

ADP (Physical Education and Sports Sciences) [Associate Degree Program]

ELIGIBILITY CRITERIA:

The candidate has passed the Intermediate or equivalent examination from an institution recognized by the Higher Education Commission of Pakistan / Inter Board Committee of Chairmen, Pakistan.

PROGRAM STRUCTURE:

Minimum Duration: 02 years; through 04 regular semesters (Fall/Spring)

Minimum Credits: 66

COURSES OF STUDY:

(Information about the Prerequisites (if any) of the course(s) will be provided by the Department at the beginning of the program)

Compulsory Courses

Total: 18-Credits

Course Code	Course Title	Cr. Hrs.
ENGL-101	English I (English Composition & Comprehension-I)	3
ENGL-102	English II (English Composition & Comprehension-II)	3
ENGL-103	English III (Communication/Presentation skills)	3
PKIS-101	Pakistan & Islamic Studies	3
MATH-101	Applied Mathematics/Statistics	3
CSC-101	Introduction to Computer	3

Discipline-Specific Foundation Courses:

4 courses (12 credits)

Course Code	Course Title	Cr. Hrs.
SPSC112	Rules and Techniques of the Games	3
SPSC212	Science of Track and Field	3
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-121	Basics of Human Anatomy	3

**Major Courses including Project/Internship
10 courses (30 credits)**

Course Code	Course Title	Cr. Hrs.
SPSC-322	Sports Medicine	3
SPSC-323	Sports Nutrition	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-381	Research Methodology in sports sciences	3
SPSC-151	Practical Training and Exercise in sports I	3
SPSC-251	Practical Training and Exercise in sports II	3
SPSC-442	Test, Measurement and Evaluation in sports	3
SPSC-482	Research project	6

**Electives within the major
02 Courses (06 credits)**

Course Code	Course Title	Cr. Hrs.
SPSC-371	Sports Psychology	3
SPSC-414	Modern Technology in sports	3

Scheme of Study

[Associate Degree in Physical Education and Sports Sciences]

First Semester:

Course Code	Course Title	Cr. Hrs.
ENGL-101	English I (English Composition & Comprehension-I)	3
PKIS-101	Pakistan & Islamic Studies	3
MATH-101	Applied Mathematics/Statistics	3
CSC-101	Introduction to Computer	3
SPSC-111	Philosophical Basis of Physical Education	3
SPSC112	Rules and Techniques of the Games	3

Second Semester:

Course Code	Course Title	Cr. Hrs.
ENGL-102	English II (English Composition &Comprehension-II)	3
SPSC-442	Test, Measurement and Evaluation in sports	3
SPSC-121	Basics of Human Anatomy	3
SPSC-151	Practical Training and Exercise in sports I	3
SPSC212	Science of Track and Field	3

Third Semester:

Course Code	Course Title	Cr. Hrs.
ENGL-103	English III (Communication/Presentation skills)	3
SPSC-414	Modern Technology in sports	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-251	Practical Training and Exercise in sports II	3
SPSC-323	Sports Nutrition	3

Forth Semester:

Course Code	Course Title	Cr. Hrs.
SPSC-381	Research Methodology in sports sciences	3
SPSC-322	Sports Medicine	3
SPSC-331	Leadership and Management in Sports	3
SPSC-371	Sports Psychology	3
SPSC-482	Research project	6