

# Department of Sports Sciences & Physical Education

## Program Offered:

## Master of Science in Sports Sciences & Physical Education

### **Vision**

The basic motto to establish this Department is to bridge the gap of demand & supply of Sports Sciences professionals in the country and to play a leading role in the region.

### **Mission**

To develop quality Sports Sciences & Physical Education programs that emphasize orientation in Physical activities to facilitate knowledge, behaviour, motor & social skills and confidence needed to transform and maintain a healthy and physically active lifestyle.

# Master of Science in Sports Sciences & Physical Education

Program Code	064	Minimum Duration	4 Semesters, 2 Years
Number Of Courses	9+ Research Thesis	Maximum Duration	8 Semesters, 4 Years
Credit Hours	32	Minimum CGPA Required To Earn Degree	2.50

## PROGRAM OBJECTIVES:

The objectives of the program are to;

- Nurture graduates who are self-reliant and life-long learners that model healthy behaviours both personally and professionally, through effective and innovative teaching, research, and service with a clear focus on health and physical education.
- Develop academic programmes and conduct research in school health, empower the role of teachers in health promotion and maintenance, provide academic opportunities for health professionals in health education, and develop strategic programmes to expand and extend the role of PE teachers.
- Promote the knowledge and broaden the minds of scholars, foster collaborations with other institutes and enable scholars to take best advantage of their educational opportunities.
- Strengthen physical education program in order to develop and reinforce cooperative behavior among the scholars of physical education.
- Encourage lifelong health through physical education program among the scholars and other members of the community.

## PROGRAM OUTCOMES :

After completion of the program, scholars will be able to;

- Develop research aptitude in Sports Science & Physical Education through assignments, project, presentation, workshops and seminars.
- Behave like a model among scholars, Sportsmen & Society at large.
- Apply principles, analytical methods and best practices for designing, implementing, and evaluating health and sports promoting activities.
- Demonstrate personal behaviours that exemplify professionalism among the Sports Community.

## ELIGIBILITY :

Candidate having 16 years of education in (MA/MSc-HPE or an equivalent degree) with 2.00 CGPA on the scale of 4.00 in semester system or at least 50% marks in annual system from any recognized institute/university is eligible to apply.

Applicant needs to pass GAT (General) to be conducted by NTS/E TEA/any Registered Testing Agency or University, with at least 50% cumulative score and to clear departmental interview at the time of admission.

## MASTER OF SCIENCE IN SPORTS SCIENCES & PHYSICAL EDUCATION

### SEMESTER 1

Course Code	Course Title	Cr. Hrs.
SSS 520	Planning and Development of Sports Facilities	3-0
SSS 522	Theories, Methods and Planning of Training	3-0
RES 581	Research Methodology	2-0

### SEMESTER 2

Course Code	Course Title	Cr. Hrs.
SSS 524	Advanced Test, Measurement & Evaluation in Physical Education	3-0
SSS 528	Nutrition and Athletic Performance	3-0
	Elective I	3-0

### SEMESTER 3

Course Code	Course Title	Cr. Hrs.
	Elective II	3-0
	Elective III	3-0
	Elective IV	3-0

### SEMESTER 4

Course Code	Course Title	Cr. Hrs.
	Plan A : MS with Research Work	
RES 690	Research Thesis	0-6
	Plan B : MS with Course Work	
	Elective V	3-0
	Elective VI	3-0
	Elective VII	3-0

### ELECTIVES

Course Code	Course Title	Cr. Hrs.
SSS 604	Leadership: Theory & Practice	3-0
SSS 610	Computer Applications in Physical Education	3-0
SSS 613	Media Management & Sports Marketing	3-0
SSS 623	Special Education	3-0
SSS 631	Motor Control and Motor Learning	3-0
SSS 630	Sports Medicine	3-0
SSS 633	Sports and Exercise Psychology	3-0
SSS 634	Motor Control Learning & Behavior	3-0
SSS 625	Curriculum Development and Text Book Production	3-0