

4th SEMESTER

DISCIPLINE SPECIFIC COURSE (CORE)

HSC420C4: HOME SCIENCE (ELECTIVE): 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 (2 CREDITS)

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 Hall.
- Santrock, J. W. (2007). A topical approach to life-span development. New Delhi: Tata McGraw- Hill.
- Singh, A. (Ed). 2015. Foundations of Human Development: A life span approach. New Delhi: Orient Black Swan.