

SEMESTER 1st
MAJOR COURSE

HSC122J: HOME SCIENCE {HUMAN DEVELOPMENT (HSCHD)}

(CREDITS: THEORY- 4, PRACTICAL-2)

Learning Objectives:

1. *To understand the Principles of Growth and Development and methods of studying people across the lifespan.*
2. *To learn about the various domains and issues of Human development*
3. *To know about the history and importance of Child Development as an imperative stage in life span.*
4. *To help students realise the importance of identity formation in adolescence*

UNIT-I INTRODUCTION TO HUMAN DEVELOPMENT

- Definition, need and significance
- Principles of Growth and Development
- Role of Heredity and environment in Human development
- Methods of Data collection: Naturalistic Observation, Interview, Questionnaire

UNIT-II FOUNDATION OF THE DEVELOPMENTAL PATTERN

- How life begins: Stages of prenatal development
- Conditions affecting Prenatal Development
- Stages of Development: Infancy through late adulthood (Characteristics)
- Dimensions of Human Development: Physical, Cognitive, Emotional and Social Development.

UNIT-III CHILDHOOD DEVELOPMENT

- Historical foundations: Medieval times, The Reformation, Philosophies of Enlightenment.
- Child rearing practices: Concept and importance
- Developmental tasks: infancy through late childhood
- Importance of play

UNIT-IV ADOLESCENT DEVELOPMENT

- Developmental tasks
- Physiological changes and their emotional consequences
- Importance of Identity formation
- Mental health, Sexuality, Delinquency and Conformity

PRACTICAL (2 CREDITS)

- Visit to any 1 centres of early childhood care and education and prepare a report (preschool, crèches, anganwadi centres).
- Study child rearing practices in different ecological settings.
- Study the school adjustment in Children(8-12 years) using interview method and
- Study the problems of adolescents in local context.

RECOMMENDED READINGS

- Hurlock, Elizebeth B. 1978, Child Development 6th Edition McGraw Hill.
- Rice F.P(1995) Human Development New Jersey Prentice Hall.
- Berk, L.E (1995) Child Development. London Allyn and Bacon.
- Papalia, D.E., Old, & Feldman, R.D. (2010). Human Development (10th) New Delhi: Tata McGraw – Hill Publishing Company Limited.
- Laura E. Berk (2013) Child Development (9th Ed.) Pearson Education Inc. (PEI).