



**SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)**

Mrs Ruchi Mathur
Assistant Professor & Head,
Department of Home Science



**SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)**



Lesson Plan

Submitted by : Ruchi Mathur(Lecturer)

Department of Home science

(Batch)

2018-19

**FOR
BACHELOR OF ARTS/HONS**

Semester – I to VI



SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

(SEMESTER – III)

PAPER II

(H. Sc 302) Extension Education and Communication

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	UNIT I 1. . Home Science- <ul style="list-style-type: none"> • Meaning and Definition • Objectives and scope • Areas of Home Science • Objectives and scope of each discipline 	❖ On the Spot LearninOpen Book Test ❖ Group Learning
August	2. Extension Education- <ul style="list-style-type: none"> • Meaning and definition education , Extension and Extension Education • Types of Education • Principles of Extension Education • Elements of Extension Education 	
September	UNIT II 3. Communication- <ul style="list-style-type: none"> • Meaning and definition • Types • Methods, Barriers and Problems in communication • Importance and scope of communication in development. 	Assignments Power Point Presentations
October	4. Communication Process- <ul style="list-style-type: none"> • Concept and Importance in Communication Process. • Elements of Communication Process and their characteristics 	Multiple Choice Question' Test
	UNIT III 5. Media of Communication-	C I A



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November	<ul style="list-style-type: none">• Definition• Classification.• Types –(1)Audio Aids(2) Visual Aids - (i) Non-Projected Aids- (a)Teaching Aids(b) Display Visuals(ii) Projected- (a) Direct projection(b) Indirect projection(c)Reflected projection	End Semester Examination
December	<ul style="list-style-type: none">(3) Audio-Visual Aids• Advantages and Limitations.• Role and Selection	

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(SEMESTER – V)

PAPER II

(H. Sc 502))Family Resource Management

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	<p>UNIT I</p> <ol style="list-style-type: none"> Home Management – <ul style="list-style-type: none"> Definition of Home Management Factors Motivating Management – <ul style="list-style-type: none"> Values , Goals and Standards – Meaning , types and characteristics Management Process – <ul style="list-style-type: none"> Decision Making- Importance, Steps in decision and factors influencing Decision making Planning, controlling and Evaluation – Meaning, types and Steps in Management. 	<p>Power Point Presentations</p> <p>Multiple Choice Question' Test</p>
August	<p>UNIT II</p> <ol style="list-style-type: none"> Resources – <ul style="list-style-type: none"> Classification, Characteristics and factors effecting resource selection. Time Management – <ul style="list-style-type: none"> Tools in time management – Time Cost, Time Norm and Time Pattern. Peak Loads, Work Curves and Rest 	<p>Assignments</p>



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September	<p>Periods.</p> <ul style="list-style-type: none"> • Management Process applied to Time Management. <p>6. Energy Management-</p> <ul style="list-style-type: none"> • Work Simplification. • Fatigue- Meaning and Types, ways to overcome it. 	<p>Open Book Test ❖ Group Learning</p> <p>❖ C I A</p>
October	<p>UNIT III</p> <p>7. Wants- Definition, Classification, Characteristics and factors influencing wants.</p> <p>8. Family Income and money management</p> <ul style="list-style-type: none"> • Meaning, types of income. • Budget Making- Meaning and Steps in making a Family Budget. <p>9. Market – Definition, Types Brief description of Retail and Wholesale markets.</p>	<p>Practicals</p> <p>End Semester Examination</p>

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SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)
B.A I (SEMESTER I)
PHYSICAL EDUCATION- (PAPER I) (PED-102)

(Anatomy)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int Credit: 03

COURSE PLAN - 2018-19

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weight age (%)
SEM I JULY - AUGUST	UNIT I 1. Meaning and concept of anatomy, need and importance of anatomy in Physical Education. 2. Definition of cell, structure of the cell and its various functions. 3. Tissues classification, structure and function of various types of tissues.	Basic introduction of anatomy in physical education	PPT, lecture	To develop the knowledge of role of anatomy in physical education Physical Education	<u>Knowledge Based</u> -What is the role of anatomy in physical education? -What are tissues <u>Understanding Based</u> Define cell and explain its and	Knowle dge--60 Underst anding- 30 Higher

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	Skeletal System 1. General structure of the bone, types of bones on the basis of structure and functions of the bones. 2. Structure of skull, humerus, femur, and scapula. 3. Joints: definition and classification, kinds of joints: Hinge, Pivot, Ball and Socket, Saddle and condyloid joint, Gliding joints	To Discuss about the structure and functions of cells and tissues of the body	Discussion PPT & assignments	To provide Knowledge o the structure and functions of the different cells and tissues of the body	functions in detail Classify tissues and explain each one in detail. Explain the structure and functions of joints <u>Higher Order Thinking Skills</u>	Order-10
SEPTEMBER R - OCTOBER	UNIT II 1. Basic knowledge of cardiovascular system. 2. Structure of the heart, mechanism of blood circulation. 3. Blood pressure and its measurement.	Basic knowledge of cardiovascular system	PPT & discussion	To explain the structure of heart and mechanism of blood circulation.	<u>Based</u> -Discuss the Various muscles of the body.	
	Muscular System Meaning and structure of various kinds of muscles and their functions. (i) Cardiac muscle (ii) Smooth muscle (iii) Skeletal muscle	Knowledge of structure and functions of muscles.	E- content , PPT, Discussion		Explain the	
NOVEMBER R - DECEMBER R-	UNIT III Respiratory System 1. Basic knowledge of respiratory system its component and structure. 2. Mechanism of respiration, external and Internal respiration.	Respiratory system its component and structure	Video & audio tutorials, Documentaries, Quizzes	To analyze the mechanism of internal and external respiration..	structure and functions of skin	
	Excretory System: 1. Structure of excretory system - Urinary system and Skin Functions of kidney and skin.					


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(SEMESTER – II)

PAPER II
(H. Sc 201) Human Physiology II

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	UNIT – I 1. Excretory system: a. Structure and functions of all excretory organs. b. Composition of urine. 2. Skin: structure and functions.	Oral test
February	UNIT – II 3. Nervous System: a. The central nervous system-brain & Spinal cord. b. Peripheral nervous system; c. Type of nerves d. Autonomic nervous system- Sympathetic and Para-sympathetic nervous system. e. Reflex arc. 4. The Endocrine system : a. Ductless glands of the body. b. Hormones – Definition and their role. c. Effect of over and under activity of hormones.	❖ Open Book Test ❖ Group Learning CIA – I
March	UNIT – III 5. Reproductive System:	



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April	<ul style="list-style-type: none">a. Structure and function of male and female organsb. Spermatogenesis, oogenesisc. Menstrual Cycle & fertilization. <p>6. Sense organs:</p> <ul style="list-style-type: none">a. Eye - Structure and functionb. Ear - Structure and functionc. Tongue - Structure and functiond. Nose - Structure and function	End Semester Examination
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(SEMESTER – IV)

PAPER II

(H. Sc 402) Fundamentals of Foods and Nutrition

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	UNIT I 1. Definition of terms – <ul style="list-style-type: none"> • Food, Nutrition, Nutrients and Dietetics. • Functions of food • Classification based on functions, nutrients and perishability, • Methods of food preparation with their advantages and limitations, • Methods used to conserve and enhance the nutritive value of food. 	Open Book Test ❖ Group Learning
Februay	Unit - II 2. A brief knowledge of the composition, classification, functions, deficiencies, sources and requirements of the following macronutrients: Proteins <ul style="list-style-type: none"> • Carbohydrates • Fat • Water • Dietary fibre 	
March	Unit - III 3. A brief knowledge and the nutritional importance, functions, deficiencies, sources and requirements of the following micronutrients: <ul style="list-style-type: none"> • Fat Soluble vitamins – 	C I A Assignments Multiple



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April	<p>A,D,E and K</p> <ul style="list-style-type: none">• Water Soluble vitamins – Vit. C, Thiamine, Riboflavin, Niacin, Folic Acid and Vit.B6 Vit. B12• Minerals – Calcium, Phosphorous, Iron, Iodine.	<p>Choice Question' Test</p> <p>Practicals</p> <p>End Semester Examination</p>
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PAPER II

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;">UNIT I</p> <ol style="list-style-type: none"> House Designing - <ul style="list-style-type: none"> Housing needs. Division of space on basis of activity. Factors governing the house plans: Selection of site, Orientation, Income, Socio-Economic Status, Stage of family life cycle, Grouping of rooms, Functionalism, Circulation within and between the rooms, Flexibility etc. Kitchen Planning- Types, Workplace (Center Concept), Storage 	<p>Power Point Presentations</p> <p>Multiple Choice Question' Test</p>
Februay	<p style="text-align: center;">UNIT II</p> <ol style="list-style-type: none"> Interior Decoration- <ul style="list-style-type: none"> Design : Meaning and types Objectives of Interior decoration. Principles of Art and their application in Interior decoration <ul style="list-style-type: none"> Balance. Proportion Harmony Rhythm Emphasis Elements of art and their application in interior decoration <ul style="list-style-type: none"> Lines Texture Form 	<p>Assignments</p> <p>C I A</p> <p>Open Book Test ❖ Group Learning</p>



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	Pattern and Color	
	UNIT III	
March	<p>7. Furniture-</p> <ul style="list-style-type: none">• Selection and principles of arrangements. <p>8. Furnishings: Selection of curtains, carpetsss and other furnishing material.</p> <p>9 .Accessories - Lighting Their selection and care.</p>	Practicals
April		End Semester Examination

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B.A. III (SEMESTER IV) PHYSICAL EDUCATION- (PAPER II) (PED-401)

(Sports Nutrition)

Max. Marks: 75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

COURSE PLAN 2018-19

SEM IV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM IV December	Unit I 1. Meaning and definition of sports nutrition.	Basic concept and role of nutrition in sports	Group discussion and PPT presentations	To Discuss the role and importance of sports nutrition	<u>Knowledge Based</u> -Define sports Nutrition?	Knowledge--50 Understanding-35 Higher Order-15
	2. Basic nutritional guidelines.	Basic nutritional guidelines and role of nutrition in sports			<u>Understanding Based</u> - What are the factors to be considered while preparing a nutritional plan?	
	3. Role of nutrition in sports.					
	4. Factors to be considered while preparing a nutritional plan.	Factors to be considered while preparing a nutritional plan				
January- February	Unit – II 1. 1. Nutrition –daily calorie requirement and expenditure	Daily caloric requirement and expenditure	E- Contents, Lecture, Assignments	To discuss the classification and functions of macronutrients in the diet	<u>Higher Order Thinking Skills Based</u> <u>Define daily caloric requirement and expenditure</u>	
	2. Meaning, classification and functions of Carbohydrates, Protein and Fat.	Classification and functions of macronutrients.				

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	3. Role of Carbohydrates, Protein and Fat during exercise.					
	4. Meaning classification and functions of Vitamin, Minerals and Water. 5. Role of hydration during exercise.	Role of micronutrients in the body and role of hydration during exercise.	Flipped Classroom, Audio & Videos tutorials		Define Vitamins . Classify vitamins and also explain their role in the body.	
March-April	Unit - III 1. Concept of BMI (Body mass index) 2. Obesity: Definition, meaning, types, hazard, causes and solutions for overcoming obesity..	. Obesity: Definition, meaning, types, hazard, causes and solutions for overcoming obesity..	E- content, PPT, Discussion	Examine the ways in which concepts and principles of BMI and obesity are interrelated	Define BMI and how to calculate the BMI of a person.	
	3. Common myths about weight Loss. 4. Dieting versus exercise for weight control.	Role of Diet and exercise in weight management.		To discuss the role of diet and exercise in weight management.	What is obesity? What are the types of obesity?	
	5. Role of Diet and exercise in weight management. 6. Diet before, during and after sports competitions		Audio and video tutorial, lecture and discussion.		What are the common myths about weight loss? Explain the role of dietary management during exercise.	

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