

DEPARTMENT OF HEALTH & PHYSICAL EDUCATION
LAHORE COLLEGE FOR WOMEN UNIVERSITY, LAHORE

SELF-ASSESSMENT REPORT

BS

Submitted to

Quality Enhancement Cell,

Lahore College for Women University, Lahore

Dated: _____

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CRITERION 1: PROGRAM MISSION, OBJECTIVES AND OUTCOMES

Standard 1-1: The program must have documented measurable objectives that support college and institution mission statements.

- Document institution, college and program mission statements
- The Physical Education Department's mission is to assist in developing students into a well-adjusted individual: physically, mentally, emotionally, and socially. Through the varied activities of the program, the department hopes to provide challenging and satisfying experiences in meaningful movement, self-expression, physical wellbeing, and knowledge and techniques of sport activities. To promote professional players who can impart training of sports and games under scientific principles and in a systematic order. To enhance the organizational skills in the students and knowledge regarding organization and conduct of tournament at national and international level.
- State program objectives. Program educational objectives are intended to be statements that describe the expected accomplishments of graduates during the first several years following graduation from the program.
- Outline the main elements of the strategic plan to achieve the program mission and objectives.

The Health and Physical Education domain provides students with knowledge, skills and behaviors to enable them to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health. This domain focuses on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society .A physical education and health degree prepares students for a career in teaching and coaching classes related to:

1. The main objective enhances the organizational skills in the students and knowledge regarding organization and conduct of tournament at national and international level.
2. The program makes expertise of scientific coaching to maintain professionalism, fulfill the responsibilities, to manage the sports training stages, organize the training designed and mature application of teaching the well manner.
3. To develop essential tools and techniques of research. It able them to analyze any given situation /issue and suggest its possible solutions.

The objective to provide knowledge of exercise physiology, exercise responses, methods to improve performance, fitness, age and exercise, gender differences, weight Control, obesity and exercise environment.

4. To deal with basic physiotherapist treatment to manage in case of emergency and rehabilitation of sports injuries.
 5. Awareness of healthy lifestyle to be adopted and Performing Safe Physical Activities/ Exercise.
 6. The Physical education program improves the game skills of students and gerents international level athletes.
 7. The program provides psychological expertise in the field of sports psychology.
 8. The program enhances initial computer and statics skills to use in organizational level.
 9. To understand the soul of administrative routines and become aware of the qualities and the qualifications of good administration.
 10. In addition to understanding the need of public relations and use of these relations for the promotion of physical education and sports.
 11. The program in Health & Physical Education to produce the graduates having a sound knowledge of the theoretical and practical subject matter.
 12. To make expert to identify eating disorders (in both male and female athletes), weight management, and sport nutrition resources are also discussed.
- Provide for each objective how it was measured when it was measured and improvements identified and made. Table 4.1 provides a format for program objectives assessment.
- 1.** The department conducted tournaments on monthly basis to polish the organizational skills of students.
 - 2.** Coaching courses and seminar conducted.
 - 3.** The fitness trainer available for health improvement of students and curriculum courses also complete the demand.
 - 4.** Thesis program increase knowledge of research.
 - 5.** Through conduction of different sports event and being part of department they participated and increased management skills.
 - 6.** Students have theoretical and practical skills in different subjects.
 - 7.** The students are able to use statistical and computer skills on the demand on research work.
 - 8.** The coaching skills increased and individuals are able to deal with sports injuries during, post and pre competition.
 - 9.** The department has more than 25 international players.
 - 10.** The lectureship demand also being fulfilled after complementation of degree.

11. Understanding about psychological matter effect on your daily, monthly and yearly tasking.

Objectives	How Measured	When Measured	Improvements Identified	Improvements Made
1	Written skills improved	Monthly	Test, Assignments	Through marks
2	Communication Skills improved	Twice in Semester	Presentations	Through marks
3	Identifying and improvements in grades	Twice in years	Paper evaluation	Grades Improvement
4	Improve performance fitness	Regularly	Practical work of relevant subject	Strict attendance marking on practical
6	Mostly individuals timely complete study tasks	Weekly	Test, Assignments, Presentation & Quiz	Evaluate through weekly performance
7	Initial computer and statics skills	Monthly	Presentations , Assignments, Research work	Timely availability of instructor
8	Gerents international level athletes.	Every year	Many students selected and represent Pakistan on International level	Fitness camp , Coaches availability , good environment ,quality equipment's ,Free education n hostel facility
9	Organizational skills	Monthly	Made event organizing committee of each semester	Conducted so many championship of national level ,interversity level & Colligate level with collaboration of HEC
10	Research work	Every years	Thesis work, Learn techniques of research	Grades

Table 4.1 Program Objectives Assessment

Standard 1.2: The program must have documented outcomes for graduating students. It must be demonstrated that the outcomes support the program objectives and that graduating students are capable of performing these outcomes.

- Describe how the Program Outcomes support the Program Objectives. In Table 4.2 show the outcomes that are aligned with each objective.

Program Objectives	Program Outcomes											
	1	2	3	4	5	6	7	8	9	10	11	
1	*											
2	*											
3	*											
4	*											
5	*											
6												◇
7									*			
8	*											
9	*											
10	*											
11	*											
12	◇											

Table 4.2: Outcomes versus Objectives

- Describe the means for assessing the extent to which graduates are performing the stated program outcomes/learning objectives.
 - Conducting a survey of graduating seniors every semester.
 - Conduct a survey of alumni every two years.
 - Conduct a survey of employers every two years.
 - Carefully designed questions asked during senior project presentations. These questions should be related to program outcomes.
 - Outcome examinations.

The program outcomes are the byproducts of the program objectives and are interrelated. An example of interrelation between the program objectives and the program outcomes is shown in the following table.

Program Objectives	Program Outcomes										
	1	2	3	4	5	6	7	8	9	10	11
1	◇	◇	–	–	–	–	*	*	–	◇	◇
2a	–	–	◇	◇	–	–	*	*	–	*	◇

2b	–	–	◊	◊	–	◊	*	–	◊	*	–
2c	–	*	*	◊	◊	*	*	◊	◊	*	*

Legend: * Denotes **Substantial** Contribution to the objectives

◊ Denotes **Moderate** Contribution to the objectives

– Denotes **No** Contribution to the objectives

Standard 1.3: The results of program's assessment and the extent to which they are used to improve the program must be documented.

Describe the actions taken based on results of periodic assessments.

- Describe major future program improvements plans based on recent assessments.
M.A Program and M.phil program will be future plan of department
- List strengths and weaknesses of the program.
Physical education and sports department providing quality education to all students and also providing high level of sports activity to perform.
- List significant future development plans for the program.
M.A Program and M.phil program will be future plan of department

Standard 1.4: The department must assess its overall performance periodically using quantifiable measures.

1.4.1 Performance Measures:

Table 3: No. of Students Enrolled

Program	Session	No. of Students
B.S (hons) Health & Physical Education	2013-2017	26
	2014-2018	52
	2015-2019	23
	2016 -2020	40
	2017-2021	59
	2018 -2022	61

ii) **Table 4: Student-Faculty Ratio**

Year	No. of Students	No. of Faculty Members	Student-Faculty ratio
2018	52	3	17.3
2017	26	3	8.6
2016	19	3	6.3

iii) **Table 5: No. of Students Passed Out**

Program	Passing out Year	No. of Students
B.S (hons) Health & Physical Education	2015	6
	2016	17
	2017	21
	2018	45

IV) **Table 6: Percentage of Honor Students & Attrition Rate**

Year	%age of Honor Students Criteria: CGPA 3.75 and above	Attrition Rate ($\frac{\text{Admitted} - \text{pass out}}{\text{Admitted}} \times 100$)
2018	1	40
2017	0	26
2016	0	30
2015	0	10

v) **Table 7: Faculty Training, Seminars and workshops (Appendix A)**

Year	No. Of Trainings, Seminars and workshops
2013	Training workshop for B.S student (Conducting Games in small area)

2014	IIFAF Children athletics awareness
2015	Doping seminar
2016	Promote badminton in fewer resources
2017	Area of research and use of SPSS
2018	Development of positive parenting Self Defense essential elements for female

vi) Papers Published at National & International Level

1. International Journal of scientific and engraining research paper published on Impact of aggression and copying strategies of female players during competition. **(HOD Prof .Hummera Mughal)**
2. International Journal of scientific and engraining research paper published Impact on amenities of sports future plan. **(HOD Prof .Hummera Mughal)**
3. Article published on Emerging Trend on physical education and sports on national level. **(HOD Prof .Hummera Mughal)**
4. Pre Competition anxiety on the effect of athlete performance ssrm in process.
5. Article Published in emerging trends of sports in national level. **(Summaira Sattar)**

Table 8: Number of Publications (Appendix B)

5publications.

Year	Papers published
2018	3
2017	2

vii) Books in Library

135 books

Research Areas

The Faculty is involved in research in the following areas:

5 members involved in research area.

Collaborations

MOU signed with Istanbul Aydin University of Turkey (Floriya Campus)

Exchanges of students for research work.

Departmental Achievements, Inter University Championship 2017-18

Lahore College for Women University Participated in Seven Inter University Championship during November till now.



Detail is as under:

First position in Women Baseball Championship (2018-19)

First Position in Women Cricket Championship (2018-19)

Archery Intervarsity Championship 2017-2018 Runners Up

Runner up in Ski Championship (2018-2019)

3rd Position in Athletics Championship (2018-2019)

First position in Women Handball Championship (2018-2019)

Runner up in hand ball championship (2018-2019)

First position in Women Basketball Championship (2018-19)

Runner up in Tennis championship (2018-2019)

Runner up in Judo championship (2018-2019)

Third Position in Karate (2018-2019)

One of blind Player of LCWU Represent Cricket Team at Pakistan National Level

Sr No	Event	Venue	Date	Position
1	Athletics	The University of Punjab	17 th November 2017	3 rd position with 3 Gold, 3silver, 3 bronze medals
2	Archery	Abdul Wali Khan University Mardan	31 st November2017	Runner Up
3	Football	Lahore College for Women University	22 nd to 26 th January 2018	Runner up
4	Cycling	Texila	14 th to 16 th Feb 2018	3 rd Position
5	Cricket	Texila	02 nd February 2018	Runner up
6	Rowing	Islamabad	19 th to 22 nd February 2018	Runner up
7	Judo	Quetta	27 th - 29 th January 2018	3 rd Position
8	Basketball	Lahore	4 th -7 th march 2018	Winner
9	Tennis	University of Lahore	19 th -23 rd March 2018	Runner up

Achievements at National level

Most of the players of Lahore College for Women University represent at National level in different Tournaments:

Name of the Players are as:

Sr #	Name of Player	Events	Position
1.	Bisma Afzal	Athletics	Bronze
2.	Ghazala Siddique	Athletics Volleyball Basketball	Bronze 3 rd Position Winner
3.	Sehrish Maqsood	Athletics Basketball	Bronze Winner
4.	Nazish Maqsood	Basketball	Winner
5.	Hina Zafar	Basketball	Winner
6.	Urva Naz	Chouk Ball	Winner
7.	Fazila Ikhlaq	Cricket	Participation
8.	Madiha Rashid	Cricket	Participation
9.	Khadija Chisti	Cricket	Participation
10.	Diana baig	Cricket	Participation

11.	Nashra Sindhu	Cricket	Participation
12.	Iqra Iqbal	Cricket	Participation
13.	Aqsa Abid	Cricket	Participation

Honors and Awards

The 20 students of Health and Physical Education department represented Pakistan at National Level in different games .



Diana Baig Represent Pakistan in World Cup and also Represent Pakistan In Football



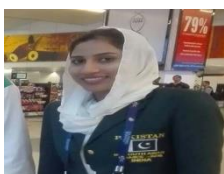
Saba Nazir Pakistan women cricket players.



Sidra Nawaz Represent Pakistan Cricket in World Cup



Marina Iqbal Represent Pakistan Cricket in World cup



Asma Akram Represent Pakistan in Handball



Ghazala Siddique Represent SAF games in Handball



Maria Nazir Represent SAF games in Volleyball



Wajiha Abid Represent SAF games in Basketball



Sehrish Maqsood Represent SAF games in Basketball and Handball Asian Games



South Asian U-19 at Bangladesh 2016



Urva Naz South Asian U-19 at Bangladesh 2016



Fazila Ikhlq Represent Pakistan in Baseball and also Represent Pakistan in Cricket A Team



Fariha Nayyab Represent Pakistan in Baseball



Asmat Rehmat Represent Pakistan in Netball



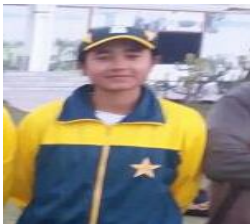
Bisma Afzal Represent Pakistan in Handball



Rushna Khan Represent Pakistan in Hockey



Nashra Sindhu Represent Pakistan in Cricket



Tooba Hassan Represent Pakistan A in Cricket



Waheeda Akhtar Represent Pakistan A in Cricket

CRITERION 2: CURRICULUM DESIGN AND ORGANIZATION

Provide the following information about the program's curriculum:

- A. Title of degree program.
BS (Hons) Health and Physical Education
- B. Definition of credit hour.
(3+!) , (3)
- C. Degree plan: attach a flow-chart showing the prerequisites, core, and elective courses.

Scheme of Study

Health & Physical Education

Syllabus 2019 TO Onward

Nature of Course	No of Course
Compulsory	08
Minor	05
Major	16
Foundation	06
Elective	04
Research	01
Total	40

BS Health& Physical Education

Eligibility CRITERIA

Passing percentage in intermediate level is 60% outstanding sports person/position holder at board/inter board/national level.

Duration 4 years

Total Credit Hours 127 CR

Semester I

Course Code	Course Name	Credit Hours
CC/Eng-101	English I-Language in use	3(3+0)
CC/Isl -101-CC-Phill-101	Islamic Studies/Ethics(for non Muslim)	2(2+0)
Fc/HPE-101	Philosophical Foundation of Physical Education (Foundation I)	3(3+0)
GROUP I		
Min/Phy-101	Fundamentals of Physics (Minor – I)	3(3+0)
Min/Psy-101 Min/Phil-101 Min/Punj-101	Elements of Psychology-I Pre Socratic Thought Education Jadeed Punjabi Adab (Minor – II Choose Any One)	3(3+0)
GROUP II		
Min/Psy-101	Elements of Psychology-I (Minor – I)	3(3+0)
Min/Edu-101 Min/Urdu-101	Educational Psychology-I Urdu Sher-o-Adab-I (Minor – II Choose Any One)	3(3+0)
GROUP III		
Min/Isl.St-101	Al-Quran-I (Minor – I)	3(3+0)
Min/Stat-101 Min/Punj-101	Introductory Statistics Jadeed Punjabi Adab (Minor – II Choose Any One)	3(3+0)
Total Credit Hours		14

Semester II

Course Code	Course Name	Credit Hours
Cc/Math-101	Compulsory Mathematics 1	3(3+0)
Cc/Eng -102	English II (academic reading and writing)	3(3+0)
Cc/ps-101	Pak Studies	2(2+0)
Fc /HPE-201	Sports Biomechanics(Foundation 3)	3(3+0)
GROUP I		
Min/Phy-102	Computational Physics (Minor – I)	3(3+0)
Min/Psy-102 Min/Phil-102 Min/Punj-102	Elements of Psychology-II Three Major Greek Philosophers Qadeem Punjabi Adab (Minor – II Choose Any One)	3(3+0)
GROUP II		
Min/Psy-102	Elements of Psychology-II (Minor – I)	3(3+0)
Min/Edu-102 Min/Urdu-102	Educational Psychology-II Urdu Sher-o-Adab-II (Minor – II Choose Any One)	3(3+0)
GROUP III		
Min/Isl.St-102	Al-Quran-II (Minor – I)	3(3+0)

Min/Stat-102 Min/Punj-102	Introduction to Probability Distribution Qadeem Punjabi Adab (Minor – II Choose Any One)	3(3+0)
Total Credit Hours		17

Semester III

Course Code	Course Name	Credit Hours
CC/Eng-201	Communication Skills	3(3+0)
Fc/Hpe-201	Basics of Human Anatomy	3(3+0)
Maj/Hpe-202	Introduction to planning & Management	3(3+0)
Maj/Hpe-203	Rules and techniques of games	4(2+2)
Min/Phy-201 Min/Psy-201 Min/Punj-201 Min/Urdu-201 Min/Phil-201 Min/Isl.St-201 Min/Stat-201 Min/Edu-201	General Physics Psychology of Adjustment Punjabi TareekhtySaqafat Urdu Sher-o-Adab-III Classical Muslim Thought-I Hadith Fiqah& Islamic History Statistical Inference Educational Psychology-III (Choose Any One)	3(3+0)
Total Credit Hours		16

Semester IV

Course Code	Course Name	Credit Hours
CC/Eng-202	Advanced academic reading and writing	3(3+0)
Cc/Cs-202	Introduction to computer	3(2+1)
Maj/Hpe-204	Track &Field	4(2+2)
Fc/Hpe-205	Introduction to Physiology	3(3+0)
Maj-Hpe-206	Hikking/Mountaineering /Girl Gidding	3(0+3)
Min/Phy-202 Min/Psy-202 Min/Punj-202 Min/Urdu-202 Min/Phil-202 Min/Isl.St-202 Min/Stat-202 Min/Edu-202	Semi-Conductor Devices Organization & Social Psychology Sahafat Urdu Sher-o-Adab-IV Classical Muslim Thought-II Hadith Fiqah& Islamic History Introduction to Regression Analysis & Experimental Design Educational Psychology-IV (Choose Any One)	3(3+0)
Total Credit Hours		19

Semester V

Sr. No	Course Code	Course Name	Credit Hours
1	Maj/Hpe-301	Science of sports training	3(3+0)
2	Maj/Hpe-302	Rules & Techniques of swimming & Gymnastic	4(2+2)
3	Maj/Hpe-303	Sports Nutrition	3(3+0)
4	Maj/Hpe-304	Introduction to Statistics	3(3+0)
5	Ec/Hpe-301	Physical Education for Special Population	3(3+0)
Total Credit Hours			16

Semester VI

Sr. No	Course Code	Course Name	Credit Hours
5	Maj/Hpe-305	Specialization in one group of Track and Field	4(2+2)
1	Maj/Hpe-306	Research methodology in Physical Education	3+0
2	Maj/Hpe-307	Planning & Development of Sports facilities	3+0
3	Maj/Hpe-308	Test, Measurement and evaluation in Sports	3(3+0)
4	Maj/Hpe-309	Sports Psychology	(3+0)
Total Credit Hours			16

Semester VII

Sr. No	Course Code	Course Name	Credit Hours
1	Maj/Hpe-401	Exercise physiology	3(3+0)
2	Maj/Hpe-402	Common Sports Injuries, Trauma and Rehabilitation	3(3+0)
3	Maj/Hpe-403	Planning for scientific sports coaching	4(3+1)
4	Maj/Hpe-404	Research Purposal	3(3+0)
5	Ec/Hpe-401	Specialization in one game	4(2+2)
Total Credit Hours			17

Semester VIII

Sr. No	Course Code	Course Name	Credit Hours
1	Maj/Hpe-405	Sports Medicine	3(3+0)
2	Ec/Hpe-406	Role of Media in sports	3(3+0)
3	Maj/Hpe-407	Carriculam Development and its application	3(3+0)
4	Maj/Hpe-408	Internship (08 Weeks) Report writing + Viva	3(3+0)
Total Credit Hours			12

Total Hours: 14+17+16+19+16+16+17+12= **127CR**

*Students choose One Course from the Annexure A/Annexure B on the availability of faculty members and number of students.

**Research Thesis will be offered in VII Semester.

ANNEXURE A

LIST OF ELECTIVE COURSES

COURSE NO	COURSE TITLE	CREDIT HOURS
EC/HPE-301	Sprint Race (100 Meter, 200 Meter, 400 Meter) (Skills, Coaching and Officiating)	3(1+2)
EC/HPE-302	Sprint Races (Hurdle Race) (Skills, Coaching & Officiating)	3(1+2)
EC/HPE-303	Sprint Race (Relay Races) (Skills, Coaching & Officiating)	3(1+2)
EC/HPE-304	Throws (Discuss, Shot Put, Hammer, Javelin) (Skills, Coaching & Officiating)	3(1+2)
EC/HPE-305	Jumps (Horizontal & Vertical) (Skills, Coaching & Officiating)	3(1+2)
EC/HPE-306	Middle and Long Distance Races (Skills, Coaching & Officiating)	3(1+2)

ANNEXURE B

LIST OF ELECTIVE COURSES

COURSE NO	COURSE TITLE	CREDIT HOURS
EC/HPE-401	Table Tennis	3(1+2)
EC/HPE-402	Squash	3(1+2)
EC/HPE-403	Tennis	3(1+2)
EC/HPE-404	Badminton	3(1+2)
EC/HPE-405	Net Ball	3(1+2)
EC/HPE-406	Hand Ball	3(1+2)
EC/HPE-407	Basket Ball	3(1+2)
EC/HPE-408	Foot Ball	3(1+2)
EC/HPE-409	Volley Ball	3(1+2)
EC/HPE-410	Hockey	3(1+2)
EC/HPE-411	Cricket	3(1+2)

D. Complete Table 4.3 showing curriculum breakdown in terms of mathematics and Basic sciences, major requirements, social sciences and other requirements.

E. For each course in the program that can be counted for credit provide 1-2 pages

Specifying the following:

- Course title
B.S (hons) Health and Physical Education
- Course objectives and outcomes
 - To generate outstanding Physical Educationists in the field of sports, management, psychology and nutrition.
 - To cultivate pleasant habits and make adjustment with the behavior of others.
 - Social development from recreational, economics and democratic point of you.
 - To develop impartially and emotional stability.
- Text book (s) and references
 Research and evaluation in physical education (Dr Sallhudin khan)
 Health and Physical Education book for B.S students (Dr Waheed A Mughal)
 Athletic rule Book (International Association athletic federation)
 Runi Jump Thrown level 1 (IAAF coaches education and certification system)
 Quality Coaching Frame Work (USA Olympic committee)
 University sports in Pakistan (Aman Ullah Khan)

Computer usage

University general computer lab used

Grounds are using for practical work

Standard 2.1: The curriculum must be consistent and supports the program's documented objectives.

- Describe **how the program content (courses) meets the program objectives.**
 1. The department conducted tournaments on monthly basis to polish the organizational skills of students.

2. Coaching courses and seminar conducted.
 3. The fitness trainer available for health improvement of students and curriculum courses also complete the demand.
 4. Thesis program increase knowledge of research.
 5. Through conduction of different sports event and being part of department they participated and increased management skills.
 6. Students have theoretical and practical skills in different subjects.
 7. The students are able to use statistical and computer skills on the demand on research work.
 8. The coaching skills increased and individuals are able to deal with sports injuries during, post and pre competition.
 9. The department has more than 25 international players.
 10. The lectureship demand also being fulfilled after complementation of degree.
- Complete the **Table 4.4 linking courses to program outcomes**. List the courses and tick against relevant outcomes. A sample of such a matrix is shown below.

Courses or Group of Courses	Program Outcomes			
	1	2	3	4
Compulsory course			✓	
Major Course			✓	
Elementary Course			✓	

Table- 4.4: Courses versus Program Outcomes

Standard 2.2: Theoretical background, problems analysis and solution design must be stressed within the program's core material.

Table 13: Elements of Courses

Elements	Courses	No of Courses
Theoretical background	Persian ,Punjabi	2
Problem solving	Offered more elective subject to those individual whom belong to KPK side	2
Solution design	They can select Philosophy and Urdu instead of these courses	2

Standard 2.3: The curriculum must satisfy the core requirements for the program, as specified by the respective accreditation body.

Lahore College for women university Health and Physical education department competing HEC standers .

Standard 2.4: The curriculum must satisfy the major requirements for the program as specified by the respective accreditation body.

Yes curriculum satisfying the HEC need.

Standard 2.5: The curriculum must satisfy general education, arts, and professional and other discipline requirements for the program, as specified by the respective accreditation body/council.

- HEC Requirements (Accreditation Council Requirements if any)
- Program Requirements
- Deviations
- Justification for Deviations

Programs	Maths & Basic Sciences	Engineering Topics	General Education	Others
B.S			✓	

Table A.1 Minimum Requirements for Each Program
(Program Semester Credit hours)

Standard 2.6: Information technology component of the curriculum must be integrated throughout the program.

- Indicate the courses within the program that will satisfy the standard.
Computer course
Basic Computer skills
Statistic
Research work
- Describe how they are applied and integrated though out the program.
The relevant computer course work applied for making presentations, assignments and research work.

Standard 2.7: Oral and written communication skills of the student must be developed and applied in the program.

- Indicate the courses within the program that will satisfy the standard.
Planning for Scientific sports coaching
Track & Field
Science of sports coaching
Sports Management
Track & Field
- Describe how they are applied.

CRITERION 3: LABORATORIES AND COMPUTING FACILITIES

Indicate for each lab the following:

1. Laboratory Title
General Lab
2. Location and area
Computer Studies Department
3. Objective
Increase the computer skills
4. Adequacy for Instruction
Not more satisfying
5. Courses taught
Computer general skills
6. Software available (if applicable)
SPSS
7. Major Apparatus
Nil
8. Major Equipment's
Computer hardware
9. Safety regulations

Standard 3.1: Manuals/documentation/instructions for experiments must be available and readily accessible to faculty and students.

- Explain how students and faculty have adequate and timely access to the manuals/documentation and instructions.
The relevant subject teacher provides the computer lab facility to students.

Two labs are used by department student's General Computer lab and IT department labs are available for students Practice according time table.

Standard 3.2: There must be adequate support personnel for instruction and maintaining the laboratories:

- Indicate for each laboratory, support personnel, level of support, nature and extent of instructional support
The Physical Education department don't have computer lab.

Standard 3.3: The university computing infrastructure and facilities must be adequate to support program's objectives:

- Describe how the computing facilities support the computing component of your program.

The computer facility enhance the skills area of students without Patrice it's not possible to raise up slandered

- Benchmark with similar departments in reputable institutions to identify short comings in computing infrastructure and facilities if any

The Physical Education department don't have computer lab.

CRITERION 4: STUDENT SUPPORT AND ADVISING

Standard 4.1: Courses must be offered with sufficient frequency and number for students to complete the program in a timely manner:

- Provide the department's strategy for course offerings.

This must be completed within year otherwise the student will shift to upcoming badge. The students must be passed their supplementary exam before the final semester otherwise degree not provide.

1st Semester

Sr	Subject
1	Philosophical Foundation of Physical Education
2	English Language in use
3	Health and physical education (Minor I)

2nd Semester

Sr	Subject
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1	Sports Bio Mechanics
2	Health and physical education

3rd Semester

Sr	Subject
1	Basics of Human Anatomy
2	Introduction to planning & Management
3	Rules & Techniques of Games
4	Punjabi sher-o-adab
5	Communication skills
6	Health and physical education (Minor III)

4th Semester

Sr	Subject
1	Track & Field
2	Basics of Human Physiology
3	Health and physical education

5th Semester

Sr	Subject
1	Science of sports training
2	Rules & Techniques of Swimming and Gymnastic
3	Sports Nutrition
4	Introduction to Statistics
5	Physical Education for Special Population

6th Semester

Sr	Subject
1	Planning Sports Facility
2	Test Measurement and Evaluation in Sports
3	Sports Psychology
4	Research Methodology
5	Specialization in one Group of track & Field

7th Semester

Sr	Subject
1	Exercise physiology (Sec A+ Sec B)

2	Common Sports Injuries, Trauma and Rehabilitation (Sec A+ B)
3	Planning for scientific sports coaching (Sec A)
4	Planning for scientific sports coaching (Sec B)
5	Research Proposal(Sec A+ B)
6	Specialization in one game

8th Semester

Sr	Subject
1	Role of Media in Sports
2	Sports Medicine
3	Research Thesis/Project

Explain how often elective courses are offered.

sr	Course	Semester
1	Mathematics	2
2	Introduction to computer	4
3	Statistics	5

- Explain how required courses outside the department are managed to be offered in sufficient number and frequency.
One staff member appointed for 30 individuals.

Standard 4.2: Courses in the major area of study must be structured to ensure effective interaction between students, faculty and teaching assistants:

- Describe how you achieve effective student/faculty interaction in courses taught by more than one person such as two faculty members, a faculty member and a teaching assistant or a lecturer.

The head of department appointed course according to the expertise's of faculty members

Standard 4.3: Guidance on how to complete the program must be available to all students and access to academic advising must be available to make course decisions and career choices:

- Describe how students are informed about program requirements.
Scheme of study.

- Describe the advising system and indicate how its effectiveness is measured.
Through
- Describe the student counseling system and how students get professional counseling when needed.
Sports president
- Indicate if students have access to professional counseling; when necessary.
Student counseling center available. The psychologist are available for motivational talk and problem solving
- Describe opportunities available for students to interact with practitioners and to have membership in technical and professional societies.

CRITERION 5: PROCESS CONTROL

Standard 5.1: The process by which students are admitted to the program must be based on quantitative and qualitative criteria and clearly documented. This process must be periodically evaluated to ensure that it is meeting its objectives:

- Describe the program admission criteria at the institutional level, faculty or department if applicable

Passing percentage in intermediate level is 60% outstanding sports person/position holder at board/inter board/national level.

The admission criteria for sports basis students.

Intermediate e Obtained Marks	National 10	Province 8.05	Board 6.05	District 4.05	Game Trial 11	Interview 9	Total

Standardized scale for sports merit.

- Indicate how frequently the admission criteria are evaluated and if the evaluation results are used to improve the process.

Passing percentage in intermediate level is 60% outstanding sports person/position holder at board/inter board/national level.

The admission criteria for sports basis students.

Intermediate e Obtained Marks	National 10	Province 8.05	Board 6.05	District 4.05	Game Trial 11	Interview 9	Total

Standardized scale for sports merit.

Standard 5.2: The process by which students are registered in the program and monitoring of students' progress to ensure timely completion of the program must be documented. This process must be periodically evaluated to ensure that it is meeting its objectives:

- Describe how students are registered in the program.
Bio data form, ID card, Matric result, Intermediate result.
- Describe how student's academic progress is monitored and how their program of study is verified to adhere to the degree requirements.
 - Mid-term Test 1
 - Mid-term test 2
 - Presentation
 - Final term exams
 - Attendance
- Indicate how frequently the process of registration and monitoring are evaluated and if the evaluation results are used to improve the process.
The process of registration is monitor by mentor.

Standard 5.3: The process of recruiting and retaining highly qualified faculty members must be in place and clearly documented. Also processes and procedures for faculty evaluation, promotion must be consistent with institution mission statement. These processes must be periodically evaluated to ensure that it is meeting its objectives:

- Describe the process used to ensure that highly qualified faculty is recruited to the program.
The process used to ensure that highly qualified faculty is recruited to the program Faculty appointment as per HEC rule.
- Indicate methods used to retain excellent faculty members.
 - Seminar
 - Workshop
 - Conferences
- Indicate how frequently this process in evaluated and if the evaluation results are used to improve the process.
ACR (Annual character report)

Standard 5.4: The process and procedures used to ensure that teaching and delivery of course material to the students emphasizes active learning and that course learning outcomes are met. The process must be periodically evaluated to ensure that it is meeting its objectives:

- Describe the process and procedures used to ensure that teaching and delivery of course material is effective and focus on students learning.

The student's evaluation procedures and process are

- Active citizen program
- Test
- Presentation
- Quiz
- Thesis
- Evaluation through mid and final term
- HEC Manual follow

Standard 5.5: The process that ensures that graduates have completed the requirements of the program must be based on standards, effective and clearly documented procedures. This process must be periodically evaluated to ensure that it is meeting its objectives.

- Describe the procedures used to ensure that graduated meet the program requirements.
Midterm and final term

CRITERION 6: FACULTY

Standard 6.1: There must be enough full time faculty who are committed to the program to provide adequate coverage of the program areas/courses with continuity and stability. The interests and qualifications of all faculty members must be sufficient to teach all courses, plan, modify and update courses and curricula. All faculty members must have a level of competence that would normally be obtained through graduate work in the discipline. The majority of the faculty must hold a Ph.D. in the discipline:

- Complete the following table indicating program areas and number of faculty in each area.
- Each faculty member should complete a resume.
- Information recorded in Table 4.6 and faculty member's resumes will be sufficient to validate standard 6-1.

Program Area of Specialization	Courses in the Area and Average Number of Sections per Year	Number of faculty Members in Each Area	Number of Faculty with Ph. D Degree
Area 1.	Sports Sciences	1	1 faculty members (counti)
Area 2.	Athletics	1	1 faculty members (counti)
Area 3.	Educational Psychology	1	1 faculty members (counti)
Area 4.	International coaching enrichment certificate program university of Dalware(USA)	1	1
Total			

Table 4.6: Faculty Distribution by Program Areas

Standard 6.2: All faculty members must remain current in the discipline and sufficient time must be provided for scholarly activities and professional development. Also, effective programs for faculty development must be in place:

- Describe the criteria for faculty to be deemed current in the discipline and based on these criteria and information in the faculty member's resumes, what percentage of them is current. The criteria should be developed by the department.
Each faculty members got sufficient time for scholarly
- Describe the means for ensuring that full time faculty members have sufficient time for scholarly and professional development.
Yes
- Describe existing faculty development programs at the departmental and university level. Demonstrate their effectiveness in achieving faculty development.
DFDI programs, Active citizen program.

- Indicate how frequently faculty programs are evaluated and if the evaluation results are used for improvement.
Certification

Standard 6.3: All faculty members should be motivated and have job satisfaction to excel in their profession:

- Describe programs and processes in place for faculty motivation.
 - I. Sports training courses
 - II. Self defense
 - III. Badminton shuttle run course
 - IV. Basketball course
 - V. Throw ball course
 - VI. Development of leadership training workshop

- Obtain faculty input using Faculty Survey on programs for faculty motivation and job satisfaction.
Through questionnaire

CRITERION 7: INSTITUTIONAL FACILITIES

Standard 7.1: The institution must have the infrastructure to support new trends in learning such as e-learning

- Describe infrastructure and facilities that support new trends in learning.
In progress

- Indicate how adequate the facilities are.

In progress

Standard 7.2: The library must possess an up-to-date technical collection relevant to the program and must be adequately staffed with professional personnel:

- Describe the adequacy of the library's technical collection.
General library

Standard 7.3: Class-rooms must be adequately equipped and offices must be adequate to enable faculty to carry out their responsibilities:

- Describe the adequacy of the classrooms.
Fewer facilities

Multimedia not provided.

Cleanness Issue
- Describe the adequacy of faculty office
Fewer facilities

CRITERION8: INSTITUTIONAL SUPPORT

Standard 8.1: There must be sufficient support and financial resources to attract and retain high quality faculty and provide the means for them to maintain competence as teachers and scholars:

- Describe how your program meets this standard. If it does not explain the main causes and plans to rectify the situation.
Result

Describe the level of adequacy of secretarial support, technical staff and office equipment.

Standard 8.2: There must be an adequate number of high quality graduate students, research assistants and Ph.D. students:

- Provide the number of graduate students, research assistants and Ph. D students for the last three years.
- Provide the **faculty: graduate student ratio** for the last three years.
Recent graduates badge : 47 students

Graduates students	Ratio of faculty
47	1.8

Standard 8.3: Financial resources must be provided to acquire and maintain Library holdings, laboratories and computing facilities:

- Describe the resources available for the library.
General library LCWU.
- Describe the resources available for laboratories.
No lab used. For field work ground used.
- Describe the resources available for computing facilities.
IT department