

UNIVERSITY OF DELHI

CNC-II/093/1(25)/2023-24/80

Dated: 20.06.2023

**NOTIFICATION**

Sub: Amendment to Ordinance V

[E.C Resolution No. 60-1/(60-1-6) dated 03.02.2023]

Following addition be made to Appendix-II-A to the Ordinance V (2-A) of the Ordinances of the University;

**Add the following:**

**Syllabi of Semester-III of the department of Home Science under Faculty of Science based on Under Graduate Curriculum Framework -2022 implemented from the Academic Year 2022-23.**

**FACULTY OF SCIENCE**

**DEPARTMENT OF HOME SCIENCE**

**BSc. Hons. (Home Science)**

**DISCIPLINE SPECIFIC CORE COURSE – 7**

**DSC HH 307 : Human Development II: Middle Childhood and Adolescence**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Human Development II: Middle Childhood and Adolescence	4	3	0	1	XII Pass	Pass in DSC HH 101 Human Development 1: The Early Years

**Learning Objectives**

1. To learn about the progression and domains of development during middle

- childhood years and adolescence.
2. To understand context specific cultural practices of development during middle childhood years and adolescence.
  3. To familiarize students with the use of different techniques of studying development during middle childhood and adolescence.

### Learning Outcomes

After completing this course, students will be able to:

1. Acquire a detailed understanding of development across domains from middle childhood through adolescence.
2. Gain insight on context specific cultural practices of development during middle childhood and adolescence.
3. Develop skills of using various techniques to study development during middle childhood and adolescence.

## SYLLABUS OF DSC 7

### THEORY (Credits 3; Hours 45)

#### UNIT I: Middle Childhood Years 12 Hours

This unit traces the progression of development across domains from 7-12 years of life.

Subtopics:

- Physical-motor development
- Cognitive and language development
- Moral development

#### UNIT II: Middle Childhood Years: The Social Context 10 Hours

This unit focuses on the social context of development during the middle childhood years.

The role of school, family, community and media is explored here.

Subtopics:

- Social and emotional development
- Role of family and peers
- Significance of School, community and media

#### UNIT III: Introduction to Adolescence 12 Hours

This unit describes the transition from childhood to adolescence with a focus on physical development and puberty and its impact on socio-emotional development.

- Theoretical perspectives on adolescence
- Puberty, sexual maturity, nutrition, health and psychological wellbeing
- Self and identity
- Family and peer relationships, interface with media

#### UNIT IV: Adolescence: Cognitive, Language and Moral development 11 Hours

This unit describes the progression in cognitive, language and moral development during adolescence.

- Perspectives on cognitive development
- Intelligence and creativity
- Adolescent language
- Adolescent morality

**PRACTICAL**  
**(Credits 1; Hours 30)**

- Methods of studying in Human Development
- Interview and Questionnaire
- Role of Family and peers during middle childhood
- Physical and sexual changes during puberty
- Sociometry
- Audiovisual resources to study middle childhood and adolescence
- Case profile of an adolescent
- Psychological tests

**Essential readings**

1. Berk, L. (2013). Child development (9th ed.). Boston: Pearson.
2. Santrock, J. W. (2011). Life-span development. New York: McGraw-Hill.
3. Singh, A. (Ed.) (2015). Foundations of Human Development. New Delhi: Tata McGraw-Hill.

**Suggested readings**

1. Bee, H., & Boyd, D. (2012). The Developing Child (13th ed.). Pearson
2. Journal of Developmental Psychology.
3. Papalia, D. E., & Martorell, G. (2015). Experience Human development.
4. McGraw Hill Education.
5. Rice, F. P. (2000). Human Development: A Life-span Approach. New Jersey: Prentice Hall
6. Sharma, N. (1999). Understanding Adolescence. National Book Trust
7. शर्मा, नी. (2009). किशोरावस्था: उलझाव -सुलझाव. अनुवाद रेणु चौहान. नेशनल बुक ट्रस्ट.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**