

Department of Sports Sciences & Physical Education

In line with the University's mission and vision, the Department of Sports Sciences & Physical Education is committed to academic excellence and professional pursuits in the world of work and society. For quality assurance and enhancement, all teaching staff members are actively engaged in teaching and research projects that focus investigation of issues specifically related to sports and physical activities; and their influence on the health from different perspectives. Our research not only establishes linkage with the international academia and scientific community but also influences local professionals in the field of Sports, Exercise and Health-related industries, including School and out-of-School settings.

Vision

The basic motto for the establishment of Department of Sports Sciences & Physical Education, Sarhad University is to bridge the gap of supply & demand of Sports Sciences & Physical Education professionals across the country and to become the leading seat of learning in the region.

Mission

To develop and initiate quality Physical Education programs that duly emphasize meaningful participation in Physical activities; to help the students to develop the knowledge, attitude, motor skills, social skills and confidence needed to begin and maintain a healthy and physically active lifestyle for rest of their life.

Programs Offered:

- ◆ Junior Diploma in Physical Education (JDPE)
- ◆ Associate Degree in Physical Education
- ◆ Bachelor of Science in Sports Science & Physical Education

Faculty Members, Department of Sports Sciences & Physical Education

Prof. Dr. Abdul Waheed Mughal

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Junior Diploma in Physical Education

Program Details:

Program Code	070
Number of Courses	12 + Teaching Practice
Credit Hours	36
Minimum Duration	2 Semesters, 1 Year
Maximum Duration	6 Semesters, 3 Years
Minimum CGPA Required To Earn Degree	2.00

Eligibility Criteria:

Candidates holding Intermediate Certificate with at least 45% marks or A level with equivalency certificate from IBCC Islamabad or an equivalent certificate from a recognized institution are eligible to apply.

Candidates need to pass an entry test or an aptitude interview conducted by the university.

Program Outcomes:

After successful completion of the program the students will be able to teach at school level regarding maintaining discipline and organization of the games. In addition to that the students will understand about the rules & techniques of major Games. It will be also possible to know about anatomy and physiology and about basic health related problems in relation with Sports Science as well.

Program Objectives:

Students will be able to promote physical, mental, emotional and social aspect of their lives.

The program will enhance student sports and athletics performance through improving health fitness and wellness.

Scheme of Studies

1st Semester

Course Code	Course Title	Cr. Hrs.18
ENG 101	Functional Communication (English-I)	3-0
SPE 101	Foundation of Physical Education	3-0
SPE 119	Fundamental Rules and Techniques of Games and Sports	3-0
SPE 114	Basic Health Education	3-0
SPE 118	Olympic and Re-Creative Sports	3-0
SPE 121	Anatomy and Physiology	3-0

2nd Semester

Course Code	Course Title	Cr. Hrs.18
SPE 129	Science of Movement	3-0
SPE 132	Sports Injuries (Treatment by Rehabilitation)	3-0
SPE 131	Basic Sports Nutrition	3-0
SPE 141	Techniques and Teaching of Track & Field Events (Practical)	0-2
SPE 142	Techniques and Teaching of Games (Practical)	0-2
SPE 143	Techniques and Teaching of Gymnastics (Practical)	0-2
SPE 191	Teaching Practice + Project	0-3



Associate Degree in Physical Education

Recognized by Higher Education Commission (HEC)

Program Details:

Program Code	174
Number of Courses	28
Credit Hours	71
Minimum Duration	4 Semesters, 2 Years
Maximum Duration	8 Semesters, 4 Years
Minimum CGPA Required To Earn Degree	2.00

Program Objectives:

Program being offered to provide an opportunity to enhance the knowledge, skills and qualification in the field of sports sciences & Physical Education as well as to produce such a force of professionally qualified and skilled sports professionals which can meet the market demands.

Eligibility Criteria:

Candidates holding Intermediate certificate with at least 45% marks or A-Levels with equivalency certificate from IBCC Islamabad or an equivalent certificate from a recognized institution are eligible to apply.

Candidates need to pass an entry test or an aptitude interview conducted by the University.

Scheme of Studies

1st Semester

Course Code	Course Title	Cr. Hrs.18
GE 110	Introduction to Philosophy	2-0
NS 100	Introduction to Physics	3-0
SSS 105	Philosophical Basis of Physical Education	3-0
SSS 109	Rules & Techniques of Games	3-0
GS 123/240	Islamic Studies / Values, Ethics and Society (for Non-Muslims)	2-0
SSS 207	Techniques and Teaching of Games (Practical)	0-2
SSS 108	Introduction to Gymnastics	2-0
SSS 114	Techniques and Teaching of Gymnastics (Practical)	0-1

2nd Semester

Course Code	Course Title	Cr. Hrs.18
GE 109	Ideology and Constitution of Pakistan	2-0
MA 100	Mathematics	3-0
GS 322	Sociology	2-0
SSS 111	Rules and Techniques of Track & Field	3-0
SSS 214	Techniques and Teaching of Track & Field (Practical)	0-2
SSS 115	Health Education	3-0
GS 128	Pakistan Studies	2-0
QT 101	Understanding of Holy Quran-I (only for Muslims)	0-1
MR 101	Minority Rights in the Constitution of Pakistan-I (only for Non-Muslims)	1-0

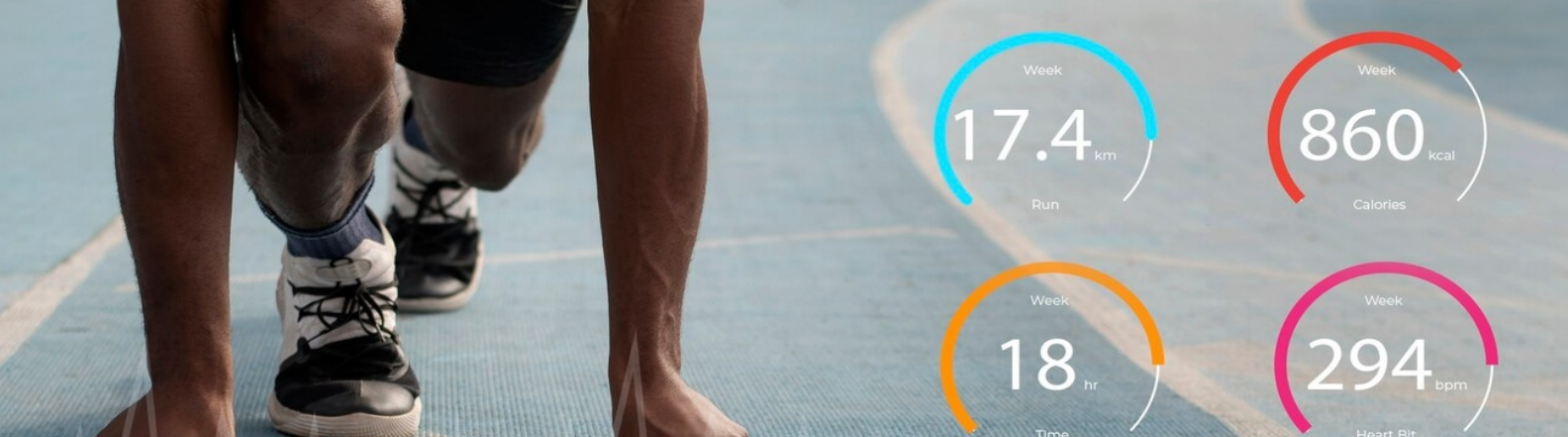
3rd Semester

Course Code	Course Title	Cr. Hrs.17
GE 202	Civics and Community Engagement	2-0
ENG 100	Functional English	3-0
MGT 270	Entrepreneurship	3-0
SSS 203	Test, Measurement & Evaluation in Physical Education and Sports	3-0
SSS 205	Trauma and Rehabilitation	3-0
SSS 107	Anatomy & Physiology	3-0

4th Semester

Course Code	Course Title	Cr. Hrs.18
IT 107	Applications of Information and Communication Technologies (ICT)	2-1
ENG 209	Academic Writing	3-0
MA 210	Introduction to Statistics	3-0
SSS 218	Administration & Management in Sports	3-0
SSS 220	Sports Psychology	3-0
SSS 210	Curriculum Development in Physical Education	3-0





Bachelor of Science in Sports Science & Physical Education

Recognized by Higher Education Commission (HEC)

Program Details	(4 Years)	(2.5 Years)	(2 Years)
Program Code	186	190	189
Number of Courses	50 + Capstone Project + Field Exp.	31 + Capstone Project + Field Exp.	22 + Capstone Project + Field Exp.
Credit Hours	137	85	66
Minimum Duration	8 Semesters, 4 Years	5 Semesters, 2.5 Years	4 Semesters, 2 Years
Maximum Duration	12 Semesters, 6 Years	9 Semesters, 4.5 Years	8 Semesters, 4 Years
Minimum CGPA To Earn Degree	2.00	2.00	2.00

Eligibility Criteria:

- 4 Years:** Candidates holding Intermediate certificate with at least 45% marks or A-Levels with equivalency certificate from IBCC Islamabad or an equivalent certificate from a recognized institution are eligible to apply.
- 2.5 Years:** Candidates holding Bachelor degree (14 years of education) with at least 45% marks in annual system or AD in non relevant discipline with 2.00 CGPA on the scale of 4.00 from a recognized institution are eligible to apply. After Bridge Semester, the scheme from 5th till 8th Semester will be followed.
- 2 Years:** Candidates holding Associate Degree in relevant discipline with at least 45% marks in annual system or 2.00 CGPA on the scale of 4.00 in semester system from a recognized institution are eligible to apply. The scheme from 5th till 8th Semester will be followed.

Candidates will be required to pass an entry test or an aptitude interview conducted by the university.

Program Objectives:

Program being offered to provide an opportunity to enhance the knowledge, skills and qualification in the field of sports sciences & Physical Education as well as to produce such a force of professionally qualified and skilled sports professionals which can meet market demands.

Bridge Semester (for BS 2.5 Years Program)		
Course Code	Course Title	Cr. Hrs.19
SSS 101	Philosophical Basis of Physical Education	3-0
SSS 108	Introduction to Gymnastics	2-0
SSS 102	Anatomy & Physiology	2-0
SSS 103	Rules and Techniques of Games	3-0
SSS 104	Rules & Techniques of Track and Field	3-0
SSS 207	Techniques and Teaching of Games (Practical)	0-2
SSS 114	Techniques and Teaching of Gymnastics (Practical)	0-1
SSS 214	Techniques and Teaching of Track & Field (Practical)	0-2
QT 101	*Understanding of Holy Quran-I (only for Muslims)	0-1
MR 101	*Minority Rights in the Constitution of Pakistan-I (only for Non-Muslims)	1-0
*Only for students who did not study Understanding of Holy Quran-I / Minority Rights in the Constitution of Pakistan-I or Equivalent course in BSc/BA/AD Degree Program.		

Bachelor of Science in Sports Science & Physical Education

Scheme of Studies

1st Semester

Course Code	Course Title	Cr. Hrs.18
GE 110	Introduction to Philosophy	2-0
NS 100	Introduction to Physics	3-0
SSS 105	Philosophical Basis of Physical Education	3-0
SSS 109	Rules & Techniques of Games	3-0
GS 123/240	Islamic Studies / Values, Ethics and Society (for Non Muslims)	2-0
SSS 207	Techniques and Teaching of Games (Practical)	0-2
SSS 108	Introduction to Gymnastics	2-0
SSS 114	Techniques and Teaching of Gymnastics (Practical)	0-1

2nd Semester

Course Code	Course Title	Cr. Hrs.18
GE 109	Ideology and Constitution of Pakistan	2-0
MA 100	Mathematics	3-0
GS 322	Sociology	2-0
SSS 111	Rules and Techniques of Track & Field	3-0
SSS 214	Techniques and Teaching of Track & Field (Practical)	0-2
SSS 115	Health Education	3-0
GS 128	Pakistan Studies	2-0
QT 101	Understanding of Holy Quran-I (only for Muslims)	0-1
MR 101	Minority Rights in the Constitution of Pakistan-I (only for Non-Muslims)	1-0

3rd Semester

Course Code	Course Title	Cr. Hrs.17
GE 202	Civics and Community Engagement	2-0
ENG 100	Functional English	3-0
MGT 270	Entrepreneurship	3-0
SSS 203	Test, Measurement & Evaluation in Physical Education and Sports	3-0
SSS 205	Trauma and Rehabilitation	3-0
SSS 107	Anatomy & Physiology	3-0

4th Semester

Course Code	Course Title	Cr. Hrs.18
IT 107	Applications of Information and Communication Technologies (ICT)	2-1
ENG 209	Academic Writing	3-0
MA 210	Introduction to Statistics	3-0
SSS 218	Administration & Management in Sports	3-0
SSS 220	Sports Psychology	3-0
SSS 210	Curriculum Development in Physical Education	3-0

5th Semester

Course Code	Course Title	Cr. Hrs.19
SSS 311	Techniques and Teaching of Games-II (Practical)	0-2
SSS 301	Exercise Physiology	3-0
SSS 303	Bio-Mechanics	3-0
SSS 315	Health & Wellness	3-0
SSS 402	Techniques and Teaching of Track & Field-II(Practical)	0-2
CMS 316	Media Studies	3-0
AI 312	Artificial Intelligence	2-1

6th Semester

Course Code	Course Title	Cr. Hrs.16
SSS 307	Research Methodology in Physical Education	3-0
SSS 309	Physical Education for Special Population	3-0
SSS 201	Sports Nutrition	3-0
SSS 317	Adapted Physical Education	3-0
SSS 403	Techniques and Teaching of Gymnastics-I	0-1
RES 350	Field Experience	0-3

7th Semester

Course Code	Course Title	Cr. Hrs.16
SSS 212	Science of Sports Training	3-0
SSS 407	Recreation And Outdoor Pursuits	3-0
EDU 300	Foundations of Education	3-0
RES 485	Capstone Project	0-3
MGT 373	Introduction to Planning & Management	3-0
QT 300	Understanding of Holy Quran-II (only for Muslims)	0-1
MR 101	Minority Rights in the Constitution of Pakistan-I (only for Non-Muslims)	1-0

8th Semester

Course Code	Course Title	Cr. Hrs.15
SSS 410	Planning Sports Facilities	3-0
SSS 412	Physiotherapy	3-0
SSS 113	Sports Medicine	3-0
SSS 400	Introduction to Modern Technologies	3-0
SSS 305	Talent Development and Identification in Sports	3-0

Field Experience

Eight weeks of field experience will be carried out during the summer break in competitions at the inter-school, inter-collegiate, or inter-university/board level in games, gymnastics, track, and field events. A competition certificate, along with group photos with the trainers, must be submitted to the Controller of Examinations before the final term examinations of the 7th semester. Participants must earn a certificate of successful completion of the field experience.