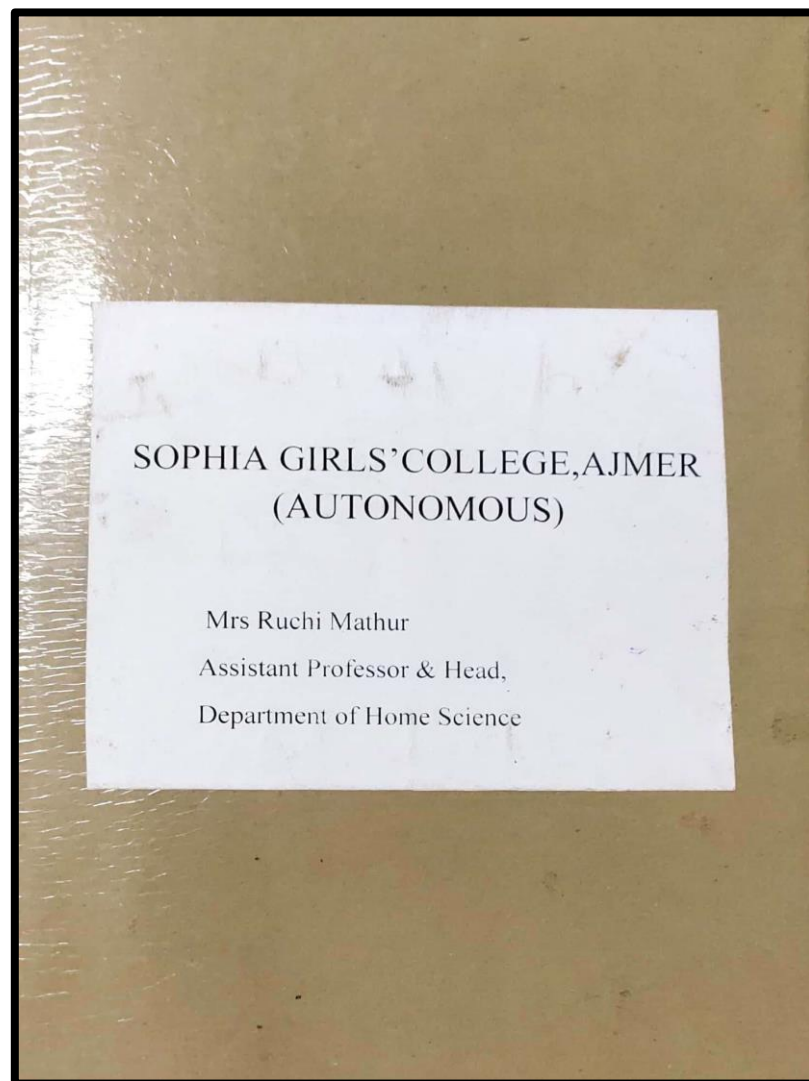




SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER





Department Of Home Science

B.A/ Hons

COURSE PLAN

Session – 2020-21

SEM I, III, V

Submitted By:

Ms . Ruchi Mathur



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

SEMV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
End Of JULY	1. Home Science Meaning and Definition Objectives and scope	Objectives and scope of Home Science	PPT, E- content,	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	PPT Presentation	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 Presentation,	Analyze the meaning and definition education , Extension and Extension Education	Define Extension Education	



ST WEEK OF AUGUST	Types of Education	Forms of education		Identify the different types of education	What are the types of Education?	
	Principles of Extension Education Elements of Extension Education Community Development: <ul style="list-style-type: none"> Meaning and Definition of Community ,Development and Community Development. Objectives and Principles of Community Development Scope and Organizational set up of Community Development 	Principles of Extension Education To discuss the objectives and principles of community development.	PPT ,Discussion E-Content and PPT presentations	Analyze the principles of Extension education Identify the scope and organizational set up of community development	What are the principles of Extension Education Explain the barriers in communication Define Communication Give the elements of communication	
	. 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, E-Content	Identify the Methods, Barriers and Problems in		



				communication Importance and scope of communication in development		
-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	Explain the role of communication in development	
	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			
December To January	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			

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Ruchi Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



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 , E content	Analyze the Steps in decision making and factors influencing decision making	Explain the steps in decision making.	



				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	PPT, Group discussion	Evaluate the Tools in time management –		
	Energy Management- • Work Simplification. • Fatigue-	Explain the work simplification techniques .	PPT , Group discussion			



	Meaning and Types, ways to overcome it.			Evaluate the work simplification techniques	Write Short notes on: a. Time cost b. Rest periods.	
SEPTEMBER- OCTOBER	<p>UNIT-III</p> <p>Wants- Definition, Classification, Characteristics and factors influencing wants</p> <p>Family Income and money management</p> <ul style="list-style-type: none"> • Meaning, types of income. • Budget Making- Meaning, factors influencing the family budget and Steps in making a Family Budget. 	<p>Wants- Definition, Classification, Characteristics and factors influencing wants</p> <p>To discuss about steps of budget making</p>	<p>PPT, Discussion,</p> <p>PPT , Group Discussion</p>	<p>Identify different forms of wants and factors influencing wants</p> <p>Analyze the factors influencing the family budget and Steps in making a Family Budget.</p>	<p>1. Define work simplification.</p> <p>2. Classify different types of Fatigue.</p> <p>1. Define wants</p> <p>2. Classify wants and factors affecting wants</p> <p>1. Define Budget</p> <p>2. What are the factors influencing the family budget</p>	



	Market – Definition, Types and Brief description of Retail and Wholesale markets.	To discuss about the different types of Markets.		Identify the Retail and wholesale markets.	What are the different types of markets. Explain each one in detail	
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Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Ruchi Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



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 2020-21

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I END OF AUG. SEPT.	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, Quizzes	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 the goals of physical education? <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	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 & videos	To provide Knowledge o the structure and functions of the different cells and		

Head 
Department of Physical Education
Sophia Girls' College
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				tissues of the body	functions of synovial joints .	
OCTOBER - NOVEMBER	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	E- contents , Audio video Tutorials	To explain the structure of heart and mechanism of blood circulation.	<u>Higher Order Thinking Skills 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			
DECEMBER- JANUARY	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 respiration..	Explain the structure and functions of respiratory organs.	
	Excretory System: 1. Structure of excretory system - Urinary system and Skin 2. Functions of kidney and skin.					

Ruchi Mathur


 Department of Physical Education
 Sophia Girls' College.
 (Autonomous), Ajmer


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 SOPHIA GIRLS' COLLEGE
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COURSE PLAN
DEPARTMENT OF HOME SCIENCE
SOPHIA GIRL'S COLLEGE, AJMER
(Autonomous)

SEM II, IV, VI Session 2020-21



**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	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	Knowledge--60 Understanding-30 Higher Order-10



	<p>limitation, methods used to conserve and enhance the nutritive value of food</p> <p>e. Methods of food preparation with their advantages and limitation,</p> <p>f. Methods used to conserve and enhance the nutritive value of food.</p>				nutritive value of foods	
	<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>	<p>To give A brief knowledge of the composition, classification, functions, deficiencies, sources and requirements of the following macronutrients:¹</p>	<p>PPT, Discussion</p>	<p>To illustrate the importance of macronutrients in the body.</p>	<p>Knowledge Based What are the sources of proteins in the diet? Understanding Based What are the functions of carbohydrates? Higher Order Give the classification, sources, functions of fats.</p>	<p>Knowledge--60 Understanding-30 Higher Order-10</p>
		<p>To explain the</p>	<p>Diagrams,</p>			



February

- a. Water
- b. Dietary fibre ¹

composition and functions of water and fibre in the diet

ICT

To explain the importance, functions and deficiency of micronutrients in the diet.

Knowledge Based
Define fat soluble vitamins and give their importance.

March & April

Unit III

Unit - III

3. A brief knowledge and the nutritional importance, functions, deficiencies, sources and requirements of the following micronutrients:

- a. Fat Soluble vitamins – A,D,E and K
- b. Water Soluble vitamins – Vit. C, Thiamine, Riboflavin, Niacin, Folic Acid and vit.B6 Vit. B12
- c. Minerals – Calcium, Phosphorous, Iron, Iodine

To illustrate the importance of micronutrients in the diet

PPT presentation
s and E Content

Understanding Based
What are the diseases caused due deficiency of Iron ?
Higher Order
Give the nutritional importance, functions, deficiencies, sources and requirements of calcium in the body.

Sr. Pearl

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Ruchi Mathur
Head
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



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,	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	<p>Functionalism, Circulation within and between the rooms, Flexibility etc.</p> <p>3. Kitchen Planning- Types, Workplace (Center Concept), Storage</p> <p>UNIT – II</p> <p>4. Interior Decoration-</p> <ul style="list-style-type: none"> • Design : Meaning and types • Objectives of Interior decoration. <p>5. Principles of Art and their application in Interior decoration</p> <ul style="list-style-type: none"> • Balance. • Proportion • Harmony • Rhythm • Emphasis <p>6. Elements of art and their application in interior decoration</p> <ul style="list-style-type: none"> • 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.	<p>. Knowledge Based</p> <p>-Define Design</p> <p>Understanding Based</p> <p>Illustrate the elements of design.</p> <p>HigherOrder</p> <p>What are Principles of Design?</p>	<p>Knowledge--60</p> <p>Understanding-30</p> <p>Higher Order-10</p>
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March

UNIT – III		To explain the selection principles of furniture arrangement	PPT, Diagrams	To analyze the Selection of curtains, carpetss and other furnishing material.	. Knowledge Based What are the types of furniture? Understanding Based Illustrate the factors affecting the Selection of curtains, carpetss and other furnishing material. HigherOrder Define Accessories, their selection and care	
7. Furniture-	8.Furnishings: Selection of curtains, carpetss and other furnishing material.					
<ul style="list-style-type: none"> Selection and principles of arrangements. 						
5. Accessories – Lighting Their selection and care.						

Sr. Pearl
PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Ruchi Mathur
H.
Department of Home Science
Sophia Girls' College
(Autonomous), Ajmer



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 2020-21

SEM IV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM IV MARCH	Unit I 1. Meaning and definition of sports nutrition.	Basic concept and role of sports nutrition	Audio & Videos tutorials, E-contents, Group discussion	To Discuss the role and importance of sports nutrition	<u>Knowledge Based</u> -What is 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				
APRIL	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 Carbohydrates and its role during exercise.	
MAY-JUNE	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	What is obesity? What are the types of obesity?	
	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.	Explain the role of dietary management during exercise	
	5. Role of Diet and exercise in weight management. 6. Diet before, during and after sports competitions		Audio and video tutorial, lecture and discussion.			

Sr Pearl

PRINCIPAL
SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
AJMER

Ruchi Mathur

Ruchi Mathur
Head

Department of Physical Education
Sophia Girls' College
(Autonomous), Ajmer

Sr Pearl

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SOPHIA GIRLS' COLLEGE
(AUTONOMOUS)
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