

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 Sciences & Physical Education

FACULTY MEMBERS, DEPARTMENT OF SPORTS SCIENCES & PHYSICAL EDUCATION

| | | |
|---------------------------|---------------------|--|
| Prof. Dr. Anita Hokelmann | Professor | PhD Sports Sciences, Germany |
| Dr. Irfan Ullah | Head of Dept. SSPE | PhD Sports Sciences & Physical Education, Gomal University, D.I Khan |
| Dr. Ashiq Muhammad | Assistant Professor | PhD Sports Sciences & Physical Education, Gomal University, D.I Khan |
| Dr. Inayat Shah | Assistant Professor | PhD Sports Physiology |
| Mr. Mudasar Iqbal | Assistant Professor | MS Sports Sciences & Physical Education, Sarhad University, Peshawar |
| Mr. Khalid Zaman | Lecturer | MS Sports Sciences & Physical Education, Sarhad University, Peshawar |
| Mr. Ashfaq Ali Khattak | Lecturer | MS Sports Sciences & Physical Education, Sarhad University, Peshawar |
| Mr. Ishtiaq Khan | UG Coordinator | MS Management Sciences, Sarhad University, Peshawar |
| Mr. Sohail Roman | Lecturer (on Leave) | MPhil Sports Science & Physical Education, Sarhad University, Peshawar |
| Mr. Farid Usman | Lecturer | MPhil Sports Science & Physical Education, Sarhad University, Peshawar |
| Mr. Imran Ullah | Lecturer | Mphil Sports, Gomal University D.I Khan |
| Mr. Ubaid Ullah | Lecturer | MS Sports Sciences & Physical Education, Sarhad University, Peshawar |
| Ms. Fehmina Bibi | PG Coordinator | MS Sports Sciences & Physical Education, Sarhad University, Peshawar |

Junior Diploma in Physical Education

| | |
|--------------------------------------|----------------------|
| Program Code | 070 |
| Number of Courses | 13 |
| Credit Hours | 36 |
| Minimum Duration | 2 Semesters, 1 Year |
| Maximum Duration | 6 Semesters, 3 Years |
| Minimum CGPA Required To Earn Degree | 2.00 |

1st SEMESTER

Eligibility :

Higher Secondary School Certificate or equivalent with at least 45% marks from a recognized institution.

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.

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.

| 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 | 0-2 |
| SPE 142 | Techniques and Teaching of Games | 0-2 |
| SPE 143 | Techniques and Teaching of Gymnastic | 0-2 |
| SPE 191 | Teaching Practice + Project | 0-3 |

NOTE: Students are required to study The Holy Quran as per the directive of the Government of Pakistan. See section 5 (a) e (i and ii).

Associate Degree in Physical Education

| | |
|--------------------------------------|-----------------------|
| Program Code | 174 |
| Practical | 04 |
| Number of Courses | 20 |
| Credit Hours | 67 |
| Minimum Duration | 4 Semesters, 2 Years |
| Maximum Duration | 10 Semesters, 5 Years |
| Minimum CGPA Required To Earn Degree | 2.00 |

Eligibility :

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 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.

1st SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|---|------------|
| ENG 101 | Functional Communication (English-I) | 3-0 |
| GS 123/240 | Islamic Studies/Values, Ethics & Society (For Non Muslims) | 2-0 |
| MA 100 | Mathematics-I (Pre-Calculus) | 3-0 |
| SSS 105 | Philosophical Basis of Physical Education | 3-0 |
| SSS 107 | Anatomy & Physiology | 3-0 |
| SSS 109 | Rules and Techniques of Games | 3-0 |

2nd SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|---|------------|
| ENG 111 | Basic Communication Skills (English II) | 3-0 |
| GS 128 | Pakistan Studies | 2-0 |
| MA 110 | Mathematics-II (Calculus) | 3-0 |
| SSS 111 | Rules and Techniques of Track & Field | 3-0 |
| SSS 113 | Sports Medicine | 3-0 |
| SSS 115 | Health Education | 3-0 |

Associate Degree in Physical Education

3rd SEMESTER

| Course Code | Course Title | Cr. Hrs. |
|-------------|---|----------|
| SSS 201 | Sports Nutrition | 3-0 |
| SSS 203 | Test, Measurement & Evaluation in Physical Education and Sports | 3-0 |
| ENG 209 | Academic Writing (English III) | 3-0 |
| IT 106 | Introduction to IT | 2-1 |
| SSS 205 | Trauma and Rehabilitation | 3-0 |
| SSS 207 | Techniques & Teaching of Games | 0-2 |

4th SEMESTER

| Course Code | Course Title | Cr. Hrs. |
|-------------|--|----------|
| SSS 210 | Curriculum Development in Physical Education | 3-0 |
| SSS 212 | Science of Sports Training | 3-0 |
| SSS 214 | Techniques and Teaching of Track & Field | 0-2 |
| SSS 216 | Techniques and Teaching of Education Gymnastic | 0-2 |
| SSS 218 | Administration & Management in Sports | 3-0 |
| SSS 220 | Sports Psychology | 3-0 |

Teaching/Coaching Practice :

10-days teaching/coaching practice will be carried out in the competitions at Inter Schools/Inter Collegiate/Inter University/Board level. However, the participants will have to obtain a certificate from the Organizing Body and will be required to submit it to the Controller of Examinations before the conduct of final examinations.

Project :

Training in the above disciplines will be arranged by the Instructors /Trainers, acquiring the services of trained personnel in the relevant fields. A completion certificate will be required to be submitted to the Controller of Examinations before the conduct of final examinations along with a group photo with the trainers.

Theory Examination : Theory Examination in the courses/subjects mentioned above will be conducted as per following plan.

Practical Exams: Practical examination will be held in Games, Track & Field and Gymnastic at the end of the Second Term.

NOTE: Students are required to study The Holy Quran as per the directive of the Government of Pakistan. See section 5 (a) e (i and ii).

Bachelor of Science in Sports Sciences & Physical Education

| | |
|--------------------------------------|-----------------------|
| Program Code | 186 |
| Number of Courses | 45 |
| Credit Hours | 128 |
| Minimum Duration | 8 Semesters, 4 Years |
| Maximum Duration | 16 Semesters, 8 Years |
| Minimum CGPA Required To Earn Degree | 2.00 |

Eligibility :

- 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 holding Associate Degree in relevant discipline with at least 2.00 CGPA on the scale of 4.00 from any recognized university/ institution will join from the 5th semester of their degree program. Minimum duration of their degree shall be 2 years.
- *Candidates holding Bachelor degree (14 years of education) with at least 45% marks in annual system or Associate Degree in other than relevant discipline with at least 2.00 CGPA on the scale of 4.00 from any recognized university/ institution will join from the Bridge semester of their degree program. Minimum duration of their degree shall be 2.5 years.
- Candidates need 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

| Course Code | Course Title | Cr. Hrs.12 |
|-------------|---|------------|
| SSS 101 | Philosophical Basis of Physical Education | 3-0 |
| SSS 102 | Anatomy & Physiology | 3-0 |
| SSS 103 | Rules and Techniques of Games | 3-0 |
| SSS 104 | Rules and Techniques of Track & Field | 3-0 |

Theory Examination :

Theory Examination in the courses/subjects mentioned below will be conducted as per following plan.

1st SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|--|------------|
| ENG 101 | Functional Communication (English-I) | 3-0 |
| GS 123/240 | Islamic Studies/Values, Ethics & Society (For Non Muslims) | 2-0 |
| MA 100 | Mathematics-I (Pre Calculus) | 3-0 |
| SSS 105 | Philosophical Basis of Physical Education | 3-0 |
| SSS 107 | Anatomy & Physiology | 3-0 |
| SSS 109 | Rules and Techniques of Games | 3-0 |

Bachelor of Science in Sports Sciences & Physical Education

2nd SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|---|------------|
| ENG 111 | Basic Communication Skills (English II) | 3-0 |
| GS 128 | Pakistan Studies | 2-0 |
| MA 110 | Mathematics-II (Calculus) | 3-0 |
| SSS 111 | Rules and Techniques of Track & Field | 3-0 |
| SSS 113 | Sports Medicine | 3-0 |
| SSS 115 | Health Education | 3-0 |

3rd SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|---|------------|
| SSS 201 | Sports Nutrition | 3-0 |
| SSS 203 | Test, Measurement & Evaluation in Physical Education and Sports | 3-0 |
| ENG 209 | Academic Writing (English III) | 3-0 |
| IT 106 | Introduction to IT | 2-1 |
| SSS 205 | Trauma and Rehabilitation | 3-0 |
| SSS 207 | Techniques & Teaching of Games | 0-2 |

4th SEMESTER

| Course Code | Course Title | Cr. Hrs.16 |
|-------------|--|------------|
| SSS 210 | Curriculum Development in Physical Education | 3-0 |
| SSS 212 | Science of Sports Training | 3-0 |
| SSS 214 | Techniques and Teaching of Track & Field | 0-2 |
| SSS 216 | Techniques and Teaching of Education Gymnastic | 0-2 |
| SSS 218 | Administration & Management in Sports | 3-0 |
| SSS 220 | Sports Psychology | 3-0 |

5th SEMESTER

| Course Code | Course Title | Cr. Hrs.15 |
|-------------|---|------------|
| SSS 301 | Exercise Physiology | 3-0 |
| SSS 303 | Biomechanics | 3-0 |
| ENG 315 | Effective Communication (English - IV) | 3-0 |
| SSS 322 | Sociology | 3-0 |
| SSS 305 | Talent Development and Identification in Sports | 3-0 |

6th SEMESTER

| Course Code | Course Title | Cr. Hrs.17 |
|-------------|--|------------|
| SSS 307 | Research Methodology in Physical Education | 3-0 |
| MA 310 | Introduction to Statistic | 3-0 |
| HR 323 | Human Resource Management | 3-0 |
| SSS 309 | Physical Education for Special Population | 3-0 |
| SSS 311 | Techniques & Teaching of Games - II | 0-2 |
| SSS 313 | Introduction to Planning and Management | 3-0 |

7th SEMESTER

| Course Code | Course Title | Cr. Hrs.14 |
|-------------|---|------------|
| SSS 400 | Introduction to Modern Technologies | 3-0 |
| HR 440 | Training & Development | 3-0 |
| SSS 402 | Techniques and Teaching of Track & Field-II | 0-2 |
| SSS 404 | Internship | 0-3 |
| RES 491 | Research Project - Phase-I | 0-3 |

8th SEMESTER

| Course Code | Course Title | Cr. Hrs.15 |
|-------------|---|------------|
| SSS 410 | Planning Sports Facilities | 3-0 |
| SSS 412 | Physiotherapy | 3-0 |
| SSS 414 | Planning for Scientific Sports Coaching | 3-0 |
| SSS 416 | Human Psychology | 3-0 |
| RES 492 | Research Project - Phase-II | 0-3 |

NOTE: Students are required to study The Holy Quran as per the directive of the Government of Pakistan. See section 5 (a) e (i and ii).