

Programme	Physical Education	Course Code	GPST-201	Credit Hours	2
Course Title	Pakistan Studies				
Course Introduction					
This course is designed to provide students with a comprehensive exploration of Pakistani identity, spanning geographical, historical, and cultural dimensions. It delves into diverse landscapes, ancient civilisations, and rich cultural heritage that define Pakistan. Moreover, it examines the socio-cultural and political transformations in Pakistan over time including democratic transitions and military interventions. The aim of this course is to inculcate in students a nuanced understanding of Pakistan's past, present, and potential future trajectories, enabling them to critically evaluate the complex dynamics shaping the nation's development.					
Learning Outcomes					
By the end of this course, students will be able to: 1. Demonstrate enhanced knowledge of the geographical, historical, and political aspects of Pakistan. 2. Understand the society and culture of Pakistan. 3. Understand and explain the socio-economic developments in Pakistan. 4. Explore contemporary issues and challenges faced by Pakistan and their implications for the future.					
Course Content			Assignments/Readings		
Week 1	Unit I Introduction to Pakistan 1.1 Location of Pakistan 1.2 Significance of Pakistan		Write an analytical response addressing the geographical location of Pakistan and explain how it shapes its political and economic importance.		
Week 2	1.3 Ancient Civilizations in the region 1.4 Factors leadings to the creation of Pakistan		Choose one ancient civilization (Indus Valley, Gandhara, Mehrgarh) and summarize its major contributions.		
Week 3	Unit II Political History of Pakistan 2.1 Formative phase 2.2 Military interventions and Democratic transitions		Identify and explain three major factors that led to the creation of Pakistan.		
Week 4	Unit III Geography of Pakistan 3.1 Physiography: Mountains 3.2 Plains of Pakistan 3.3 Plateaus of Pakistan		Describe the major mountain ranges (Himalayas, Karakoram, Hindu Kush).		
Week 5	3.4 Deserts of Pakistan 3.5 Valleys of Pakistan		Conclude with one paragraph reflecting on how geography and history shaped Pakistan’s identity.		
Week 6	3.6 River Systems: Indus Rivers 3.7 Tributaries of Indus Rivers				
Week 7	3.8 Climate Regions of Pakistan 3.9 Factors affecting the climate of Pakistan		Describe Pakistan’s climate regions and the major factors affecting climate.		
Week 8	MID TERM EXAMINATION				
Week 9	Unit IV Society and Culture of Pakistan 4.1 Socio-cultural diversity 4.2 Language and literature of Pakistan		Describe Pakistan’s socio-cultural diversity (ethnic groups, traditions, festivals).		

Week 10	Unit V Economic development of Pakistan 5.1 Agriculture sector of Pakistan 5.2 Industrial sector of Pakistan	Explain the role of the agriculture sector in Pakistan’s economy.
Week 11	5.3 Economic challenges of Pakistan	Identify three major economic challenges Pakistan faces today
Week 12	Unit VI Contemporary Issues 6.1 Foreign relations of Pakistan 6.2 Security Challenges: Terrorism, Extremism	Write a short research assignment on Pakistan’s Security challenges such as terrorism and extremism including its causes and solutions.
Week 13	6.3 Regional conflicts 6.4 Environmental problems	Identify two environmental problems Pakistan is facing and explain their causes.
Week 14	6.5 Sustainable Development (SDGs) 6.6 Media	Explain the relevance of Sustainable Development Goals (SDGs) for Pakistan’s future.
Week 15	6.7 Social Change 6.8 Major causes of Social Change	Identify and explain the major causes of social change in Pakistan (technology, urbanization, education, globalization, etc.).
Week 16	END TERM EXAMINATION	
Textbooks and Reading Material		
1. Textbooks. 1. Hayat, S. (Ed.). (2023). <i>Pakistan studies: A book of readings</i> . Lahore, Pakistan: Sang-e-Meel Publications. 2. Khan, F. K. (1991). <i>A geography of Pakistan: Environment, people, and economy</i> . Oxford University Press. 3. Burke, S. M. (1973). <i>Pakistan’s foreign policy: An historical analysis</i> . London: Oxford University Press.		
2. Suggested Readings 1. Jahangir, U. (2018). <i>Physical Geography of Pakistan</i> . Lahore, Pakistan: Caravan Book House. 2. Rahman, T. (1996). <i>Language and politics in Pakistan</i> . Karachi, Pakistan: Oxford University Press. 3. Zaidi, S. A. (2015). <i>Issues in Pakistan’s economy: A political-economy perspective</i> (3rd ed.). Karachi: Oxford University Press. 4. Rehman, A., Khan, A. Z., Jalibi, J., & Siddiqui, M. H. (2018). <i>Pakistan culture</i> . Islamabad, Pakistan: National Book Foundation.		
Teaching Learning Strategies		
• Weekly lectures with interactive discussions • Term Papers • Individual and group assignments • Book review		
Assignments: Types and Number with Calendar		
Week		
4	Written quiz I	
6	Assignment I	
14	Written quiz II	
11	Assignment II	