

SYALLABUS - BA HOME SCIENCE SEMESTER SYSTEM

SRI DEV SUMAN UNIVERSITY

Course Outline:

S. No.	Name of the Course Core Courses	MM	
		Theory	Practical
I Semester Paper 01	Family resource management and interior decoration	80	20
II Semester Paper 02	Introduction to clothing and textiles	80	20
III Semester Paper 03	Human Development (Pre-natal to early childhood)	80	20
IV Semester Paper 04	Fundamentals of foods and nutrition	80	20
V Semester Paper 05	Human Development-(Late childhood, Adolescent and puberty)	80	20
VI Semester Paper 06	Therapeutic Nutrition	80	20

Paper I: Family Resource Management and Interior Decoration M.M. - 80

Unit I- Home Management

1. Definition, Philosophy, Concept and Role of home management.
2. Basic knowledge about home management process; planning, scheduling, execution, controlling and evaluation.

Unit - II- Family Resources

1. Types- Human and Non Human Resources.

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2. Money management- Income, Expenditure, Supplementary Income
3. Family Budget.
4. Wants- Types, Characteristics and factors affecting wants.

Unit -III- Housing

1. Family housing needs- Protective, economic and social.
2. Factors effecting selection and purchase of site for house building- legal aspects, location, physical features, soil conditions, cost, service.
3. Arrangement of rooms and kitchen.

Unit- IV- Interior Decoration

1. Meaning and Principles of interior decoration.
2. Elements and principles of art.
3. Design- Decoration and structural.
4. Color- properties, classification and color schemes.
5. Furniture- types and arrangement.
6. Lighting.
7. Flower arrangement
8. Accessories.

References:

1. Management for Modern Families: Gross and Crandall.
2. Management in Family Living: Nickel and Dorsey,
3. Home Furnishing: A.H.Rutt.
4. Grah Prabandh: Manju Patni.
5. Home Management for Indian Families: M.K. Mann
6. Grah Prabandh : Sharma and Verma

Practical : MM 20

1. Floor decoration : Alpana
2. Pot painting or pot decoration
3. Flower arrangement (fresh and dry)
4. rakhi and greeting cards
5. Colour chart and colour schemes

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Paper II: Introduction to Textiles and Clothing

M.M. – 80

Unit –I

1. Introduction to textiles.
2. Classification to textile fibers.
3. Manufacture, Properties, and uses of – cotton, linen, wool, silk, rayon, polyamide and acrylic fibers.
4. Identification of textile fiber.

Unit- II

Finishes

1. Physical – singeing, napping, brushing, shearing, sizing, shrinking, tendering and calendaring.
2. Chemical- bleaching and mercerizing
3. Special Purpose finishes- wrinkle resistant, water repellent, flame retardant, dyeing and printing etc.

Unit-III

- Yarn construction: Types of yarns, different processes of yarn making
- Fabric construction
 - Weaving- classification of weaves
 - Different ways of fabric construction- weaving, knitting, knotting, braiding etc.
 - Selection of fabric
 - Factors influencing selection of fabric, budget, age, season, occupation, figure, fashion, occasion etc.

UNIT-VIII Laundry

- (a) Basic Principles of Laundry.
- (b) Methods of laundry-wet and dry-cleaning, friction, suction, kneading and squeezing.
- (c) Laundry reagents and equipments.

References:

- | | | |
|---|---|--------------------|
| 1. Guide to household textiles and laundry work | : | Durga Deulkar |
| 2. Fundamentals of textiles and their care | : | Susheela Dantiyagi |
| 3. Vastra Vigyan ke Mool Siddhanth | : | G.P. Sherry |
| 4. Vastra Shilp Vigyan | : | Vimla Sharma |

Practical MM 20

1. Identification of fibres (microscopic test, burning test, physical test)
2. Samples of weaves and knitting
3. Identification of common fibres- microscopic, burning and physical tests

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Paper III: M.M. 80

Child Development

**Unit I- Introduction
to Child Development**

1. Definition and scope of child development.
2. Principles of development.
3. Stages of development and development task of each stage.
4. Factors affecting development.

Unit- II

Prenatal Period

1. Meaning and importance of mother craft and child care.
2. Female reproduction organs (Internal).
4. Stages of prenatal development zygote, embryonic and neonatal stages.

Unit- III

Development and Growth with Characteristics from birth to early-childhood years

1. Physical development
2. Motor development
3. Emotional development
4. Language development
5. Social development
6. Cognitive development.

Unit- IV

1. Play and work- Types of play, Importance of play
2. Personality- Meaning, development and features affecting personality.

References:

1. Child Development: Elizabeth Hurlock.
2. Child Development: Dr. Vatsayan
3. Child Development and Personality: P.Mussen, J.J.Conger, J. Kagan and A.C. Huston

Practical M.M.-20

Preparation of an educational/ recreational material for children (age up to 5 years)

Vatsayan



Vatsayan

Paper IV: M.M. – 80

Fundamental of Food and Nutrition

Unit-I

Introduction to Food and Nutrition

1. Definition of foods, Nutrition, Nutrients.
2. Classification and function of food.
3. Energy- Factors affecting total energy requirements of the body.
4. Basal metabolism- Definition, Factors affecting rate of B. M.R.
5. Balanced diet and factors affecting balanced diet.
6. Basic food groups

Unit- II

Essential constituents of Food: their sources, functions, requirements, absorption and deficiency diseases.

1. Protein
2. Carbohydrate
3. Fat
4. Vitamins
5. Minerals
6. Water

Unit – III

Digestion and Absorption of Major Nutrients.

Unit – V

Dietary allowances, Meal planning, and nutrition during lifecycle:

1. Nutrition during infancy.
2. Nutrition during Childhood
3. Nutrition for adolescence
4. Nutrition for adults
5. Nutrition during old age
6. Nutrition during pregnancy and lactation.

References:

1. Dietetics: B.Shrilakshmi
2. Normal and Therapeutic Nutrition: Proudifit and Robinson.
3. Essentials of Food and Nutrition (Vol. I and Vol. II): M. Swaminathen.
4. Applied nutrition: Rajlakshmi.

Practical MM 20

Diet planning and preparing diets for different economic levels and different age groups- Early and late childhood adolescence, adulthood and old age.

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Paper V MM 80
Human Development (Late Childhood Years, Puberty and Adolescence)

Unit I: Late Childhood Years

Definition, developmental tasks

Physical and motor development

Language development: Special vocabularies of late childhood, content of speech, amount of talking

Emotional Development: Common emotional patterns

Social development: Gang-age, characteristics of children's gangs

Cognitive development

Unit II: Puberty

Puberty: Definition, age, growth spurt; Body changes during puberty: size, proportion, primary and secondary sex characteristics; Effects of puberty on behavior

Unit III: Adolescence

Definition, characteristics, developmental tasks

Physical development

Social development

Emotional development

Cognitive development

Unit IV

Juvenile delinquency

— Meaning, causes and treatment.

Practical: MM 20

Case profile of an adolescent- including study of self, family relationships and peer relationships.

References:

1. fcdkIkRed euksfoKku] jktsUnz izlkn flag] ftrsUnz dqekj mik;/k;) jktsUnz flag] eksrhyky cukjIhnkl] ubZ fnYyh
2. Hurlock B Elizabeth (1981), Developmental Psychology – A Life Span Approach, Tata Mc Graw Hill
3. Baal Vikas evam Baal Manovigyan, Brinda Singh, Panchsheel Prakashan, Jaipur

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Paper VI MM 80

Therapeutic Nutrition

Unit I Principles of nutrition care

- Nutrition Care Process
- Therapeutic adaptations of the normal diet
- Progressive diets – clear fluid, full fluid, soft and regular

Unit II Etiology, clinical features and nutritional management of Infections and Fevers

- Typhoid
- Tuberculosis
- HIV

Unit III Etiology, clinical features and nutritional management of the following :

- GI Tract Disorders:
 - Diarrhoea
 - Constipation
 - Peptic ulcer
- Liver: Infective Hepatitis, Jaundice, Liver Cirrhosis

Unit IV Etiology, clinical features, basic diagnosis and nutritional management of the Following :

- Diabetes Mellitus
- Weight Imbalances-Overweight and obesity; Underweight
- Eating disorder- anorexia nervosa and bulimia
- Hypertension and Coronary Heart Disease

Practical MM 20

Planning, preparation and service of diets for the following:

Therapeutic Diets – Normal, Soft, Clear and full fluid

- i. Fevers: acute and chronic
- ii. Obesity
- iii. Diabetes
- iv. Hypertension and CHD, peptic ulcer
- v. Survey therapeutic foods in market

References

1. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd.
2. Mahan L K and Escott Stump S (2013). *Krause's Food & Nutrition Therapy*, 13th ed. Saunders-Elsevier.

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3. Stacy Nix (2009). *William's Basic Nutrition and Diet Therapy*, 13th Edition. Elsevier Mosby.
4. ICMR (1999). *Nutritive Value of Indian Foods*. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.



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