

Program	BS Physical Education	Course Code	PE-451	Credit Hours	03
Course Title	Capstone Project (Practical)				
Course Introduction					
This course provides an in-depth understanding of research-oriented activities in the field of sports sciences and physical education. Emphasis is placed on practical and experimental research in the field of sports sciences and physical education.					
Learning Outcomes					
On the completion of the course, the students will:					
- Integrate knowledge acquired throughout the program to address real-world sports science and physical education issues. - Apply research and analytical skills to develop and execute a comprehensive capstone project. - Demonstrate proficiency in project planning, implementation, and evaluation. - Present findings and recommendations effectively through written and oral presentations. - Collaborate effectively in a team setting, if applicable.					
Course Content					Assignments/Readings
Week 1	Introduction to Capstone Project Activity: Course Objectives/Learning Outcomes and Requirements Overview of the capstone project. Task: Discuss the importance of capstone projects in integrating learning outcomes. Outcome: Understand the scope and expectations of the capstone project				From Books and Class Lectures
Week 2-3	Topic Selection and Proposal Development Activity: Identifying and refining project topics related to sports science and physical education. Task: Develop a project proposal including objectives, methodology, and expected outcomes. Outcome: Finalize project scope and obtain approval from faculty				From Books and Class Lectures
Week 4-5	Literature Review Activity: Conducting a comprehensive literature review related to the chosen topic. Task: Identify relevant sources and critically analyze existing research. Outcome: Establish a theoretical foundation for the capstone project				From Books and Class Lectures

Week 6-7	Project Planning and Implementation • Activity: Developing a detailed project plan and timeline. • Task: Implementing research methods and data collection procedures. • Outcome: Initiate project activities and collect necessary data	From Books and Class Lectures
Week 8-10	Data Analysis and Interpretation • Activity: Analyzing collected data using appropriate statistical methods. • Task: Interpret findings and draw conclusions based on data analysis. • Outcome: Synthesize results to address project objectives	From Books and Class Lectures
Week 11-12	Report Writing • Activity: Structuring and writing the capstone project report. • Task: Drafting project chapters (Introduction, Methods, Results, Discussion). • Outcome: Develop a cohesive and well-organized project document	From Books and Class Lectures
Week 13	Peer Review and Feedback • Activity: Peer review sessions for project drafts. • Task: Provide constructive feedback and suggestions for improvement. • Outcome: Refine project content and enhance clarity	From Books and Class Lectures
Week 14	Finalizing the Capstone Project • Activity: Revising and editing the project report based on feedback. • Task: Ensure coherence, accuracy, and academic rigour in the project document. • Outcome: Prepare a polished final draft for submission.	From Books and Class Lectures
Week 15	Oral Presentation • Activity: Presenting project findings and recommendations orally. • Task: Prepare and deliver a concise presentation of the capstone project. • Outcome: Communicate project outcomes effectively to peers and faculty	From Books and Class Lectures
Week 16	Project Defense	From Books and Class Lectures

	• Activity: Defending the capstone project in front of a panel. • Task: Respond to questions and critique from panel members. • Outcome: Demonstrate understanding and mastery of the capstone project	
Assessment Criteria		
1. Project Proposal (10%): ◦ Clarity and feasibility of project objectives and methodology. 2. Literature Review (15%): ◦ Depth and critical analysis of relevant literature. 3. Project Planning and Implementation (20%): ◦ Execution of project activities within a specified timeline. 4. Data Analysis and Interpretation (20%): ◦ Competence in data analysis methods and interpretation of findings. 5. Project Report (20%): ◦ Organization, coherence, and academic writing style. 6. Oral Presentation (10%): ◦ Clarity, content, and delivery of the project presentation. 7. Project Defense (5%): ◦ Ability to defend project outcomes and respond to questions		
Textbooks and Reading Material		
Textbooks • Bolker, J. (1998). Writing your dissertation in fifteen minutes a day: A guide to starting, revising, and finishing your doctoral thesis (2nd ed.). Holt Paperbacks. • Gratton, C., & Jones, I. (Eds.). (2019). Research methods in sport (4th ed.). Routledge. • Leedy, P. D., & Ormrod, J. E. (2019). Practical research: Planning and design (12th ed.). Pearson. • Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2015). Research methods in physical activity (7th ed.). Human Kinetics.		