

Department of Physical Education & Sports Sciences
Government College University Faisalabad

Scheme of Studies: BS Physical Education (Bridging)
(Morning & Replica, w.e.f. Fall 2026-2028)

Course Code	Name of Subject	Credit Hours
Bridge Semester		
PHE-301	Philosophical Basis of Physical Education	3(3+0)
PHE-302	Role of Sports Media	3(3+0)
PHE-303	Games Practical-I (Football, Volleyball & Badminton)	3(1+2)
PHE-304	Athletics Practical-I (Track Events & Scouting (Rovering) / Girl Guiding)	3(1+2)
PHE-305	Sports Psychology	3(3+0)
PHE-306	Administration and Management in Physical Education	3(3+0)
Total Credit Hours of Bridge Semester:		18
1st Semester		
PHE-309	Methods of Sports Training	3(2+1)
PHE-311	Physical Education for Special Population	3(3+0)
PHE-313	Human Anatomical Structures in Sports	3(3+0)
PHE-315	Sports Sociology	3(3+0)
PHE-317	Games Practical-IV (Hockey)	3(1+2)
PHE-319	Athletics Practical-II (Throws)	3(1+2)
THQ-III	Teaching of the Holy Quran–III	Audit-Course 1(1+0)
Total Credit Hours of 5th Semester:		18
2^{ns} Semester		
PHE-312	Sports Injuries, Trauma & Rehabilitation	3(3+0)
PHE-314	Scientific Sports Coaching	3(2+1)
PHE-316	Science of Movement Education	3(3+0)
PHE-318	Exercise Physiology	3(3+0)
PHE-320	Games Practical-V (Table Tennis)	3(1+2)
PHE-322	Gymnastics Practical	3(1+2)
Total Credit Hours of 6th Semester:		18
7th Semester		
PHE-321	Research Methods in Physical Education	3(3+0)
PHE-323	Sports Biomechanics	3(3+0)
PHE-325	Sports Nutrition	3(3+0)
PHE-327	Athletics Practical-III (Jumps)	3(1+2)
*PHE-329,331,333	Elective-I: Specialization in One Game: 1.Cricket(331); 2.Basketball(333); 3.Handball(335)	3(1+2)
CAP-630	Capstone Project	3(0+3)
THQ-IV	Teaching of the Holy Quran–IV	Audit-Course 1(1+0)
Total Credit Hours of 7th Semester:		18

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8th Semester		
PHE-324	Sports Medicine	3(3+0)
PHE-326	Test, Measurement & Evaluation in Physical Education	3(3+0)
PHE-328	Curriculum Development in Physical Education	3(3+0)
PHE-330	Swimming (Boys) / Netball (Girls) Practical	3(1+2)
PHE-332	Hiking & Hill Trekking	3(1+2)
INT-631	Field Experience	3(0+3)
Total Credit Hours of 8th Semester:		18
Total Credit Hours of BS Physical Education Degree:		140

*** Select any one course from the list of Elective-I:**

PHE-329	Specialization in Cricket	3(1+2)
PHE-331	Specialization in Basketball	3(1+2)
PHE-333	Specialization in Handball	3(1+2)