Course Title	Course Code	Course Type	Credit Hour
	Semester 1		
Quantitative Reasoning-I	GQR-101	General	3
Functional English	GENG-101	General	3
Applications of Information & Communication Technologies (Theory)	GE-160	General	<u>2</u>
Applications of Information & Communication Technologies	GE-160L	General	<u>1</u>
(Practical)	02 1002	general.	-
Rules & Techniques of Games-I (Hockey Football & Table	PE-121	Major	1
Tennis) (Theory)			_
Rules & Techniques of Games-I (Hockey Football & Table	PE-121L	Major	<u>2</u>
Tennis) (Practical) Rules & Techniques of Athletics-I (Track Events) (Theory)	PE-122	Major	1
Rules & Techniques of Athletics-I (Track Events) (Practical)	PE-122L	Major	2
Fehm-e-Quran	HQ-001N	Compulsory	<u> </u>
	-		Total Credit Hours 15
	Semester 2		
Introduction-to-Health-and-Physica-Education	APED-111	General	<u>2</u>
Entrepreneurship Ideology and Constitution of Pakistan	GENT-101 GICP-101	General General	<u>2</u>
Quantitative Reasoning I	GQR-101	General	<u>2</u> 3
Games II (Theory)	PE-151	Major	<u> </u>
Games II (Practical)	PE-152	Major	2
Athletics II (Theory)	PE-153	Major	<u> </u>
Athletics II (Practical)	PE-154	Major	<u>2</u>
Tarjuma-e-Quran	HQ-002	Compulsory	1
			Total Credit Hours 16
Expository Writing	Semester 3 GENG-201	General	3
Games III (Theory)	PE-201	Major	<u> </u>
Games III (Practical)	PE-201L	Major	<u> </u>
Athletics III (Theory)	PE-203	Major	1
Athletics III (Practical)	PE-203L	Major	<u> </u>
Talent Identification in Sports (Theory)	PE-205	Major	<u>2</u>
Talent Identification in Sports (Practical)	PE-205L	Major	<u>1</u>
Tarjuma-e-Quran	HQ-003	Compulsory	<u>0</u>
Pakistan Studies	GPST-201 GICT201	General	<u>2</u> 3
Applications of Information and Communication Technologies	GIC 1201	General	Total Credit Hours 17
	Semester 4		Total Credit Hours 17
GEN(SS)	20000002	General	2
Quantitative Reasoning-II	GQR-102	General	<u> </u>
Games IV (Theory)	PE-251	Major	<u>1</u>
Games IV (Practical)	PE-252	Major	<u>2</u>
Athletics IV (Theory)	PE-253	Major	1
Athletics IV (Practical)	PE-254 PE-255	Major	2
Gymnastics (Theory) Gymnastics (Practical)	PE-256	Major Major	<u> </u>
Tarjuma-e-Quran	HQ-004	Compulsory	<u>~</u> 1
	== 2 2 3 3	,	Total Credit Hours 15
	Semester 5		
Anatomy and Physiology (Theory)	PE-301	Major	<u>2</u>
Anatomy and Physiology (Practical)	DE 202		
A 1	PE-302	Major	1
Specialization in Track and Field (Theory)	PE-303	Major	<u>1</u> <u>2</u>
Specialization in Track and Field (Practical)	PE-303 PE-304	Major Major	1 2 1
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory)	PE-303 PE-304 PE-305	Major Major Major	1 2 1 2
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical)	PE-303 PE-304 PE-305 PE-306	Major Major Major Major	1 2 1 2 1 0
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory)	PE-303 PE-304 PE-305	Major Major Major	1 2 1 2 1 0 Total Credit Hours 9
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical)	PE-303 PE-304 PE-305 PE-306	Major Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351	Major Major Major Major Major Compulsory Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352	Major Major Major Major Major Compulsory Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353	Major Major Major Major Major Compulsory Major Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354	Major Major Major Major Major Compulsory Major Major Major Major Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355	Major Major Major Major Major Compulsory Major Major Major Major Major Major Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356	Major Major Major Major Major Compulsory Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355	Major Major Major Major Major Compulsory Major Major Major Major Major Major Major Major Major	<u>~</u>
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7	Major Major Major Major Major Compulsory Major	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 1
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400	Major Major Major Major Compulsory Major Major Major Major Major Major Major Compulsory Major General	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401	Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory Major Major Major Major Major Major Major Major Major Compulsory	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory) Scientific Sports Coaching (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401 PE-402	Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory General Major Major Major	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10 3 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory) Scientific Sports Coaching (Practical) Exercise Physiology (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401 PE-402 PE-403	Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory General Major Major Major Major	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory) Scientific Sports Coaching (Practical) Exercise Physiology (Theory) Exercise Physiology (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401 PE-402 PE-403 PE-404	Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory General Major Major Major Major Major Major Compulsory	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10 3 2 1 2 1 1 2 1 1 2 1 1 1 1 1 1 1 1 1
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory) Scientific Sports Coaching (Practical) Exercise Physiology (Theory) Exercise Physiology (Practical) Sports Psychology (Theory)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401 PE-402 PE-403 PE-404 PE-405	Major Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory General Major	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10
Specialization in Track and Field (Practical) Research Methodology in Physical Education (Theory) Research Methodology in Physical Education (Practical) Tarjuma-e-Quran Sports Nutrition (Theory) Sports Nutrition (Practical) Applications of Statistics in Physical Education (Theory) Applications of Statistics in Physical Education (Practical) Sports Biomechanics (Theory) Sports Biomechanics (Practical) Tarjuma-e-Quran Fieldwork Scientific Sports Coaching (Theory) Scientific Sports Coaching (Practical) Exercise Physiology (Theory) Exercise Physiology (Practical)	PE-303 PE-304 PE-305 PE-306 HQ-005 Semester 6 PE-351 PE-352 PE-353 PE-354 PE-355 PE-356 HQ-006 Semester 7 PE-400 PE-401 PE-402 PE-403 PE-404	Major Major Major Major Compulsory Major Major Major Major Major Major Compulsory General Major Major Major Major Major Major Compulsory	Total Credit Hours 9 2 1 2 1 2 1 1 2 1 Total Credit Hours 10 3 2 1 2 1 1 2 1 1 2 1 1 1 1 1 1 1 1 1

Common Sports Injuries, Treatment & Rehabilitation (Practical)	PE-408	Major	<u>1</u>
Tarjuma-e-Quran	HQ-007	Compulsory	<u>0</u>
			Total Credit Hours 15
	Semester 8		
Capstone Project (Practical)	PE-451	General	<u>3</u>
Sports Medicine (Theory)	PE-452	Major	<u>2</u>
Sports Medicine (Practical)	PE-453	Major	<u>1</u>
Adapted Physical Education (Theory)	PE-454	Major	<u>2</u>
Adapted Physical Education (Practical)	PE-455	Major	<u>1</u>
Administration and Management in Sports (Theory)	PE-456	Major	<u>2</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-459	Major	<u>1</u>
Tarjuma-e-Quran	HQ-008	Compulsory	<u>1</u>
•		-	Total Credit Hours 16

Signature