

Syllabus for PG entrance of Human Development

DOS in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysore

Unit 1	Life Span Development – I (Prenatal to adolescence) Human Development – definition, needs and scope of human development; Growth and development – concepts, characteristics and principles,; Methods of child study; Developments (physical, motor, cognitive, language, emotional, social and personality development) from birth to adolescence – characteristics, developmental tasks, factors influencing the development; behaviors and adjustments; Health care and problems
Unit 2	Life span Development – II (Adulthood) Concept of Adulthood; Stages and Developments of adulthood – Definition, characteristics and developmental tasks; physiological, psychological changes, Cognitive and social changes; Roles and responsibilities; Adjustments – marital, family and vocational adjustment; Leisure time activities; Retirement – Preparation and adjustment, effects of retirement on self and family; Health status and care; Family and social support systems: Services for the aged in India
Unit 3	Early Childhood Education Needs, Significance and Objectives of ECE; History and Current trends of ECE in India; Curriculum and Programme Planning for ECE; Activities for preschool children; Role of play in ECE; Importance of Play and Learning equipments; Organization and Administration of ECE
Unit 4	Children with special needs Definition and Classification of disability; Need of special education, intervention and rehabilitation; Challenged Children (Mental Retardation and Learning disability; Visual, Hearing and Speech impairment; Neurological and Orthopedic disability) – Definition, classification, identification, causes, treatment and management, special education; Children with Emotional and Behavioral Problems - Definition, classification, identification, causes, treatment and management
Unit 5	Family Life Education Marriage – definitions, goals, rituals, functions, types of marriages; preparation for marriage and mate selection; Marital adjustment - areas and influencing factors; Marriage laws and Marital counseling; Family – Definitions, functions, types and changing trends in India ; Family life cycle – developmental tasks and role responsibilities; Disorganized families and crisis in family life – definitions and causes; Interventions for families with crisis – welfare and rehabilitation policies and programs

<p>Unit 6</p>	<p>Family and Child Welfare</p> <p>Concept of women, child and family welfare; objectives and needs of welfare services; Situational analysis of children, youth, women and aged in India; Concept of various welfare programs and services for children, women and family in India; Agencies Working for the Welfare of Women, Children and Families at local, national and international levels</p>
<p>Unit 7</p>	<p>Guidance and Counseling</p> <p>Guidance - concept, needs, scope and functions, types and techniques used in guidance, Role of audio-visual aids in guidance; Counseling process, types and techniques used in counseling; Special areas of counseling, Role of Parents and Teachers in counseling.</p>
<p>Unit 8</p>	<p>Fundamentals of Foods and Nutrition</p> <p>Concept of Nutrition; Functions of Food; Recommended Dietary Allowances and Balanced Diet; Nutrients (Macro& Micro Nutrients) – functions, sources and deficiency Disease / excessive conditions: Food groups – Composition, Basic Terminology used Food Preparation; Methods of cooking – Principles and conservation of nutrients, effect on nutritive value; Improving Nutritional quality of Foods</p>
<p>Unit 9</p>	<p>Human Physiology</p> <p>Cell - structure and functions ; Types of tissues; Blood – composition, functions, groups; Cardiovascular and Respiratory system; Digestive and Excretory systems; Nervous system; Endocrine glands and Reproductive system</p>
<p>Unit 10</p>	<p>Community Extension Education</p> <p>Extension education – meaning, principles, objectives and scope; Community development programme; Communication process, Methods of effective communication; Role of Media in Communication; Concept of Non-formal/Adult educational programs; Planning and Development of appropriate program for rural and urban areas; Role of NGOs in implementation of programs; Concept of Monitoring and Evaluation in community development projects/programs</p>