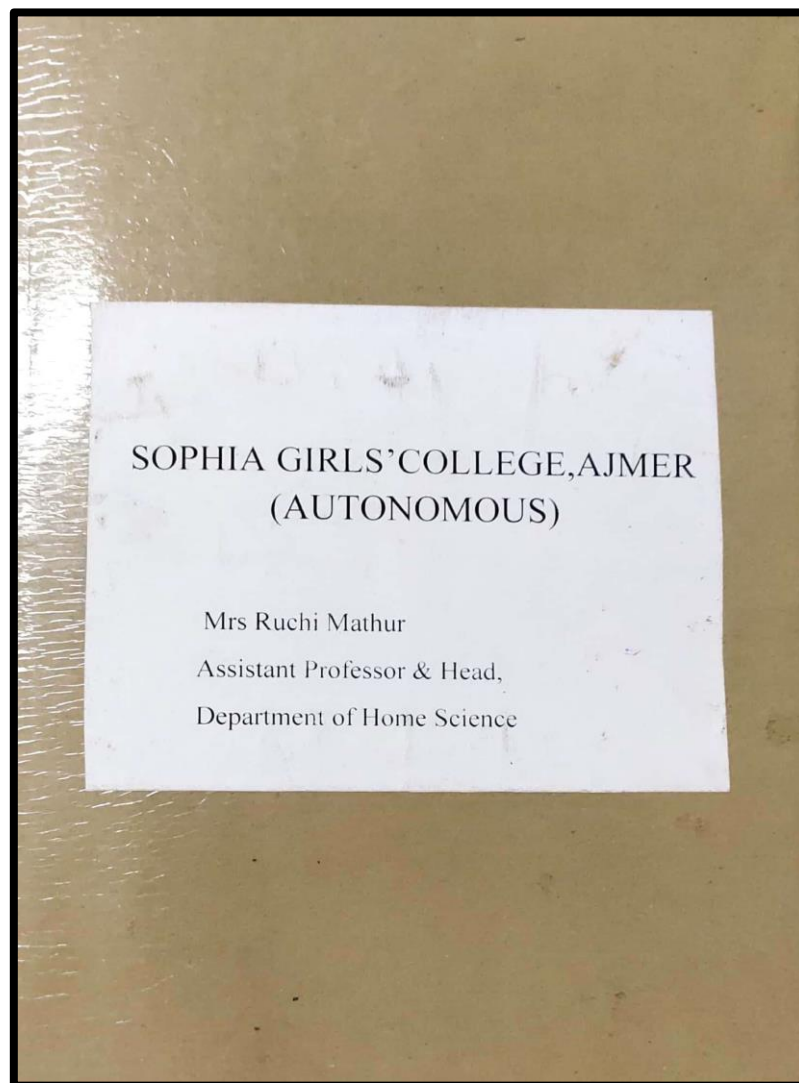




SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER





COURSE PLAN

Department of Home Science

SOPHIA GIRL'S COLLEGE, AJMER (*AUTONOMOUS*)

Session 2019-20



B.A II (SEMESTER III)

Extension Education And Communication (PAPER II) (H.Sc-302)

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

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

Credit: 03

COURSE PLAN

| SEM/ Month | UNIT/ TOPIC | Concepts/facts | Teaching Pedagogy | Learning Outcomes | Questions | Marks Weightage (%) |
|---------------|--|---|--------------------|---|---|--|
| SEM I JULY | 1. Home Science Meaning and Definition Objectives and scope | Objectives and scope of Home Science | Ppt, charts | Evaluate the objectives and scope of Home Science | Define Home Science | Knowledge--40 Understanding--40 Higher Order--20 |
| | Areas of Home Science Objectives and scope of each discipline | Areas of Home Science | Charts and Posters | Identify the areas of Home Science | What is the scope of Home Science Discuss the areas of Home Science? | |
| | 2. Extension Education- Meaning and definition education , Extension and Extension Education | Meaning and definition education , Extension and Extension Education | Ppt | Analyze the meaning and definition education , Extension and Extension Education | Define Extension Education | |
| AUGUST | Types of Education | Forms of education | | Identify the different types of education | What are the types of | |



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| | | | | | Education? | |
| | Principles of Extension Education Elements of Extension Education | Principles of Extension Education | PPT Discussion | Analyze the principles of Extension education | What are the principles of Extension Education | |
| | . Communication- Meaning and definition Types Methods, Barriers and Problems in communication Importance and scope of communication in development. | Methods, Barriers and Problems in communication Importance and scope of communication in development | Ppt, Discussion | Identify the Methods, Barriers and Problems in communication Importance and scope of communication in development | Explain the barriers in communication | |
| SEPTEMBER-OCTOBER | Communication Process- Concept and Importance in Communication Process. Elements of Communication Process and their characteristics | Concept and Importance of Communication Process. | Charts , Posters and Group Discussion | Analyze the various methods of communication | Define Communication Give the elements of communication | |
| | 5. Media of Communication- Definition Classification. Types –(1) Non-Projected Aids- (a)Teaching type (b) Display type | . Media of Communication- Types –(1) Non-Projected Aids- (a)Teaching type (b) Display type | Charts , Posters and Group Discussion | | | |



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| | Projected-(a)Direct projection (b)Indirect projection (c) Reflected projection and Electronic Communication Aids Advantages and Limitations. Role and Selection | Communication Aids Advantages and Limitations. Role and Selection | Charts , Posters and Group Discussion | | Explain the role of communication in development | |

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B.A III (SEMESTER V)

Family Resource Management (PAPER I) (H.sc - 502)

Max. Marks : 100 (75Ext; 30 Int)

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

Credit: 04

COURSE PLAN

| SEM III Month | UNIT/TOPIC | Concepts/facts | Teaching Pedagogy | Learning Outcomes | Questions | Marks Weightage (%) |
|------------------|--|---|----------------------|---|---|---|
| SEM I JULY | Unit –I 1. Home Management – Definition of Home Management 2. Factors Motivating Management – Values , Goals and Standards – Meaning , types and characteristics | To analyse the factors motivating management and the management process | PPT, Discussion | Illustrate Factors Motivating Management – | <u>Knowledge Based</u> What is home management <u>Understanding Based</u> Explain the process of management. | Knowled ge--60 Understa nding-30 Order-10 |
| | 3. Management Process – Decision Making- Importance, Steps in decision making and factors influencing decision making | Importance, Steps in decision making and factors influencing | Group Discussion | Analyze the Steps in decision making and factors influencing decision making | Explain the steps in decision making. | |



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| | | | | Evaluate the steps of management process | | |
| AUGUST | UNIT-II . Resources – Classification, Characteristics and factors effecting resource selection. | Classification, Characteristics and factors effecting resource selection. | PPT, Chart, Discussion | Analyze the Classification, Characteristics and factors effecting resource selection | Explain in detail the steps of management process. Define Resources Give the Classification of resource and the factors affecting resource selection. | |
| | . Time Management – Tools in time management – Time Cost, Time Norm and Time Pattern. Peak Loads, Work Curves and Rest Periods. Management Process applied to Time Management. | Tools in time management – Time Cost, Time Norm and Time Pattern. Peak Loads, Work Curves and | Board, PPT, Group discussion | Evaluate the Tools in time management – | | |
| | Energy Management- • Work Simplification. • Fatigue- | Explain the work simplification techniques . | PPT , Group discussion | | | |



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| | Meaning and Types, ways to overcome it. | | | Evaluate the work simplification techniques | Write Short notes on: a. Time cost b. Rest periods. | |
| SEPTEMBER-OCTOBER | UNIT-III Wants- Definition, Classification, Characteristics and factors influencing wants | Wants- Definition, Classification, Characteristics and factors influencing wants | PPT, Discussion, | Identify different forms of wants and factors influencing wants Analyze the factors influencing the family budget and Steps in making a Family Budget. | 1. Define work simplification. 2. Classify different types of Fatigue. 1. Define wants 2. Classify wants and factors affecting wants 1. Define Budget 2. What are the factors influencing the family budget | |



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| | | | | Identify the different types of markets | What are the different types of markets. Explain each one in detail | |
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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 2019-20

| SEM I Month | UNIT/TOPIC | Concepts/facts | Teaching Pedagogy | Learning Outcomes | Questions | Marks Weightage (%) |
|-----------------------|---|---|----------------------|--|--|---|
| 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 | Videos, 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 functions in detail Classify tissues and explain each one in detail. Explain the structure and functions of joints | Knowledge-- 60 Understanding 30 Higher Order 10 |
| | 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 | Knowledge of cells and tissues of the body | Discussion PPT | To provide Knowledge of the structure and functions of the different | | |

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| | | | | cells and tissues of the body | <u>Higher Order Thinking Skills</u> <u>Based</u> -Discuss the Various muscles of the body. | |
| SEPTEMBER – 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. | | |
| | 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 structure and functions of skin | |
| NOVEMBER- DECEMBER- | 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.. | | |
| | Excretory System: 1. Structure of excretory system - Urinary system and Skin 2 Functions of kidney and skin. | | | | | |

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**B.A II (SEMESTER IV)
Fundamentals of Foods and Nutrition
(PAPER II) (H.Sc 402)**

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

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

Credit: 03

COURSE PLAN

| Month | UNIT/TOPIC | Concepts/facts | Teaching Pedagogy | Learning Outcomes | Questions | Marks Weightage (%) |
|---------------------------|---|--|-------------------|---|--|--|
| SEM II January | UNIT I 1. Definition of terms – a. Food, Nutrition, Nutrients and Dietetics. b. Functions of food c. Classification based on functions, nutrients and perishability, d. Different methods of food preparation with their advantages and limitation, methods used to conserve and enhance the nutritive value of food e. Methods of food preparation with their advantages and limitation, f. Methods used to conserve | To explain the concept of foods and nutrition, methods of food preparation | PPT, Diagrams | To develop the understanding of the terms used in foods and nutrition | Knowledge Based -Define Nutrition Understanding Based Illustrate the methods of food preparation Higher Order Explain the methods of enhancing and conserving the nutritive value of foods | Knowledge--60 Understanding-30 Higher Order-10 |



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| | and enhance the nutritive value of food. | | | | | |
| | <p>2. A brief knowledge of the composition, classification, functions, deficiencies, sources and requirements of the following macronutrients:¹</p> <p>a. Proteins</p> <p>b. Carbohydrates</p> <p>c. Fat</p> | To give A brief knowledge of the composition, classification, functions, deficiencies, sources and requirements of the following macronutrients: ¹ | PPT, Discussion | To illustrate the importance of macronutrients in the body. | <p>Knowledge Based What are the sources of proteins in the diet?</p> <p>Understanding Based What are the functions of carbohydrates?</p> | Knowledge--60 Understanding-30 Higher Order-10 |
| February | <p>a. Water</p> <p>b. Dietary fibre ¹</p> | To explain the composition and functions of water and fibre in the diet | Diagrams, ICT | | <p>Higher Order Give the classification, sources, functions of fats.</p> | |
| March & April | Unit - III | To illustrate the | | To explain the | Knowledge Based | |



Unit III

3. A brief knowledge and the nutritional importance, functions, deficiencies, sources and requirements of the following micronutrients:
- Fat Soluble vitamins – A, D, E and K
 - Water Soluble vitamins – Vit. C, Thiamine, Riboflavin, Niacin, Folic Acid and vit. B6 Vit. B12
 - Minerals – Calcium, Phosphorous, Iron, Iodine.

importance of micronutrients in the diet

Chalk and board

importance, functions and deficiency of micronutrients in the diet.

Define vitamins and give their classification.

Understanding Based

What are the diseases caused due deficiency of iodine ?

Higher Order

Give the nutritional importance, functions, deficiencies, sources and requirements of calcium in the body.

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B.A III (SEMESTER VI)
Housing Needs And Interior Designing

(PAPER II) (H.Sc 602)

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

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

Credit: 03

COURSE PLAN

| Month | UNIT/TOPIC | Concepts/facts | Teaching Pedagogy | Learning Outcomes | Questions | Marks Weightage (%) |
|-------------------|---|---|-------------------|--|--|--|
| SEM II January | UNIT – I 1. House Designing - <ul style="list-style-type: none">Housing needs.Division of space on basis of activity. 2. Factors governing the house plans: Selection of site, Orientation, Income, Socio-Economic Status, Stage of family life cycle, Grouping of rooms, Functionalism, Circulation within | To explain the concept of house designing and Factors governing the house plans | PPT, Diagrams | To develop the understanding of kitchen planning and storage | Knowledge Based -Define Orientation Understanding Based Illustrate the Factors governing the house plans: Higher Order What are types of kitchen? | Knowledge--60 Understanding-30 Higher Order-10 |



February

and between the rooms,
Flexibility etc.

3. Kitchen Planning- Types,
Workplace (Center Concept),
Storage

UNIT – II

4. Interior Decoration-

- Design : Meaning and types
- Objectives of Interior decoration.

5. Principles of Art and their
application in Interior decoration

- Balance.
- Proportion
- Harmony
- Rhythm
- Emphasis

6. Elements of art and their
application in interior decoration

- Lines
- Texture
- Form
- Pattern and Color

To explain the
principles and
elements of design
used in interior
designing

PPT,
Diagrams

To illustrate
the objectives
of interior
designing.

. Knowledge Based
-Define Design

**Understanding
Based**
Illustrate the elements
of design.

HigherOrder

What are Principles of
Design?

Knowledge--60
Understanding-
30
Higher Order-10

March

To explain the

To analyze the

. Knowledge Based
What are the types of



UNIT – III

7. Furniture-

- Selection and principles of arrangements.

8. Furnishings: Selection of curtains, carpetss and other furnishing material.

5. Accessories – Lighting
Their selection and care.

selection
principles
furniture
arrangement

and
of

PPT,
Diagrams

Selection of
curtains,
carpetss and
other
furnishing
material.

furniture?

Understanding Based

Illustrate the factors
affecting the Selection
of curtains, carpetss
and other furnishing
material.

HigherOrder

Define Accessories,
their selection and care

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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 2019-20

| 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 | Audio & Videos tutorials, E-contents, Group discussion | 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. | 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 | Audio & Video tutorials E-Contents, Lecture, | To discuss the classification and functions of macronutrients in the diet | <u>Higher Order Thinking Skills Based</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 Proteins. Give its classification and functions |
| 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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