

BS 04 Years & Associate Degree in Physical Education (Syllabus valid till Fall-2025 Session)

Course Title	Course Code	Course Type	Credit Hour
Semester 1			
<u>GEN(NS)</u>		General	<u>2</u>
Functional English	GENG-101	General	<u>3</u>
Quantitative Reasoning-I	GQR-101	General	<u>3</u>
Applications of Information & Communication Technologies	GE-160	General	<u>3</u>
Rules & Techniques of Games-I (Hockey Football & Table Tennis)	PE 121	Major	<u>3</u>
Rules & Techniques of Athletics-I (Track Events)	PE 122	Major	<u>3</u>
Fehm-e-Quran	HQ-001N	Major	<u>0</u>
			Total Credit Hours 17
Semester 2			
<u>GEN(AH)</u>		General	<u>2</u>
Expository Writing	GENG-201	General	<u>3</u>
Quantitative Reasoning-II	GQR-201	General	<u>3</u>
Rules & Techniques of Games-II (Volleyball, Basketball, Badminton)	PE-161	Major	<u>3</u>
Rules & Techniques of Athletics-II (Jumps)	PE-162	Major	<u>3</u>
Fehm-e-Quran	HQ-002N	Major	<u>1</u>
Everyday Science (NS)	PE-163	General	<u>3</u>
			Total Credit Hours 18
Semester 3			
Information Management	SIM-222	General	<u>2</u>
GISL-101 Islamic Studies/GETH-101 Ethics (For Non-Muslims)		Compulsory	<u>2</u>
Pakistan Studies	APAK-111	General	<u>2</u>
Science of Sports Training & Coaching	PE-221	Major	<u>3</u>
Rules & Techniques of Games-III (Handball, Tennis & Cricket)	PE-222	Major	<u>3</u>
Tarjuma-e-Quran	HQ-003	Compulsory	<u>0</u>
Rules and Techniques of Athletics-III (Throws)	PE-223	Major	<u>3</u>
			Total Credit Hours 15
Semester 4			
<u>GEN(SS)</u>		General	<u>3</u>
Civics and Community Engagement	GCCE-201	General	<u>2</u>
Ideology and Constitution of Pakistan	GICP-101	General	<u>2</u>
Entrepreneurship	GENT-101	General	<u>2</u>
Sports Nutrition & Dietetics	PE-261	Major	<u>3</u>
Tarjuma-e-Quran	HQ-004	Compulsory	<u>1</u>
Rules & Techniques of Games-IV (Study Trip/Hiking, Kabaddi, Squash & Boxing)	PE-262	Major	<u>3</u>
Rules & Techniques of Gymnastics	PE-263	Major	<u>3</u>
			Total Credit Hours 19
Semester 5			
Philosophical Basis of Physical Education	PE-321	Major	<u>3</u>
Human Anatomy & Physiology	PE-322	Interdisciplinary	<u>3</u>
Introduction to Sports Biomechanics & Kinesiology	PE-323	Major	<u>3</u>
Sports Medicine and Rehabilitation	PE-324	Major	<u>3</u>
Sports Sociology	PE-325	Major	<u>3</u>
Introduction to Statistics	STAT-101	General	<u>3</u>
Tarjuma-e-Quran	HQ-005	Compulsory	<u>0</u>
			Total Credit Hours 18
Semester 6			
Interdisciplinary		Interdisciplinary	<u>3</u>
Interdisciplinary		Interdisciplinary	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
Tarjuma-e-Quran	HQ-006	Compulsory	<u>1</u>
			Total Credit Hours 16
Semester 7			
Fieldwork / Intership		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
Tarjuma-e-Quran	HQ-007	Compulsory	<u>0</u>
			Total Credit Hours 15
Semester 8			
Capstone Project		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
major		Major	<u>3</u>
Tarjuma-e-Quran	HQ-008	Compulsory	<u>1</u>
			Total Credit Hours 16

Signature