

Appendix-54
Resolution No. 38 {38-1 [38-1-3(11)]}



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Department of Home Science
SEMESTER –II

B.A (Prog.) with Human Development and Family Empowerment (HDFE)

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**B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Major
Category-II**

**DISCIPLINE SPECIFIC CORE COURSE – DSC-3-HDFE: ADULTHOOD AND
AGEING THROUGH A LIFE SPAN PERSPECTIVE**

Credit distribution, Eligibility and Pre-requisite 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		
Adulthood and Ageing through a Lifespan perspective	4	2	--	2	Class XII Pass	DSC-1-HDFE and DSC-2-HDFE (both as Major)

Learning Objectives:

1. To understand the developmental patterns in early, middle and late adulthood.
2. To understand the needs and challenges of the older adults.
3. To use research tools to investigate the ageing process and develop critical thinking skills, necessary to do research in the field of ageing.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Understand the characteristics of Adulthood and old age.
2. Understand the challenges of adulthood and ageing and the coping strategies.
3. Students will develop awareness about the developmental patterns in adulthood.
4. Sensitizing students towards the concerns of adulthood and ageing.

**THEORY
(Credits:2, Periods: 30)**

Unit 1: Adulthood and Ageing

(10 hours)

- *Unit Description:* This unit will introduce the concept of adulthood and ageing
- *Subtopics:*
 - Understand definition
 - Concept and scope of ageing as a field of study
 - Theoretical perspectives on ageing
 - Developmental Tasks of Adulthood

**Unit 2: Early & Middle Adulthood
hours)**

(10

- *Unit Description:* This unit will introduce the concept of early and middle adulthood.
- *Subtopics:*
 - Characteristics
 - Developmental milestones - Physical, cognitive, social and emotional development

**Unit 3: Late Adulthood
hours)**

(10

- *Unit Description:* This unit will introduce the concept of Late adulthood.
- *Subtopics:*
 - Definition
 - Characteristics
 - Developmental milestones
 - Physical changes in males and females
 - Psychological implications of physical changes. Social – Emotional Development. Cognitive Development

**PRACTICAL
(Credits: 2, Periods: 60)**

- **Unit 1: Conduct Case profile of a senior citizen** **(30 hours)**
- **Unit 2: Visit to a senior citizen home and /or Movie review** **(30 hours)**

Essential / recommended readings:

1. Berk, L. E. (2017). *Development through the lifespan* (7rd edition). US: Pearson Education.
2. Rice, F.P. (1998). *Human Development: A Life-span Approach* (3rd edition). US: Prentice Hall.
3. Santrock, J. W. (2011). *Life-span development* (13th ed.). McGraw-Hill Education.
4. Verma, P., Srivastava D. N. and Singh, A. (1996). *Bal manovigyan and bal vikas*. Agra: Agrawal Publication

Suggested Readings:

1. Patrick, J.H., Hayslip Jr. B., Sawyer, L.H. (2000). *Adult Development and aging: Growth, longevity and challenges* (1st edition). Sage Publications
2. Singh, A. (2015). *Foundation of Human development: A lifespan approach*. Hyderabad: Orient Blackswan Pvt.

3. Singh, V. (2007). *Bal vikas avam bal manovigyan*. Jaipur: Panchsheel Prakashan

DISCIPLINE SPECIFIC CORE COURSE – DSC-4-HDFE: INTRODUCTION TO HUMAN DEVELOPMENT

Credit distribution, Eligibility and Pre-requisite 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		
Introduction to Human Development	4	2	-	2	Class XII Pass	DSC-1-HDFE and DSC-2-HDFE (both as Major)

Learning Objectives:

1. To create an understanding of various stages of lifespan development.
2. To understand developmental changes occurring during infancy, childhood, adolescence.
3. To understand the conflicts during various stages of lifespan development and ways to deal with it.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Understand developmental changes occurring during the lifespan with respect to infancy, childhood, adolescence
2. Understand various stages of lifespan development with respect to conflicts and ways to deal with it.
3. Learn the basic skills of research and documentation and apply the knowledge of methods of data collection in real life situations.

THEORY

(Credits: 2; Periods: 30)

Unit 1: Development in early years: The new-born and stage of infancy (10 Hours)

- *Unit Description:* This unit will discuss about the development in early years
- *Subtopics:*
 - New-born: Characteristics.
 - Reflexes
 - Infant developmental milestones

Unit 2: Childhood- Early & Middle Hours) (10

- *Unit Description:* This unit will introduce all domains of development with regard to early and middle childhood period.
- *Subtopics:*
 - Physical Development.
 - Socio-emotional Development.
 - Cognitive and Language Development

Unit 3: Adolescence Hours) (10

- *Unit Description:* This unit will introduce regarding adolescent age group
- *Subtopics:*
 - Definition.
 - Characteristics.
 - Developmental milestones.
 - Physical changes in males and females.
 - Psychological implications of physical changes.
 - Social – Emotional Development.
 - Cognitive Development.

**PRACTICAL
(Credit: 2, Periods: 60)**

Unit 1: Understand Methods and techniques of child study. (15 hours)

Unit 2: Conduct any 2 interviews. (30 hours)

Unit 3: Conduct any 1 observation. (15 hours)

Essential / recommended readings:

1. Bee, H. L (2011). *The developing child*. London: Pearson.
2. Berk, L. E. (2017). *Development through the lifespan* (7rd edition). US: Pearson Education.
3. Santrock, J. W. (1996). *Child development*. New York: Tata McGraw Hill
4. Verma, P., Srivastava D. N. and Singh, A. (1996). *Bal manovigyan and bal vikas*. Agra: Agrawal Publication.

Suggestive readings:

1. Papilla, D.E., Olds, S. W. and Feldman, R. D (2004). *Human development*. New York: Mcgraw Hill.
2. Singh, A. (2015). *Foundation of Human development: A lifespan approach*. London: Orient Longman.
3. Singh, V. (2007). *Bal vikas avam bal manovigyan*. Jaipur: Panchsheel Prakashan.

4. Sapra, R. (2007). *Manav vikas: Ek parichaya*. New Delhi: Vishwa Bharti Publications. Chapter 1, pg 1-6

**B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Non-Major
Category-III**

**DISCIPLINE SPECIFIC CORE COURSE – DSC-4-HDFE: INTRODUCTION TO
HUMAN DEVELOPMENT**

Credit distribution, Eligibility and Pre-requisite 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		
Introduction to Human Development	4	2	-	2	Class XII Pass	DSC-2-HDFE (Non-Major)

Learning Objectives:

1. To create an understanding of various stages of lifespan development.
2. To understand developmental changes occurring during infancy, childhood, adolescence.
3. To understand the conflicts during various stages of lifespan development and ways to deal with it.

Learning Outcomes:

After completion of the course, the students will be able to:

1. Understand developmental changes occurring during the lifespan with respect to infancy, childhood, adolescence
2. Understand various stages of lifespan development with respect to conflicts and ways to deal with it.
3. Learn the basic skills of research and documentation and apply the knowledge of methods of data collection in real life situations.

THEORY

(Credits: 2; Periods: 30)

Unit 1: Development in early years: The new-born and stage of infancy (10 Hours)

- *Unit Description:* This unit will discuss about the development in early years
- *Subtopics:*
 - New-born: Characteristics.
 - Reflexes
 - Infant developmental milestones

Unit 2: Childhood- Early & Middle Hours) (10

- *Unit Description:* This unit will introduce all domains of development with regard to early and middle childhood period.
- *Subtopics:*
 - Physical Development.
 - Socio-emotional Development.
 - Cognitive and Language Development

Unit 3: Adolescence Hours) (10

- *Unit Description:* This unit will introduce regarding adolescent age group
- *Subtopics:*
 - Definition.
 - Characteristics.
 - Developmental milestones.
 - Physical changes in males and females.
 - Psychological implications of physical changes.
 - Social – Emotional Development.
 - Cognitive Development.

**PRACTICAL
(Credit: 2, Periods:60)**

Unit 1: Understand Methods and techniques of child study. (15 hours)

Unit 2: Conduct any 2 interviews. (30 hours)

Unit 3: Conduct any 1 observation. (15 hours)

Essential / recommended readings:

1. Bee, H. L (2011). *The developing child*. London: Pearson.
2. Berk, L. E. (2017). *Development through the lifespan* (7rd edition). US: Pearson Education.
3. Santrock, J. W. (1996). *Child development*. New York: Tata McGraw Hill
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Suggestive readings:

1. Papilla, D.E., Olds, S. W. and Feldman, R. D (2004). *Human development*. New York: McGraw Hill.
2. Singh, A. (2015). *Foundation of Human development: A lifespan approach*. London: Orient Longman.

3. Singh, V. (2007). *Bal vikas avam bal manovigyan*. Jaipur: Panchsheel Prakashan.
4. Sapra, R. (2007). *Manav vikas: Ek parichaya*. New Delhi: Vishwa Bharti Publications.
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