

Government College University Faisalabad
Department of Physical Education & Sports Sciences



**Curriculum of
BS Physical Education**
(Session: Fall 2025-26 Onwards)

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Department of Physical Education & Sports Sciences
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Course Outlines
BS Physical Education
1st Semester

Course Code	Course	Credits	Category	Page
QTR-421	Quantitative Reasoning – I	3(3-0)	General Education	3
ENG-321	Functional English	3(3-0)	General Education	4
ICT-321	Applications of Information & Communication Technologies	3(2-1)	General Education	5
PHE-301	Rules & Techniques of Games – I (Hockey, Football & Table Tennis)	3(1-2)	Major	6
PHE-303	Rules & Techniques of Athletics – I (Track Events)	3(1-2)	Major	8
UHQ-I	Understanding of Quran – I	1(1-0)	General Education	9
Total Credits: 16				

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COURSE OUTLINES - QUANTITATIVE REASONING-I			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Quantitative Reasoning–I		
Course Code	QTR-421	Credit Hours:	3(3-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - FUNCTIONAL ENGLISH			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Functional English		
Course Code	ENG-321	Credit Hours:	3(3-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - APPLICATIONS OF INFORMATION & COMMUNICATION TECHNOLOGIES			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Applications of Information & Communication Technologies		
Course Code	ICT-321	Credit Hours:	3(2-1)
Pre Requisites		Follow Up:	

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COURSE OUTLINES – RULES & TECHNIQUES OF GAMES-I (HOCKEY, FOOTBALL & TABLE TENNIS)			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Rules & Techniques of Games - I (Hockey, Football & Table Tennis)		
Course Code	PHE-301	Credit Hours:	3(1-2)
Pre Requisites		Follow Up:	
Objectives	This practical course has been designed with the purpose to provide technical knowledge to students develop their skill in selected games.		
Course Contents	HOCKEY (Skills, Coaching and Officiating) - Rules and Regulation of Hockey - Dribbling - Passing - Shooting - Hitting - Pushing - Scooping - Goal Keeping - Match Orientation FOOTBALL (Skills, Coaching and Officiating) - Rules and Regulation of Football - Dribbling - Passing - Shooting - Heading - Throw In - Kicking - Goal Keeping - Match Orientation TABLE TENNIS (Skills, Coaching and Officiating) - Rules and Regulation of Table Tennis - Service Skills - Chop - Let - Rally - Faults - Match Orientation SYSTEM OF TOURNAMENT (Knock Out System)		

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Recommended Books	1. Connelly, B. (2025). <i>Forward progress: The definitive guide to the modern football coach</i>. Triumph Books. 2. FIFA (2024). <i>Laws of the games</i>. 3. FIH (2024). <i>Rules of the games</i>. 4. Hill, C. (2024). <i>How to play table tennis</i>. Routledge 5. Hodges, L. (Ed.). (2023). <i>Table tennis doubles for champions</i>. Routledge 6. Salen, K., & Zimmerman, E. (2019). <i>Rules of play: Game design fundamentals</i>. MIT press.
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COURSE OUTLINES – RULES & TECHNIQUES OF ATHLETICS - I (TRACK EVENTS)			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Rules & Techniques of Athletics - I (Track Events)		
Course Code	PHE-303	Credit Hours:	3(1-2)
Pre Requisites		Follow Up:	
Objectives	The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approach for developing their skills in Track and Field events. Furthermore this course will enable them to develop courage, determination, speed, endurance and self-reliance.		
Course Contents	TRACK EVENTS: Sprints, Middle, And Long Distance Races (Skills, Coaching and Officiating) a. Rules and Regulation of Track Events b. Start of Flat Races c. Starting Blocks d. Starting Cautions e. Running Techniques f. Stride Rate g. Frequency h. Rhythm i. Start with Baton (Relay Races) j. Start in Hurdle Races k. Finishing		
Recommended Books	1. Cleather, D., & Goodwin, J. (2023). <i>The biomechanics of sprinting: Force 2</i>. Routledge. 2. Daniels, J. (2021). <i>Daniels' Running formula</i> (4th ed.). Human Kinetics. 3. World Athletics. (2024). <i>Competition and technical rules – 2024 edition</i>. World Athletics.		

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COURSE OUTLINES - UNDERSTANDING OF HOLY QURAN – I			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	1 st Semester	Email & Cell #:	
Name of Course	Understanding of Holy Quran–I		
Course Code	UHQ-I	Credit Hours:	1(0-1)
Pre Requisites		Follow Up:	

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Course Outlines
BS Physical Education
2nd Semester

Course Code	Course	Credits	Category	Page
QTR-422	Quantitative Reasoning – II	3(3-0)	General Education	11
SOC-307	Introduction to Sociology (Social Science)	3(3-0)	General Education	12
ENG-322	Expository Writing	3(3-0)	General Education	14
PHE-302	Rules & Techniques of Games – II (Volleyball, Basketball, & Badminton)	3(1-2)	Major	15
PHE-304	Rules & Techniques of Athletics – II (Jumps)	3(1-2)	Major	17
WSC-321	What is Science? (Natural Science)	3(2-1)	General Education	19
Total Credits: 18				

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COURSE OUTLINES - QUANTITATIVE REASONING – II			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	2 nd Semester	Email & Cell #:	
Name of Course	Quantitative Reasoning – II		
Course Code	QTR-422	Credit Hours:	3(3-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - INTRODUCTION TO SOCIOLOGY			
Program	BS Physical Education	Course Instructor	
Semester/Year	2 nd Semester	Email & Cell #	
Name of Course	Introduction to Sociology		
Course Code	SOC-307	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	The objective of this course is to acquaint and familiarize students with the basic concepts and, scope of Sociology.		
Course Contents	I. Introduction: a. Definition of social work b. Philosophical base of social work c. Generic principles of social work d. Professional and voluntary social work e. Islamic concept of social work f. Modern concept of social work • Preventive • Curative • Rehabilitative II. Social Work methods a. Primary methods • Social Case work; • Social group work • Community organization b. Secondary methods • Social Welfare Administration • Social Research • Social Action III. Important fields of social work practice a. Health b. Education c. Minorities d. Begging		

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Recommended Books	1. Adams, R. (2003). <i>Social work and empowerment</i>. London: Palgrave Macmillan. 2. Ambrosino, R. (2005). <i>Social work and social welfare introduction</i>. Mexi: Thomson. 3. Bogo, M. (2007). <i>Social work practice</i>. New Dehli: Rawat Publications. 4. Catherine N. D. & Karen M. S. (2012). <i>Social Work Fields of Practice</i>. Canada: John Wiley & Sons. 5. Gautam, P. R. & Singh, R. S. (2011). <i>Principles and practices of Social Work</i>. New Delhi: Balaji Offset. 6. Healy, K. (2012). <i>Social work methods and skills: The essential foundations of practice</i>. New York: Palgrave Macmillan. 7. Hepworth, D. H. & Rooney, R. (2010). <i>The Direct Social Work Practice: Theory and skills</i>. Belmont: Brook cole. 8. Jane M. & Ronnie, E. (2006). <i>Practice Skills in Social Work & Welfare</i>. Chennai: Allen & Unwin.
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COURSE OUTLINES - EXPOSITORY WRITING			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	2 nd Semester	Email & Cell #:	
Name of Course	Expository Writing		
Course Code	ENG-322	Credit Hours:	3(3-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES – RULES & TECHNIQUES OF GAMES - II (VOLLEYBALL, BASKETBALL & BADMINTON)			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	2 nd Semester	Email & Cell #:	
Name of Course	Rules & Techniques of Games - II (Volleyball, Basketball & Badminton)		
Course Code	PHE-302	Credit Hours:	3(1-2)
Pre Requisites		Follow Up:	
Objectives of Course	This practical course has been designed with the purpose to provide technical knowledge to students develop their skill in selected games.		
Course Contents	VOLLEYBALL (Skills, Coaching and Officiating) a. Rules and Regulations of Volleyball b. Service c. Digging / Reception d. Boosting / Setting e. Smashing / Attack f. Blocking g. Screening h. Court Defense i. Court Formation j. Match Orientation BASKETBALL (Skills, Coaching and Officiating) a. Rules and Regulations of Basketball b. Dribbling c. Reception d. Blocking e. Shooting on Ring f. Shooting on Board g. Court Defense h. Court Formation i. Travelling j. Match Orientation BADMINTON (Skills, Coaching and Officiating) a. Rules and Regulations of Badminton b. Service c. Reception d. Footwork e. Smashing f. Dropping g. Rally h. Power Shots j. Match Orientation SYSTEM OF TOURNAMENT (Single League System)		

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Recommended Books	1. Affa, A. D. (2024). <i>Mastering badminton: A comprehensive guide to technique, strategy, and fitness</i>. Independently published. 2. Narváez, M. (2022). <i>Basketball coaching principles: The meaning of basketball in life</i>. Manuel. 3. Salen, K., & Zimmerman, E. (2019). <i>Rules of play: Game design fundamentals</i>. MIT press. 4. Viera, B. (2017). <i>Volleyball: Steps to success</i>. Human Kinetics. 5. Wyatt, E. (2022). <i>How to play badminton: Essential guide for beginners: Learn the rules, strategies and tactics to play</i>. Independently published.
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COURSE OUTLINES – RULES & TECHNIQUES OF ATHLETICS - II (JUMPS)			
Program	BS Physical Education	Course Instructor	
Semester/Year	2 nd Semester	Email & Cell #	
Name of Course	Rules & Techniques of Athletics-II (Jumps)		
Course Code	PHE-304	Credit Hours	3(1-2)
Pre Requisites		Follow Up	
Objectives	The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approach for developing their skills in Track and Field events. Furthermore, this course will enable them to develop courage, determination, speed, endurance and self-reliance.		
Course Contents	<u>JUMPS (Skills, Coaching and Officiating)</u> LONG JUMP - Rules and Regulations of Long Jump - Runway - Take of Board - Landing Area - Officiating - Coaching HOP, STEP AND JUMP (TRIPLE JUMP) - Rules and Regulations of Long Jump - Runway - Take of Board - Landing Area - Officiating - Coaching HIGH JUMP - Rules and Regulations of Long Jump - Runway - Take of Board - Landing Area - Officiating - Coaching POLE VAULT - Rules and regulations of long jump - Runway - Vaulting Bar - Landing Area		

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	e. Officiating f. Coaching
Recommended Books	1. Barber, G. (2022). <i>Getting started in track and field athletics: Advice and ideas for children, parents, and teachers</i>. Trafford Publishing. 2. Gifford, C. (2024). <i>Track and field</i>. The Rosen Publishing Group. 3. Rogers, J. L. (Ed.). (2021). <i>USA track & field coaching manual</i>. Human kinetics. 4. Salen, K., & Zimmerman, E. (2014). <i>Rules of play: Athletics fundamentals</i>. MIT press.

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COURSE OUTLINES – WHAT IS SCIENCE?			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	2 nd Semester	Email & Cell #:	
Name of Course	What is Science?		
Course Code	WSC-321	Credit Hours:	3(2-1)
Pre Requisites		Follow Up:	
Course Description	Science and Technology have completely transformed the way we live. The development we have seen in the past few decades is unprecedented but very few understand the principles through which the scientific progress is achieved. This course, especially designed for first year students introduces various fields of natural science, how scientists operate within these fields, what methods they deploy to make new discoveries, and how they communicate the advances in their fields to the world. The course starts with an introduction to the development of the scientific approach. It discusses the modern use of the scientific method and the tools and resources that scientists deploy to ensure that they produce authentic and reliable bodies of knowledge. Students are then introduced to three main branches of science (Physics, Chemistry and Biology), their core underlying principles, major developments in these fields and their applications in modern life. Students will work on case studies and lab experiments to understand how scientists discover various workings of nature and the missteps that they can take while conducting any scientific inquiry. The final part of the course focusses on the skills to separate valid science from fringe science. Students are also exposed to the fundamentals of scientific communication and strategies to identify reliable bodies of knowledge.		
Course Outcomes	Through successful completion of this course, students will be able to: 1. Clearly articulate the development of scientific thought through various parts of human history and compare it to the modern scientific method. 2. Describe various branches of science, their underlying core ideas, and compare their applications. 3. Using case studies and demonstrations, practice application of the Scientific Method in the natural sciences. 4. Determine whether a given claim or belief is scientifically valid or not and provide a clear rationale for doing so.		
Module Name	Time (weeks)	Goal	Topics
Overview of Science and the Scientific Method	1	Introduce students to the course and develop a basic understanding of science and the scientific process.	What is science? What qualifies as science? Why does it matter? Who practices it? Introduction to important terminology: Fact, hypothesis, theory, law

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Evolution of the Scientific Method across Civilizations	3	Expose students to the evolving understanding of science across time in different civilizations. This module emphasizes to students that modern science is a result of contributions of different people from different civilizations all over the world	Prehistory, Mesopotamia & Egypt, Greeks, China, South Asia, Arab/Islamic, European Examples of scientific contributions from different regions are used to show different forms of reasoning that were used to determine the nature of reality and develop science as a process, e.g. inductive, deductive, abductive, hypothetico-deductive, falsification.
The Modern Scientific Method	1	Establish what the current practice of science looks like. Discuss the role of science in today's society and understand limitations of the modern scientific method.	What does modern science look like today? What are the advantages of using this method? What are the limitations? How did science become the dominant method of understanding the natural world?
Introduction to Areas/Branches of Science	8	Develop student interest and passion for natural sciences. Help students in choice of major based on their interest in the different sciences. Provide an opportunity for students to practice the scientific method using various lab settings.	1 week (An introduction to areas/branches of science including emerging sciences such as environmental science, physiology, biotechnology, bioinformatics, etc). 2 weeks (Physics) = An introduction to laws of motion, gravity and relativity, work and energy, momentum, torque, fluid dynamics, thermodynamics, electricity and magnetism, optics, nanotechnology, applications of physics in everyday life. 2 weeks (Chemistry) = An introduction to organic, inorganic and physical chemistry, periodicity and atomic and molecular structure, solutions, chemical equilibrium with applications to acids and bases, chemical kinetics and thermodynamics, bonding and intermolecular forces, waves and electromagnetic radiation, nuclear chemistry, applications of chemistry in everyday life. 2 weeks (Biology) = An introduction to cell and organismal theory, levels of organization of living things, properties of life

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			including sensitivity or response to the environment/ stimuli, reproduction, adaptation, growth and development, regulation/homeostasis, energy processing, and evolution; diversity of life; circadian rhythms; mimicry, allelopathy, biological process and everyday life. 1 week (Through case studies/demonstrations, elaboration of the Scientific Method in the natural sciences)
How to spot FAKE SCIENCE!?	2	Equip students to identify flawed and fraudulent approaches to science, and what to avoid when doing scientific research.	Practices leading to pseudoscience Case-studies from popular discourse (e.g. Cold Fusion, Telepathy, N-rays, Astrology, homeopathy, etc.)
Scientific communication	1	Students learn how science is conducted and communicated in modern times, how to differentiate between good and poor-quality scientific research, and best practices for conducting scientific research	Introduction to the Peer Review (advantages and misuse) Importance of controls and replication (link with the replication crisis in science)
Suggested Books	- Enger, E. D., and Smith, B. F. (2021). Environmental Science. McGraw-Hill. - Garber, S. D. (2020). Biology: a self-teaching guide. John Wiley & Sons. - Gordin, M. D. (2023). Pseudoscience: A Very Short Introduction (Vol. 732). Oxford University Press. - Hewitt, P. G., Lyons, S. A., Suchocki, J. A., & Yeh, J. (2020). Conceptual Integrated Science, Pearson Education. - Kaufman, A. B., & Kaufman, J. C. (Eds.) (2019). Pseudoscience: The Conspiracy Against Science. The MIT Press, Cambridge, England. - Kuhn, K. F., & Noschese, F. (2020). Basic physics: A self-teaching guide. John Wiley & Sons. - Martini, F. H., Nath, J. L., & Bartholomew, E. F. (2024). Fundamentals of Anatomy & Physiology. 12th Edition, Pearson Education. - Pilcher, H. (2021). Visual Learning: Biology: An illustrated guide for all ages (Barron's Visual Learning). Nigel Browning. - Poincaré, H. (2022). The foundations of science: Science and hypothesis, the value of science, science and method. DigiCat.		

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	10. Post, R., Snyder, C., & Houk, C. C. (2020). Chemistry: Concepts and Problems, A Self-Teaching Guide. John Wiley & Sons. 11. Staddon, J. (2024). Scientific Method: How science works, fails to work, and pretends to work. Routledge, Taylor & Francis Group, New York, USA. 12. Suhag, D., Thakur, P., & Thakur, A. (2023). Introduction to nanotechnology. Integrated Nanomaterials and their Applications, 1-17.
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Course Outlines BS Physical Education 3rd Semester

Course Code	Course	Credits	Category	Page
MCM-301	Introduction to Communication (Arts & Humanities)	2(2-0)	General Education	24
ISL-321/ Ethics-322	Islamic Studies (Religious Education / Ethics for non-Muslim students)	2(2-0)	General Education	26
PST-321	Pakistan Studies	2(2-0)	General Education	27
PHE-305	Science of Sports Training & Coaching	3(2-1)	Major	29
PHE-307	Rules & Techniques of Games–III (Handball, Tennis & Cricket)	3(1-2)	Major	32
PHE-309	Rules & Techniques of Athletics–III (Throws)	3(1-2)	Major	34
UHQ-II	Understanding of Quran–II	1(1-0)	General Education	36
Total Credits: 16				

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COURSE OUTLINES – INTRODUCTION TO COMMUNICATION			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	3 rd Semester	Email & Cell #:	
Name of Course	Introduction to Communication		
Course Code	MCM-301	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	
Objectives	This course is aimed at introducing the students with basic concept of communication and mass communication. This course further enables the students to understand the communication process and distinguish among various mass media.		
Course Contents	Communication Definitions, types and significance. Process of Communication: source; message; channel; noise; destination; encoding; decoding; and feedback. Barriers in communication. Essentials of effective communication. Role of mass media in agenda setting. Nature and Functions of mass communication (Information, Education, Opinion Formation, Entertainment and Development). Media of Mass Communication Print Media: newspapers, magazines, periodicals, books, pamphlets, etc. Broadcast media: radio, TV, film. New Media: (Internet) – On-line journalism. Traditional/Folk-Media. Comparative study of mass media, their components, functions and effects.		
Recommended Books	1. Dominick, J. R. (2006). Dynamics of mass communication (8th ed.). New York; McGraw-Hill. 2. LaRose, S. (2002). Media now: Communication media in the information age (3rd ed.). USA: Wadsworth. 3. Whetmore, E. J. (1995). Introduction to mass communication. California: Wadsworth Publishing Co.		

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	4. Hassan, M. & Khurshid, A. S. (1997). Journalism for All (6th ed.). Aziz Book Depot, Lahore. 5. Gambol, M. W. (1996). Introducing mass communication. McGraw Hill. 6. Vivian, J. (2000). Media of mass communication (5th ed.). Allyn and Bacon, London.
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COURSE OUTLINES – ISLAMIC STUDIES (RELIGIOUS EDUCATION / ETHICS FOR NON-MUSLIM STUDENTS)			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	3 rd Semester	Email & Cell #:	
Name of Course	Islamic Studies (Religious Education / Ethics for Non-Muslim Students)		
Course Code	ISL-321 / Ethics-322	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - PAKISTAN STUDIES			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	3 rd Semester	Email & Cell #:	
Name of Course	Pakistan Studies		
Course Code	PST-321	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	
Objectives	Develop vision of historical perspective, government, politics, contemporary Pakistan, ideological background of Pakistan. Study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.		
Course Contents	I. Historical Perspective a. Ideological rationale with special reference to Sir Syed Ahmed Khan, Allama Muhammad Iqbal and Quaid-e-Azam Muhammad Ali Jinnah. b. Factors leading to Muslim separatism c. People and Land • Indus Civilization • Muslim advent • Location and geo-physical features. II. Government and Politics in Pakistan Political and constitutional phases: a. 1947-58 b. 1958-71 c. 1971-77 d. 1977-88 e. 1988-99 f. 1999 onward III. Contemporary Pakistan a. Economic institutions and issues b. Society and social structure c. Ethnicity d. Foreign policy of Pakistan and challenges e. Futuristic outlook of Pakistan		

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Recommended Books	1. Rizvi, H. (2000). <i>Military, state and society in Pakistan</i>. Springer. 2. Akbar, S. Z. (2000). Issues in Pakistan's Economy. 3. Burke, S. M., & Ziring, L. (1990). Pakistan's foreign policy: an historical analysis. Oxford University Press, USA. 4. Mehmood, S. (1994). Pakistan Political Roots & Development. 5. Wilcox, W. A. (1973). The Emergence of Bangladesh. American Enterprise Inst. for Public Policy Research. 6. Usman, T. (2013). <i>Trust Deficit in Pak-Afghan Relations and its Implications</i>. 7. A Historical Perspective (1947-2001). <i>The Dialogue of Political Development</i>. England: Dawson & Sons Ltd.
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COURSE OUTLINES – SCIENCE OF SPORTS TRAINING & COACHING			
Program	BS Physical Education	Course Instructor	
Semester/Year	3 rd Semester	Email & Cell #	
Name of Course	Science of Sports Training & Coaching		
Course Code	PHE-305	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	The particular course is developed for the understanding about sports training and coaching as well as the performances of the trainers and coaches in particular sports. The course deals with introduction, keep an eye on fitness components, coaching styles and its functions, coach characteristics, expertise, and leadership, coach and athlete powers, interactions, and their relationships. At the end of this course, the students will be able to know how to train the athletes/players in diverse sport disciplines keeping in view to the sport performances in Pakistani prospects.		
Course Contents	Introduction to Sports Training a. What is sport training? b. Perspectives on sports training c. Training process d. Benefits of sports training Training Laws & Principles a. Gradualness b. Age dependence c. Utility d. Loading/Over loading e. Reversibility f. Specificity Implementation of Fitness Components I- Health Related Fitness Components a) Aerobic Capacity b) Muscular Strength c) Muscular Endurance d) Flexibility e) Body Composition II- Sports/Skills Related Fitness Components a) Power b) Speed c) Agility d) Balance e) Coordination Characteristics of A Trainer a. Knowledgeable b. Organizer c. Communicator d. Personality e. Motivator		

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	f. Social g. Competitive h. Instructor Load (Outer & Inner Load) a. Introduction b. Loading factors c. Training methods (forms of organization and load structure) d. Load and adaptation e. On selected principles for the arrangements of load (increasing load, continues load) Introduction to Sports Coaching a. What is sport coaching? b. Perspectives on sports coaching c. Coaching process d. Benefits of sports coaching Role of the Coach a. What is a good coach? b. Function of the coach • Knowing • Seeing and Deciding • Doing c. Coaching Styles of a Respective Coach • The Dictatorial (Autocratic) Coach • The Democratic Coach • The Easy-Going Coach • variety of Coaching Styles Coach Leadership a. Constructing a Leader b. Universal Behaviors c. Prescribed Leader Behaviors d. Preferred Leader Behaviors e. Actual Leader Behaviors Warm up & Warm down a. Introduction b. Types (General, Specific) c. Need and Importance d. Effects of Warm up and warm down
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Recommended Books	1. Davis, D., Kimmet, T., Ackerly, D., & McAree, A. (2023). <i>VCE physical education</i> (8th ed.). South Yarra: Macmillan Education Australia. 2. Hays, K. (2025). <i>How to win: Four questions to build a high-performance mindset in sport</i>. Springer. 3. Jones, R. L., Potrac, P., Cushion, C., & Ronglan, L. T. (2021). <i>The sociology of sports coaching</i>. New York: Routledge. 4. Kidman, L., & Hanrahan, S. J. (2024). <i>The coaching process: A practical guide to becoming an effective sports coach</i>. New York: Routledge. 5. Lukins, J. (2024). <i>Belief: Self-confidence, resilience and mental mastery for athletes and coaches</i>. Routledge. 6. McCutcheon, H. (2022). <i>Championship Behaviors: A model for competitive excellence in sports</i>. Triumph Books. 7. Owen, A. (2023). <i>Football Science & Performance Coaching: Develop an elite coaching methodology with applied coaching science</i>. Meyer & Meyer Sport.
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COURSE OUTLINES – RULES & TECHNIQUES OF GAMES - III (HANDBALL, TENNIS & CRICKET)			
Program	BS Physical Education	Course Instructor	
Semester/Year	3 rd Semester	Email & Cell #	
Name of Course	Rules & Techniques of Games-III (Handball, Tennis & Cricket)		
Course Code	PHE-307	Credit Hours	3(1-2)
Pre Requisites		Follow Up	
Objectives	The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approaches for developing their skills of handball, tennis, and cricket games. Furthermore, this course will enable students to develop practical determination and perfection in these games.		
Course Contents	<u>HANDBALL (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Handball b. Basic Techniques c. Dribbling d. Grip of Ball e. Passing f. Throw and Balance g. Event Participation h. Officiating i. Coaching <u>TENNIS (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Tennis b. Basic Techniques c. Grip of Racket d. Service e. Rally f. Event Participation g. Officiating h. Coaching <u>CRICKET (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Cricket b. Basic Techniques c. Stance d. Grip of Bat e. Shots Techniques f. Bowling (Fast, Spin) g. Event Participation		

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	h. Officiating i. Coaching
Recommended Books	1. Bishnoi, M. (2023). <i>Cricket guru: A complete cricket coaching manual</i>. Routledge. 2. Cole, M. B. (2023). <i>Cricket: The ultimate guide to cricket skills, strategies, and performance</i>. Xsports.com. 3. Singh, S. K. (Ed.). (2023). <i>Mastering handball techniques</i>. Iterative International Publishers. 4. Varro, W. J. (2024). <i>The complete tennis handbook for instructors: Advanced coaching techniques and player development</i>. Routledge. 5. Westermann, I., & Chasnoff, J. (2022). <i>Essential Tennis: Technique-based instruction for groundstrokes, volleys, serves, and strategy</i>. Springer.

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COURSE OUTLINES – RULES & TECHNIQUES OF ATHLETICS - III (THROWS)			
Program	BS Physical Education	Course Instructor	
Semester/Year	5 th Semester	Email & Cell #	
Name of Course	Rules & Techniques of Athletics-III (Throws)		
Course Code	PHE-309	Credit Hours	3(1-2)
Pre Requisites		Follow Up	
Objectives	The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approach for developing their skills in Track and Field events. Furthermore, this course will enable them to develop courage, determination, speed, endurance and self-reliance.		
Course Contents	<u>THROWS (SKILLS, COACHING AND OFFICIATING)</u> SHOT PUT - Rules and Regulations of Shot Put - Stance - Basic Techniques - Grip / Holding - Glide - Throw and Balance - Event Participation DISCUSS THROW - Rules and Regulations of Discus Throw - Stance - Basic Techniques - Grip / Holding - Glide - Throw and Balance - Event Participation JAVELIN THROW - Rules and Regulations of Javelin Throw - Runway - Basic Techniques - Grip / Holding 8-Cross Steps - Releasing - Event Participation HAMMER THROW - Rules and Regulations of Hammer Throw - Stance - Grip / Holding		

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	d. Glide e. Throw and Balance f. Event Participation
Recommended Books	1. Bartonietz, K., & Schiffer, J. (2022). <i>The throwing events: Contemporary theory, technique, and training</i>. Meyer & Meyer Sport. 2. Gifford, C. (2018). <i>Track and Field</i>. The Rosen Publishing Group. 3. Rogers, J. L. (Ed.). (2022). <i>USA track & field coaching manual</i>. Human kinetics. 4. Singh, R. (2023). <i>Techniques and training for throwing events: Shot put, discus, javelin, hammer</i>. Khel Sahitya Kendra. 5. Thomas, G. (2024). <i>Field events coaching manual: Emphasis on shot put, javelin, discus and hammer throw</i>. Athletics Performance Series.

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COURSE OUTLINES - UNDERSTANDING OF HOLY QURAN – II			
Program	BS Physical Education	Course Instructor	
Semester/Year	3 rd Semester	Email & Cell #	
Name of Course	Understanding of Holy Quran–II		
Course Code	UHQ-II	Credit Hours	1(0-1)
Pre Requisites		Follow Up	

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Course Outlines BS Physical Education 4th Semester

Course Code	Course	Credits	Category	Page
CCE-421	Civics & Community Engagement	2(2-0)	General Education	38
ICP-321	Ideology & Constitution of Pakistan	2(2-0)	General Education	39
ENT-422	Entrepreneurship	2(2-0)	General Education	40
PHE-306	Sports Nutrition & Dietetics	3(2-1)	Major	41
PHE-308	Rules & Techniques of Games–IV (Kabaddi, Squash, Boxing & Scouting / Girl Guiding)	3(1-2)	Major	43
PHE-310	Rules & Techniques of Gymnastics	3(1-2)	Major	45
Total Credits: 15				

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COURSE OUTLINES - CIVICS AND COMMUNITY ENGAGEMENT			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	4 th Semester	Email & Cell #:	
Name of Course	Civics and Community Engagement		
Course Code	CCE-421	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - IDEOLOGY AND CONSTITUTION OF PAKISTAN			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	4 th Semester	Email & Cell #:	
Name of Course	Ideology and Constitution of Pakistan		
Course Code	ICP-321	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES – ENTREPRENEURSHIP			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	4 th Semester	Email & Cell #:	
Name of Course	Entrepreneurship		
Course Code	ENT-422	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	

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COURSE OUTLINES - SPORTS NUTRITION & DIETETICS			
Program	BS Physical Education	Course Instructor	
Semester/Year	4 th Semester	Email & Cell #	
Name of Course	Sports Nutrition & Dietetics		
Course Code	PHE-306	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	Health of the athlete is of paramount importance and needs due considerations. The knowledge regarding different components of nutrition and their implications upon human body in general and loss or gain of weight, appetite, use of different components of foods to remove the deficiencies of sodium and calcium or any other basic ingredients will prove helpful to the Physical Educators.		
Course Contents	INTRODUCTION - Definition, Importance of Food and Nutrients obtained from food - Sports nutrition for maintaining health and improving sports performance CONCEPT OF HUMAN ENERGY - Definition and types of energy - Human Energy systems CARBOHYDRATES - Types and Sources - Metabolism and functions of carbohydrates - Carbohydrate loading - Glycemic Index LIPIDS - Role of lipid in the body - Lipid as energy source and reserve - Use of lipid during exercise PROTEINS - Functions, sources, recommended intake - Metabolism - Protein and exercise - BMI - BMR VITAMINS - Introduction, sources - Types, importance - Supplements its uses and importance		

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	MINERALS - Introduction, sources - Types, Importance - Mineral intake, supplements WATER - Recommended water intake - Functions, Regulation of Body Temperature - Fuel & Electrolyte losses and replacements - Body regulation during exercise WEIGHT MANAGEMENT - Concepts of dieting - Physiological factors of weight management - Obesity NUTRITION FOR OPTIMAL HEALTH & PHYSICAL PERFORMANCE - Balanced diet - Pre, during and post contest meal - Dietary recommendations for health & physical performance - Food supplements
Recommended Books	- Clark, N. (2023). <i>Nancy Clark's sports nutrition guidebook</i>, (6th Ed.). Human Kinetics. - Antonio, J., Kalman, D., Stout, J. R., Greenwood, M., Willoughby, D. S., & Haff, G. G. (Eds.). (2019). <i>Essentials of sports nutrition and supplements</i>. Springer Science & Business Media. - Burke, L. (2017). <i>Practical sports nutrition</i>. Human Kinetics. - Benardot, D. (2006). <i>Advanced sports nutrition</i>. Champaign, Ill, USA: Human kinetics. - Burke, L., & Deakin, V. (Eds.). (2021). <i>Clinical sports nutrition</i> (pp. 457-459). Beijing, Boston: McGraw-Hill. - Forsyth, A., Mantzioris, E., & Belski, R. (Eds.). (2024). <i>Nutrition for sport, exercise, and performance: Science and application</i>. Routledge. - Jeukendrup, A., & Gleeson, M. (2024). <i>Sport Nutrition</i> (4th ed.). Human Kinetics. - Karpinski, C., & Rosenbloom, C. (Eds.). (2017). <i>Sports nutrition: A handbook for professionals</i> (6th ed.). Academy of Nutrition and Dietetics. - Ryan, M. (2024). <i>Sports Nutrition for Endurance Athletes</i> (4th ed.). Routledge.

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COURSE OUTLINES – RULES & TECHNIQUES OF GAMES - IV (KABADDI, SQUASH, BOXING & SCOUTING/GIRL GUIDING)			
Program	BS Physical Education	Course Instructor	
Semester/Year	4 th Semester	Email & Cell #	
Name of Course	Rules & Techniques of Games-IV (Kabaddi, Squash, Boxing & Scouting/Girl Guiding)		
Course Code	PHE-308	Credit Hours	3(1-2)
Pre Requisites		Follow Up	
Objectives	The outline of this practical course is prepared with the purpose to provide basic knowledge to the students with modern approaches for developing their skills of handball, tennis, and cricket games. Furthermore, this course will enable students to develop practical determination and perfection in these games.		
Course Contents	<u>KABADDI (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Kabaddi b. Basic Techniques c. Fitness d. Gym for Muscle Development e. Event Participation f. Officiating g. Coaching <u>SQUASH (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Squash b. Basic Techniques c. Grip of Racket d. Service e. Rally f. Event Participation g. Officiating h. Coaching <u>BOXING (Skills, Coaching and Officiating)</u> a. Rules and Regulations of Boxing b. Basic Techniques c. Punch d. Agility e. Knocking f. Event Participation g. Officiating h. Coaching		

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	SCOUTING 1. Scouts' Work 2. What Scouts Do 3. Becoming a Scout 4. Scout Patrols 5. Sea and Air Scouting 6. Signals and Commands 7. Pioneering 8. Camping 9. Observation of "Sign" 10. Reading "Sign" or Observation 11. Health Giving Habits 12. Be Prepared for Accidents 13. Helping Others GIRL GUIDING 1. What is Girl Guiding 2. The story of the Brownies 3. The Recruit Brownie 4. Proficiency Badges for Brownies 5. How to Become a Tenderfoot? 6. How to Become a First Class Guide?
Recommended Books	1. Carvill, P. (2024). <i>Death of a boxer</i>. Springer. 2. Gallagher, C. (2021). <i>Strength and conditioning for squash: A guide for coaches and athletes of all levels</i>. Routledge. 3. Hudson, A. (2024). <i>Boxing from Chump to Champ: A beginners guide to boxing training: Learn self-defense, get fit and boost your confidence</i>. Routledge. 4. Solly, N. (2023). <i>Fundamental guide to becoming the best squash player</i>. Springer. 5. Baden-Powell, R. (2017). <i>Scouting for boys: The original 1908 edition</i>. Courier Corporation. 6. Baden-Powell, R. (2024). <i>Scouting for boys: A handbook for instruction in good citizenship through woodcraft</i>. Kreactiva Editorial. 7. Baden-Powell, R. (2024). <i>Scouting for boys: A handbook for instruction in good citizenship through woodcraft</i>. Kreactiva Editorial. 8. McCallum, M. J. L. (2022). <i>To make good Canadians: Girl Guiding in Indian residential schools</i>.

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COURSE OUTLINES – RULES & TECHNIQUES OF GYMNASTICS			
Program	BS Physical Education	Course Instructor	
Semester/Year	4 th Semester	Email & Cell #	
Name of Course	Rules & Techniques of Gymnastics		
Course Code	PHE-310	Credit Hours	3(1-2)
Pre Requisites		Follow Up	
Objectives	The purpose of introducing this practical course on Gymnastic Apparatus work is to provide students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the students.		
Course Contents	FLOOR EVENTS (SKILLS, COACHING AND OFFICIATING) a. Rules and Regulations of Floor Events of Gymnastics b. Simple Turn b. Forward roll to straddle Seat c. Forward Roll d. Backward Up Rise e. Cartwheel f. Twisting g. Turning h. Backward Roll i. Rhythmic Exercise j. Front Somersault k. Mat Drills l. Bridging m. Trampoline Drills n. Head Standing o. Hand Standing p. Head Spring q. Hand Spring BOX EVENTS (SKILLS, COACHING AND OFFICIATING) a. Rules and Regulations of Box Events of Gymnastics b. Dive Roll c. Stride Vault d. Horizontal Vault		

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Recommended Books	1. Henry, K. M. (2023). <i>Ultimate gymnastics training: Track a year of goals, gymnastic meet scores, and memories</i>. Ingram Spark. 2. Jastrjemskaia, N., & Titov, Y. (2019). <i>Rhythmic gymnastics</i>. Human Kinetics. 3. Jemni, M. (Ed.). (2024). <i>The science of gymnastics</i> (2nd ed.). Taylor & Francis. 4. Kimani, C. P., & Scott, J. (2025). <i>Fundamentals of gymnastics coaching in certified gymnastics trainer certificate level</i>. Finstock Evarsity Publishers.
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Course Outlines
BS Physical Education
5th Semester

Course Code	Course	Credits	Category	Page
PHE-311	Philosophical Basis of Physical Education	2(2-0)	Major	48
PHE-313	Human Anatomy & Physiology	3(2-1)	Interdisciplinary	50
PHE-315	Introduction to Sports Biomechanics & Kinesiology	3(2-1)	Major	52
PHE-317	Sports Medicine & Rehabilitation	3(2-1)	Major	54
PHE-319	Introduction to Statistics	2(1-1)	Interdisciplinary	57
PHE-321	Sports Sociology	2(1-1)	Interdisciplinary	60
Total Credits: 15				

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COURSE OUTLINES - PHILOSOPHICAL BASIS OF PHYSICAL EDUCATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	5 th Semester	Email & Cell #	
Name of Course	Philosophical Basis of Physical Education		
Course Code	PHE-311	Credit Hours	2(2-0)
Pre Requisites		Follow Up	
Objectives	This course is designed to acquaint students with the objectives to make them understand the basic concepts of physical education and its relation to Health Education, and provide preliminary awareness about physical, mental, and social developments, interpretation of biological, psychological effects on physical activities. At the end of the course, students will be able to understand the basic concepts of Physical Education.		
Course Contents	Introduction - Historical background of Physical Education - Definition and scope of Physical Education - Aims and objectives of Physical Education Philosophy and Physical Education - Definition - Components of Philosophy - Relationship of Physical Education with Naturalism, Idealism, Realism, Pragmatism, Externalism Physical Education as Discipline - Physical Education as an academic discipline - Physical Education and Islam - Physical Education as a profession Physical Education and Recreation - Definition of Recreation - Types of Recreation - Principles of Leisure - Outdoor pursuits Leadership in Physical Education - Definition and kinds of leadership - Selection criteria of leader - Qualities of a good leader - Challenges in Physical Education profession		

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Recommended Books	1. Metzler, M. (2017). <i>Instructional models in physical education</i>. Taylor & Francis. 2. Winnick, J., & Porretta, D. (Eds.). (2022). <i>Adapted Physical Education and Sport</i> (6th ed.). Human Kinetics. 3. Wuest, D. A., & Bucher, C. A. (2024). <i>Foundations of physical education, exercise science, and sport</i>. McGraw-Hill Higher Education. 4. Lumpkin, A. (2021). <i>Introduction to physical education, exercise science and sport studies</i>. McGraw-Hill Higher Education. 5. Kirk, D., MacDonald, D., & O'Sullivan, M. (Eds.). (2023). <i>Handbook of physical education</i>. Sage. 6. Mechikoff, Robert A. (2016). <i>A history and philosophy of sport and physical education: From ancient civilizations to the modern world</i>. 7. Kretchmar, R. S. (2025). <i>Practical philosophy of sport and physical activity</i>. Human Kinetics.
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COURSE OUTLINES - HUMAN ANATOMY & PHYSIOLOGY			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	5 th Semester	Email & Cell #:	
Name of Course	Human Anatomy & Physiology		
Course Code	PHE-313	Credit Hours:	3(2-1)
Pre Requisites		Follow Up:	
Objectives	The outlines of this course have been drawn with the objective to provide basic knowledge of human anatomy and body parts such as head and neck, thorax, abdomen and pelvis, Skeleton, Bones Tissues, Joints and Muscles to acquaint students with initial information about human body structure and functions.		
Course Contents	<u>HUMAN ANATOMY</u> INTRODUCTION - Definition of Anatomy - Importance of Anatomy in Sports - Terms & terminologies used in Anatomy CELL - Structure of Cell - Functions and Characteristics of Cell - Cell division TISSUES AND ORGANS - Definition - Types Anatomy of Skeletal System Anatomy of Muscular System Anatomy of Digestive System Anatomy of Cardiovascular System Anatomy of Nervous System <u>PHYSIOLOGY</u> - Physiology of Muscular System - Physiology of Cardiorespiratory System - Physiology of Nervous System - Physiology of Glandular System - Physiology of Gender Differences		
Recommended Books	- Singh, V. (2021). <i>General anatomy-e-book</i>. Elsevier Health Sciences. - Shier, D., Butler, J., & Lewis, R. (2019). <i>Hole's essentials of</i>		

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	<i>human anatomy & physiology</i>. McGraw-Hill Education. 3. Netter, F. H. (2022). <i>Atlas of human anatomy</i>. Elsevier Health Sciences. 4. Scanlon, V. C., & Sanders, T. (2020). <i>Essentials of anatomy and physiology</i>. FA Davis. 5. Marieb, E. N., & Hoehn, K. (2023). <i>The integumentary system: Human anatomy and physiology</i> (8th ed.). San Francisco: Benjamin Cummings.
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COURSE OUTLINES – INTRODUCTION TO SPORTS BIOMECHANICS & KINESIOLOGY			
Program	BS Physical Education	Course Instructor	
Semester/Year	5 th Semester	Email & Cell #	
Name of Course	Introduction to Sports Biomechanics & Kinesiology		
Course Code	PHE-315	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	This course has been designed to impart basic mechanics of body movements involved in sports activities by elaborating anthropometric, Kinematics and kinetic analysis of sports techniques. The course also covers analysis and measurement including kinetic and kinematic analysis, body segment kinematics, and moment analysis of various joints, muscle mechanics, joint and mechanics. The application of this course will provide solutions of problems that a sport technology professional is expected to undertake in line of their work. Students are required to undertake individual work to demonstrate technical skills and personal attributes at levels which are commensurate with professional sports technology practice.		
Course Contents	Introduction - An Orientation of Sports Biomechanics - Qualitative Analysis of the Sports Biomechanics - Quantitative Analysis of the Sports Biomechanics Measurement Systems in Sports Biomechanics - Anthropometric Measurements - Somatotyping (Endomorph- Mesomorph-Ectomorph) - Kinematics Analysis - Kinetic Analysis Kinematic Concepts of Human Motion - Form of Motion - Linear, Angular and General Motion - Vectors and Scalars, Distance and Displacement, Speed and Velocity, and Acceleration - Angular Kinematics: Angular Distance and Displacement, Angular Speed, Velocity and Acceleration - Projectile Motion Kinetic Concepts for Analyzing Human Motion - Linear Kinetics: Inertia, Mass, Force, Newton's Laws of Motion. Friction, Impulse, Conservation of Momentum, impact, Pressure, work		

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	b. Angular Kinetics: Eccentric Force, Moment, Resultant Moment, Equilibrium, Levers-Center of Gravity, Moment of Inertia, Angular, Momentum, Centripetal and Centrifugal force Effects of Fluid Mechanics on Sports a. Fluid properties; Characteristic of Buoyancy forces, Flotation, Flotation of the Human Body Drag b. Forces; Skin friction, Form Drag, Wave Drag c. Lift Forces; Foil shape, Magnus Effects Biomechanical Analysis of Sports Techniques a. Cricket b. Football c. Basketball d. Handball e. Gymnastics f. Hockey g. Badminton h. Table Tennis i. Track & Field (Running, Throwing & Jumping) j. Swimming k. Volleyball
Recommended Books	1. Blazeovich, A. J. (2023). <i>Sports biomechanics: The basic optimizing human performance</i>. A&C Black. 2. Bartlett, R. (2017). <i>Introduction to sports biomechanics: Analyzing human movement patterns</i>. Routledge. 3. Bartlett, R., & Bussey, M. (2022). <i>Sports biomechanics: Reducing injury risk and improving sports performance</i>. London: Routledge 4. Bartlett, R. (2024). <i>Introduction to sports biomechanics: Analyzing human movement patterns</i>. London Routledge. 5. Hughes, M., & Franks, I. (2025). <i>The essentials of performance analysis</i>. London: Routledge. 6. McGinnis, P. (2023). <i>Biomechanics of sport and exercise</i>. Human Kinetics. 7. Ozkaya, N., & Nordin, M. (2024). <i>Fundamentals of biomechanics</i>. Springer

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COURSE OUTLINES - SPORTS MEDICINE & REHABILITATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	5 th Semester	Email & Cell #	
Name of Course	Sports Medicine & Rehabilitation		
Course Code	PHE-317	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	The course will cover the study of sports medicine theoretically with concentration of students. The course will boost the knowledge of an athlete about injuries, prevention & rehabilitation. This course will enhance the study about energy systems and stress & environment how affect an athlete's training. It will also provide awareness about doping.		
Course Contents	Introduction to Sport Medicine - Definition of Sport Medicine - Scope & Significance of Sport Medicine - Branches of Sport Medicine Sports Injuries - Sports and Protective Measures - Famous Sports Injuries - Muscular Injuries - Tendon Injuries - Fractures - Dislocations - Rehabilitation of Sports Injuries Role of Nutrition in Sports - What is Nutrition & its roll in sports? - Major Types of Nutrition - Carbohydrates Loading - Pre-Nutritional Meal - During-Nutritional Meal - Post-Nutritional Meal Systems of Energy - Energy Pathways - Anaerobic Energy System - Aerobic Energy System Effects of Environment on Sports - Pollution - Drinking (Alcohol) and Athletic Performance - Smoking Effects Sports Performance - High Altitude Problems - Smog effect Sports		

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	f. Effects of Rain on Sports g. Effects of Temperature on Sports h. Wind effects Sports Climate Stress a. Dehydration b. Effects of Extreme Heat • Heat Stroke • Heat Fatigue • Heat Cramps • Heat Exhaustion • Hyperthermia c. Thermal regulation and Human Body d. Effects of Extreme Cold • Frost Bite • Hypothermia e. High Altitude • Effects on Exercise • Effects of Training • Benefits • Problems • Techniques • Effects on Sports Performance • Factors effecting Sports Performance Doping a. Definition of Doping b. Historical Background of Doping c. IOCAims and Objectives d. WADA e. Priorities of WADA f. Doping Test & Sample Collection g. Drugs used for Doping h. Prevention of Doping i. List of prohibited substances Practical Orientations a. Injury assessment b. Rehabilitation c. Fair Play
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Recommended Books	1. Frontera, W. R., Silver, J. K., & Rizzo, T. D. (2017). <i>Essentials of Physical Medicine and Rehabilitation</i> (4th ed.). Elsevier. 2. Javed, S. & Saeed, A. (2013). <i>Sports medicine</i> (2nd ed.). Lahore: Fraz Publishers. 3. Joyce, D., & Lewindon, D. (Eds.). (2015). <i>Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions</i>. Routledge. 4. Madden, C., Putukian, M., McCarty, E., & Young, C. (2022). <i>Netter's Sports Medicine</i> (3rd ed.). Elsevier. 5. Miller, M. D., Thompson, S. R., & Harrelson, G. L. (2019). <i>DeLee, Drez & Miller's Orthopaedic Sports Medicine</i> (6th ed.). Elsevier. 6. Peterson, L., & Renstrom, P. (2015). <i>Sports injuries: Their prevention and treatment</i> (3rd ed.). New York: Routledge. 7. Prentice, W. E. (2020). <i>Rehabilitation Techniques for Sports Medicine and Athletic Training</i> (7th ed.). Routledge. 8. Rasool, S., & Shafqat, M. (2007). <i>Sports medicine</i>. Lahore: Shebli Publishers.
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COURSE OUTLINES – INTRODUCTION TO STATISTICS			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	5 th Semester	Email & Cell #:	
Name of Course	Introduction to Statistics		
Course Code	PHE-319	Credit Hours:	2(1-1)
Pre Requisites		Follow Up:	
Objectives	Statistics is a basic requirement for the academic research in sports and other disciplines as well. This informative course of statistics is designed to help the students of Physical Education and Sports Sciences to understand how to analyze their collected data through diverse data collection tools. The course deals with the statistical techniques through descriptive and inferential statistics will be used in quantitative while, via interviews employed in qualitative or both techniques used in mix methods of research. After going through the course, the students will be able to analyze their collected data using these diverse statistical techniques in their particularly areas of research.		
Course Contents	<u>HOW TO USE SPSS (Statistical Package of Social Sciences)</u> <u>Introduction to Statistics</u> - i)- What is statistics? - ii)- Why statistics is necessary in research? <u>Introduction to SPSS</u> A) The SPSS Environment i) Data Editor View ii) Text Output Editor B) Menu's i) File ii) Edit iii) Data iv) Transform v) Analyze vi) Direct Marketing vii) Graphs C) Toolbar D) Dialogue Boxes for Statistical Procedure i) Source Variable List ii) Select Variable List iii) Command Pushbuttons and Accessing Sub-Dialogue Boxes E) Check Boxes, Radio Buttons and Drop-Down List i) Check Boxes ii) Radio Buttons		

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	iii) Drop-Down List F) Saving Files and Ending a Session <u>Preparation of Data Files</u> A) Defining Variables i) Naming a Variable ii) Variable Type iii) Variable Labels iv) Variable Values v) Missing Values vi) Column Format vii) Measuring Level viii) Role B) Entering Data C) Inserting and Deleting Cases and Variables D) Moving Variables E) Saving Data Files F) Opening an Existing Data File G) Variable Transformation H) Data Transformation i) Recoding ii) Computing <u>HOW TO ANALYZE THE DATA</u> - i)- Benefits of statistical techniques during research in physical education and sports <u>Descriptive Statistics</u> i) Frequency Distribution ii) Measure of Central Tendency iii) Working Examples <u>Reliability and Validity through Factor Analysis</u> i) Working Examples of Reliability ii) Assumption Testing and Working Examples <u>Diverse Correlation Analysis</u> i) Assumption Testing ii) Working Examples <u>Linear & Multiple Regression Analysis</u> i) Assumptions Testing a) Normality b) Linearity c) Heteroscedasticity d) Multicollinearity ii) Working Examples
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	<u>t-Test</u> i) Assumption Testing ii) Working Examples <u>One-Way ANOVA (Analysis of Variance)</u> i) Assumption Testing ii) Working Examples
Recommended Books	1. Coakes, S. J. (2023). <i>SPSS version 20.0 for windows: Analysis without anguish</i>. Milton: John Wiley & Sons. 2. Cohen, L., Manion, L., & Morrison, K. (2017). <i>Research methods in education</i> (6th ed.). London: Routledge. 3. O'Donoghue, P. (2021). <i>Research methods for sports performance analysis</i>. Abingdon, UK: Routledge. 4. Rumsey, D. (2022). <i>Statistics workbook for dummies</i>. Hoboken, NJ: Wiley Publishing. 5. Tabachnick, B. G., & Fidell, L. S. (2023). <i>Using multivariate statistics</i> (6th ed.). New York: Pearson Education, Inc.

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COURSE OUTLINES – SPORTS SOCIOLOGY			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	5 th Semester	Email & Cell #:	
Name of Course	Sports Sociology		
Course Code	PHE-321	Credit Hours:	2(1-1)
Pre Requisites		Follow Up:	
Objectives	This course is designed to provide general understanding of sociological perceptive in sports. Topics will include social issues regarding sports in society such as sports business, sport media, sports institutions, sports and culture, women and sports, religion and sports, politics and sports, deviance and sports, sports coaching and future trends in sports. The one of the main aims of the course is to develop student's skills to understand problem behavior through functional assessment. Students will be able to understand the role of sports in society and involvement of society in sports as well. The course is aimed at building students' capacity in modifying sporting behaviors with application of sports.		
Course Contents	Sociological Perspectives of Sports - What is Sports Sociology? - Relationship between Sports and Sociology - Why Sociology is Important for Sports Scope and Effect of Sports on Society - Participants vs. Spectators - Business and Sports - Media and Sports Sports and Institutions - Interscholastic and Intercollegiate sports - National Sports - International Sports - Olympic Movement Development through Sports - Benefits of Sports and Physical Activity - Benefits of Sports at Different Ages - Educational-Development Programs for Children and Youth - Peace Initiatives through Sports - Potential Funding Sources for Sports Development Sports and Culture - Sporting Behaviors and Strategies - Development of Moral Values - Moral Values applied to Sports		

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	d. Race, Ethnicity, and Sports e. Special Populations and Sports Religion and Sports a. Religion and Sports in History b. Use of Sports by athletes to Promote c. Religious Beliefs d. Use of Religion by Coaches, Organizations, and Owners e. Organizations using Sports to Promote Religion Politics and Sports a. Role of Government in Sports b. Government in Promoting Identity and Unity among Citizens c. Nationalism and Sports d. Sports in Promoting Social Values e. Politics within Sports Women and Sports a. Historical Role of Women b. Women, Sports and Title IX c. Social Issues in Women's Sports d. Global Status of Women in Sports e. Barriers for Women in Sports f. Golden Age of Sports Reborn Deviance and Sports a. Rule Breaking b. Emotion and Deviant Behavior c. Violence in Sports d. Performance Enhancement through Sports e. Eating Disorders in Sports f. Gambling and Sports Sports Coaching and the Social a. Influence of Coaches b. Powers in Coaching c. Coaching at Different Levels of Sports d. Social Interaction in Coaching e. Coaching Strategies for the Future Future Trends in Sports a. Social Trends b. Conflicts between Performing Sports and Participation Sports c. Effects of Social Changes d. Effects of Technology e. Effects of Electronic Media f. Sports Change
Recommended	1. Coakley, J., & Pike, E. (2023). <i>Sports in society: Issues and</i>

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Books	<i>controversies</i> (9th ed.). New York: McGraw-Hill. 2. Jones, R. L., Potrac, P., Cushion, C., & Ronglan, L. T. (2021). <i>The sociology of sports coaching</i>. New York: Routledge. 3. Kidman, L., & Hanrahan, S. J. (2022). <i>The coaching process: A practical guide to becoming an effective sports coach</i>. New York: Routledge. 4. Woods, R. B. (2019). <i>Social issues in sports</i> (2nd ed.). USA: Human Kinetics.
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Course Outlines
BS Physical Education
6th Semester

Course Code	Course	Credits	Category	Page
PHE-312	Elective – I: Athletics Training and Conditioning	3(3-0)	Major	64
PHE-314	Artificial Intelligence (AI) in Physical Education	2(1-1)	Interdisciplinary	66
PHE-316	Sports & Exercise Physiology	3(2-1)	Major	68
PHE-318	Research Methodology in Physical Education	3(3-0)	Major	70
PHE-320	Talent Identification in Sports	2(1-1)	Major	72
PHE-322	Elective – II: Injury Risk Management and Prediction	3(3-0)	Major	74
Total Credits: 16				

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COURSE OUTLINES – ELECTIVE – I: ATHLETICS TRAINING AND CONDITIONING			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Elective-I: Athletics Training and Conditioning		
Course Code	PHE-312	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	This course is designed to acquaint the students to... • Explain training guidelines for conditioning young athletes and how to apply them in designing effective training programs. • Identify the three developmental stages of youth and explain how to design appropriate athletic training for all youth sport participants. • Design effective youth sport training programs to meet specific goals for a variety of sports and for general fitness. • Create positive experiences for young athletes in organized competitive sports. • Dispute popular myths regarding training methods and equipment often promoted to young athletes, coaches, and parents. • Develop appropriate periodized training plans for specific sports based on the age and developmental abilities of the athlete. • Differentiate between the energy systems of the body and create training programs that are specific to the demands of the sport and position.		
Course Contents	Introduction to Athletic Training and Conditioning a. Definition and Scope of Training & Conditioning b. Components of Physical Fitness c. Role of Athletic Trainers, Strength Coaches, and Exercise Specialists d. General vs. Sport-Specific Training Principles of Training a. Overload, Progression, Specificity, Reversibility b. Periodization: Macro-, Meso-, and Micro-Cycles c. Training Adaptations: Neuromuscular, Cardiovascular, Metabolic d. Individual Differences in Training Responses Strength and Power Training a. Muscle Physiology and Types of Muscle Contractions b. Resistance Training Principles and Techniques c. Plyometric Training and Power Development		

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	Speed, Agility, and Quickness (SAQ) Training - Mechanics of Sprinting and Acceleration - Drills for Agility, Reaction Time, and Footwork - Sport-Specific Speed Development Endurance and Aerobic Conditioning - Types of Endurance: Short-, Medium-, Long-Duration - Energy Systems - Methods: Continuous, Interval, Fartlek, Tempo Training - Conditioning for Specific Sports (e.g., Soccer vs. Marathon Running) Monitoring, Testing, and Evaluation - Fitness Testing Protocols (e.g., Yo-Yo Test, Beep Test, Vertical Jump) - Use of Technology (Heart Rate Monitors, Wearables) - Load Monitoring: Training Load, Recovery Tracking - Program Evaluation and Adaptation Recovery and Injury Prevention - Recovery Modalities: Active Recovery, Massage, Sleep - Common Overuse and Acute Athletic Injuries - Rehabilitation and Corrective Exercises - Return-to-Play Considerations Lab and Practical Assessment - Gym-Based Strength and Conditioning Labs - Movement Analysis and Performance Testing - Designing Warm-Up and Conditioning Sessions - Training Workshops
Recommended Books	- Bompa, T. O. & Sarandan, S. O. (2022). <i>Training and conditioning young athletes</i> (2nd Ed). Routledge. - Brown, L. E., & Ferrigno, V. A. (2014). <i>Training for Speed, Agility, and Quickness</i>. Human Kinetics. - Haff, G. G., Triplett, N. T., & NSCA (Eds.). (2016). <i>Essentials of Strength Training and Conditioning</i> (4th ed.). Human Kinetics. - Jeffreys, I., & Moody, J. (2021). <i>Strength and Conditioning for Sports Performance</i> (2nd ed.). Routledge. - Joyce, D., Lewindon, D., & Verstegen, M. (2021). <i>High-Performance Training for Sports</i> (2nd ed.). Human Kinetics.

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COURSE OUTLINES – ARTIFICIAL INTELLIGENCE (AI) IN PHYSICAL EDUCATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Artificial Intelligence (AI) in Physical Education		
Course Code	PHE-314	Credit Hours	2(1-1)
Pre Requisites		Follow Up	
Objectives	This course is designed to acquaint the students with Artificial Intelligence. AI in physical education and it will cover how AI can be applied to enhance teaching, learning, and assessment in physical education, including topics like data analysis, personalized learning, and AI-powered tools for instruction.		
Course Contents	Introduction to AI and Its Role in Physical Education - Definition and History of AI - Branches of AI: Machine Learning, Computer Vision, Natural Language Processing - Relevance of AI In Sports, Health, and Physical Education - Overview of Smart Technologies and Wearable AI for Personalized Fitness and Training - Adaptive Fitness Programs using AI - AI-Driven Mobile Fitness Applications - Recommendation Systems for Physical Activity - Monitoring Training Load and Fatigue with AI Data Collection and Management in PE - Types of Data in Physical Education: Biometric, Kinematic, Performance - Use of Wearable Devices And Sensors - Data Privacy, Storage, and Ethics - Data Preprocessing and Basic Analytics Machine Learning Basics for Physical Educators - Overview of Supervised and Unsupervised Learning - Feature Selection from Physical Activity Data - Introduction to Simple Models - Predictive Analytics in Performance and Injury Risk AI in Classroom and Pedagogical Applications - Virtual Physical Education (VPE) using AI		

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	b. Gamification And Augmented Feedback Systems c. AI-Assisted Student Assessments in PE d. Differentiated Instruction using AI Tools Ethical, Social, and Future Implications a. Accessibility and Equity in AI-Supported PE Programs b. The Future of Teaching PE with AI c. Global Trends and Research in AI and Physical Education
Recommended Books	1. Dindorf, C., Bartaguiz, E., Gassmann, F., & Fröhlich, M. (Eds.). (2024). <i>Artificial Intelligence in Sports, Movement, and Health</i>. Springer Cham. 2. Memmert, D. (Ed.). (2025). <i>Artificial Intelligence and Machine Learning in Sports Science</i>. Springer Berlin Heidelberg. 3. Kong, S.-C. (Ed.). (2022). <i>Computational Thinking Education in K–12: Artificial Intelligence Literacy and Physical Computing</i>. MIT Press.

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COURSE OUTLINES – SPORTS & EXERCISE PHYSIOLOGY			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Sports & Exercise Physiology		
Course Code	PHE-316	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	The course has been developed with the objective to provide knowledge of exercise physiology, exercise responses, exercise methods to improve performance, fitness, age and exercise, gender differences, weight control, obesity and exercise environment in sports.		
Course Contents	Introduction - Focus of exercise and sport physiology - Acute and chronic responses to exercise Muscular System And Exercise - Anatomy of skeletal muscle - Muscle fiber contraction - Muscle fiber types - Skeletal muscle and exercise Cardiorespiratory System And Exercise - Cardiovascular responses to acute exercise - Respiratory responses to exercise Nervous System and Exercise - Structure and function of the nervous system - Sensory-motor integration Glandular System and Exercise - General metabolic and endocrine changes - Effects of therapeutic medication - Hormonal changes Gender Differences - Body size and composition - Male and Female athletes - Effect on sport performances Obesity - Definition and types - Weight loss - Diabetes - Coronary Heart Diseases (CHD)		

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	e. Role of physical activity in weight management and risk reduction
Recommended Books	1. Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2020). <i>Physiology of sport and exercise</i> (7th ed.). Human Kinetics. 2. Powers, S. K., & Howley, E. T. (2021). <i>Exercise physiology: Theory and application to fitness and performance</i> (11th ed.). McGraw-Hill Education. 3. McArdle, W. D., Katch, F. I., & Katch, V. L. (2014). <i>Exercise physiology: Nutrition, energy, and human performance</i> (8th ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins. 4. Glaner, M. F., & Antunes, B. M. M. (Eds.). (2021). <i>Sports and exercise physiology: Integrative and clinical perspectives</i>. Springer. 5. Joyner, M. J., & Green, D. J. (Eds.). (2014). <i>Exercise and sport science</i>. Oxford University Press. 6. Ekelund, U., & Biddle, S. J. H. (Eds.). (2017). <i>Physical activity and health: The evidence explained</i> (2nd ed.). Routledge. 7. Haff, G. G., & Triplett, N. T. (2015). <i>Essentials of strength training and conditioning</i> (4th ed.). Human Kinetics. 8. Zemková, E. (2022). <i>Physiological basis and clinical applications of functional training</i>. Springer.

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COURSE OUTLINES - RESEARCH METHODOLOGY IN PHYSICAL EDUCATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Research Methodology in Physical Education		
Course Code	PHE-318	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	Without any doubt research is the basic requirement for the academic promotion and development of a discipline. This basic informative course of research methods will help the students of Physical Education and Sports Sciences to understand the definitions and meanings of research, use of the tools for data collection, procedures of sampling and various terminologies used in the research process. After going through the course, the students will be in a better position to pursue research projects in their respective field.		
Course Contents	Introduction to Research - Definition and meaning of research - Characteristics of research - Type of research - Need and importance of research in Physical Education. Research Problem - Identification of the problems - Criteria of selecting the problems - Sources for locating the problems - Problems evaluation - Limitations, Delimitation, Assumption Research Proposal - Developing the research proposal - Statement of the problems - Significance of the problems - Objectives of the study - Hypotheses - Procedure of the study - Limitation/delimitation and scope of study Methods of Research - Historical research - Descriptive research - Experimental research Sampling - Sampling		

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	b. Types of sampling c. Sampling procedure Tools for Data Collections a. Questionnaire b. Interviews c. Tests d. Observation e. Use of relevant and reference materials, Note taking Writing The Research Report a. Pattern or style of research report b. The structure components of research report c. Term report, Dissertation, Thesis, Foot notes, References Bibliography.
Recommended Books	1. Armour, K. M., & MacDonald, D. (Eds.). (2012). <i>Research methods in physical education and youth sport</i>. Routledge. 2. Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2015). <i>Research methods in physical activity</i> (7th ed.). Human Kinetics. 3. Silverman, D. (2021). <i>Doing qualitative research</i> (6th ed.). Sage Publications. 4. Kamlesh, M. L. (2021). <i>Methodology of research in physical education & sports</i> (4th ed.). Sports Publication. 5. Shirol, L. B. (2019). <i>Research methodology in physical education and sports science</i>. India. 6. Sathish, M., Velkumar, S., & Muthuveera, P. (2025). <i>Research methodology in physical education</i>. Dr. BGR Publications.

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COURSE OUTLINES – TALENT IDENTIFICATION IN SPORTS			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Talent Identification in Sports		
Course Code	PHE-320	Credit Hours	2(1-1)
Pre Requisites		Follow Up	
Objectives	This course is designed to acquaint the students on talent identification in sports typically covers the process of recognizing and developing athletes with potential, including understanding various assessment methods, talent development pathways, and the role of coaches and sport scientists. This course also explores the principles and methodologies of talent identification in sports. Students will learn about the physiological, psychological, and technical factors contributing to athletic talent. The course will cover various models and systems used to identify and nurture talent, focusing on practical applications and the development of assessment tools.		
Course Contents	Introduction to Talent Identification - Definition and Importance of Talent Identification - Historical Perspectives and Evolution of Talent Identification in Sports Physiological Aspects of Talent Identification - Physiological Characteristics of Elite Athletes - Assessment of Physical Attributes (e.g., Strength, Endurance, Flexibility) Psychological Factors in Talent Identification - Psychological Traits of Successful Athletes - Assessment of Mental Attributes (e.g., Motivation, Resilience, Focus) Technical and Tactical Skills in Talent Identification - Importance of Technical and Tactical Skills in Different Sports - Methods for Assessing Skills - Practical Applications and Developing Skills to Identify Potential Athletes and Assess Their Strengths and Weaknesses. Talent Identification in Individual and Team Sports - Specific Considerations for Individual Sports - Specific Considerations for Team Sports		

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	c. Assessment Tools and Techniques d. Examples from Various Team Sports. Practical Session: Developing Assessment Tools a. Designing and Implementing Talent Identification Tests b. Analyzing and Interpreting Test Results c. Hands-on Practice and Feedback <u>Practical Orientations:</u> Analyzing real-world examples of successful and unsuccessful talent identification and development systems.
Recommended Books	1. Baker, J., Cobley, S., & Schorer, J. (Eds.). (2020). <i>Talent identification and development in sport: International perspectives</i>. Routledge. 2. Bloom, B. S. (2019). <i>Developing talent in young people</i>. Ballantine Books. 3. Comoutos, N., & Sermetakis, G. (2023). <i>Talent identification and development in sports performance</i>. Nova Science Publishers. 4. Coyle, D. (2020). <i>The talent code: Greatness isn't born. It's grown. Here's how</i>. Bantam Books. 5. Epstein, D. (2021). <i>The sports gene: Inside the science of extraordinary athletic performance</i>. Current. 6. Gladwell, M. (2019). <i>Outliers: The story of success</i>. Little, Brown and Company.

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COURSE OUTLINES – ELECTIVE-II: INJURIES RISK MANAGEMENT AND PREDICTION			
Program	BS Physical Education	Course Instructor	
Semester/Year	6 th Semester	Email & Cell #	
Name of Course	Elective-II: Injuries Risk Management and Predictions		
Course Code	PHE-322	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	This course is designed to acquaint the students with the injuries its risk management and prediction elaborating central nervous system, knee, Tennis Elbow ankle injuries and explaining safety rules and basic physiotherapist treatment to manage in case of emergency. This course is designed to introduce the student to the professional practice of the athletic trainer while examining their role in the prevention, assessment, treatment, documentation and rehabilitation of sports related injuries. Students will learn proper on the field and off the field assessment of both life threatening and non-life threatening injuries and be introduced to the Standards of Professional Practice in the field. Review of major muscles, joint structure, joint actions, types of forces and their effect on the tissues of the body, therapeutic modalities, therapeutic exercise and the healing process will be conducted in this course.		
Course Contents	Introduction to Injury Risk Management - Definitions: Injury, Risk, Prevention, Prediction - Types of Injuries (Acute vs. Chronic) - Scope of Injury In Sports, Occupational, and General Populations - Legal and Ethical Considerations in Risk Management Biomechanics and Mechanisms of Injury - Biomechanical Principles Behind Injury - Common Injury Mechanisms (e.g., ACL Tears, Concussions, Overuse Injuries) - Video and Motion Analysis in Understanding Injury Patterns Risk Factors - Intrinsic Risk Factors: Age, Gender, Genetics, Biomechanics, Health Status - Extrinsic Risk Factors: Environment, Equipment, Workload, Training Practices - Modifiable vs. Non-Modifiable Risk Factors - Screening And Assessment Tools		

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	Injury Prevention Strategies - Warm-Up and Cool-Down Routines - Load Management and Periodization - Protective Equipment and Environmental Controls - Behavioral and Educational Interventions - Role of Strength and Conditioning in Prevention Predictive Analytics and Injury Forecasting - Introduction to Sports Data Analytics - Metrics Used in Prediction - Machine Learning and Predictive Modeling Basics Injury Risk Management Frameworks - Risk Assessment and Mitigation Models - Organizational Approaches to Injury Risk - Return-to-Play Decision Making Injury Assessment and Applications - Sport-Specific Injury Analysis (e.g., Football, Running, Basketball) - Injury Risk in Youth vs. Professional Athletes - Designing an Injury Prevention Program
Recommended Books	- Alexander, M. A., Matthews, D. J., & Murphy, K. P. (2019). <i>Pediatric rehabilitation: Principles and practice</i>. Demos Medical Publishing. - Andrews, J. R., Harrelson, G. L., & Wilk, K. E. (2023). <i>Physical rehabilitation of the injured athlete</i>. Elsevier Health Sciences. - Buschbacher, R. M., Prahlow, N. D., & Dave, S. J. (Eds.). (2018). <i>Sports medicine and rehabilitation: A sport-specific approach</i>. Lippincott Williams & Wilkins. - Comfort, P., & Abrahamson, E. (Eds.). (2022). <i>Sports rehabilitation and injury prevention</i>. John Wiley & Sons. - Lederman, E. (2020). <i>Neuromuscular rehabilitation in manual and physical therapies: Principles to practice</i>. Elsevier Health Sciences. - Norris, C. M. (2024). <i>Sports injuries: Diagnosis and management</i>. Edinburg, UK: Butterworth Heinemann. - Peterson, L., & Renstrom, P. A. (2021). <i>Sports injuries: Prevention, Treatment And Rehabilitation</i>. CRC Press.

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Course Outlines BS Physical Education 7th Semester

Course Code	Course	Credits	Category	Page
PHE-323	Elective – III: Sports Facilities and Operations Management	3(2-1)	Major	77
PHE-325	Adapted Physical Education	2(2-0)	Major	79
PHE-327	Sports Law and Ethics	2(2-0)	Interdisciplinary	81
PHE-329	Elective – IV: E-Sports and Society: Social and Cultural Impacts	2(2-0)	Major	83
PHE-331	Sports & Exercise Psychology	3(3-0)	Interdisciplinary	85
PHE-333	Specialization in one Game	2(1-1)	Major	88
PHE-335	Sports Marketing and Media	2(2-0)	Interdisciplinary	89
INT-360	Internship	3(0-3)		91
Total Credits: 19				

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COURSE OUTLINES – ELECTIVE-III: SPORTS FACILITIES AND OPERATIONS MANAGEMENT			
Program	BS Physical Education	Course Instructor	
Semester/Year	7 th Semester	Email & Cell #	
Name of Course	Elective-III: Sports Facilities and Operations Management		
Course Code	PHE-323	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	This course is based on the managerial skills and knowledge. This exposure prepares the students to become Professional in the field of Sports Facilities, for diversity of roles in the areas of Sports operational management, Sports Financing, Facility Management and Planning. This course is designed to meet the needs of the students who are seeking a career in the areas of Sports Facilities and Operation Management. Students are able to address various issues and problems related to the Sports Facilities and operation Management in Sports Programs.		
Course Contents	Introduction to Sports Facilities - Types of Sports Facilities (Indoor, Outdoor, Multi-Purpose, Single-Use) - Role of Facility Management in The Sports Industry - Facility Lifecycles: Planning, Construction, Operations, Renovations Facility Planning and Design - Needs Assessment and Feasibility - Site Selection and Zoning - Sustainable Design and Certification - Layout, Traffic Flow, Seating, Accessibility Operations Management - Daily operations and standard operating procedures (SOPs) - Scheduling for practices, games, and rentals - Inventory and equipment management Facility Maintenance and Housekeeping - Preventive vs. Corrective Maintenance - Cleaning Schedules and Procedures - Use of Maintenance Software and Tools Risk Management and Safety - Identifying and Mitigating Facility Hazards		

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	b. Emergency Planning (Fire, Weather, Crowd Control) c. Liability, Insurance, and Waivers Budgeting and Financial Management a. Budget Development and Cost Control b. Revenue Sources: Rentals, Sponsorships, Concessions, Naming Rights c. Financial Statements and Reporting Marketing and Sponsorship a. Promoting the Facility and Events b. Naming Rights and Branding c. Corporate Sponsorships and Partnerships d. Community Engagement Strategies Technology in Facility Management a. Smart Facility Technology (Access Control, Surveillance) b. Online Scheduling and Ticketing Platforms c. Fan Engagement Technology a. Facility Management Software
Recommended Books	1. Ammon, R., Southall, R. M., & Blair, D. A. (2019). <i>Sport Facility Management: Organizing Events and Mitigating Risks</i> (3rd ed.). Fitness Information Technology. 2. Chelladurai, P., & Kerwin, S. (2022). <i>Human resource management in sport and recreation</i>. Human Kinetics. 3. Gentile, D. (2019). <i>Athletic administration for college, high school, youth, and club sport</i>. Jones & Bartlett Learning. 4. Greenwell, T. C., Danzey-Bussell, L. A., & Shonk, D. J. (2019). <i>Managing Sport Events</i> (2nd ed.). Human Kinetics. 5. Hoye, R., Smith, A. C., Nicholson, M., & Stewart, B. (2018). <i>Sport management: Principles and applications</i>. Routledge. 6. Lussier, R. N., & Kimball, D. C. (2021). <i>Applied sport management skills</i>. Human Kinetics. 7. Pedersen, P. M., & Thibault, L. (2022). <i>Contemporary sport management</i>. Human Kinetics. 8. Ruta, D., & Sala, I. (2022). HRM in sport organizations. In <i>HRM in mission driven organizations</i> (pp. 183-220). Palgrave Macmillan, Cham. 9. Sawyer, T. H., Judge, L. W., & Jones, L. (2021). <i>Sport Facility and Event Management</i> (3rd ed.). Sagamore-Venture. 10. Tortora, M. (2023). Sport management and sustainability innovation challenges. In <i>sports media, marketing, and management: Breakthroughs in research and practice</i> (pp. 301-313). IGI Global.

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COURSE OUTLINES – ADAPTED PHYSICAL EDUCATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	7 th Semester	Email & Cell #	
Name of Course	Adapted Physical Education		
Course Code	PHE-325	Credit Hours	2(2-0)
Pre Requisites		Follow Up	
Objectives	This course is designed to provide knowledge to the students about the rehabilitation of adapted special persons through adapted physical activities and teaching methods those are useful to special people to adapt in the society involving sports.		
Course Contents	Historical Background of Adapted Populations a. Concepts of Adapted/Specials Populations: • Dark Age • Modern Age b. Concept for Special Populations in our Society Understanding of Adapted / Special Population a. W.H.O.'s Definition and Classification of Special Population b. Basic Terms c. Public Law d. Posture and its Importance Types of Adapted / Special Population a. Mental Retardation: • Mild • Moderate • Severe • Profound b. Deaf and Defective: • Mild • Moderate • Severe • Profound c. Visually Impaired: • Blind • Partially Sighted • Partially Blind • Low Vision d. Physically Disabled: • Mild • Moderate • Severe		

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	• Profound Teaching Programs for Adapted Population a. Individual Programs b. Developmental Programs c. Remedial Programs d. Therapeutic Programs Physical Activities for Adapted Population a. Games and Sports activities for Special Population b. Fitness Exercises for Special Population c. Understanding the Nature of Motor Learning d. Movement Mechanical Principles for Special Population Physical Education Teachers for Adapted Population a. Attributes of Physical Education Teacher b. Qualifications of Physical Education Teacher
Recommended Books	1. Winnick, J. P., & Porretta, D. L. (2021). <i>Adapted Physical Education and Sport</i> (7th ed.). Human Kinetics. 2. Winnick, J. P. (2010). <i>Adapted Physical Education & Sport</i> (5th ed.). Human Kinetics. 3. Steadward, R. D., Wheeler, G. D., & Watkinson, E. J. (Eds.). (2023). <i>Adapted Physical Activity</i>. University of Alberta Press. 4. Block, M. E. (2016). <i>Adapted Physical Education</i>. Sports Publication. 5. Haegele, J., & Maher, A. (2022). <i>Teaching Disabled Children in Physical Education: (Dis) connections between Research and Practice</i>. Routledge.

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COURSE OUTLINES – SPORTS LAW AND ETHICS			
Program	BS Physical Education	Course Instructor	
Semester/Year	7 th Semester	Email & Cell #	
Name of Course	Sports Law and Ethics		
Course Code	PHE-327	Credit Hours	2(2-0)
Pre Requisites		Follow Up	
Objectives	This course will examine the relevance and application of various legal structures to all participants in the particular sports enterprise. Topics will include among others, contracts, collective bargaining, national compliance and governance, agency, risk management and sports marketing and licensing. Sports law concerns legal and other practice issues that arise out of the amateur, collegiate and professional sports enterprise. Upon completion of this course, students will be able to understand sports law and ethics core areas including the concepts, scope, organization and common practices in the various sports industry subsets and identify current trends and issues in ethics and sport law at the amateur, collegiate and professional levels.		
Course Contents	Introduction to Sports Law and Ethics • What is sports law? • What is ethics in sport? Legal Structures of Sport Organizations • Legal status of sports governing bodies (e.g., NCAA, IOC, FIFA) • Role of leagues, clubs, and governing authorities • Amateur vs. professional sports organizations Intellectual Property in Sports • Trademarks (team logos, mascots) • Copyrights (broadcasts, promotional materials) • Licensing and merchandising Athlete Rights and Legal Issues • Freedom of speech and expression (e.g., protests) • Right to privacy and data protection • Drug testing and anti-doping regulations • Due process and appeals		

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	Doping, Cheating, and Corruption • Ethical and legal perspectives on performance-enhancing drugs • Match-fixing and gambling • Governance responses (e.g., WADA, national laws) Media Rights and Legal Regulation • Broadcasting contracts • Athlete image rights and NIL (Name, Image, Likeness) • Social media and free speech Dispute Resolution in Sports • Arbitration and mediation in sports • Role of the Court of Arbitration for Sports a. Internal grievance procedures
Recommended Books	1. Anderson, J. (2022). <i>Modern Sports Law: A Textbook</i>. Hart Publishing India. 2. Champion, W. T., Jr., Karcher, R. T., & Ruddell, L. S. (2019). <i>Sports Ethics for Sports Management Professionals</i> (2nd ed.). Jones & Bartlett Learning. 3. Cotten, D. J., Wolohan, J. T., & Glazer, D. (2022). <i>Law for Recreation and Sport Managers</i> (8th ed.). Kendall Hunt. 4. Konstantinos, M. (2019). <i>Law, Ethics, and Integrity in the Sports Industry</i>. Business Science Reference. 5. Mitten, M. J., Davis, T., Smith, R. K., & Duru, N. J. (2013). <i>Sports Law and Regulation: Cases, Materials, and Problems</i> (3rd ed.). Wolters Kluwer Law & Business. 6. Ross, S. F., & Nafziger, J. A. R. (Eds.). (2011). <i>Handbook on International Sports Law</i>. Edward Elgar Publishing. 7. Sharp, L. A., Moorman, A. M., & Claussen, C. L. (2014). <i>Sport Law: A Managerial Approach</i> (3rd ed.). Human Kinetics. 8. Simon, R. L., Torres, C. R., & Hager, P. F. (2015). <i>Fair Play: The Ethics of Sport</i> (4th ed.). Routledge.

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COURSE OUTLINES – ELECTIVE-IV: E-SPORTS AND SOCIETY: SOCIAL AND CULTURAL IMPACT			
Program	BS Physical Education	Course Instructor	
Semester/Year	7 th Semester	Email & Cell #	
Name of Course	Elective-IV: E-Sports and Society: Social and Cultural Impact		
Course Code	PHE-329	Credit Hours	2(1-1)
Pre Requisites		Follow Up	
Objectives	The objective of this course is to explore topics like the formation of e-sports communities, the commercialization of e-sports, the potential for positive and negative impacts on mental health and social behavior, and the evolving definition of sport in the digital age. A course on E-sports and Society would likely cover the social and cultural impact of competitive video gaming. This includes examining the rise of e-sports, its relationship to traditional sports, its influence on youth culture, and its broader societal implications. At the end of this course, students will gain a comprehensive understanding of the social and cultural impact of e-sports, its relationship to traditional sports, and its implications for the future.		
Course Contents	Introduction to E-Sports a. Definition and Characteristics of E-Sports b. Overview of Major Games and Platforms Global Growth and Popularity of E-Sports a. International E-Sports Ecosystems (e.g., South Korea, USA, China, Europe) b. Industry Stakeholders: Teams, Sponsors, Publishers, Tournament Organizers E-Sports and Gender a. Gender Representation and Disparities in Competitive Gaming b. Harassment and Exclusion in Gaming Culture c. Rise of Women in E-Sports Youth Culture, Education, and E-Sports a. E-Sports in Educational Institutions b. Gamification of Learning and E-Sports Curriculum c. Parental Concerns, Screen Time, and Digital Citizenship Mental Health and Wellbeing in E-Sports a. Burnout, Performance Pressure, and Lifestyle Factors b. Addiction Debates and Healthy Gaming Habits		

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	c. Mental Coaching and Athlete Support Ethical and Legal Issues in E-Sports a. Cheating, Hacking, and Match-Fixing b. Player Contracts, Unionization, and Labor Rights c. Regulation And Governance of The E-Sports Industry Economic and Career Impacts a. E-Sports Careers: Player, Coach, Analyst, Caster, Manager b. Sponsorship, Monetization, and Prize Pools c. Economic Disparities and Financial Sustainability The Future of E-Sports and Society a. Virtual and Augmented Reality in Competitive Gaming b. AI and Machine Learning in Game play and Broadcasting c. Predictions and Challenges for The Next Decade
Recommended Books	1. Carter, M., Gibbs, M., & Arnold, M. (2020). <i>Inside the e-sports industry: The rise of professional gaming</i>. Routledge. 2. Hamari, J., & Sjöblom, M. (Eds.). (2017). <i>E-sports and the media: Challenges and opportunities in the new digital age</i>. Springer. 3. Jenny, S. E., Manning, R. D., Keiper, M. C., & Olrich, T. W. (2022). <i>Sport management in the digital age: The impact of esports on traditional sport</i>. Routledge. 4. Kowert, R. (2020). <i>Video games and social competence</i>. Routledge. 5. Reitman, J. G. (2023). <i>Understanding e-sports: An introduction to the global phenomenon</i>. Lexington Books. 6. Scholz, T. M. (2019). <i>E-Sports is business: Management in the world of competitive gaming</i>. Springer. 7. Seo, Y. (2021). <i>The rise of exports and its impact on digital and social culture</i>. Palgrave Macmillan. 8. Taylor, T. L. (2022). <i>Raising the stakes: E-sports and the professionalization of computer gaming</i>. MIT Press. 9. Witkowski, E., & Manning, J. (Eds.). (2021). <i>E-sports in higher education: Exploring educational and institutional opportunities</i>. Palgrave Macmillan. 10. Witkowski, E., & Manning, J. (Eds.). (2021). <i>E-Sports: Power and Performance</i>. MIT Press.

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COURSE OUTLINES - SPORTS & EXERCISE PSYCHOLOGY			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	7 th Semester	Email & Cell #:	
Name of Course	Sports & Exercise Psychology		
Course Code	PHE-331	Credit Hours:	3(3-0)
Pre Requisites		Follow Up:	
Objectives	The course of sport and exercise psychology is designed to fulfill the following objectives: There is very little known how in the people related to the sports arena in the sweet homeland about Psychology involvement in sport, which is resulting in the deserting of the ground and sport. This in turn is making the people idle, unhealthy and negative where they will for the uplift of their own or the country is lacking. There is a dire need to clinch the people back to the play fields in order to achieve the goal of strong individuals who may contribute to the success of the nation. Psychology needs to be infused at gross root level as it will act as motivator for the young generation so if the physical education teacher is equipped with the knowledge, he/she will be better able to inculcate the theme in the off-springs. The knowledge of sport and exercise psychology will enable the students to learn more about the organized sports and exercise setting procedures which will contribute to the services provided by them in the educational as well as professional institutions.		
Course Contents	Introduction to Sports Psychology - Defining Sports and exercise Psychology - Specializing in sport psychology - Difference between Clinical and Educational Sports Psychology - Choosing from many sports and exercise psychology around the world Aggression in Sports - Defining Aggression - Understanding the causes of Aggression - Examining Aggression in Sports: - Spectators and aggression - Games Reasoning and aggression - Athletic injuries and aggression - Performance and aggression - Team moral atmosphere and aggression Motivation in Sports - Defining Motivation - Reviewing three approaches to Motivation: - Trait-centered View		

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	ii. Situation-centered View iii. Interactional View c. Building motivation with five guidelines d. Using achievement motivation in professional practice Goal Setting in Sports a. Defining Goal Setting b. Reasons for Goal Setting c. Types of Goals i. Outcome Goals ii. Performance Goals iii. Process Goals iv. Team Goals d. Effectiveness of Goal Setting e. Principles of Goal Setting g. Common Problems in Setting Goals Anxiety, Arousal and Stress Relationship a. Differentiating among Stress, Anxiety and Arousal b. Measuring arousal and anxiety c. Theories of Anxiety d. Connecting arousal and anxiety to performance e. Defining Stress f. Understanding the stress process g. Sources of stress and anxiety h. Applying knowledge to professional practice Imagery and Performance a. What is Imagery b. Evidences of imagery effectiveness c. Imagery in sport: where, what, when, and why, d. Factors affecting the Effectiveness of Imagery e. How Imagery works f. Uses of Imagery in Sports g. How to develop an Imagery Training program h. When to use imagery Exercise and Psychological Well-Being a. Reducing anxiety and depression with exercise b. Enhancing mood with exercise c. Understanding exercise effect on psychological well-being d. Enhancing quality of life with exercise
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Recommended Books	1. Bigliassi, M., & Filho, E. (Eds.). (2025). <i>Sport and exercise psychophysiology</i>. Springer. 2. Cox, R. H. (2011). <i>Sport psychology: Concepts and applications</i> (7th ed.). McGraw-Hill. 3. Schüller, J., Wegner, M., Plessner, H., & Eklund, R. C. (Eds.). (2023). <i>Sport and exercise psychology: Theory and application</i>. Springer. 4. Williams, J. M., & Krane, V. (2020). <i>Applied sport psychology: Personal growth to peak performance</i> (8th ed.). McGraw-Hill Education. 5. Weinberg, R. S., & Gould, D. (2023). <i>Foundations of sport and exercise psychology</i> (8th ed.). Human Kinetics.
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COURSE OUTLINES –SPECIALIZATION IN ONE GAME			
Program	BS Physical Education	Course Instructor	
Semester/Year	7 th Semester	Email & Cell #	
Name of Course	Specialization in One Game		
Course Code	PHE-333	Credit Hours	2(1-1)
Pre Requisites		Follow Up	
Objectives	To develop a basic understanding of specialized game and its skills, coaching and officiating as well as rules and techniques of the game with its historical background.		
Course Contents	Unit One: The Rules of the Game Unit Two: Skills & Techniques of the Game Unit Three: Practical orientations of the Game Unit Four: Tactics of the Game Unit Five: Coaching of the Game Unit Six: Officiating of the Game Unit Seven: Organization of the Game		
Recommended Books	1. Salen, K., & Zimmerman, E. (2024). <i>Rules of play: Game design fundamentals</i>. MIT press. 2. Hagemann, S., & De Clerck-Sachsse, J. (2021). <i>Old rules, new game</i>. Decision-Making in the Council of Ministers after the 13. 3. Rogers, J. L. (Ed.). (2022). <i>USA track & field coaching manual</i>. Human kinetics. 4. Gifford, C. (2018). <i>Track and Field</i>. The Rosen Publishing Gr 5. Barber, G. (2016). <i>Getting Started in Track and Field Athletics: Advice & Ideas for Children, Parents, and Teachers</i>. Trafford Publishing.		

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COURSE OUTLINES - SPORTS MARKETING AND MEDIA			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	7 th Semester	Email & Cell #:	
Name of Course	Sports Marketing and Media		
Course Code	PHE-335	Credit Hours:	2(2-0)
Pre Requisites		Follow Up:	
Objectives	Media being a powerful institution is playing very effective in every walk of life. It is playing an important role in the propagation of marketing and bringing the masses closer to the glamour of sports. The course will meet the need to bring the students associated with marketing and media in the mobilization of sports for the national cohesion and boasting the economy of the country through the sports as an industry. This course will help to understand the present and future trends in sports and their implications upon the national development.		
Course Contents	Introduction to Media - Types and Characteristics of Media - Role of Media in Globalizations of Sports - Mobilization through Media Sports and Media - The Professions of Sports Journalism - Sports writing and Journalism - Sports Broadcasting - Sports Photography - Careers in Sports Media Media and International Competition / Games (Olympic, Commonwealth, Asian and Regional Games) - The Press Commission and Radio Commissions - Facilities and Services at the games - News and Entertainment Sports Marketing - Sports General - Sports Periodicals - Sports Magazines - Banners - Pamphlets - other mode of advertisement Sports and Journalism - Introduction - Images and Messages in Media Sports - Sports and Government		

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	d. Media as a Source of Propagation in Sports e. Media and the Development of Sports
Recommended Books	1. DeGaris, L. (2015). <i>Sports Marketing: A Practical Approach</i>. Routledge. 2. Ennis, S. (2020). <i>Sports Marketing: A Global Approach to Theory and Practice</i>. Palgrave Macmillan Cham. 3. Fox, D. G. (2023). <i>Sports Marketing in the Age of Social Media</i>. Independently published. 4. Information Resources Management Association, USA. (Ed.). (2018). <i>Sports Media, Marketing, and Management: Breakthroughs in Research and Practice</i>. IGI Global. 5. Javed, S. & Naseer, A. (2023). <i>Role of sports media</i>. Shibli Publishers. 6. Newman, T., Peck, J., & Wilhide, B. (2013). <i>Social Media in Sport Marketing</i>. Routledge. 7. Shank, M. D., & Lyberger, M. R. (2021). <i>Sports Marketing: A Strategic Perspective</i> (6th ed.). Routledge.

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COURSE OUTLINES – INTERNSHIP			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	7 th Semester	Email & Cell #:	
Name of Course	Internship		
Course Code	INT-630	Credit Hours:	3(0-3)
Pre Requisites		Follow Up:	
Objectives	The course of Field Experience in Physical Education is designed to enrich the students with practical experiences they have already taught in practical sessions. The students will act as athletic/game instructors and share their practical skills with sports stakeholders in various educational institutions.		
Course Contents	Field Experience: Development of Class Modules Lesson Plans Practical Engagement Learning Environment Technical Learning Tactical Learning Orientations Sessions		
Recommended Books	1. Baird, B. N., & Mollen, D. (2023). <i>The Internship, Practicum, and Field Placement Handbook: A Guide for the Helping Professions</i> (9th ed.). Routledge. 2. King, M. A., & Sweitzer, H. F. (2013). <i>The Successful Internship: Personal, Professional, and Civic Development in Experiential Learning</i> (4th ed.). Cengage Learning. 3. Kiser, P. (2015). <i>The Human Services Internship: Getting the Most from Your Experience</i> (4th ed.). Cengage Learning. 4. Rook, S. (2015). <i>Work Experience, Placements and Internships: Career Skills</i> . Bloomsbury Academic. 5. Woodard, E. (2015). <i>The Ultimate Guide to Internships: 100 Steps to Get a Great Internship and Thrive in It</i> . Allworth Press. 6. Megargee, E. I. (2001). <i>Megargee's Guide to Obtaining a Psychology Internship</i> (4th ed.). Routledge.		

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Course Outlines
BS Physical Education
8th Semester

Course Code	Course	Credits	Category	Page
PHE-324	Elective – V: Sports Technology and Innovation	3(3-0)	Major	93
PHE-326	Elective – VI: Sports Organizations: Structure and Application	3(3-0)	Major	95
CAP-631	Capstone	3(0-3)	Capstone	97
PHE-330	Physical Education Pedagogy	2(2-0)	Major	98
PHE-332	Elective – VII: Fitness Assessment and Exercise Prescription (Hiking & Hill Trekking)	3(2-1)	Major	100
PHE-334	Sports Administration & Management	2(2-0)	Interdisciplinary	102
Total Credits: 16				

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COURSE OUTLINES – ELECTIVE – V: SPORTS TECHNOLOGY AND INNOVATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	8 th Semester	Email & Cell #	
Name of Course	Elective–V: Sports Technology and Innovation		
Course Code	PHE-324	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	Besides the awareness of the students about the latest technology involved in sport sciences, and the effect of these technologies in sports performance, this course aims to enable students to be independent in the using technology in training programs preparation, performance testing, rehabilitation programs, health and exercise programs applications. Through this course, students will build a capacity to use sport-related technology, independent learning and innovation. By the end of this course, student should be able to describe the current developments pertaining to the use of technology in sports, exercise and physical education.		
Course Contents	Introduction to Sports Technology and Innovation - History and Evolution of Technology in Sports - Definitions: Sports Technology vs. Innovation - The Role of R&D In Sports Wearable Technology and Smart Devices - GPS Trackers, Heart Rate Monitors, Smart Watches - Data Collection and Performance Analysis - Athlete Monitoring and Injury Prevention Biomechanics and Motion Analysis - Video Analysis Software 3D Motion Capture Systems Technology in Coaching and Officiating - E-Learning Platforms for Coach Education - VAR (Video Assistant Referee), Goal-Line Technology - Communication Tools for Team Management Innovation in Sports Equipment and Apparel - Innovations in Footwear, Balls, Rackets, Etc. - Safety Equipment Advancements (Helmets, Mouth guards)		

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	Fan Engagement and Sports Media Technology a. Augmented Reality in Live Events b. Mobile Apps, Digital Ticketing, and Fan Analytics c. Stadium Technology (Wi-Fi, Screens, Sensors) Ethical and Legal Issues in Sport Technology a. Data Privacy and Athlete Consent b. Technology Doping and Fairness c. Ownership of Performance Data a. Regulation and Standardization
Recommended Books	1. Baca, A., & Witte, K. (Eds.). (2018). <i>Sport science: Current trends and future directions</i>. Springer. 2. Cecere, R. (2023). <i>Sports equipment innovation: A study of Italian and French cases</i>. Palgrave Macmillan Singapore. 3. Memmert, D. (Ed.). (2024). <i>Sports Technology: Technologies, fields of application, sports equipment and materials for sport</i>. Springer Spektrum. 4. Memmert, D. (Ed.). (2024). <i>Sports Technology: Technologies, fields of application, sports equipment and materials for sport</i>. Springer Spektrum. 5. Ratten, V. (2019). <i>Sports Technology and Innovation: Assessing Cultural and Social Factors</i>. Palgrave Macmillan Cham. 6. Schellenberg, B. (2020). <i>Sport analytics: A data-driven approach to sport business and performance</i>.

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COURSE OUTLINES – ELECTIVE – VI: SPORTS ORGANIZATIONS: STRUCTURE AND APPLICATION			
Program	BS Physical Education	Course Instructor	
Semester/Year	8 th Semester	Email & Cell #	
Name of Course	Elective–VI: Sports Organizations: Structure and Application		
Course Code	PHE-326	Credit Hours	3(3-0)
Pre Requisites		Follow Up	
Objectives	This course is based on the Sports organizations whether for governing bodies, events, or teams have diverse structures and applications ranging from setting rules and promoting sports to managing events and fostering participation.		
Course Contents	Introduction to Sport Organizations - Definition and types of sport organizations - Public, non-profit, and commercial sectors - The role of sport in society and the economy Governance in Sport Organizations - What is governance? - Key governance bodies: IOC, FIFA, NCAA, national federations, etc. - Roles of boards, committees, and executive leadership - Principles of good governance: transparency, accountability, equity Sport Delivery Systems - Community-based sport systems - National and international sport structures - School, collegiate, professional, and Olympic sport systems - High-performance vs. mass participation models Leadership in Sport Organizations - Leadership styles and effectiveness - Role of leadership in shaping organizational culture - Leadership vs. management in sport settings Policy Development and Implementation - Types of policies in sport (e.g., inclusion, anti-doping, conduct) - Policy creation, approval, and review processes - Role of policy in organizational governance		

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	Financial and Legal Aspects of Sport Organizations a. Budget structures and funding models b. Revenue sources: sponsorship, ticketing, grants, merchandise c. Legal considerations: liability, compliance, governance codes Managing Organizational Change a. Change management models (e.g., Kotter, Lewin) b. Resistance to change in sport organizations Case studies of change initiatives in sport
Recommended Books	2. Chelladurai, P., & Kerwin, S. (2022). <i>Human resource management in sport and recreation</i>. Human Kinetics. 1. Ferkins, L. (Ed.). (2022). <i>Sport governance: International case studies</i>. Routledge. 3. Gentile, D. (2023). <i>Athletic administration for college, high school, youth, and club sport</i>. Jones & Bartlett Learning. 1. Hoye, R., Smith, A. C., Nicholson, M., & Stewart, B. (2022). <i>Sport management: Principles and applications</i>. Routledge. 4. Lussier, R. N., & Kimball, D. C. (203). <i>Applied sport management skills</i>. Human Kinetics. 5. Pedersen, P. M., & Thibault, L. (2022). <i>Contemporary sport management</i>. Human Kinetics. 6. Ruta, D., & Sala, I. (2023). HRM in sport organizations. In <i>HRM in mission driven organizations</i> (pp. 183-220). Palgrave Macmillan, Cham. 7. Tortora, M. (2022). Sport management and sustainability innovation challenges. In <i>sports media, marketing, and management: Breakthroughs in research and practice</i> (pp. 301-313). IGI Global.

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COURSE OUTLINES – CAPSTONE			
Program:	BS Physical Education	Course Instructor:	
Semester/Year	8 th Semester	Email & Cell #:	
Name of Course	Capstone		
Course Code	CAP-631	Credit Hours:	3(0-3)
Pre Requisites		Follow Up:	
Objectives	This course is designed with the purpose to familiarize students with basic concepts, theories and types of research project/report related to development process and strategies how to get start and do research.		
Course Contents	I. Background of the Research II. Identification of Research Problem III. Basic Concepts of Developing Objectives and Hypothesis IV. Literature Review V. Methodological Procedures in Research VI. Findings and Conclusion VII. Recommendations and Implications		
Recommended Books	1. American Psychological Association. (2020). <i>Publication manual of the American Psychological Association</i> (7th ed.). 2. Booth, W. C., Colomb, G. G., & Williams, J. M. (2016). <i>The craft of research</i> (4th ed.). University of Chicago Press. 3. Creswell, J. W., & Poth, C. N. (2018). <i>Qualitative inquiry and research design: Choosing among five approaches</i> (4th ed.). SAGE. 4. Gantt, L. T., & Webb-Corbett, R. (2019). <i>Project planning and management: A guide for nurses and interprofessional teams</i> (3rd ed.). Jones & Bartlett Learning. 5. Morling, B. (2021). <i>Research methods in psychology: Evaluating a world of information</i> (4th ed.). W. W. Norton & Company. 6. Turabian, K. L., Booth, W. C., Colomb, G. G., & Williams, J. M. (2018). <i>A manual for writers of research papers, theses, and dissertations</i> (9th ed.). University of Chicago Press.		

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COURSE OUTLINES - PHYSICAL EDUCATION PEDAGOGY			
Program	BS Physical Education	Course Instructor	
Semester/Year	8 th Semester	Email & Cell #	
Name of Course	Physical Education Pedagogy		
Course Code	PHE-328	Credit Hours	2(2-0)
Pre Requisites		Follow Up	
Objectives	This course is designed with the purpose to acquaint students with basic concepts, theories, and types of physical education pedagogy related to development process and strategies adopted for evaluation and changes in pedagogy / curriculum as required.		
Course Contents	Introduction to Physical Education Pedagogy - Definition and Purpose of Pedagogy in Physical Education - Role of The Physical Educator - Historical and Philosophical Foundations Planning The Physical Education Pedagogy - Pedagogy/Curriculum Development, Tasks in pedagogy / curriculum planning - Co-Education planning, pedagogy/Curriculum opinion, Structuring for quality Pedagogy Research and Change - Pedagogy/Curriculum Reform, Experimentation in Physical Education - Contemporary social problems & Physical Education Curriculum Organization for Instruction - Determining Scope, Sequence and scheduling the pedagogy - Flexible Scheduling in Physical Education pedagogy - The need for multiple teaching stations - Time Allotment for program Elements, Correlation and Integration - Organizational Design of the pedagogy. Physical Education Program - The physical education pedagogy for Kindergarten, primary, Middle Grade, Secondary & Higher Secondary levels Evaluating The Pedagogy - The intent of Measurement and Evaluation		

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	b. Measuring progress in Elementary School c. Secondary School Evaluation, d. Appraising the Total Pedagogy/Curriculum
Recommended Books	1. Cassidy, R. F. (2018). <i>Curriculum development in physical education</i>. Harper. 2. Davidson, R., Laman, E., & Shaughnessy, M. F. (2020). <i>Accessing the general physical education curriculum for students with sensory deficits</i>. Nova Publishers. 3. Dyson, B., & Casey, A. (2016). <i>Cooperative learning in physical education and physical activity: A practical introduction</i>. Routledge. 4. Graham, G., Holt/Hale, S. A., & Parker, M. (2021). <i>Children moving: A reflective approach to teaching physical education</i> (10th ed.). McGraw-Hill Education. 5. Kane, J. E. (Ed.). (2021). <i>Curriculum development in physical education</i>. Crosby Lockwood Staples. 6. Rink, J. E. (2019). <i>Teaching physical education for learning</i> (8th ed.). McGraw-Hill Education. 7. Siedentop, D., Hastie, P., & Van der Mars, H. (2020). <i>Complete guide to sport education</i> (3rd ed.). Human Kinetics. 8. Tinning, R. (2022). <i>Physical education, curriculum and culture: Critical issues in the contemporary crisis</i>. Routledge. 9. Wortham, S. C. (2019). <i>Early childhood curriculum: Developmental bases for learning and teaching</i>. Pearson College Division.

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COURSE OUTLINES – ELECTIVE – VII: FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION (HIKING & HILL TREKKING)			
Program	BS Physical Education	Course Instructor	
Semester/Year	8 th Semester	Email & Cell #	
Name of Course	Elective–VII: Fitness Assessment and Exercise Prescription (Hiking & Hill Trekking)		
Course Code	PHE-330	Credit Hours	3(2-1)
Pre Requisites		Follow Up	
Objectives	The course is designed to make the students' understand of physical fitness activity and fitness assessment of their health benefits through exercise prescription, flexibility and functional movement assessments, general principles of exercise and exercise prescription. The students will be able to assessment their fitness level through exercise prescription recommendations through hiking & hill trekking applying different physical fitness components to observe cardiovascular endurance and fitness of students at high altitude like hilly areas above than sea level.		
Course Contents	Introduction to Fitness Assessment - Overview of Physical Fitness Components: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. Health Appraisal and Risk Assessment - Blood Pressure and Resting Heart Rate Measurement. - Identifying Contraindications to Exercise. Body Composition Assessment - BMI, Waist Circumference, Skinfolds, Bioelectrical Impedance. - Limitations and Accuracy of Methods. Muscular Fitness Assessment - Muscular Endurance Tests (Push-Ups, Sit-Ups). - Isometric and Isokinetic Testing Basics. Flexibility Assessment - Sit-and-Reach Test. - Importance of Flexibility for Performance and Injury Prevention. Exercise Prescription Principles - FITT-VP Principle (Frequency, Intensity, Time, Type - Volume,		

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	Progression). b. Overload, Specificity, Reversibility, and Individualization. Aerobic Exercise Prescription a. Target Heart Rate Calculations (HRR, %HR Max). b. Designing Walking, Jogging, Cycling, and Group Fitness Programs. Flexibility and Neuro-motor Training a. Static, Dynamic, and PNF Stretching. b. Balance, Coordination, Agility Training. Practical Assessment and Prescription a. Submaximal vs. Maximal Testing. b. Field Tests (e.g., 1.5-mile run, Trekking, Walk Test). c. Lab Protocols. d. Using Hiking & Hill Trekking Techniques to increase cardiovascular fitness e. Coaching for Hiking & Hill Trekking techniques to increase all types of fitness f. Skills for Hiking & Hill Trekking for exercise prescriptions g. Type and demonstration of Exercises for component of health fitness at normal level h. Type and demonstration of Exercises for component of health fitness at sea level i. Types of Exercises at altitude to increase cardiovascular fitness above sea level
Recommended Books	1. American College of Sports Medicine. (2022). <i>ACSM's Guidelines for Exercise Testing and Prescription</i> (11th ed.). Wolters Kluwer. 2. Lynn, N. A., & Brown, R. D. (2023). <i>Recreational impact hiking experiences in natural areas</i>. Routledge. 3. Hill, E., Goldenberg, M., & Freidt, B. (2019). <i>Benefits of hiking: A means-end approach on the Appalachian Trail</i>. Sage. 4. Howatson, G., Hough, P., Pattison, J., Hill, J. A., Blagrove, R., Glaister, M., & Thompson, K. G. (2021). <i>Exercise-induced muscle injury during mountain walking</i>. Routledge.

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COURSE OUTLINES - SPORTS ADMINISTRATION & MANAGEMENT			
Program	BS Physical Education	Course Instructor	
Semester/Year	8 th Semester	Email & Cell #	
Name of Course	Sports Administration & Management		
Course Code	PHE-332	Credit Hours	2(2-0)
Pre Requisites		Follow Up	
Objectives	Good administration and better management can produce best results. Physical Education and Sports are the fields that require most excellent administration for converting the efforts into real success. This particular course will help the physical educators and sports managers to understand the soul of administrative routines and become aware of the qualities and the qualifications of good administration, in addition to understanding the need of public relations and use of these relations for the promotion of physical education and sports.		
Course Contents	Introduction to Administration - Meaning and Definition of Administration - Need and importance of Administration in Physical Education - Types of Administration - Qualifications and traits of the Administrator - Duties of Administrator Administrative Setup in Physical Education - Administrative organization and structure - Private and Public organizations - Objectives of the organization - Physical Education at various levels of education in Pakistan - Administrative setup of Sports and Physical Education in Pakistan Personnel Administration in Physical Education - Principles of personnel Administration - Facilities for staff and staff moral - Teaching load, In-service training - Qualification of staff - Evaluation and Supervision - Conduct of Sports Meeting Class Management - Getting acquainted with the class - Establishing rules for maintaining discipline - Management of time and establishing the class routines - Assignments and learning pace for students - Stimulating students' interest in Sports		

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	f. Class environment g. Parents involvement and communication Public Relation a. Definition of Public Relation b. Objectives c. Need and importance of Public Relation in Physical Education d. Principles of Public Relation Public Relation in Practice a. Teacher Student Relation b. Public Relation in various competitions c. Community relations d. Relations with parents and with general public e. Relation with Administration and Inter Departmental Relations
Recommended Books	1. Chelladurai, P. (2014). <i>Managing organizations for sport and physical activity: A systems perspective</i> (4th ed.). Routledge. 2. Cunningham, G. B. (2021). <i>Diversity and inclusion in sport organizations: A multilevel perspective</i> (4th ed.). Routledge. 3. Ferkins, L. (Ed.). (2022). <i>Sport governance: International case studies</i>. Routledge. 4. Hoye, R., Smith, A. C. T., Nicholson, M., & Stewart, B. (2018). <i>Sport management: Principles and applications</i> (5th ed.). Routledge. 5. Masteralexis, L. P., Barr, C. A., & Hums, M. A. (2018). <i>Principles and practice of sport management</i> (6th ed.). Jones & Bartlett Learning. 6. Mullin, B. J., Hardy, S., & Sutton, W. A. (2014). <i>Sport marketing</i> (4th ed.). Human Kinetics. 7. Pedersen, P. M., & Thibault, L. (2019). <i>Contemporary sport management</i> (6th ed.). Human Kinetics. 8. Sawyer, T. H., Judge, L. W., & Jones, L. (2021). <i>Sport facility and event management</i> (3rd ed.). Sagamore-Venture. 9. Shilbury, D., Westerbeek, H., Quick, S., Funk, D., & Karg, A. (2017). <i>Strategic sport marketing</i> (4th ed.). Allen & Unwin.