

B.Sc. Sport Sciences and Management

SUMMARY OF THE COURSES

YEAR I SEMESTER I			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 11101	Foundation of Sports Sciences and Management	1	C
SSM 11202	Foundation of Professional Development	2	C
SSM 11103	Foundation of First Aid in Sport	1	C
SSM 11104	Movement Concepts, Skill Analysis, Performance, and Practices in Gymnastics	1	C
SSM 11105	Movement Concepts, Skill Analysis, Performance, and Practices in Swimming & Life Saving	1	C
SSM 11106	Movement Concepts, Skill Analysis, Performance, and Practices in Athletics (Track Events)	1	C
SSM 11107	Movement Concepts, Skill Analysis, Performance, and Practices in Basketball	1	C
SSM 11108	Movement Concepts, Skill Analysis, Performance, and Practices in Volleyball	1	C
SSM 11209	Basic of Mathematics	2	C
SSM 11210	Human Anatomy	2	C
SSM 11211	Introduction to Sport Management	2	C
SSM-EGP-1121	General English I	2	C (Non-GPA)
Total Credits = 17			

YEAR I SEMESTER II			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 12101	Fundamental Motor Skills	1	C
SSM 12102	Movement Concepts, Skill Analysis, Performance, and Practices in Athletics (Field Event-Jumps)	1	C
SSM 12103	Movement Concepts, Skill Analysis, Performance, and Practices in Netball	1	C
SSM 12104	Movement Concepts, Skill Analysis, Performance, and Practices in Soccer	1	C
SSM 12305	Exercise Biochemistry	3	C
SSM 12206	Basic Physics	2	C
SSM 12207	Human Physiology	2	C
SSM 12208	Olympic Movement and Olympism	2	C
SSM 12109	Introduction to Information Technology	1	C
SSM-EGP-1221	General English II	2	C (Non-GPA)
One credit to be selected from the following elective subjects			
SSM 12110	Movement Concepts, Skill Analysis, Performance, and Practices in Cricket	1	E

SSM 12111	Movement Concepts, Skill Analysis, Performance, and Practices in Elle	1	E
Total Credits = 17			

YEAR II SEMESTER I			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 21101	Movement Concepts, Skill Analysis, Performance, and Practices in Athletic (Field Event-Throws)	1	C
SSM 21102	Movement Concepts, Skill Analysis, Performance, and Practices in Weightlifting	1	C
SSM 21203	Fundamentals of Statistics	2	C
SSM 21204	Education Psychology	2	C
SSM 21205	Introduction to Sport Biomechanics	2	C
SSM 21206	Concepts of Sport Event Management	2	C
SSM 21207	Sport Facility Design and Management	2	C
SSM 21108	Kinesiology	1	C
SSM-EAP-2121	Academic English I	2	C (Non-GPA)
One credit to be selected from the following elective subjects			
SSM 21109	Movement Concepts, Skill Analysis, Performance, and Practices in Table Tennis	1	E
SSM 21110	Movement Concepts, Skill Analysis, Performance, and Practices in Tennis	1	E
SSM 21111	Movement Concepts, Skill Analysis, Performance, and Practices in Badminton	1	E
One credit to be selected from the following elective subjects			
SSM 21112	Movement Concepts, Skill Analysis, Performance, and Practices in Rugby	1	E
SSM 21113	Movement Concepts, Skill Analysis, Performance, and Practices in Hockey	1	E
Total Credits = 17			

YEAR II SEMESTER II			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 22201	Sport Physiology	2	C
SSM 22202	Sport Injury Prevention and Rehabilitation	2	C
SSM 22203	Theory and Methodology of Sports Training	2	C
SSM 22204	Practicum I: Teaching Methodology	2	C
SSM 22205	Human Resource Management in Sport and Leisure	2	C
SSM 22206	Design of Experiments and Analysis	2	C
SSM 22207	Marketing Approaches in Managing Sports	2	C
SSM-EAP-2221	Academic English II	2	C (Non-GPA)
One credit to be selected from the following elective subjects			
SSM 22108	Movement Concepts, Skill Analysis, Performance, and Practices in Judo	1	E
SSM 22109	Movement Concepts, Skill Analysis, Performance, and Practices in Wrestling	1	E
One credit to be selected from the following elective subjects			
SSM 22110	Traditional Sport and Sport Culture in Sri Lanka	1	E
SSM 22111	Sport for Differently Abled Persons	1	E
Total Credits = 18			

YEAR III SEMESTER I			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 31201	Exercise Physiology	2	C
SSM 31202	Sport Biomechanics	2	C
SSM 31303	Sport Nutrition	3	C
SSM 31104	Long Term Athlete Development	1	C
SSM 31205	Outdoor Recreation and Leadership	2	C
SSM 31206	Statistical Modelling and Survey Methods	2	C
SSM 31207	Sport Media and Communication	2	C
SSM 31208	Legal Perspectives in Managing Sport	2	C
SSM-EBP-3121	Business English	2	C (Non-GPA)
One credit to be selected from the following elective subjects			
SSM 31109	Movement Concepts, Skill Analysis, Performance, and Practices in Sport Aerobic	1	E
SSM 31110	Movement Concepts, Skill Analysis, Performance, and Practices in Fitness Aerobic	1	E
Total Credits = 19			

YEAR III SEMESTER II			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 32201	Sport Psychology	2	C
SSM 32202	Advanced Theory and Methodology of Sports Training	2	C
SSM 32203	Specialization I: Foundation of Sport Coaching and Practices	2	C
SSM 32204	Practicum II: Teaching Methodology and Practice	2	C
SSM 32205	Test, Measurement and Evaluation of Physical Activity	2	C
SSM 32206	Research Methods and Design in Physical Activity and Sport	2	C
SSM 32207	Financial Management in Sport Organization	2	C
SSM 32208	Sport Sociology and Community Service	2	C
SSM 32109	Sport Technology, Innovation and Entrepreneurship	1	C
Total Credits = 17			

YEAR IV SEMESTER 1			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 41201	Exercise Prescription	2	C
SSM 41202	Practicum III: Teaching Practice	2	C
SSM 41303	Specialization II: Sport Coaching and Practices	3	C
SSM 41204	Applied Biomechanics	2	C
SSM 41305	Sport Administration	3	C
SSM 41206	Contemporary Issues in Sport Development	2	C
SSM 41207	Tourism Promotion Through Sport and Leisure	2	C
One credit to be selected from the following elective subjects			
SSM 41108	Digital Society and Sport Application	1	E
SSM 41109	Nutrition Periodization	1	E
Total Credits = 17			

YEAR IV SEMESTER II			
Course Code	Course Title	Credits	Compulsory or Elective
SSM 42601	Final Year Research Project	6	C
SSM 42202	Industrial Training	2	C
SSM 42103	General Fitness	1	C (Non-GPA)
Total Credits = 09			