

Course Scheme Bachelor of Science (BS) 4 Years

Semester I	Name Of Subject	Credits
	English I (Compulsory 1)	3+0
	Pakistan Studies (Compulsory 2)	2+0
	Mathematics I (Compulsory 3)	3+0
	Philosophical basis of Physical Education (Foundation 1)	3+0
	Games-I	2-1
	Athletics-I	1+1
Semester II	Name Of Subject	Credits
Second	English II (Compulsory 4)	3+0
	Islamic Studies / Ethics (Compulsory 5)	2+0
	Mathematics II / Univ. Optional (Compulsory 6)	3+0
	Biochemistry (General 2)	3+0
	Sports Biomechanics (Foundation 3)	2-1
	Athletics-II	0+1
	Games-II	1+1
	Gymnastic-1	0+1
	Total Credit Hour	14+4
Semester III	Name Of Subject	Credits
Third	English III (Compulsory 7)	3+0
	Introduction to Computer (Compulsory 8)	2+0
	Talent Identification in Sports	3+0
	Games-III	0+2
	Basics of Human Anatomy (Foundation 6)	2-1
	Athletics-III	0+1
	Gymnastic-II	0+1
	Total Credit Hour	11+5
Semester IV	Name Of Subject	Credits
Fourth	English IV/ Univ. Optional (Compulsory 9)	3+0
	Introduction to modern technologies (General 4)	3+0
	Sociology (General 5)	2+0
	Administration and Management in Sports (Foundation 7)	3+0
	Basics of Human Physiology (Foundation 8)	2-1
	Practical Athletics-IV	0+1
	Games-IV	0+2
	Total Credit Hour	13+4
Semester V	Name Of Subject	Credits
Fifth	Science of Sports Training (Major 1)	3+0
	Environmental Sciences (General 6)	3+0
	Physical Education for Special population (Elective 1)	3+0
	Sports Nutrition (Major 2)	3+0
	Introduction to Statistics (General 7)	3+0
	Total Credit Hour	15+0
Semester VI	Name Of Subject	Credits

Sixth	Specialization in one group of track and field (Elective 4)	1+2
	Research Methodology in Physical Education (Major 3)	3+0
	Planning Sports Facilities (Foundation 9)	3+0
	Test, Measurement & Evaluation in Phy: Edu: & Sports (Major 4)	3+0
	Sports Psychology (Major 5)	3+0
	Practical (Teaching Practice)	0+2
	Total Credit Hour	13+4
Semester VII	Name Of Subject	Credits
Seventh	Common Sports Injuries, Treatment & Rehabilitation (Major 6)	3+0
	Exercise Physiology (Major 7)	2+1
	Role of Media in Sports (Elective 3)	3+0
	Scientific Sports Coaching (Foundation 10)	3+0
	Specialization in one game (Elective 2)	1+2
	Research Proposal	1+0
	Total Credit Hour	13+3
Semester VIII	Name Of Subject	Credits
Eighth	Sports Medicine (Major 8)	3+0
	Curriculum Development in Physical Education (Major 9)	3+0
	Adapted Physical Education (Major 10)	3+0
	Research Thesis/Research Project	6+0
	Sports Entrepreneurship	3+0
	Total Credit Hour	18+0

Course Scheme Associate Degree (AD) 2 Years

Semester I	Name Of Subject	Credits
1st	English 1	3
	Mathematics 1	3
	Foundation of Physical Education	3
	Rules and Technique of Games	3
	Fundamental application of Physics	3
	Basic Human Anatomy	3
	Practical's	
	Skills in Games and Sports (Outdoor & Indoor)	3
	Skills in Athletics (Apparatus and Floor Work)	3
	Skills in Gymnastic	3
Semester II	Name Of Subject	Credits
2nd	English II	3
	Biomechanics of Sports	3
	Research Method in Physical Education	3
	Science of Track and Field	3
	Pakistan Studies	3
	Practical's	
	Skills in Games and Sports (Outdoor & Indoor)	3
	Skills in Athletics (Track and Field)	3
	Skills in Gymnastic (Apparatus and Floor Work)	3
Semester III	Name Of Subject	Credits
3rd	English-III	3
	Islamic Studies/Ethics	3
	Human Biology	3
	Test & Measurement in Phy. Edu. & Sports	3
	Physiology	3
	Administration and Management in Sports	3
	Practical's	
	Skills in Games and Sports (Outdoor & Indoor)	3
	Skills in Athletics (Track and Field)	3
	Skills in Gymnastic (Apparatus and Floor Work)	3
Semester IV	Name Of Subject	Credits
4th	Introduction to Computer	3
	Health Education	3
	Sports Medicine	3
	Sports Psychology	3
	Sports Nutrition	3
	Science of Sports Training & Coaching	3
	Sports Entrepreneurship	3
	Practical's	
	Skills in Games and Sports (Outdoor & Indoor)	3
	Skills in Athletics (Track and Field)	3
	Skills in Gymnastic (Apparatus and Floor Work)	3