vij Publisher, New Delhi, India.
- Tiwari, Sandhya, Exercise Physiology, 2009 Sports publication, New Delhi
- Power Scott. K. Exercise Physiology. Theory and Applied to fitness and performance 7th Edition, 2011
- Robergs, R.A. Fundamental Principles of Exercise Physiology for fitness, performing & Health, 2010 McGraw-Hill, London.
- Seidentop, D: Introduction to Physical Education, Fitness and Sports, 2009, Mountain View, Caliph, Mayfield

Course Name Planning Sports Facilities (4th Semester)	Course Code: HPE-404
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives, Main objectives of the course are ,To aware the students about the planning in physical education ,To make the students aware regarding the new facilities in sports ,To give the students' knowledge regarding laboratories and their use in physical education ,The course will also be helpful in developing the knowledge of students about planning for recreational activities. The students will make knowledgeable to plan, locate, and know the size of Field House, Gymnasium, Stadium, and Swimming Pool facilities.	
Course Outline: Planning Process , Basic Consideration , Need for Area and Facilities, Need for Planning Planning Factors ,Planning Units – Types and Function , Planning For Sports & Physical Education Facilities ,Major Concepts ,Steps in Planning Process ,Responsibilities of Physical Educator , Facilities for Research ,General Consideration ,Teaching and Research Laboratories Specific Laboratories Facilities ,Measurement and Evaluation ,Biomechanics ,Exercise PhysiologyMotor Learning and Psychology Learning , Planning, Location and Size of The Following Facilities ,Field House ,Stadium ,Gymnasium, Swimming Pool , Facilities for Games and Athletics ,Play fields and Courts ,Track and Field , Facilities for Faculty and Staff ,Administrative Units ,Essential administrative facilities ,Administrative Official, Faculty Offices Audiovisual Room ,Conference Room, Locker Shower Room ,Toilet and Lavatory Facilities	

Course Outcomes: This course will provide students with a solid foundation in the fundamental concepts of sports sciences & physical education & prepare graduates for diverse career paths, including roles in coaching, fitness training, sports management & education.

BOOK REFERENCE

□ Planning Facilities for Athletics, Physical Education, and Recreation (1974) American Association for Health Physical Education, and Recreation 12013 Sixteenth Street N.W Washington DC 20036 □ Eugene M. E, Richard P. T (19 Facilities in Sports and Physical Education” C.V Mosby Company

Course Name Techniques & Skills of Games –IV (4 th Semester)	Course Code: HPE-424
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
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.	
Course Outline: <u>Develop skills in the following Games.</u> Ball Games, Field Hockey Basketball Racket Games Badminton Others Swimming ,Water polo	
Course Outcomes: This course will provide students with a solid foundation in the fundamental concepts of sports sciences & physical education & prepare graduates for diverse career paths, including roles in coaching, fitness training, sports management & education.	
BOOK REFERENCE • Dr .P.Modak Rules & Principles of sports & Games, New Delhi Khel Shitya Kendra, India 2005 • Dr.Anil Sharma Sports law (With latest Rules and Management), New Delhi khel shitya Kendra, Indian 2004 • Dr. Anil Sharma The Illustrated Encyclopedia of rules in sports • Mood Musker Rink Sports and recreational activities, 13th Edition, London, McGraw Hill, 2002. □ - B.K.Chaturvedi Rules & Skills of game & sports, new Delhi Goodwill Publishing House, 2003 □ - Lokesh Thai Rules of Games & Sports, New Delhi, Sports Publications, 1995.	

Course Name: Introduction to Business	Course Code: MS-301
Course Structure: Lectures	Credit Hours: 3
Prerequisites:	
Course objectives This course provides students with an overview of business in an increasingly global society. In addition, students will learn the fundamentals of economics, business ownership, entrepreneurship, finance, management and marketing. Key themes woven throughout the course include exploration of career options and development of business problem-solving skills.	

Course Outline Need & Nature of Business, Business Activity & Economic Structure, Business Size & Growth Business finance, Marketing, Company form of organization, Promotion and formation of joint stock company, Liquidation or winding up of a joint stock company and Business combinations
Course Outcomes Upon completion of the course students will be able to: 10. Describe the functional areas of business. 11. Explain factors that influence the business environment. 12. Identify distinguishing characteristics of business formation. 13. Examine the key functions of management. 14. Describe the role of product, price, place and promotion in marketing. 15. Recognize the key areas of money, finance and investments. 16. Demonstrate business problem-solving skills. 7. Use project management techniques to reflect projected tasks, schedules and resources as well as the progress of task completion. 8. Demonstrate global awareness by identifying and analyzing international trade issues.
Recommended Books: ● Gitman, L. J., & McDaniel, C. (2018). Introduction to Business. 12th Media Services ● Kotler, P. and Armstrong, G. (2012) Principles of Marketing. 14th Edition, Pearson Education Limited, Essex, England ● Brealey, R., Myers, S., Allen, F. (2003). <i>Principles of Corporate Finance</i> . New York: McGraw-Hill. ● Nisar-ud-Din () Business Organization, Lahore National Publishing Corporation

Course Name Sports Administration & Management (5 th Semester)	Course Code: HPE-523
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
. Objectives of Course Good administration and better management can produce best results. Physical Education and Sports 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 the qualifications of good administration, in addition to understanding the need of public relations and use of these relations for the promotion of physical education and sports.	

Course Outline:Introduction Meaning and Definition of Administration ,Need and importance of Administration in Physical Education, Types of Administration, Qualifications and traits of the Administrator Duties of Administrator ,Administrative Setup in Physical Education, Administrative organization and structure ,Private and Public organizations, Objectives of the organization ,Physical Education at various levels of education in Pakistan, Administrative setup of Sports and Physical Education in Pakistan Personnel Administration In Physical Education Principles of personnel Administration Facilities for staff and staff moral ,Teaching load, In-service training ,Qualification of staff ,Evaluation and Supervision, Conduct of Sports Meeting Class Management ,Getting acquainted with the class ,Establishing rules for maintaining discipline, Management of time and establishing the class routines ,Assignments and learning pace for students. Stimulating students' interest in Sports Class environment ,Parents involvement and communication Public Relation Definition of Public Relation, Objectives ,Need and importance of Public Relation in Physical Education ,Principles of Public Relation ,Public Relation In Practice ,Teacher Student Relation ,Public Relation in various competitions ,Community relations Relations with parents and with general public Relation with Administration and Inter Departmental Relations	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management. : Students will be able to develop a strong foundational understanding of the fundamental concepts in sports administrative Setup and Public Relation & sports management.	
• BOOK REFERENCE Charles A. Bucher, Administration of Physical Education and Athletic Programme. The CV. Mosby Company. • Charles A. Bucher, Administration of Health and Physical Education Including Athletics. The CV. Mosby Company. • Edward F Volmer and Arthur A. Esslinger, The Organization and Administration of Physical Education. Prentice Hall Inc. • Howard Stephenson, Editor, Hand Book of Public Relations. McGraw Hill Book Company. • Irvin A Keller and Charles E. Forsythe, Administration of High School Athletics, Prentice Hall Inc. • Clifford H. Edwards, Classroom Discipline and Management, John Wiley and Sons, Inc.	

Course Name Talent Identification in Sports (5th Semester)	Course Code: HPE-635
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
COURSE OBJECTIVES This course will provide opportunities to familiarize students with the talent in sports and how to develop it on scientific basis. This course will help a sportsman to enhance performance. It will help to a common person, Managers, Coaches and parents to know about the stages and phases of talent development of athletes that ultimately lead towards sporting excellence	

Course Outline: Introduction to Talent Identification in Sports ,Characteristics of development and excellence, Anthropometric contents of Talent Identification, Physiological contents of Talent Identification, Social contents of Talent Identification, Traditional Methods of Talent Identification in Sports, Modern Methods of Talent Identification in Sports, Talent development stages, Mid-Term Exam, Role of coach, Role of coaching philosophy ,Sports Talent Identification models of China, Sports Talent Identification models of USA ,Sports Talent Identification models of Australia Sports Talent Identification models of Germany ,Developing a Multidimensional Model for Talent Identification In Pakistan
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.
• BOOK REFERENCE Baker, J., Cobley, S., Schorer, J., & Wattie, N. (Eds.). (2017). <i>Routledge handbook of talent identification and development in sport</i>. Taylor & Francis. • Baker, J., Cobley, S., Schorer, J., & Wattie, N. (2017). Talent identification and development in sport. <i>Routledge Handbook of Talent Identification and Development in Sport</i>, 1. • Kristiansen, E., Parent, M. M., & Houlihan, B. (Eds.). (2016). <i>Elite Youth Sport Policy and Management: A Comparative Analysis</i>. Taylor & Francis. • Schorer, J., Wattie, N., Cobley, S., & Baker, J. (2017). Concluding, but definitely not conclusive, remarks on talent identification and development. • Grix, J. (Ed.). (2017). <i>Understanding UK sport policy in context</i>. Routledge.

Course Name Physical Activity for Special Population (5 th Semester)	Course Code: HPE-525
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives of Course: This course is designed to provide knowledge to the students about the rehabilitation of Special persons through physical activities, teaching methods useful to Special people to adjust in the society.	

Historical Background Of Special Populations ,Concepts of Specials Populations: Dark Age ,Modern Age ,Concept for Special Populations in our Society UNDERSTANDING OF SPECIAL POPULATION W.H.O.'s Definition and Classification of Special Population Basic Terms ,Public Law ,Posture and its Importance TYPES OF SPECIAL POPULATION Mental Retardation, Mild, Moderate ,Severe ,Profound, Deaf and Defective, Mild ,Moderate ,Severe Profound ,Visually Impaired, Blind ,Partially Sighted ,Partially Blind ,Low Vision ,Physically Disabled, Mild ,Moderate ,Severe ,Profound Teaching Programmes For Special Population Individual Program, Developmental program, Remedial Program, Therapeutic Program ADJUSTMENT OF SPECIAL POPULATION Factors Affecting Adjustment The Effects of Environment ,Ways of Making Adjustment Adjustment of Special Populations in Society through Teachers and Parents PHYSICAL ACTIVITIES FOR SPECIAL POPULATION Games and Sports activities for Special Population, Fitness Exercises for Special Population ,Understanding the Nature of Motor Learning ,Movement Mechanical Principles for Special Population ,PHYSICAL EDUCATION TEACHER FOR SPECIAL POPULATION Attributes of Physical Education Teacher ,Qualifications of Physical Education Teacher
Course outcomes : Students will be able to develop a strong understanding of the the rehabilitation of Special persons through physical activities, teaching methods useful to Special people to adjust in the society.
BOOK REFERENCE • Shekar, K.C. Adapted Physical Education, New Delhi: Khel Sahitya Kendra, 2005, □ Jain, Anoop, Adapted Physical Education, New Delhi: Sports Publication, 2003. • Misra, Bhawana, Handbook of Teaching Disabled, New Delhi: Mohit, 2002. • Seamus HegartyMithuAlur, Education and Children with Special Needs, Sage Publications 2002 India. • Rao, V.K., Special Education, New Delhi: A.P.H., 2001. • Horrat, Michel, Developmental and adapted physical activity assessment, Human Kinetics Pub., London 2007. • Kelly, Luke, E., Adapted Physical Education national standards, 2nd ed. Human Kinetics Pub., London 2006.

Course Name Fitness & Wellness (3 rd Semester)	Course Code: HPE-422
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objectives: The course has been designed to provide the students basic knowledge regarding body movement involved in daily practices and sports activities. This course shall also be helpful for the students to understand how to save energy, by maintain a better body position in human motion.	

Course Outline FITNESS AND WELLNESS (Credit Hr. 3+0) Introduction Facts about Health and Wellness ,Facts about Physical Fitness ,Facts about Healthy lifestyle Readiness for Physical Activity Warm up and Cool down How much Physical Activity is enough? The Principles of Physical activity ,Physical activity Pyramid ,Facts about Physical activity Patterns and strategies for action . Health Benefits of Physical Activity , Safe Physical activity and Exercises Basic Resistance Training Program , General Physical Fitness & Sports specific Fitness Program Weight Management .Illicit Drugs Use, Misuse & abuse
Course Outcomes :Students will be able to undersatand basic knowledge regarding body movement involved in daily practices and sports activities
Book Refrence : Books & Reference Material • Concepts of Fitness & Wellness: Charles B.Covin, Ruth Lindsey, Gregory Welk • Wellness concepts and Application: David J. Anspaugh, Michael H. Hamrick, Frank T. Rosato • Fit & Well: Thomas D.Fahey, Paul M. Insel, Walton T. Roth • Concepts of Physical Fitness: Chrls B. Covin, Ruth Lindsey, Greg Welk □ Back pain & Good posture, Islamabad 2013 By Dr. Waheed Mughal

Course Name; Research method in physical Education_(6th Semester)	Course Code: HPE-513
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course 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.	
Course Outline: Introduction to Research, Need and importance of Research in Physical Education, Definition and Meaning of Research ,Methods of Acquiring Knowledge , Inductive & Deductive Reasoning Methods, Scientific Method of Inquiry, Characteristics of research, Types of research. Research Design Qualitative Method., Quantitative Method., Mixed Method . Selection of the problem and Development of Research Proposal , Selection of the Problem, Criteria and sources of problem selection, Developing the research proposal Sampling , Introduction ,Types of sampling Sampling procedure Tools for Data Collection , Questionnaire Interview, Test. Observation 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.	

Course Outcomes :Students will be able to develop a 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

BOOK REFERENCE

- .Annel Roth Steing Research design and statistics for Physical Education, □ David H.Clarke and H.Harrison Research process in physical Education.
- Jhon w.Best Research in Education,Prentice Hall Inc -----
- Muhammad Iqbal Saif, The Basics of Research Process

Course Name Sports Medicine (6th Semester)	Course Code: HPE-514
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Objective: OBJECTIVES OF COURSE 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, their prevention, treatment, and rehabilitation. One of the main and very important objectives of this course is designed to aware the students regarding the use of doping in sports, their effects and legal position of the doping in sports.	
Course Outline: INTRODUCTION Definition of Sports Medicine ,History of Sports Medicine INJURIES IN SPORTS Classification of Injuries ,General Effects of Injuries PREVENTION OF INJURIES Fitness ,Obeying the Rules ,Skills ,Equipment ,Proper Clothing ,Self-Control . Warm up and Cooling Down EXERCISE AND FATIGUE Definitions ,Effects of exercise on sports performance ,Effects of fatigue on sports performance FITNESS TESTING AFTER INJURIES General Consideration in Testing ,Fitness Testing (First Level, Second Level) REHABILITATION IN SPORTS Principles of Rehabilitation ,Local Problems (Pain, Swelling, Restricted Movement) Non Acute Cases DOPING IN SPORTS Definition ,Types of Doping ,Effect of Doping on Athletes ,Doping Control ,Use of Doping in Sports	
Course Outcomes: Students will be able to learn about the 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, their prevention, treatment, and rehabilitation. One of the main and very important objectives of this course is designed to aware the students regarding the use of doping in sports, their effects and legal position of the doping in sports.	

RECOMMENDED BOOKS

8. International Amateur Athletic Federation (2005-06) *"Official Hand Book"*
International Amateur Athletics Federation (I. A. A. F)
9. Mark Hargreaves and John Hawley (2003) *"Physiological Bases of Sports Performance"* McGraw-Hill
10. Williams J.G.P. and Sperry P.N (1982) *"Sports Medicine"* Second Edition Edward Arnold Ltd
11. Starkey Chad. Athletic training & Sports Medicine, 2010. Jones and Barlett Publishers, London
12. Stapathy, G.C. Sports Medicine and Exercise Science, 2009, Ishal Books, New Delhi
13. Jain R. Sports Medicine, 2008 Khel Sahitya Kendra, New Delhi 14. Narang, Rrivanka. Encyclopedia of Sports Medicine, 2008, Sports Publication, New Delhi.

Course Name Nutrition & Athletic Performance (6th Semester)	Course Code: HPE-529
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: After successfully completing this course you will be able to identify the basic functions of macronutrients and micronutrients and describe their function in sport performance; describe the basics of nutrient timing, including how often athletes should eat, eating before during and after exercise, and how nutrient timing affects performance and body composition; discuss an athlete's basic fluid needs, including how fluids facilitate metabolism, how dehydration affects sport performance, and how caffeine and alcohol can adversely affect performance; list the most common dietary supplements and ergogenic aids as they apply to sport; evaluate the research behind, applications for, and potential risks associated with dietary supplements; identify athletes who present with eating disorder symptoms and know appropriate resources for referral; discuss the principles of body composition testing and testing methods as they apply to athletes; be able to identify the difference between nutrition concepts that are grounded in myth (fad diets) and facts (nutrition science); identify athletes who present with eating disorder symptoms and know appropriate resources for referral; Understand the risk factors for disordered eating and how to minimize any athletes' potential risk; identify the components of the female athlete triad and nutrition treatment guidelines; and list the 10 core principles of Intuitive Eating and how they relate to a non-diet approach to health. Course Description: This course covers the essentials of human nutrition that improve and sustain optimal performance for sport and exercise. The effects of eating disorders (in both male and female athletes), weight management, and sport nutrition resources are also discussed.	

Course OUTLINE Energy for Human Nutrition (Emily) .Introduction to Energy ,Conversion of Food to Energy Energy Systems ,Measurement of Energy Expenditure (BMR/BMI) ,How Energy is released from food and stored in the body Energy for Human Nutrition (Emily) Introduction to Energy ,Conversion of Food to Energy ,Energy Systems ,Measurement of Energy Expenditure (BMR/BMI) ,How Energy is released from food and stored in the body Macro Nutrients Carbohydrates ,Fats ,Proteins ,Carbohydrate loading Need of Carbohydrates, Fats and Proteins ,Carbohydrates and Fats as determinant of Athletic performance Fluid balance and exercise Water and its Functions ,The boys need for fluids ,Fluid Intake for maximizing Athletic performance ,Fuels used during exercise ,Low Intensity ,Sub-Maximum Intensity ,Maximum Intensity ,Temperature Regulations during exercise Energy for Human Nutrition The muscles and Energy ,Exercise Duration ,Fatigue and Its Causes Vitamins and Minerals Vitamins and "energy" Antioxidants ,Critical Minerals in Sport ,Effects of Vitamins, Iron and Calcium supplementation on Athletic Performance Weight Management and Body Composition in Sport Safe, effective weight loss, consequences of rapid weight loss Weight gain
Course outcomes : Students will be able to develop a strong understanding of female athlete triad and nutrition treatment guidelines; and list the 10 core principles of Intuitive Eating and how they relate to a non-diet approach to health. Course Description: This course covers the essentials of human nutrition that improve and sustain optimal performance for sport and exercise. The effects of eating disorders (in both male and female athletes), weight management, and sport nutrition resources are also discussed.
BOOK REFERENCE 1. Dr. A Waheed Mughal; Sports Nutrition, Islamabad, 2012 2. Kibler, 1990, Sport Participation Fitness Examination, Huamn. • Grisogono, 1991, Injuries and Diet Fitness, Children in Sport, J Murray. • Geoffrey P Webb, 2002, Nutrition: A Health Promotion Approach, Arnold Publishers, UK. • Melvin H Williams, 2000, Nutrition for Health Fitness and Sports, McGraw-Hill Publishers, New York, USA.

Course Name Sociology in sports (6th Semester)	Course Code: HPE-527
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Outline: Introduction, Definition of Sociology, Scope and Significance, The Sociology of Sports Sports and Society, Definitions. Types of societies and cultures, Development of youth sports The role of sports in the development of individual and society, Deviance and Social Control in Sports, Definitions of deviance and social control, Types and approaches of deviance, Social control through sports 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 Sports and Socialization Definitions Theories and agencies of socialization, Politics in Sports, Political instability and sports 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 Sports Problems ,The Social Problems in Sports ,Poverty, literacy and Sports Unemployment and Sports ,Remedies and Solution of Social Problems through Sports	
Course Outcomes: Students will be able to develop a strong foundational understanding of the fundamental concepts in sports sciences & physical education encompassing principles of Leadership & sports management.	

BOOK REFERENCE

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

6th Semester	Course Code: HPE-528
Course Name: Leadership In Sports	
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objectives: This course provides an opportunity for practitioners and students to focus on leadership in the sports profession from both theoretical and practical perspectives. The course employs theoretical concepts and models, coupled with case studies based on the experiences of leaders within the profession to understand how to develop leadership potential in oneself and others..	
Course Outline: Leadership theory, principles and practices; Communication and diversity in organizations and in a global society; Recurring professional and leadership issues within the local, national, and international structure of the Sports, Health and Physical Education professions Traits, Motives, and Characteristics of Leadership The influence of Heredity: strength and limitations of Trait approach Charismatic and Transformational Leadership The development of Charisma: Transformational leadership: concern about Charismatic leadership Effective Leadership behaviors and attitudes, leadership styles Influence tactics of leaders, Contingency and situational Leadership Gender differences in leadership styles Motivation and Coaching skills Communication and conflict Resolution skills Strategic leadership: Leadership development, succession and the future Leadership & sports Sciences Professional and leadership issues within the local and national structure of the Sports, Health and Physical Education profession. Professional and leadership issues within the international structure of the Sports, Health and Physical Education profession	
Course Outcomes: Students will be able to develop a strong foundational understanding The course employs theoretical concepts and models, coupled with case studies based on the experiences of leaders within the profession to understand how to develop leadership potential in oneself and others..	
BOOK REFERENCE - Roberts, S. and Rowley, J. (2008). <i>Leadership: The challenge for the information profession</i>. London: Facet Publishing. - AndrewJ. Durbin (1998). <i>Leadership: Research, findings, practice and skills</i>, Houghton Mifflin Company - Marquardt, M. J., & Marquardt, M. (2011). <i>Optimizing the Power of Action Learning: Real-Time Strategies for Developing Leaders, Building Teams and Transforming Organizations</i>. Nicholas Brealey Publishing. - DeRue, D. S., & Wellman, N. (2009). Developing leaders via experience: the role of developmental challenge, learning orientation, and feedback availability. <i>Journal of Applied Psychology</i>, 94(4), 859. - Eley, D., & Kirk, D. (2002). Developing citizenship through sport: The impact of a sport-based volunteer programme on young sport leaders. <i>Sport, Education and Society</i>, 7(2), 151-166.	

Course Name Internship (Semester 7th)	Course Code: HPE- 697
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Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: The BS students of Physical Education & Sports Department after completing the course must complete an internship of one month in a professional Sports organization in order to acquaint themselves with the market demand and to learn how to exhibit their professional potentials/abilities/capabilities etc. or Field experience is a professional learning experience that offers meaningful and practical work experience related to a student's field of study or career interest. It is an opportunity to apply knowledge gained in the classroom with practice in the field. The field experience of six to eight weeks (preferably undertaken during semester or summer break) shall be mandatory for award of degree and shall be of (0+3)3 credit hours with course code HPE- . Evaluation of the internship shall be carried out as per the policy laid down by the university.	
Course Outline:	
BOOK REFERENCE □	

Course Name Physiotherapy in sports (Semester 7th)	Course Code: 613
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: This course is designed to help the students to understand injuries, techniques of rehabilitation and Physiotherapy.	
Course Outline Anatomy Systematic anatomy, Regional anatomy, Functional anatomy Physiology for Physiotherapy, Physics for Physiotherapy, Introduction to principles of Physiotherapy, Principles of exercise and Physiotherapy practices, Foundations of Physiotherapy practices, Physiotherapy Specialties, Musculoskeletal, Lower limb Upper limb, spine, Trunk, Neurology & Physiotherapy, Cardiothoracic Health Promotion and preventive practices in Physiotherapy, Physiotherapy Professional practice	
Course Outcomes : Students will be able to develop a strong foundational understanding students to understand injuries, techniques of rehabilitation and Physiotherapy.	
BOOK REFERENCE 7. Maria Stokes PhDMCSP Professor 8. Physical Management in Neurological Rehabilitation (Physiotherapy Essentials). 2003 9. Rose Macdonald.Taping Techniques. Principles and Practice, 1991 10. Jonathan Kenyon.The Physiotherapist's Pocket Book 11. Kathryn Refshauge. Musculoskeletal Physiotherapy 2e. Published 12. September 21st 2004 by Butterworth-Heinemann	

Course Name Motor Learning & Control (Semester 7th)	Course Code: HPE-643
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Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: Students will be able to learn Defining Motor Learning, Measuring Motor Learning, Designing Experiments on Learning	
Course Outcomes : Students will be able to learn Learning, Measuring, Designing	
BOOK REFERENCE	

Course Name Sports Biomechanics (Semester 7th)	Course Code: HPE-614
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
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.	

Course Outline

, **Introduction** Definition and Prospective ,Why study Biomechanics ,Importance of Biomechanics for Coach and Athlete ,Terminology used in Biomechanics

Human Moments, Form of Motion, Linear ,Angular ,General Motion Types of Movements (Derived) ,Factor effecting Human Movement **Anatomical Basis of Motion** Definition of motion, Anatomical basis of human motion Role of muscular system in human motion ,Role of skeletal system in human motion

Role of nervous system in human motion **Environment And mechanical Laws in Reference to Motion** Definition of environment, Environmental factors affecting movement **Kinetic Concepts For Analyzing**

Human Motion Linear Kinetics: Inertia, Mass, Force, Newton's Laws of Motion. Friction, Impulse, Conservation of Momentum, impact, Pressure, work **Angular Kinetics:** Eccentric Force, Moment, Resultant Moment, Equilibrium, levers-Center of Gravity, Moment of Inertia, Angular, Momentum, Centripetal and Centrifugal force **Kinematic Concepts for Analyzing Human Motion Linear Kinematics:**

Vectors and Scalars, Distance and Displacement, Speed and Velocity, Acceleration, Projectile Motion. **b. Angular Kinematics:** Angular Distance and Displacement, Angular Speed, Velocity and Acceleration

Dimension of Human Body MI ,Types and characteristics of Human Body in accordance to Physical Education & Sports Importance of Body Types ,correctives exercises for each body type **Human Posture** definition and importance of posture ,measurement of good posture postural defects ,Tilted Head ,Kyphosis ,Lordosis, flat foot, scoliosis knee and foot deformities remedial exercises for postural defects **Fundamental Aspects and Speed Training** Introduction, **Warm Up & Cool Down.** Introduction Kinds (General ,Specific),Need and Importance., Effects of Warm up and Cool down., Speed of Movement Phases of Running Action

Course Outcomes : Students will be able to develop a strong foundational about body movements involved in sports activities by elaborating biomechanics, form of motion, Kinematics of Physical Activities, Analyzing Games techniques.

BOOK REFERENCE

1. Dr. A. Waheed Mughal; Sports Biomechanics, Islamabad, 2012
2. B M Nigg, 1994, Biomechanics of the Muscular-Skeletal System.
9. W. Herog, 1994, John Wiley & Sons Publisher, USA.
10. Susan J Hall, 1995. Basic Biomechanics, McGraw-Hill Companies, USA.
11. J P Troup and Others, 1996. Biomechanics and Medicine in Swimming. VII & FN Spun Publisher, UK.
12. Robert A Robergs, 1999. Fundamental Principles of Exercise Physiology.
13. Scott O Roberts, 2000. Fitness Performance and Health, McGraw-Hill Publisher, USA.
14. Dr. Dhana Joy Shaw, 2000. Mechanical Basis of Biomechanics, Sports Publications, New Delhi, India.

Course Name Capstone Research Project / Optional
Course of 03 Credit hours (Semester 7th)

Course Code: HPE-699

Course Structure: Lectures: 3, Labs: 0

Credit Hours: 3

Prerequisites: Nil

Course Name Principles of Scientific Sports Coaching (Semester 8TH)

Course Code: HPE- 615

Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: 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.	
Course Outline: Introduction to sports coaching ,Introduction and nature of coaching profession ,Need and importance ., Teaching Methodology for a Coach ,Skill, Technique and Ability , Skill Development Role of a Coach ,Coaching Philosophy ,Coaching Style , Coaching Ethics Development of Skill Analysis and Strategies, Physical Training , Mental Training ,Tactical Training ,Technical Training Periodization of Training , Micro cycle , Macro cycle ,Meso cycle ,Warming up ,Cooling down Components of Fitness , Health related Fitness (Need, Importance & Improvement) ,Skill related Fitness (Need, Importance & Improvement) Training Laws and Principles ,Coaching & Training Plans of major Games Athletics ,Cricket ,Hockey ,Football ,Volley Ball ,Badminton ,Basketball	
Course Outcomes How and where are emphasized the knowledge about scientific coaching to maintain professionalism	
BOOK REFERENCE 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 Mcclenaghan	

Course Name Test, Measurement & Evaluation (Semester 8th)	Course Code:HPE-616
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: This course will enable the students of BS to use the statistical means for the research purpose and to understand the meaning of the scores in statistics and use them skillfully. It will further help the students to learn about inferential statistics and use it in everyday life along with research. Through proper use of these statistical means the students will also be able to measure fitness component and specific skills in sports	
Course Outcomes : Students will be able to develop a strong foundational of Measurement & Evaluation and 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.	

Course Outline Measurement and Evaluation INTRODUCTION Definitions of Test, Measurement and Evaluation Importance of Test, Measurement and Evaluation in ,Physical Education ,Basic Principles of Evaluation **AND ADMINISTRATION OF TESTS** Criteria for Selecting Appropriate Test ,Pre -test responsibilities Duties and responsibilities during Testing ,Post- test responsibilities **BASIC STATISTICS** Standard Deviation ,Normal Probability Curve ,Standard Scores (Z. Scores-T. Scores) Correlation ,Anova Test **MEASUREMENT OF PHYSICAL FITNESS** Definition of Physical Fitness Components of Physical Fitness ,Physical Fitness Index ,Measurement of Motor Fitness **GENERAL MOTOR ABILITY** Definition of Motor Ability .Measurement of Motor Ability .Components of Motor Ability **CARDIOVASCULAR FITNESS** .Definition .Measurement of Cardiovascular Fitness .Testing of Cardiovascular Fitness **RATING SCALES IN PHYSICAL EDUCATION** Construction of Rating Scales ,Rules for the use of Rating Scales .Types of Rating Devices **MEASUREMENT OF SPECIFIC SPORT SKILLS** Hockey .Football .Basketball .Badminton .Volleyball .Tennis Track & Field (one event from each group

BOOK REFERENCE RECOMMENDED BOOKS

6. Dr. A Waheed Mughal; Test & Measurement in Physical Education, Islamabad, 2013
7. Osterlind J. Steven, Modern Measurement, Pearson Merrill Prentice Hall, 2006.
8. Popham W. James, Assessment for Educational Leadership, Pearson, 2006.
9. Linn L. Robert & Gronlund E Norman, Measurement and Assessment in Teaching, Person Education, 2003.
10. Margaret J. Safrit PhD, Terry M. Wood PhD, Introduction to Measurement in PE and Exercise Science, McGraw Hill, 2007.

Course Name Media Marketing & Sports (Semester 8th)	Course Code:HPE-612
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: 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.	
Course Outline Course Outline Introduction Types and Characteristics of Media, Role of Media in Globalizations of Sports Mobilization through Media, Sports and Media, The Professions of Sports Journalism Sports writing and Journalism, Sports Broadcasting, Sports Photography, Careers in Sports Media , Media and International Competition Games (Olympic Games)The Press Commission and Radio Commissions, Facilities and Services at the games, News and Entertainment Sports Advertisement, Sports General, Sports Periodicals, Sports Magazines, Banners , Pamphlet Sports and Journalism, Introduction, Images and Messages in Media Sports, Sports and Government, Media as a Source of Propagation in Sports, Media and the Development of Sports.	
Course Outcomes :: Students will be able to develop a strong foundational understanding of media & Marketing in sports sciences & physical education encompassing principles of Leadership & sports management.	
BOOK REFERENCE 7. Essential of Management by Harold Koontz 8. Essentials of Marketing by Manmohan Joshi 9. Exploring Journalism by Mirza Muhammad Yousuf 10. Journalism for All by Dr. Mehdi Hassan and Abdus Salam Khurshid 11. Television and Radio Broadcasting by R.C.Ramanujam 12. TV Journalism by Navodita Pande	

Course Name Capstone Project/ Research Thesis (Semester 8 th)	Course Code: HPE-698
Course Structure: Lectures: 3, Labs: 0	Credit Hours: 3
Prerequisites: Nil	
Course Objective: It is compulsory for the students of the department of Sports Sciences & Physical Education to undertake Research Thesis project in consultation with the concerned teacher (Supervisor) and the approval of the CHAIRMAN. On the completion and submitting the Thesis satisfactory dully recommended by the concerned teacher, the candidates will have to appear for the ORAL examination relating to Thesis work, enabling the candidates to earn 3 credit hours. The purpose of offering the project is to provide adequate awareness of research methods and writing it adequately by collecting appropriate data of the approved project topic for quality research in the field of sports sciences and physical education.	
Course Outline	

LIST OF OPTIONAL COURSES 8th Semester

S.No	Course Code	Course Title	C.H
1	HPE -642	Sports And Adventure Tourism	3(1+2)
2	HPE -641	Movement Education	3(1+2)
3	HPE-621	Specialization In Gymnastic	3(1+2)
4	HPE -521	Specialization In One Group Of Track And Field	3(1+2)
5	HPE - 631	Curriculum Development In Physical Education	3(3+0)
6	HPE - 519	Recreation and Leisure	3(3+0)
	Total		18(10+8)

OPTIONAL COURSES		Sr#1
Course Name Sports And Adventure Tourism		Course Code: HPE-642
Course Structure: Lectures: 3, Labs: 1		Credit Hours: 4
Prerequisites: Nil		
Objectives of Course Sport Tourism refers to vacations that include playing, or watching competitive or non-competitive sports or participating in recreation or leisure activities. While adventure tourism means to enjoy wilderness of mountains, beaches, deserts and forest etc. Topics covered in this course include: sport/adventure industries, politics in sport, sport/ adventure marketing, and sport facility operation. Sports and adventure has become a major demand generator for many countries around the world and consequently the growth and status of this phenomenon is a major aspect of this course. The process of creating proposals and bids for sport/ adventure events will also be discussed. Discuss the relationship between sports and adventure tourism, Identify the major sports/ adventure venues and events., Discuss issues and initiatives related to sports tourism in Canada and internationally, Understand how government agencies and private sector groups work together to foster the growth of sport and adventure events and activities, Identify the steps used to promote major sport and adventure events. The students will be able to: Develop a sport tourism concept plan and/or research paper to implement and organize within an organization or for an organization. Develop and present a cross-border sport tourism plan or a sport & adventure plan to organize and implement		
Course Outline Sport Tourism Module1 Introduction Sport and Tourism, Sport and tourism: Globalization, mobility and identity Sport and tourism in a global world, Sport and contemporary mobility Culture and identity Module2 Activity Globalization and the mobility of elite competitors Spectatorship and Spectator experiences, Recreational sport and serious leisure Module3 People Authentic experiences Temporary sport migrants Transnationalism, migration and diaspora Module4 Place Modern landscapes and retro parks Place attachment Sport and place competition Globalization, mobility and identity: Building theoretical informed insights into the study of sport and tourism Adventure Tourism Module5 Introduction/ Basic Concepts, Definitions, historical background, hard and soft adventures Module6, Classification of Adventures, Land, water/ aqua and aerial adventures Module7 Major Adventure Activities and skills, Mountaineering, Trekking, Mountain Biking, Skiing, Diving, White Water Rafting, Surfing, Swimming, Ballooning, Parachuting, Paragliding Module8 Organizations/ Clubs working for Adventure Tourism in Pakistan, Famous Adventure Destinations of Pakistan, Potential Adventure Destinations of Pakistan		
Course Outcomes : Course Outcomes: Students will be able to be able to know adventure tourism means to enjoy wilderness of mountains, beaches, deserts and forest etc. Understand how government agencies and private sector groups work together to foster the growth of sport and adventure events and activities		
References: 7. Adventure Tourism by Ralf Bukley 8. Adventure Tourism: The New Frontier by John Swarbrooke. Colin Beard, Suzanne Leckie and Gill Pomfret (4 Jul 2003) 9. Adventure Tourism by R. Buckley (24 Oct 2006) Adventure Tourism Management by Ralf Buckley Professor (30 Oct 2009) 10. Adventure Tourism: Meaning. Experience and Education by Peter Varley. Steve Taylor and Tony Johnson (1 Dec 2012) 11. Sport Tourism Paperback by Douglas Michele Turco (Author). Roger Riley (Author), Kamilla Swart (Author) 12. Sport and Tourism 1st Edition by James Higham (Author). Tom Hinch (Author)		

OPTIONAL COURSES		Sr#2
Course Name Movement Education		Course Code: HPE -641
Course Structure: Lectures: 3, Labs: 0		Credit Hours: 3
Prerequisites: Nil		
Course Objective: The course has been designed to provide the students basic knowledge regarding body movement involved in daily practices and sports activities. This course shall also be helpful for the students to understand how to save energy, by maintain a better body position in human motion.		
Course Outline : INTRODUCTION Definition of movement Education, Origins of Movement Education Nature of Movement Education ,Theories of Movement GENERAL FACTORS EFFECTING MOVEMENT Physiological Factors ,Psychological Factors ,Sociological Factors SELECTED FUNDAMENTAL MOVEMENTS ,Loco motor Movements Walking-Running-Jumping-Hopping-Sliding-Leaping-Rolling Gliding Non-Loco motor Movement • Curling and Stretching ,Turning and Twisting ,Pushing and Pulling ,Lifting and Lowering ,Swinging and Circling ,Stillness and Balancing Other Areas • Movement Sequence ,Partner and Group Work ,Small Area Games and Lead-up Activities General instructions, Body movement, Equipment skills, Games in circle formation, Games SOMATOTYPING Historical Overview ,Body Types – Sheldon’s Method , Endomorph- Mesomorph-Ectomorph MASSAG, Definition of Massage ,Importance of Massage Types of Massage 1		

OPTIONAL COURSES		Sr#3
Course Name : Specialization in Gymnastic		Course Code: HPE-621
Course Structure: Lectures: 3, Labs: 0		Credit Hours: 3
Prerequisites: Nil		
Course Objective: The purpose of introducing this practical course of Gymnastic Apparatus 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.		
Course Outline: OBJECTIVES OF COURSE EXERCISE ON PARALLEL BAR (Skills, Coaching and Officiating) Simple Turn ,Forward roll to straddle Seat ,Forward Roll ,Backward Up Rise ,Cartwheel ,Twisting ,Turning ,Backward Roll Rhythmic Exercise ,Front Somersault ,Mat Drills ,Trampoline Drills SWIMMING (Skills, Coaching and Officiating) ,Warm up ,Dress ,Styles ,Strokes ,Start ,Finishing		

RECOMMENDED BOOKS

4. Dr. A. Waheed Mughal; Practical Note Book of Gymnastics, Islamabad, 2013
 5. Renu Jain, Men Gymnastics Coaching, New Delhi, 2005
 6. Anoop Jain, Gymnastics Rule Book, 2004, New Delhi, 2004
- Bouchard, 1991, Physical Activity Sciences, Human, 23
- Panda P,K Sharma O.P New Encyclopedia of Physical Education, Vol. 5 Khel Sahitya Kendra
- Barratt, Physical Ethics or the Science of Action
- Wads, 1995, Introduction to Kinesiology, WCB Brown
- Thompson, 1994, Manual of Structural Kinesiology, Mosby Year Bok
- Winter, David A. Biomechanics of Human Movement, John Willy and Sons

OPTIONAL COURSES**Sr#4****Course Name Specialization In One Group Of Track & Field****Course Code: Course Code HPE - 521****Course Structure: Lectures: 3, Labs: 0****Credit Hours: 3****Prerequisites: Nil**

Course 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.

Course Outline**OPTIONAL COURSES****Sr#5****Course Name : Curriculum Development In Physical Education****Course Code: HPE - 631****Course Structure: Lectures: 3, Labs: 0****Credit Hours: 3****Prerequisites: Nil**

Course Objective: This course is designed with the purpose to acquaint students with basic concepts, theories and types of Health & Physical Education Curriculum related to development process and strategies adopted for evaluation and changes in curriculum as required.

Course Outline INTRODUCTION ,Definition, Objective of Physical Education Curriculum ,Types of Curriculum ,Factors effecting Physical Education Curriculum **PLANNING THE PHYSICAL EDUCATION CURRICULUM**

Curriculum Development, Tasks in curriculum planning ,Coeducation planning, Curriculum opinion, Structuring for quality ,**CURRICULUM RESEARCH AND CHANGE** ,Curriculum Reform, Experimentation in Physical Education ,Contemporary social problems & Physical Education Curriculum

ORGANIZATION FOR INSTRUCTION ,Determining Scope, Sequence and scheduling the curriculum

Flexible Scheduling in Physical Education curriculum ,The need for multiple teaching stations

Time Allotment for program Elements, Correlation and Integration Organizational Design of the curriculum. **THE**

CURRICULUM GUIDE ,Curriculum Design, preliminary consideration ,The curriculum coordinating committee, collecting ,materials and constructing the guide **THE PHYSICAL EDUCATION PROGRAMME** ,The physical education curriculum for Kindergarten, primary, Middle Grade, Secondary & Higher Secondary and Graduate levels

EVALUATING THE CURRICULUM ,The intent of Measurement and Evaluation ,Measuring progress in Elementary School Secondary School Evaluation, Appraising the Total Curriculum

RECOMMENDED BOOKS

5. Dr. A. Waheed Mughal; Planning & Development of Curriculum in Physical Education, Islamabad, 2011
6. Carl E Willgoose, The curriculum in physical education prentice Hall, Inc, Englewood Cliffs, New Jersey, 1994.
7. Anderson. Van Dyke, Secondary School Administration Houghton Mifflin Company, Boston, New York.
8. Charles A Bucher, K Foundations of Phy: Edu: The C.V. Mosby, St. Louis, Toronto, London, 1979.

OPTIONAL COURSES**Sr#6****Course Name** Recreation And Leisure**Course Code:** HPE - 519**Course Structure: Lectures: 3, Labs: 0****Credit Hours: 3****Prerequisites: Nil**

Course 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.

Course Outline**Introduction** History of the Recreation, Leadership Principle and Procedures**Organization and Administration of Recreational Program** ,Recreational Survey, Administrative Setup
Problem confronting ,Club organization ,Leisure quotient**Planning Aids** Audio visual aids ,Safely and first aid ,Special events ,Tournaments**Indoor Recreation** Recreation for adult and aged ,Arts and crops

Hobbies ,Dramatics and recreation ,Therapeutic recreation and play therapy

Outdoor Recreation ,Camping and outdoor education ,Active games Hikes
and excursions ,Rowing and sailing ,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



**DEPARTMENT OF HEALTH & PHYSICAL EDUCATION
SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY
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Minutes of the Board of Studies of Health and Physical Education

In compliance with the office notification No. 1765-71/BOS/ACAD/SBBWUP dated 2nd April, 2024 a meeting of the Board of studies of Health and Physical Education was held on 4th Apr, 2024 at 11:00 AM in the Committee Room of Women Development Centre Shaheed Benazir Bhutto Women University Peshawar.. The meeting started with the recitation of the Holy Quran by Dr. Farooq Hussain, Chairman, Department of Physical Education and Sports, Abdul Wali Khan University, Mardan. All the faculty members of the department welcomed the members and ensured their cooperation in academic matters. Following attended the meeting:

S. #	Name	Designation
1.	Dr. Inayat Shah Department of HPE Khyber Medical University of Peshawar	Member
2	Dr.Farooq Hussain Assistatn Prof,HOD, Department of Health & Physical Education and Sports Abdul Wali Khan University, Mardan	Member
3.	Dr. Zia ul Islam Assistant Professor HOD University of Haripur	Member
4	Ms.Mariyyah Samin HOD/Deputy Director Sports Shaheed Benazir Bhutto Women University, Peshawar	Member
5	Ms Amber Visiting Lecturer, Department of Health and Physical Education Shaheed Benazir Bhutto Women University, Peshawar	Member
6	Ms Salma Visiting Lecturer, Department of Health and Physical Education Shaheed Benazir Bhutto Women University, Peshawar	Member

The items of the agenda of BoS were discussed and approved as under:

ITEM No. 1: Approval of Revised Scheme of Studies as per HEC New UEP 2023.

The house approved the revised scheme of studies as per the HEC new UEP 2023.

ITEM No. 2: Approval of the Course Content for Major courses to add in scheme of studies for BS Health & Physical Education (Fall 2023-2024 and Fall 2024 Onwards).

The house approved and recommended the courses for the batch of 2023- 2024 and 2024 onwards Ex post facto approval in its BoS meeting.

ITEM NO.3: The house discussed and approved following changes in the curriculum as per HEC undergraduate policy – 2023

- a. The house approved the symmetry of course codes with the semesters in the scheme of study as per university policy. Moreover separate course coding for the practicals should be incorporated for convenience and relevancy.
- b. The house approved the changes in the course contents that would be enforced from the fall 2024 semester.
- c. The house approved that the course titles of the Allied subject are to be obtained from the approved scheme of study of various departments.
- d. The house also suggested that with mutual collaboration the students may be sent study trip, practical works, seminar and workshop in the other universities for the Internships/ project/thesis/viva. This would not only improve their knowledge on the subject but also helpful to share the experiences for the future assignments. Moreover the points securing may be 60 + 40 for projects or as per university defined policy.

6. There are two faculty members in the department on visiting that's why they are not eligible for the membership of board of faculty, however the board recommended for the additional charge of HoD and Director Sports Ms. Mariyyah Samin for the membership till permanent selectees.

7. The meeting was ended with the vote of thanks by the In-charge department of Health and Physical Education.



Hussain

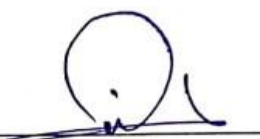
Chairperson,
Department of Sports Sciences &
Physical Education Gomal University, DI Khan

Dr. Farooq

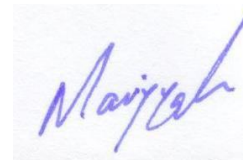


Assistant Prof,
HOD Department of HPE
AWK University, Mardan

Dr. Zia ul Islam



Ms. Mariyyah Samin
Director Sports
University of Haripur



HOD/Deputy Direct Sports
SBBWUP