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

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

**Program Outcomes:**
After successful completion of the program, 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Cr. Hrs. 18</th>
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</thead>
<tbody>
<tr>
<td>ENG 101</td>
<td>Functional Communication (English-I)</td>
<td>3-0</td>
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<tr>
<td>SPE 101</td>
<td>Foundation of Physical Education</td>
<td>3-0</td>
</tr>
<tr>
<td>SPE 119</td>
<td>Fundamental Rules and Techniques of Games and Sports</td>
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<tr>
<td>SPE 114</td>
<td>Basic Health Education</td>
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<tr>
<td>SPE 118</td>
<td>Olympic and Re-creative Sports</td>
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<tr>
<td>SPE 121</td>
<td>Anatomy and Physiology</td>
<td>3-0</td>
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<tr>
<td>SPE 129</td>
<td>Science of Movement</td>
<td>3-0</td>
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<tr>
<td>SPE 132</td>
<td>Sports Injuries (Treatment by Rahab)</td>
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<tr>
<td>SPE 131</td>
<td>Basic Sports Nutrition</td>
<td>3-0</td>
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<tr>
<td>SPE 191</td>
<td>Teaching Practice + Project</td>
<td>0-3</td>
</tr>
<tr>
<td>SPE 141</td>
<td>Techniques and Teaching of Track &amp; Field Events</td>
<td>0-2</td>
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<tr>
<td>SPE 142</td>
<td>Techniques and Teaching of Games</td>
<td>0-2</td>
</tr>
<tr>
<td>SPE 143</td>
<td>Techniques &amp; Teaching of Gymnastics</td>
<td>0-2</td>
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**Medium of Instructions:** Urdu/English (Optional)

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

**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.
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

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 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.

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 Gymnastics at the end of the Second Term.

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

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<tr>
<td>SPE 202</td>
<td>Recreation and Outdoor Pursuits</td>
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<td>SPE 205</td>
<td>Physiotherapy</td>
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<tr>
<td>ENG 209</td>
<td>Academic Writing (English III)</td>
<td>3-0</td>
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<tr>
<td>IT 106</td>
<td>Introduction to IT</td>
<td>2-1</td>
</tr>
<tr>
<td>GS 128</td>
<td>Pakistan Studies</td>
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Master of Health & Physical Education

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

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.

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.

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

Program Outcomes:

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.

Eligibility

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