

BS 04 Years & Associate Degree in Health & Physical Education			
Course Title	Course Code	Course Type	Credit Hour
Semester 1			
Functional English	GENG-101	General	<u>3</u>
Civics and Community Engagement	GCCE-101	General	<u>2</u>
Islamic Studies / Ethics (for Non-Muslims)	GISL-101 / GETH-101	General	<u>2</u>
Athletics I (Theory)	PE-103	Major	<u>2</u>
Games I (Theory)	PE-101	Major	<u>2</u>
Fehm-e-Quran	HQ-001N	Major	<u>0</u>
Games I (Practical)	PE-102	Major	<u>1</u>
Athletics I (Practical)	PE-104	Major	<u>1</u>
Physics for Everyday Life (NS)	NPHY-110	General	<u>3</u>
Total Credit Hours			16
Semester 2			
Introduction to Health and Physical Education (AH)	APED-111	General	<u>2</u>
Quantitative Reasoning (I)	GQR-101	General	<u>3</u>
Entrepreneurship	GENT-101	General	<u>2</u>
Ideology and Constitution of Pakistan	GICP-101	General	<u>2</u>
Athletics II (Theory)	PE-153	Major	<u>1</u>
Games II (Theory)	PE-151	Major	<u>1</u>
Tarjuma-e-Quran	HQ-002	Compulsory	<u>1</u>
Games II (Practical)	PE-152	Major	<u>2</u>
Athletics II (Practical)	PE-154	Major	<u>2</u>
Total Credit Hours			16
Semester 3			
Applications of Information and Communication Technologies	GICT-201	General	<u>2</u>
Expository Writing	GENG-201	General	<u>3</u>
Athletics III (Theory)	PE-203	Major	<u>1</u>
Games III (Practical)	PE-201L	Major	<u>2</u>
Games III (Theory)	PE-201	Major	<u>1</u>
Tarjuma-e-Quran	HQ-003	Compulsory	<u>0</u>
Athletics III (Practical)	PE-203L	Major	<u>2</u>
Talent Identification in Sports (Theory)	PE-205	Major	<u>2</u>
Talent Identification in Sports (Practical)	PE-205L	Major	<u>1</u>
Pakistan Studies.	GPST-201	General	<u>2</u>
Applications of Information and Communication Technologies (Lab)	GICT201L	Major	<u>1</u>
Total Credit Hours			17
Semester 4			
GEN(SS)		General	<u>2</u>
Quantitative Reasoning (II)	GQR-202	General	<u>3</u>
Athletics IV (Theory)	PE-253	Major	<u>1</u>
Games IV (Practical)	PE-252	Major	<u>2</u>
Games IV (Theory)	PE-251	Major	<u>1</u>
Tarjuma-e-Quran	HQ-004	Compulsory	<u>1</u>
Athletics IV (Practical)	PE-254	Major	<u>2</u>
Gymnastics (Theory)	PE-255	Major	<u>1</u>
Gymnastics (Practical)	PE-256	Major	<u>2</u>
Total Credit Hours			15
Semester 5			
Interdisciplinary		Interdisciplinary	<u>3</u>
Interdisciplinary		Interdisciplinary	<u>3</u>
Specialization in Track & Field (Theory)	PE- 303	Major	<u>2</u>
Anatomy and Physiology (Practical)	PE-302	Major	<u>1</u>
Anatomy and Physiology (Theory)	PE-301	Major	<u>2</u>
Tarjuma-e-Quran	HQ-005	Compulsory	<u>0</u>
Specialization in Track & Field (Practical)	PE-304	Major	<u>1</u>
Research Methodology in Physical Education (Theory)	PE-305	Major	<u>2</u>
Research Methodology in Physical Education (Practical)	PE-306	Major	<u>1</u>
Total Credit Hours			15
Semester 6			
Interdisciplinary		Interdisciplinary	<u>3</u>
Interdisciplinary		Interdisciplinary	<u>3</u>
Application of Statistics in Physical Education (Theory)	PE-353	Major	<u>2</u>
Sports Nutrition (Practical)	PE-352	Major	<u>1</u>
Sports Nutrition (Theory)	PE-351	Major	<u>2</u>
Tarjuma-e-Quran	HQ-006	Compulsory	<u>1</u>
Application of Statistics in Physical Education (Practical)	PE-354	Major	<u>1</u>
Sports Biomechanics (Theory)	PE-355	Major	<u>2</u>
Sports Biomechanics (Practical)	PE-356	Major	<u>1</u>
Total Credit Hours			16
Semester 7			
Fieldwork / Internship		Major	<u>3</u>
Common Sports Injuries, Treatment & Rehabilitation (Practical)	PE-408	Major	<u>1</u>
Common Sports Injuries, Treatment & Rehabilitation (Theory)	PE-407	Major	<u>2</u>
Sports Psychology (Theory)	PE-405	Major	<u>2</u>
Exercise Physiology (Practical)	PE-404	Major	<u>1</u>
Tarjuma-e-Quran	HQ-007	Compulsory	<u>0</u>

Scientific Sports Coaching (Theory)	PE-401	Major	<u>2</u>
Scientific Sports Coaching (Practical)	PE-402	Major	<u>1</u>
Exercise Physiology (Theory)	PE-403	Major	<u>2</u>
Sports Psychology (Practical)	PE-406	Major	<u>1</u>
Total Credit Hours 15			
Semester 8			
Administration and Management in Sports (Theory)	PE-456	Major	<u>2</u>
Adapted Physical Education (Practical)	PE-455	Major	<u>1</u>
Adapted Physical Education (Theory)	PE-454	Major	<u>2</u>
Sports Medicine (Theory)	PE-452	Major	<u>2</u>
Capstone Project	PE-451	Major	<u>3</u>
Tarjuma-e-Quran	HQ-008	Compulsory	<u>1</u>
Sports Medicine (Practical)	PE-453	Major	<u>1</u>
Administration and Management in Sports (Practical)	PE-457	Major	<u>1</u>
Specialization in Field Hockey (Theory)	PE-458	Major	<u>2</u>
Specialization in Field Hockey (Practical)	PE-01	Major	<u>1</u>
Total Credit Hours 16			
Signature			