

Department of Physical Education & Sports Sciences
Government College University Faisalabad

Scheme of Studies for BS Physical Education
(Morning & Replica, w.e.f. Fall 2022-23 Onwards)

Course Code	Name of Subject	Credit Hours
1st Semester		
ENG-321	Functional English	3(3-0)
PST-321	Pakistan Studies	2(2-0)
MTH-321	Mathematics-I	3(3-0)
PHY-321	Fundamental Application of Physics	3(3-0)
PHE-301	Games Practical-I (Football)	3(1-2)
PHE-303	Athletics Practical-I (Sprint Races)	3(1-2)
ISL-311	Translation of the Holy Quran-I	Non-Credit
Total Credit Hours of 1st Semester		13+04=17
2nd Semester		
ENG-322	Comprehensive & Composition	3(3-0)
PSY-614	Introduction to Psychology	3(3-0)
PHE-302	Role of Sports Media	3(3-0)
ISL-321/ ISL-322	Islamic Studies OR Ethics (For Non-Muslim Only)	2(2-0)
PHE-304	Games Practical-II (Volleyball)	3(1-2)
PHE-306	Athletics Practical-II (Middle & Long Distance Races)	3(1-2)
Total Credit Hours of 2nd Semester		13+04=17
3rd Semester		
ENG-421	Communication Skills	3(3-0)
CSI-321	Computer Applications in Physical Education	3(2-1)
PHE-305	Sports Psychology	3(3-0)
EDU-312	Introduction to Education	3(3-0)
PHE-307	Games Practical-III (Basketball)	3(1-2)
PHE-309	Athletics Practical-III (Throws)	3(1-2)
ISL-411	Translation of the Holy Quran-II	Non-Credit
Total Credit Hours of 3rd Semester		13+05=18
4th Semester		
IRS-301	Introduction to International Relations	3(3-0)
PHE-308	Philosophy of Physical Education & Recreation	3(3-0)
PHE-310	Human Anatomical Structures in Sports	3(3-0)
PHE-312	Sports Management & Facilities in Physical Education	3(3-0)
PHE-314	Games Practical-IV (Badminton)	3(1-2)
PHE-316	Scouting (Rovering) / Girl Guiding	3(1-2)
Total Credit Hours of 4th Semester		14+04=18

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Course Code	Name of Subject	Credit Hours
5th Semester		
PHE-311	Methods of Sports Training	3(3-0)
PHE-313	Physical Education for Special Population	3(3-0)
PHE-315	Sports Nutrition	3(3-0)
PHE-317	Movement Education	3(3-0)
PHE-319	Games Practical-V (Hockey)	3(1-2)
PHE-321	Athletics Practical-IV (Jumps)	3(1-2)
ISL-511	Translation of the Holy Quran – III	Non-Credit
Total Credit Hours of 5th Semester		14+04=18
6th Semester		
PHE-318	Research Methods in Physical Education	3(3-0)
PHE-320	Test, Measurement & Evaluation in Physical Education	3(3-0)
PHE-322	Sociological Aspects in Sports	3(3-0)
PHE-324	Exercise Physiology	3(3-0)
PHE-326	Games Practical-VI (Table Tennis)	3(1-2)
*PHE-328 to 332	Specialization in One Track & Field Event: (1.Sprint Races(328); 2.Jumps(330); 3.Throws(332))	3(2-1)
Total Credit Hours of 6th Semester		15+03=18
7th Semester		
PHE-323	Trauma & Rehabilitation in Physical Education	3(3-0)
PHE-325	Sports Biomechanics	3(3-0)
PHE-327	Introduction to Statistics in Physical Education	3(2-1)
PHE-329	Gymnastics Practical	3(1-2)
**PHE-331 to 341	Specialization in One Major Game: (1.Hockey(331); 2.Football(333); 3.Cricket(335); 4.Basketball(337); 5.Handball(339); 6.Badminton(341))	3(2-1)
ISL-611	Translation of the Holy Quran – IV	Non-Credit
Total Credit Hours of 7th Semester		11+04=15
8th Semester		
PHE-334	Sports Medicine	3(3-0)
PHE-336	Methods of Sports Coaching	3(3-0)
PHE-338	Research Thesis / Project	3(3-0)
PHE-340	Netball for Girls / Swimming for Boys	3(1-2)
PHE-342	Hiking & Hill Trekking	3(1-2)
Total Credit Hours of 8th Semester		11+04=15
Total Credit Hours of BS Physical Education		104+32=136

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*** Select any one course from list of elective courses**

PHE-328	Specialization in Track Event (Sprint Races)	3(2-1)
PHE-330	Specialization in Field Event (Jumps)	3(2-1)
PHE-332	Specialization in Field Event (Throws)	3(2-1)

**** Select any one course from list of elective courses**

PHE-331	Specialization in Hockey	3(2-1)
PHE-333	Specialization in Football	3(2-1)
PHE-335	Specialization in Cricket	3(2-1)
PHE-337	Specialization in Basketball	3(2-1)
PHE-339	Specialization in Handball	3(2-1)
PHE-341	Specialization in Badminton	3(2-1)