

## **SYLLABUS**

### **LECTURER (SCHOOL EDUCATION)**

#### **PAPER – II**

#### **HOME SCIENCE**

#### **Part I : Senior Secondary Level**

##### **Unit I –**

- Home Science education- meaning, definition, scope, objectives and history.
- Changing concept of different areas of Home Science.

##### **Unit II-**

- Foods- definition, functions and classification.
- Nutrients- composition, sources and functions.
- Balanced diet.
- Methods of cooking.

##### **Unit III-**

- Home management- definitions and concepts.
- Motivating factors- value, goals and standard.
- Resources- classification and characteristics.
- Income- definition, meaning and types.
- Budget- types and steps of budget planning.
- Saving and Investment.

##### **Unit IV-**

- Fibre- classification and properties.
- Yarn construction.
- Weaving- types.
- General principles of clothing construction.

##### **Unit V-**

- Definition of child /human development.
- Scope of human development.
- Principles of growth and development.

- Role of heredity and environment.
- Life span stages.
- Types of development
- Developmental tasks at different stages of human development.
- Characteristics of different age groups and their physiological and behavioral problems.
- Meaning, concepts and scope of special education and classification of children with special needs.

## Part - II : Graduation Level

### Unit I-

- Areas of Home Science- objectives and scope of each area.
- Professional organizations and research institutes contributing to different areas of home science.
- Formal, non-formal and informal education.
- Programme planning, implementation and evaluation.
- Government and NGO's development programmes.
- Meaning, definition, principles and basic elements of extension education. • Extension teaching methods.
- Communication- definition, meaning, process, models, elements and barriers in communication.
- Audio-Visual aids- types, advantages and limitations.

### Unit II-

- Recommended dietary allowances and deficiencies.
- Nutritive value of important cereals, pulses, vegetables, fruits, milk and milk products, eggs, meat and fish.
- Selection, purchase and storage of foods.
- Food spoilage.
- Food preservation- importance, principles and methods.
- Food adulteration- causes, identification, preventive and control measures, food laws and standards, labels, etc.
- Changing trends in food consumption- fast foods, junk foods etc.
- Principles of meal planning.
- Diets of normal individual of different ages, sex, profession and physiological condition.
- Dietary management during different diseases.
- Concept, type and health implication of community health and nutrition.
- Nutrition problems of community.
- Nutritional status, assessment and surveillance.
- Nutrition and health programmes in India.

**Unit III-**

- Management process- planning, controlling, evaluation and decision making.
- Management of resources- time, money and energy.
- Work simplification- meaning, importance and its application in various household activities.
- Elements and principles of art and design.
- House planning/space designing: according to various activities and family needs.
- Financial and legal consideration for housing.
- Interior designing.
- Consumer- definition, meaning, rights, aids and Protection Act.
- Wills and trusts.

**Unit IV-**

- Early identification, treatment, prevention and rehabilitation of each category of children with special needs.
- Early childhood care and Education- meaning, importance and objectives.
- Different types of early childhood care and education centers.
- Anthropometry measurements of new born in India and neonate reflex actions.
- Adolescence- physical characteristics, stages and problems.
- Marriage- meaning, definition, types, functions and factors of mate selection.
- Family- meaning, definition, types, population education and dynamics.

**Unit V-**

- Yarn making, weaving and other methods of fabric construction and their effects on appearance, durability and maintenance of garments.
- Different types of finishes.
- Selection, care and storage of different types of clothes including readymade garments.
- Importance of clothing, social and psychological aspects of clothing.
- Functions of clothing construction drafting and making of paper patterns.
- Body measurement- importance of taking body measurements and its relation to sizes and different types of garments.
- Preparation of fabric cutting- layout, pinning, marking and cutting.
- Wardrobe planning.
- Selection of fabrics and garments for toddler, adolescent, men and women.
- Selection and buying fabrics for various users.
- Elements, principles of design in clothing.
- Traditional textile of India.

**Part – III : Post Graduation Level****Unit I-**

- Extension management and administration.
- Adoption and diffusion of homestead technologies.
- Participating extension approaches – RRA, PRA and PLA.
- Women empowerment: meaning, importance, ways and schemes.
- Rural development programme in India.
- Entrepreneurship.

**Unit II-**

- Different methods of enhancing the nutritive value of foods.
- Inter-relationship of agriculture, food, nutrition, health and population.
- Energy needs, basal metabolism and total energy requirement.
- Digestion, absorption and utilization of major nutrients.
- Genetically modified food, nutraceuticals, organic foods, pre-biotic and probiotic foods
- Nutritional problems in the country with special references to Rajasthan.
- Nutrition Intervention Programmes.
- Immunization schedule.
- Nutrition Policy in India.

**Unit III-**

- Different organizations / programmes working for children with special needs.
- Theories of Child Development: Jean Piaget's Theory of Cognitive Development, Freud's Theory of Psycho-Sexual Development.
- Need of guidance and counseling at each life span stage of development.
- Marital adjustment, legal aspects of marriage, role of mother and father in the family, functions (traditional and modern) of the family and factors affecting family functions.
- Meaning and stages of family life-cycle.
- Family welfare organizations (Government and Non- Government) in India.
- Parenting styles and impact of these styles on the children.
- Family planning measures and reproductive health.
- Family disorganization.

**Unit IV-**

- Factors influencing residential planning.

- Kitchen – types and storage ergonomics.
- Illumination – purpose and types. Lightening– types, unit of measurement and glare. Fixtures – types & selection. Color and color schemes.
- Selection and types of furniture and furnishing.
- Work ergonomics – meaning & concept.
- Work physiology – introduction, definition & types of work static and dynamic.

#### **Unit V-**

- Physiological factors influencing working environment.
- Fashion terminology, sources, fashion cycle and season.
- Factors favouring of fashion cycle and season, consumer demand and fashion marketing and fashion change.
- Paper pattern – basic designing.
- Readymade garment's need and selection criteria.
- Future trends in fashion technology.
- Traditional embroideries of India.
- Looms- types and its parts.
- Dyes and their effects.
- CAD.

#### **Part – IV (Pedagogy, Teaching Learning Material, Use of Computers and Information Technology in Teaching Learning)**

##### **I. Pedagogy and Teaching Learning Material (Instructional Strategies for Adolescent Learner)**

- Communication skills and its use.
- Teaching models- advance organizer, concept attainment, information processing, inquiry training.
- Preparation and use of teaching-learning material during teaching.
- Cooperative learning.

##### **II. Use of Computers and Information Technology in Teaching Learning**

- Concept of ICT, hardware and software.
- System approach.
- Computer assisted learning, computer aided instruction