

**Department of Physical Education & Sports Sciences
Government College University Faisalabad**

**Revised Scheme of Studies - BS Physical Education
(Morning & Replica Programs; w.e.f. Fall 2025-2026 Onwards)**

SEMESTER I		
Course Code	Course	Credits
QTR-421	**Quantitative Reasoning-I	3(3-0)
ENG-321	**Functional English	3(3-0)
ICT-321	**Applications of Information & Communication Technologies	3(2-1)
PHE-301	Rules & Techniques of Games – I (Hockey, Football & Table Tennis)	3(1-2)
PHE-303	Rules & Techniques of Athletics – I (Track Events)	3(1-2)
UHQ-301	Understanding of Holy Quran – I	1(0-1)
Total Credits: 16		

SEMESTER II		
Course Code	Course	Credits
QTR-422	**Quantitative Reasoning – II	3(3-0)
SOC-307	*Introduction to Sociology (Social Science)	2(2-0)
ENG-322	**Expository Writing	3(3-0)
PHE-302	Rules & Techniques of Games – II (Volleyball, Basketball, Badminton)	3(1-2)
PHE-304	Rules & Techniques of Athletics – II (Jumps)	3(1-2)
WSC-321	*What is Science? (Natural Science)	3(3-0)
Total Credits: 17		

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SEMESTER III		
Course Code	Course	Credits
MCM-301	*Introduction to Communication (Arts & Humanities)	2(2-0)
ISL-321 / Ethics-322	**Islamic Studies (Religious Education) / Ethics (for Non-Muslim Students)	2(2-0)
PST-321	**Pakistan Studies	2(2-0)
PHE-305	Science of Sports Training & Coaching	3(2-1)
PHE-307	Rules & Techniques of Games – III (Handball, Tennis & Cricket)	3(1-2)
PHE-309	Rules & Techniques of Athletics – III (Throws)	3(1-2)
UHQ-401	Understanding of Holy Quran – II	1(0-1)
Total Credits: 16		

SEMESTER IV		
Course Code	Course	Credits
CCE-421	**Civics & Community Engagement	2(2-0)
ICP-321	**Ideology & Constitution of Pakistan	2(2-0)
ENT-422	**Entrepreneurship	2(2-0)
PHE-306	Sports Nutrition & Dietetics	3(2-1)
PHE-308	Rules & Techniques of Games – IV (Kabaddi, Squash, Boxing & Scouting/Girl Guiding)	3(1-2)
PHE-310	Rules & Techniques of Gymnastics	3(1-2)
Total Credits: 15		

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SEMESTER V		
Course Code	Course	Credits
PHE-311	Philosophical Basis of Physical Education	2(2-0)
PHE-313	Human Anatomy & Physiology	3(2-1)
PHE-315	Introduction to Sports Biomechanics & Kinesiology	3(2-1)
PHE-317	Sports Medicine & Rehabilitation	3(2-1)
PHE-319	Introduction to Statistics	2(1-1)
PHE-321	Sports Sociology	2(1-1)
Total Credits: 15		

SEMESTER VI		
Course Code	Course	Credits
PHE-312	***Elective – I: Athletics Training and Conditioning)	3(3-0)
PHE-314	Artificial Intelligence (AI) in Physical Education	2(1-1)
PHE-316	Sports & Exercise Physiology	3(2-1)
PHE-318	Research Methodology in Physical Education	3(3-0)
PHE-320	Talent Identification in Sports	2(1-1)
PHE-322	***Elective – II: Injury Risk Management and Prediction	3(3-0)
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SEMESTER VII		
Course Code	Course	Credits
PHE-323	***Elective – III: Sports Facilities and Operations Management	3(2-1)
PHE-325	Adapted Physical Education	2(2-0)
PHE-327	Sports Law and Ethics	2(2-0)
PHE-329	***Elective – IV: E-Sports and Society: Social and Cultural Impacts	2(2-0)
PHE-331	Sports & Exercise Psychology	3(3-0)
PHE-333	Specialization in One Game	2(1-1)
PHE-335	Sports Marketing and Media	2(2-0)
INT-630	Internship	3(0-3)
Total Credits: 19		

SEMESTER VIII		
Course Code	Course	Credits
PHE-324	***Elective – V: Sports Technology and Innovation	3(3-0)
PHE-326	***Elective – VI: Sports Organizations: Structure and Application	3(3-0)
CAP-631	Capstone	3(0-3)
PHE-328	Physical Education Pedagogy	2(2-0)
PHE-330	***Elective – VII: Fitness Assessment and Exercise Prescription (Hiking & Hill Trekking)	3(2-1)
PHE-332	Sports Administration & Management	2(2-0)
Total Credits: 16		

* The university/offering department may offer any course within the broader subject domain/cluster to meet the given credits.

** The university may use HEC-designed model courses.

*** The university/offering department may offer any advanced course in Physical Education as an elective based on available academic and physical resources, depending on its geographical location and program objectives.