

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 focuses 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.

Programs Offered:

Junior Diploma in
Health & Physical Education

Associate Degree in
Physical Education

Master of Health &
Physical Education

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 around the country and to become the leading seat

Mission

To develop and initiate quality Physical Education programs that duly emphasize meaningful participation in Physical activities; to help students 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.

Junior Diploma in Health & Physical Education

Minimum Duration : 2 Semesters, 1 Year
 Maximum Duration : 6 Semesters, 3 Years
 Minimum CGPA required to earn degree 2.00

Program Code 070
 Number of Courses 13
 Number of Practical + Project+ Teaching Practice 09
 Credit Hours 36

Medium of Instructions:
 Urdu/English (Optional)

Eligibility

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

Program Outcomes:

After successful completion of the programme 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 human anatomy and physiology and about basic health related problems in relation with Sports Sciences as well.

Theory Examination : Theory Examination in the courses/subjects mentioned below 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.

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

Associate Degree in Physical Education

Minimum Duration : 4 Semesters, 2 Years
 Maximum Duration : 10 Semesters, 5 Years
 Minimum CGPA required to earn degree 2.00

Program Code 174
 Practical 04
 Number of Courses 20
 Credit Hours 67

Eligibility Criteria (Option I):

Direct admission in Associate degree in Physical Education (AD-PE) -2 years program with 4 semesters

FA/F.Sc or equivalent education with at least 45% marks.

Program Objectives:

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

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 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 below 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.

SEMESTER ONE	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
SEMESTER TWO	Course Code	Course Title	Cr. Hrs. 18
	SPE 129	Science of Movement	3-0
	SPE 132	Sports Injuries (Treatment by Rahab)	3-0
	SPE 131	Basic Sports Nutrition	3-0
	SPE 191	Teaching Practice + Project	0-3
	SPE 141	Techniques and Teaching of Track & Field Events	0-2
	SPE 142	Techniques and Teaching of Games	0-2
	SPE 143	Techniques & Teaching of Gymnastics	0-2
SEMESTER THREE	Course Code	Course Title	Cr. Hrs. 14
	ENG 111	Basic Communication (English-II)	3-0
	MA 111	General Mathematics and Statistics	3-0
	SPE 214	Physical Education for Special Persons	3-0
	SPE 219	Science of Sports Training and Coaching	3-0
	GS 123	Islamic Studies	2-0
	GS 240	Values, Ethics & Society (For Non Muslim in lieu of GS123)	2-0
SEMESTER FOUR	Course Code	Course Title	Cr. Hrs. 17
	SPE 202	Recreation and Outdoor Pursuits	3-0
	SPE 205	Physiotherapy	3-0
	SPE 213	Talent Development and Identification in Sports	3-0
	ENG 209	Academic Writing (English III)	3-0
	IT 106	Introduction to IT	2-1
	GS 128	Pakistan Studies	2-0

Master of Health & Physical Education

Minimum Duration : 4 Semesters, 2 Years
Maximum Duration : 10 Semesters, 5 Years

Program Code	059
Theory	1600
Practical	150
Teaching Practice & Project	100
Total Marks	1850

Program Outcomes:

Students will attain and maintain physical fitness and overall wellness.

Perform in practical life as a sports leader

Apply academic concepts of the professional discipline to promote healthy lifestyles through physical activity, fitness, wellness, and sports.

Apply principles, analytical methods, and best practices for designing, implementing, and evaluating health promoting activity and programs

To develop a quality physical education program that emphasize enjoyable participation in physical activities; to help students develop the knowledge, attitude, motor skills, social skills and confidence needed to begin and maintain a healthy physically active lifestyle for the rest of their life.

The curriculum will provide activities that offer opportunities to achieve specific goals in a continuous and overlapping schedule.

Theory Examination : Theory Examination in the courses/subjects mentioned below 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.

Eligibility

Admission to MSc H&PE shall be open to candidates who have passed B.A/B.Sc/AD-PE examination from a recognized University/Institution or any other equivalent examination with at least 45 % Marks. Candidates need to pass an entry test/interview conducted by the University.

Candidates holding SDPE 45% marks can be admitted in 3rd semesters of this program .

SEMESTER ONE	Course Code	Course Title	Marks 400	Cr. Hrs.
	SPE 351	Philosophical Basis of Phy Edu		100
SPE 352	Rules & Techniques of Games & Sports		100	
SPE 353	Advance Health Education		100	
SPE 354	Science of Track & Field		100	

Practical Evaluation (External)

Course Code	Course Title	Marks 150	Cr. Hrs.
SPE 361	Techniques & Teaching of Track & Field	50	
SPE 362	Techniques & Teaching of Games	50	
SPE 363	Techniques & Teaching of Educational Gymnastic	50	

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.

Master of Health & Physical Education

SEMESTER TWO

Course Code	Course Title	Marks 400	Cr. Hrs.
SPE 355	Bio Mechanics	100	100
SPE 356	Sports Medicine	100	100
SPE 357	Physical Education for Special Needs (PSN)	100	100
SPE 358	Nutrition in Sports	100	100

Practical Evaluation (External)

Course Code	Course Title	Marks 100	Cr. Hrs.
SPE 359	Teaching Practice + Project	50+50	
	Hiking	10	
	Civil Defense	15	
	First Aid	10	
	Scouting / Girls Guide	15	

Projects :

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 be submitted to the Controller of Examinations before the conduct of final examinations along with a group photo with the trainers.

SEMESTER THREE

Course Code	Course Title	Marks 400	Cr. Hrs.
SPE 401	Test, Measurement & Evaluation in Physical Education	100	100
SPE 402	Research Methods in Physical Education	100	100
SPE 403	Psychology of Sports	100	100
SPE404	Exercise Physiology	100	100

SEMESTER FOUR

Course Code	Course Title	Marks 400	Cr. Hrs.
SPE 405	Administration & Management in Physical Education	100	100
SPE 406	Science of Sports Training	100	100
SPE 490	Research Thesis	200	
	Or		
SPE 411	The following in lieu of Research Thesis Planning facilities in Physical Education and Recreation	100	100
SPE 410	Curriculum development in Physical Education		

No words can really completely capture the joyous feelings of my heart when I think, how

Sarhad University has benefited so many students in past years. It is just so blissful moment that I am a small part of Sarhad University's great journey. Thank you everyone ... especially to my teachers for opening my eyes and my mind to the true meaning and purpose of my life.

Irfan Hussain, Alumnus,

Department of Health & Physical Education