

# Institute of Home Science

## University of Kashmir

### Academic Session-2016

Scheme for choice based credit system in B. Sc./B.A with Home Science(Elective)

Semester No.	CORE COURSE (12)	Ability Enhancement Compulsory Course (AECC) (4)	Skill Enhancement Course (SEC) (4)	Discipline Specific Elective DSE (6)
I	HSCE-CC1: Human Development DSC-2 Paper 1 DSC-3 Paper 1	(English)		
II	HSCE-CC2: RESOURCE MANAGEMENT DSC-2 Paper 2 DSC-3 Paper 2	Environmental Science		
III	HSCE-CC3: FUNDAMENTALS OF NUTRITION AND FOOD SCIENCE DSC-2 Paper 3 DSC-3 Paper 3		HSCE -SEC 1: EARLY CHILDHOOD CARE AND EDUCATION	
IV	HSCE-CC4: FUNDAMENTALS OF TEXTILES DSC-2 Paper 4 DSC-3 Paper 4		SEC 2: (DISCIPLINE 2)	
V			SEC3: (DISCIPLINE 3)	HSCE-DSE -I COMMUNICATION AND EXTENSION DSE- Discipline 2 Paper I DSE- Discipline 3 Paper I
VI			HSCE -SEC 4: NUTRITION AND FITNESS	HSCE-DSE -II PUBLIC NUTRITION AND DIETETICS DSE- Discipline 2 Paper II DSE- Discipline 3 Paper II

## **Scheme for choice based credit system in B. Sc./B.A with Home Science(Elective)**

### **Semester I**

#### **HSCE-CC1: HUMAN DEVELOPMENT (CREDITS: THEORY-4, PRACTICAL-2)**

##### **Unit-I Human Development-**

- ☐ Definition, need, significance,
- ☐ Principles of growth and development,
- ☐ Methods of child study

##### **Unit-II Reproductive System**

- ☐ Boys and Girls, menstruation, puberty – physical changes, primary and secondary sexual characteristics,
- ☐ Reproductive health, genetic foundations of life and mechanisms of heredity
- ☐ Genetic process, genes, chromosomes, DNA, mitosis, meiosis.

##### **Unit -III Prenatal, Infancy and Childhood years**

- ☐ Pre-natal Development & infant development
- ☐ Factors affecting Pre natal development
- ☐ Stages of Pre natal development. Newborn- Characteristics Reflexes Infant developmental milestones
- ☐ Developmental milestones, physical, social, emotional, cognitive and language development.

##### **Unit- IV Late Childhood Years Adolescence and Adulthood.**

- ☐ Definition, characteristics, developmental milestones
- ☐ Physical changes: male and female body clock, sequence of change; social, emotional, cognitive and moral development.
- ☐ Adulthood Meaning, characteristics , physical, social, cognitive and emotional development during early, middle and late adulthood.

##### **PRACTICAL**

###### **1. Methods of child study and their use:**

- Interview
- Observations
- Checklist

###### **2. Plan and develop activities to facilitate development in different domains**

###### **3. Use of secondary sources to understand the depiction of children**

###### **4. Psychometric tests for children- Developmental Assessment Scale for Indian Infants**

(DASII), Wechsler Preschool and Primary Scales of Intelligence (WPPSI), Children Apperception Test (CAT)

##### **RECOMMENDED READINGS**

-Berk, L. E. (2007). Development through the lifespan. Delhi: Pearson Education.

-Rice, F. P. (1998). Human Development: A lifespan approach. New Jersey: Prentice a. Hall.

-Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata

a. McGraw- Hill.

-Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient BlackSwan.