



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

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

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Principal & Professor

Department of Home Science



# SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

2018-19  
Lesson - Plans



# SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

B.A  
(SEMESTER-I)

## PAPER I

### (II. Sc 101) Human Physiology I

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
July	<b>UNIT – I</b> 1. Cell: a. Structure and functions of a cell. b. Tissues of the body- General characteristics and functions.	❖ On the Spot Learning
August	2. Blood: a. Composition and function. b. Clotting of blood c. Blood groups.	❖ C I A-I
September	<b>UNIT – II</b> 3. Heart: a. Structure and functions of heart and blood vessels. b. Blood pressure c. Pulse rate. 4. Skeletal system: a. Structure of Bone. b. Functions of bone c. Joints - Classification of joints d. Structure and classification of synovial joints.	❖ Power Point Presentations  Multiple Choice Question' Test
October		
November	<b>UNIT – III</b> 5. Respiratory system: a. Structure and functions of all Respiratory organs. b. Mechanism of breathing c. External and Tissue Respiration 6. Digestive system: a. Structure and functions of	Open Book Test  ❖ Group Learning C I A-II Assignment

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# SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

B.A  
(SEMESTER - II)

PAPER II  
(H. Sc 201) Human Physiology II

MONTH	COURSE CONTENT	TEACHING PEDAGOGY
January	<p style="text-align: center;"><b>UNIT – I</b></p> <p>1. Excretory system:</p> <ul style="list-style-type: none"><li>a. Structure and functions of all excretory organs.</li><li>b. Composition of urine.</li></ul> <p>2. Skin: structure and functions.</p> <p style="text-align: center;"><b>UNIT – II</b></p> <p>3. Nervous System:</p> <ul style="list-style-type: none"><li>a. The central nervous system-brain &amp; Spinal cord.</li><li>b. Peripheral nervous system;</li><li>c. Type of nerves</li><li>d. Autonomic nervous system- Sympathetic and Para-sympathetic nervous system.</li><li>e. Reflex arc.</li></ul> <p>4. The Endocrine system :</p> <ul style="list-style-type: none"><li>a. Ductless glands of the body.</li><li>b. Hormones – Definition and their role.</li><li>c. Effect of over and under activity of hormones.</li></ul>	<p>❖ On the Spot Learning</p> <p>CIA - I</p> <p>❖ Open Book Test</p> <p>❖ Group Learning</p>
Februay	<p style="text-align: center;"><b>UNIT – III</b></p> <p>5. Reproductive System:</p>	



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March	<ul style="list-style-type: none"><li>a. Structure and function of male and female organs</li><li>b. Spermatogenesis, oogenesis</li><li>c. Menstrual Cycle &amp; fertilization.</li><li>6. Sense organs:<ul style="list-style-type: none"><li>a. Eye - Structure and function</li><li>b. Ear - Structure and function</li><li>c. Tongue - Structure and function</li><li>d. Nose - Structure and function</li></ul></li></ul>	<ul style="list-style-type: none"><li>❖ Open Book Test</li><li>❖ Group Learning</li><li>❖</li></ul> <p>C I A - II</p> <p>Textiles Practicals</p> <p>End Semester Examination</p>
April		<p><i>Sr Pearl</i></p> <p>PRINCIPAL SOPHIA GIRLS' COLLEGE (AUTONOMOUS) AJMER</p>
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