

FOUR YEAR UNDERGRADUATE PROGRAM 2024-28
FACULTY OF Home Science
COURSE CURRICULUM

PART A: Introduction			
Program: Bachelor in B.Sc.Home Science <i>(Certificate / Diploma / Degree/Honors)</i>		Semester : I	Session: 2024-2025
1	Course Code	HSSC – 03 T	
2	Course Title	Introduction To Human Development	
3	Course Type	DSC	
4	Pre-requisite (if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> To differentiate between growth and development. To assess various Principals of development. To explain importance of heredity and environment. To identify various aspects of development. To evaluate interventions for Families in trouble. 	
6	Credit Value	3 C	<i>1 Credit = 15 Hours - learning & Observation</i>
7	Total Marks = 100	Max. Marks: 100	Min Passing Marks : 40

PART B: Content of the Course		
Total No. of Teaching – learning Periods (1 hour per period : 45Period (45 hours)		
Unit	Topics (Course Contents)	No. of Period
1	<p>An overview on-the field of HD: Definition of development, ie. Family and society, variations across cultures and individual differences inhuman development, family and child welfare , A family welfare programme, child welfare program.</p> <p>Growth and Development: Understanding growth and development (Definitions), General Principles of development, Constraints and facilitators in growth and development (influences of heredity and environment).</p> <p>Genetic Inheritance: (i) fertilization (ii) Number of chromosomes. (iii) genotype and phenotype, (iv) sex linked genetic effects.</p> <p>Environmental per-requisites: (i) Nutrition, (ii) opportunities, Interaction between environment and inheritance:</p> <p>(i) Genes provide the predisposition, range and direction of development,</p> <p>(ii) Environment determines the extent or limit.</p> <p>(iii) The beginning of a new life</p> <p>Prenatal development: Prenatal influences on the child: biological risks, age of mother,</p>	12

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	physical characteristics, illness, diet and nutrition, stress and emotional strains environmental hazards.	
II	<p>Physical Development:The new born physical appearance: size, weight, bodily proportions, sensory capacities i.e. hearing, vision, taste, smell, touch, temperature and position, Changes in size, shape, muscles and bones, and brain as it continues through : infancy, end of infancy,Linking physical and motor development.</p> <p>Motor development: reflexes in infancy; major milestones through end of infancy, Physical and motor development can be influenced through (i) Maturation, (ii) nutrition, (iii) monitoring and healthcare, (iv) stimulation, (v) practice.</p> <p>Cognitive Development across the Life Span: Cognitive development: The concept of intelligence & Mental age, IQ (A brief Introduction to Piaget's theory) Introduce stages without much elaboration: sensor motor stage in infancy, concrete operational stage in childhood changes in remembering there as oringin middle childhood, formal operations in adolescence, fluid and crystallized intelligence in adulthood, declining cognitive abilities in late adulthood and old age.</p>	11
III	<p>The Development of Language across the Life Span-Language as aform of communication: Functions of language: expressing wishes, controlling others, interacting with others, expressing individuality, exploring the world, pretending, using language to communicate/share information, understanding our society and culture, reasoning.</p> <p>Communicating before language development i.e.the stages of vocalization: undifferentiated crying differentiated crying, babbling, Imitation of sound, patterned speech, Beginning to use language: one or two word utterances;early sentences; telegraphic speech; understanding metaphors, smiles, irony, reflecting on superficial and deeperlevelmeanings ofsentences.</p> <p>Uses of language; conversational acts (non-verbal) conversational conventions, learning to listen, Language development can be influenced through: (i) maturation, (ii) stimulation.</p> <p>Deviations in language development: in language development: Possible decline of language in the aged, (speech- impairment and disorders to be introduced briefly).</p> <p>Emotional development Across the Life Span – Emotions serve two adaptive functions: (i) motivating and (ii) communication. Basic emotional reactions (joy, fear, jealousy, anger, sadness, aggress-scions). Components of emotion: (i) emotions are elicited by the context, (ii) include bodily activity, (iii) emotional expressions are made through facial expressions, bodily movements, vocationalization, (iv) labeling emotions. Emotions may be acquired as a result of/by the Influence of (I) internal and external sources, (ii) cognition, (iii) learning and (iv) social reinforcement. Milestones of emotional development through infancy and</p>	11

	<p>childhood emotional confusions and adolescence, stability of emotions in adulthood and old age, Emotional problems: (i) depression, (ii) over-activity, (iii) aggression.</p>	
<p>IV</p>	<p>Social- Development Across the Life Span: Understanding social development. Social development- Introduce socialization as an important part of the process of becoming human. Social milestones: beginning with the emergence of the social smile; attachment, separation, anxiety, acquiring sex roles in childhood, induction into occupational roles by adulthood, social isolation and consequences in late adulthood and in the elderly. Patterns and role of parent-child interactions, interactions with siblings and peers; social and cultural interactions through infancy to old age. Personality Development across the Life Span: Personality Development, Components of personality, Factors affecting Personality: (a) heredity, (b) environment (parenting styles, peer groups, social interactions, early childhood experiences, life events, support available in a community etc.) Deviant personalities :(Juvenile delinquency in childhood and anti-social personalities in adulthood). Marriage: Marriage as an institution: goals, rituals, functions, changes and challenges, Mate selection: factors influencing, considerations of exogamy and endogamy, changing trends, arranged and personal choice of mates., Preparation for marriage, social emotional issues, financial concerns and exchanges, guidance and counseling, Marital adjustment, areas and factors influencing: Planned Parenthood. Families with Problems: Families in distress, violence and abuse, dowry victimization, violence against women. Interventions for Families in Trouble: Counseling pre marital and marital Programmes and policies of CG Govt for children and families and their evaluation.</p>	<p>11</p>
<p>Keywords:- Development, growth, heredity, environment, physical development, motor Development, Language development, cognitive development.</p>		

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PART C:**Learning Resources :** Text Books. Reference Books, Other Resources**Text books Recommended –**

1. Human Development- Brinda Singh, 3rd Edition, Panchsheel Prakashan.
2. बाल विकास– रामबाबू गुप्त, 2nd Edition, Vinod Pustak Mandir.
3. बाल मनोविज्ञान एवं बाल विकास– डॉ. डी.एन श्रीवास्तवए डॉ. प्रीति वर्मा, 2020 Edition, Vinod Pustak Mandir.
4. Handbook of Child Psychology - Mussen (Ed.) Vol.1, New York; Scientific American Books.
5. Human Development- Gordon, I.J.: 2nd Edition, New York: Harper & Row.
6. Human Development and Family Studies in India - Saraswathi T.S. & Kaur, B 2nd Edition, Sage Publications.
7. Child Development- Elizabeth B. Hurlock, 5th Edition, MC Graw Hill Education India.
8. Text book of Human Development (A Life Span Development Approach) - Dr. S. Shrivastava, Dr. K. Sudharani, 2016 Edition, S. Chand & Company.
9. Strategies for Human Development- Dr. Samar Deb, 2017 Edition, Kalpaz Publication.
10. Child Development- Elizabeth B. Hurlock, 6th Edition, MC Graw Hill Education India.
11. Child Psychology & Development- S.K. Mangal & Shubhara Mangal, 2019 Edition, Sterling Publisher.

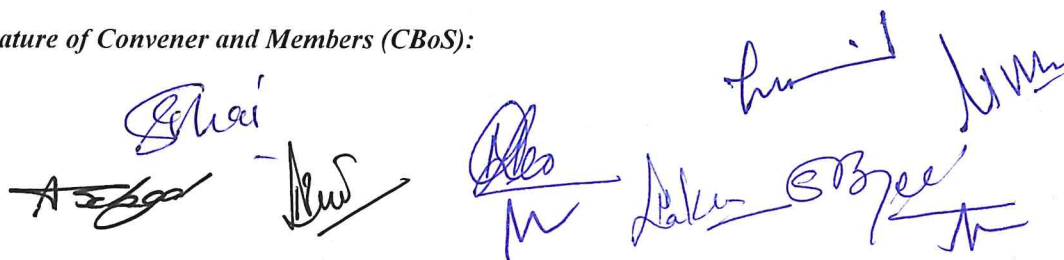
Online Resources :-

- Growth and Development
https://www.youtube.com/results?search_query=Growth+and+Development
- Genetic Inheritance
https://www.youtube.com/results?search_query=genetic+inheritance
- Prenatal Development
<https://www.google.com/search?q=prenatal+development>
- Physical Development
<https://www.google.com/search?q=physical+development>
- Motor Development <https://www.google.com/search?q=motor+development>

PART D: Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks:** 100 marks**Continuous Comprehensive Evaluation (CCE):** 30 Marks**Semester End Exam (SEE):** 70 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz(2) –20+20 Assignment/Seminar – 10 Total Marks–30	Better marks out of the two tests/ Quiz + Obtained marks in assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1. Objective – 10 x1= 10 Mark; Q2. Short answer type- 5x4 =20Marks Section B: Descriptive answer type qts., 1 out of 2 from each unit-4x10=40 Marks	

Signature of Convener and Members (CBoS):



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2	Course Title	Introduction to Human Development	
3	Course Type	DSE	
4	Pre-requisite (if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> • To assess Physical growth and development of human child. • To differentiate normal children with delinquent child. • To analyze Importance of heredity and environment on development. • To develop skills of counseling to children & parents. • To evaluate cognitive development across the life span. 	
6	Credit Value	1 C	<i>1 Credit = 30 Hrs for Laboratory/ Field Learning / Taining</i>
7	Total Marks	Max. Marks: 50	Min Passing Marks 20

PART B: Content of the Course			No. of Period
Total No. of Learning- Training/ Performance Periods : 30 Periods (30 Hours)			
Module	Topics (Course Contents)		30
Lab/ Field Training / Experiment Contents of the course	Visit to a pediatric ward to observe a new born baby and a premature baby. 1. Preparing a growth ,average height weight chart of five (5)children from one to (1-3) years. 2. Study of immunization schedule. 3. Survey of regulative awareness about weaning food,toys; clothes. 4. Prepare a development (Physical / Motor) Milestone chart. 5. Role play for pre marital counseling. 6. Project/ Field work- Prepare report of activities and facilities at Anganvadi / Nursery school.		
Key words	Immunisation Schedul, Immeture infant, Weaning Foods , Developmental Mile stones		

Part C:
Learning Resources: Text Books. Reference Books, Other Resources
Text Books Recomendaded :
1. Human Development- Brinda Singh, 3 rd Edition, Panchsheel Prakashan. 2. बाल विकास- रामबाबू गुप्त, 2 nd Edition, Vinod Pustak Mandir. 3. बाल मनोविज्ञान एवं बाल विकास- डॉ. डी.एन श्रीवास्तव एवं डॉ. प्रीति वर्मा, 2020 Edition, Vinod Pustak Mandir.

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4. Handbook of Child Psychology - Mussen (Ed.) Vol. 1, New York; Scientific American Books.
5. Human Development- Gordon, I.J.: 2nd Edition, New York: Harper & Row.
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10. Child Development- Elizabeth B. Hurlock, 6th Edition, MC Graw Hill Education India.
11. Child Psychology & Development- S.K. Mangal & Shubhara Mangal, 2019 Edition, Sterling Publisher.

Online Resources :

- Marital Counseling
<https://www.google.com/search?q=marital+counseling&ei=8OeeYqWjCtj0-Qa8qD4&oq=Marital+Counseling&>
- Anganvadi
https://www.google.com/search?q=anganwadi&ei=Y-ieYqvGHJ_w4-EP4qe-IA&oq=Anganvadi.
- Growth and Development
https://www.youtube.com/results?search_query=Growth+and+Development
- Genetic Inheritance
https://www.youtube.com/results?search_query=genetic+inheritance
- Prenatal Development
<https://www.google.com/search?q=prenatal+development>
- Physical Development
<https://www.google.com/search?q=physical+development>
- Motor Development <https://www.google.com/search?q=motor+development>

PART D : Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz (2) - 10 & 10 Assignment/Seminar+ Attendance - 05 Total Marks - 15	Better marks out of the two tests/ Quiz + Obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance : on spot Assessment	
	A. Performed the task based on Lab work -	20 marks
	B. Spotting based on tools & Technology (written) -	10 marks
	C. Viva -voce (based on principle/ Technology) -	05 Marks

Name and Signature of Convener & Members of BOS



 (Dr. Amrita Singh) Dr. Bharti Soti