

DEPARTMENT OF HOME SCIENCE

BSc. (Hons.) Home Science

Category-II

DISCIPLINE SPECIFIC CORE COURSE – 1 (DSC-HH101) Human Development I: The Early Years

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 I: The Early Years	4	3	0	1	Class XII with Science	-

Learning Objectives

1. To develop an understanding about the discipline of Human Development
2. To gain an insight of development in different domains from conception to early childhood

Learning outcomes

After completing this course, students will be able to:

1. Develop an understanding about the discipline of Human Development
2. Acquire knowledge of development in different domains from conception through infancy and early childhood.
3. Understand the salient features of human development by getting acquainted with various methods of studying children.

SYLLABUS

Unit I: Introduction to Human Development (9 hours)

Unit Description: The unit presents the student with an overview of the discipline of Human Development. The student will develop an understanding of basic ideas and terms that are central to the study of Human Development.

Subtopics: • Human Development: Definitions, nature and scope • Domains and stages of development • Principles of development • Contexts of development

Unit II: Prenatal development and childbirth (9 hours)

Unit Description: The unit describes the process of development from conception to birth and elaborates on the hereditary and environmental influences that play a role in prenatal development

Subtopics: • Conception and stages of prenatal development • Influences on prenatal development • Prenatal care • Childbirth: Methods and birth complications

Unit III: Neonate and infant development (12 hours)

Unit Description: The unit draws focus to the first two years of life and provides an understanding of the physical-motor, socio-emotional, cognitive and language development of infants.

Subtopics: • Capacities of the neonate • Infant care practices • Physical motor development
• Socio-emotional development • Language development • Cognitive development

Unit IV: Development during early childhood (12 hours)

Unit Description: The unit traces the progression in development that occurs from 2-6 years of life.

Subtopics: • Physical Motor Development • Socio-Emotional Development • Language Development • Cognitive Development

PRACTICAL (30 hours)

Unit 1 • Narrative method: recalling and recording an event • Exploring cultural practices and traditions during - Pregnancy - birth - Infant care

Unit 2 • Observation method: - observing infants and preschool children in everyday settings - recording the observations • Neonatal assessment (APGAR scale and Neonatal reflexes) • Multi-media resources to study prenatal development, infancy, early childhood

Essential readings

1. Berk, L. (2013). Child development. 9th ed. Boston: Pearson.
2. DECE-1 Organising Child Care Services (IGNOU Study Material)
<https://www.egyankosh.ac.in/handle/123456789/32288>
3. Dixit, A. (2019). Baal Vikas (1st ed.). Doaba House.
4. Journey of the first 1000 days: Rashtriya Bal Swasthya Karyakram (2018) Ministry of Health and Family Welfare.
5. https://nhm.gov.in/images/pdf/programmes/RBSK/Resource_Documents/Journey_of_The_First_1000_Days.pdf
6. Patni, M. (2020). Baal Vikas (3rd ed.). Star Publications.
7. Santrock, J.W. (2011). Life-span development. New York: McGraw-Hill.
8. Singh, A. (Ed.) 2015. Foundations of Human Development. New Delhi: Tata McGraw
9. Hill. Chapter 2,
10. Snow, C.W. (1997). Infant Development. New Jersey, Prentice-Hall Inc.

Suggested Readings

1. Joshi, P. & Shukla, S. (2019). Child development and education in the twenty-first century. Singapore: Springer International
2. Khalakdina, M. (2008). Human development in the Indian context: A socio - cultural focus: 1. India: Sage.

DISCIPLINE SPECIFIC CORE COURSE – 2 (DSC-HH 102) Food Science and Nutrition

Credit distribution, Eligibility and Prerequisites 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		
Food Science and Nutrition	4	3	0	1	Class XII With Science	-