

[Bachelor of Studies – Physical Education and Sports Sciences]

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:

(Program is equivalent to 16 years of education)

Minimum Duration: 4 years; through 8 regular semesters (Fall/Spring)

Minimum Credits: 132

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)

Revised List of General Education Courses (Compulsory) Total: 39 Credits

Category	Courses	Title of Courses	Credit	Code
Arts & Humanities	2	6. Functional Urdu	2	GEN 151
		7. Translation of Holy Quran (for Muslim Students) OR Principles of Ethics (for Non-Muslim Students)	4	GEN 252
				GEN 253
		8. Sports and Exercise Physiology		GEN 324
		9. Short Film and Drama Production		GEN 434
Natural Sciences	2	4. Environmental Sciences	3	GEN 121
		5. Fundamentals of Applied Physics	3	GEN 122
		6. Applied Physics		GEN 123
		7. Basic Electronics		GEN 124
Social Sciences	2	6. Population Studies	3	GEN 131
		7. Legal Systems of Pakistan	3	GEN 132
		8. Introduction to International Relations		GEN 102
		9. Introduction to Political Science		GEN 101
		10. Introduction to Sociology		
		11. Gender Studies		GEN 231
Expository Writing	3	4. Technical Writing	3	GEN 161
		5. Creative Writing	3	GEN 262
		6. Academic Writing	3	GEN 263

Quantitative Reasoning	2	5. Elements of Probability & Statistics	3	GEN 111
		6. Introduction to Mathematical Reasoning	3	GEN 112
		7. Introduction to Computers and Computing		GEN 113
		8. Introduction to Information and Communication Technology		GEN 114
		9. Logic and Computation		GEN 115
Pakistan Studies	1	17. Pakistan Studies	3	GEN 143
Islamiyat/Moral Values	1	Fundamental of Islamic Studies (For Muslim Students) OR	3	GEN 141
		Moral Values (for Non-Muslim Students)		GEN 142
Total Credits			39	

List of Distribution Courses

No. of Distribution courses for Single Major:	13 courses (39 credits)
No. of Distribution courses for Double Major:	5 courses (15 credits)
No. of Distribution courses for Single Major and One Minor:	10 courses (30 credits)
No. of Distribution courses for Single Major and Two Minors:	6 courses (18 credits)
No. of Distribution courses for Associate Degree Program:	2 courses (6 credits)

Revised List of Distribution Courses (from other Disciplines)

	<u>Code</u>	<u>Title of Course</u>	<u>Credits</u>
Political Science			
1	PSIR-432	Politics of South Asia	3
2	PSIR-302	Comparative Political Systems of Developing States	3
3	PSIR-319	Contemporary Political Ideologies	3
4	PSIR-334	Major Issues in Pakistan's Politics	3
5	PSIR- 221	Introduction to Local Government System	3
International Relations			
1	PSIR-442	Contemporary Regional and International Issues	3
2	PSIR-432	Politics of South Asia	3
3	PSIR- 431	Major Issues of Muslim World	3
4	PSIR-322	Conflict and Conflict Resolution	3
5	PSIR -303	Comparative Political Systems of Developed States	3
Psychology			

1	PSY101	Introduction to Psychology	3
2	PSY121	Theories of personality	3
3	PSY112	Social Psychology	3
4	PSY412	Positive Psychology	3
5	PSY413	Attachment and Relationship	3
<u>Sociology</u>			
1	SOCL 132	Pakistani Society and Culture	3
2	SOCL 331	Sociology of Emotions and Human Feelings	3
3	SOCL 341	Criminology and Society	3
4	SOCL 421	Sociology of Globalization	3
5	SOCL 441	Human Rights and Citizenship	3
6	SOCL 442	Sociological Approaches to Conflict Resolution	3
7	SOCL 231	Gender Studies	3
<u>Economics</u>			
1	ECON 272	Comparative Economic system	3
2	ECON 141	Introduction to Development Economics	3
3	ECON275	Islamic Economics	3
4	ECON271	Issues in Pakistan's Economy	3
5	ECON 101	Introduction to economics	3
<u>Education</u>			
1	Edu-211	School, Community and Teacher	3
2	Edu-241	Assessment and Evaluation in Classroom	3
3	Edu-315	Critical Thinking and Reflective Practices	3
4	Edu-272	Principal of Guidance and Counseling	3
5	Edu-313	Contemporary Trends and Issues in Education	3
<u>Computer Sciences & IT</u>			
1	CRSC121	Programming Fundamentals	3
2	CRSC241	Database Systems	3
3	CRSC251	Introduction to Software Engineering	3
4	CRSC225	Web Engineering	3
5	CRSC331	Computer Networks	3
6	CRSC341	Enterprise Systems	3
7	CRSC342	Business Process Engineering	3
8	CRSC343	Graph Theory	3
9	CRSC344	Theory of Programming Languages	3
10	CRSC353	Software Requirements Engineering	3
11	CRSC381	Research Methodology for CSC	3
12	CRSC382	Operations Research	3
13	CRSC383	Stochastic Processes	3
14	CRSC422	Information Security	3
15	CRSC452	Formal Methods	3
16	CRSC453	Modeling and Simulation	3
<u>Physical Education & Sports Science</u>			
1	SPSC121	Basics of Human Anatomy	3
2	SPSC122	Introduction to Sports Physiology	3
3	SPSC111	Philosophical Basis of Physical Education	3
4	SPSC112	Rules and Techniques of the Games	3
5	SPSC212	Science of Track and Field	3

<u>Mathematics</u>			
1	MATH111	Logic and Set Theory	3
2	MATH112	Discrete Structures for CSC	3
3	MATH233	Differential Equations	3
4	MATH212	Linear Algebra for CSC	3
5	MATH113	Calculus and Analytical Geometry for CSC	3
6	MATH312	Algebra I	3
7	MATH131	Calculus I	3
8	MATH201	History of Mathematics	3
9	MATH231	Linear Algebra I	3
10	MATH 321	Numerical Methods and Computation	3
11	MATH 333	Multivariable Calculus for CSC	3
<u>Management Sciences</u>			
1	BUSS101	Introduction to Business	3
2	BUSS141	Principles of Human Resource Management	3
3	BUSS102	Management Principles and Application	3
4	BUSS104	Business on Internet	3
5	BUSS103	Principles and Practices of Marketing	3
6	BUSS107	Digital Banking	3
7	BUSS106	Banking and Financial Markets	3
8	BUSS105	Digital and Social Media Marketing	3
9	BUSS206	Fundamentals of Project Management	3
10	BUSS205	Business and Society	3
11	BUSS204	Professional Practices for Future Leaders	3
12	BUSS121	Principles of Business Finance	3
13	BUSS203	Business Ethics	3
14	BUSS202	Cross-border Business	3
15	BUSS201	Business Investment Decisions	3
16	BUSS109	Legal Mechanism of Business	3
17	BUSS108	Islamic Banking Systems	3
<u>Accounting & Finance</u>			
1	ACCT111	Financial Accounting	3
<u>Law</u>			
1	LAW101	Introduction to Law	3
2	LAW214	Human Rights Law	3
3	LAW483	Law of Contract	3
4	LAW484	Islamic Personal Law	3
5	LAW335	Law of Business Organizations	3
6	LAW421	Constitutional History in Pakistan	3
<u>MassCommunications</u>			
1	MCOM101	Introduction to Journalism & Mass Communication	3
2	MCOM211	Journalistic English	3
3	MCOM111	Introduction to Social Media	3
4	MCOM322	Data Journalism	3
5	MCOM231	Broadcast Journalism	3
6	MCOM221	News Reporting and Writing	3
<u>English</u>			
1	ELL 103	Introduction to Language Studies	3

2	ELL 304	Popular Fiction	3
3	ELL 422	Intro to Syntax	3
4	ELL 204	Academic Reading and Writing	3
5	ELL 102	Introduction to Literary Studies	3
6	ELL 203	Short Fictional Narrative	3
Islamic Studies			
1	ISLM313	قرآن کا انسان مطلوب	3
2	ISLM371	اسلام اور جدید چینجس	3
3	ARAB111	آسان عربی بول چال	3
4	ISLM472	تذکیہ و تصوف (کیمریکٹر بلاگ)	3
5	ISLM333	فدائیں طلال و حرام اسلامی احکام	3
6	ISLM231	اسلامی فقہ اور عملی زندگی کے مسائل	3

Urdu

Code	Title of Course	Credits
URDU371	نظم کا مطالعہ	3
URDU411	ناول کا مطالعہ	3
URDU211	شعر فقہی	3
URDU313	شعری اصناف	3
URDU111	عملی قواعد اردو	3

COURSE FOR MAJORING IN PHYSICAL EDUCATION & SPORTS SCIENCES:

Single Major in Physical Education & Sports Sciences (without any Minor) Total: 54 Credits

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-323	Sports Nutrition	3
SPSC-325	Sports Biomechanics	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-332	Planning Sports Facilities	3
SPSC-341	Curriculum Development in Sports Sciences	3
SPSC-381	Research Methodology in Sports Sciences	3
SPSC-371	Sports Psychology	3
SPSC-151	Practical Training and Exercise in Sports I	3
SPSC-251	Practical Training and Exercise in Sports II	3
SPSC-351	Practical Training and Exercise in Sports III	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-442	Test, Measurement & Evaluation in Sports Sciences	3

SPSC-421	Trauma & Rehabilitation	3
SPSC-481	Research Thesis/ Project	6

Major in Physical Education & Sports Sciences (alongside One Minor)

Total: 51 Credits

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-323	Sports Nutrition	3
SPSC-325	Sports Biomechanics	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-332	Planning Sports Facilities	3
SPSC-381	Research Methodology in Sports Sciences	3
SPSC-371	Sports Psychology	3
SPSC-151	Practical Training and Exercise in Sports I	3
SPSC-251	Practical Training and Exercise in Sports II	3
SPSC-351	Practical Training and Exercise in Sports III	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-442	Test, Measurement & Evaluation in Sports Sciences	3
SPSC-421	Trauma & Rehabilitation	3
SPSC-481	Research Thesis/Project	6

Major in Physical Education & Sports Sciences (alongside another Major)

Total: 39 Credits

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-323	Sports Nutrition	3
SPSC-325	Sports Biomechanics	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-332	Planning Sports Facilities	3
SPSC-251	Practical Training and Exercise in Sports I	3
SPSC-381	Research Methodology in Sports Sciences	3
SPSC-371	Sports Psychology	3
SPSC-151	Practical Training and Exercise in Sports I	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-442	Test, Measurement & Evaluation in Sports Sciences	3

Major in Physical Education & Sports Sciences
(alongside two Minors) *total: 45 Credits*

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-323	Sports Nutrition	3
SPSC-325	Sports Biomechanics	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-332	Planning Sports Facilities	3
SPSC-381	Research Methodology in Sports Sciences	3
SPSC-371	Sports Psychology	3
SPSC-151	Practical Training and Exercise in Sports I	3
SPSC-441	Planning for Scientific Sports Coaching	3
SPSC-442	Test, Measurement & Evaluation in Sports Sciences	3
SPSC-421	Trauma & Rehabilitation	3
SPSC-481	Research Thesis/Project	6

Major in Physical Education & Sports Sciences (for Associate Degree Program) Total : 5 Courses

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-325	Sports Biomechanics	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-441	Planning for Scientific Sports Coaching	3

COURSE FOR MINOR IN PHYSICAL EDUCATION & SPORTS SCIENCES:

Minor in Physical Education & Sports Sciences (alongside Major in another discipline) *total: 4courses*

Course Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3

Minor in Physical Education & Sports Sciences (alongside Major and one Minor in another discipline) *Total: 5 courses*

Course		
Code	Title of Course	Credits
SPSC-111	Philosophical Basis of Physical Education	3
SPSC-112	Rules and Techniques of the Games	3
SPSC-331	Leadership and Management in Sports	3
SPSC-324	Sports and Exercise Physiology	3
SPSC-441	Planning for Scientific Sports Coaching	3