

  
**UNIVERSITY OF MYSORE**  
Estd. 1916

VishwavidyanilayaKaryasoudha  
Crawford Hall, Mysuru- 570 005

No.AC2(S)/55/2024-25

Dated: 20.07.2024

**Notification**

**Sub:-** Syllabus and Scheme of Examinations in Human Development and Family Studies (UG) programme (I & II Semester) from the Academic year 2024-25.

**Ref:-**1. Decision of Board of Studies in Human Development and Family Studies (CB) meeting held on 15-06-2024.

2. Decision of the Faculty of Science & Technology meeting held on 19-06-2024.

3. Decision of the Academic Council meeting held on 28.06.2024.

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The Board of Studies in Human Development and Family Studies (CB) which met on 15-06-2024 has resolved to recommend & approved the Syllabus and Scheme of examinations of Human Development and Family Studies (UG) programme (I & II Semester) with effect from the Academic year 2024-25.

The Faculty of Science & Technology and Academic Council at their meetings held on 19-06-2024 and 28-06-2024 respectively has also approved the above said Syllabus and Scheme of examinations hence it is hereby notified.

The Syllabus and Scheme of Examinations content may be downloaded from the University Website i.e., [www.uni-mysore.ac.in](http://www.uni-mysore.ac.in).

  
Registrar

Registrar

University of Mysore  
Mysore

**To:**

1. All the Principal of affiliated Colleges of University of Mysore, Mysore.
2. The Registrar (Evaluation), University of Mysore, Mysuru.
3. The Chairman, BOS/DOS in Human Development, MGM.
4. The Dean, Faculty of Science & Technology, DOS in Mathematics, MGM.
5. The Director, Distance Education Programme, Moulya Bhavan, Manasagangothri, Mysuru.
6. The Director, PMEB, Manasagangothri, Mysore.
7. Director, College Development Council, Manasagangothri, Mysore.
8. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
9. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
10. Office Copy.

**Syllabus Structure for B. Sc./B.A. Programme of Human Development and Family Studies (CBCS) for  
The Academic Year 2024-25**

Sem	Code No	Paper	Theory/ Practical	Credits	Title of the paper	Marks	
						SA	IA
I	HDFS-101	DSC-2A	Theory	3	Human Development - I [Prenatal to Adolescence]	80	20
			Practical	2	Human Development - I [Prenatal to Adolescence]	40	10
II	HDFS-201	DSC-2B	Theory	3	Human Development - II [Adulthood and Aging]	80	20
			Practical	2	Human Development - II [Adulthood and Aging]	40	10
III	HDFS-301	DSC-2C	Theory	3	Early Childhood Care and Education	80	20
			Practical	2	Early Childhood Care and Education	40	10
IV	HDFS-401	DSC-2D	Theory	3	Children with Special Needs and Special Education	80	20
			Practical	2	Children with Special Needs and Special Education	40	10
V	HDFS-501	DSE-2A-1	Theory	3	Family Dynamics and Welfare Programme	80	20
			Practical	2	Family Dynamics and Welfare Programme	10	40
	HDFS-502	DSE-2A-2	Theory	3	Parenting Across Lifespan	80	20
			Practical	2	Parenting Across Lifespan	10	40
	HDFS-503 (B.Sc.)	SEC-2A-1	Theory	2	Childhood Behavioural Problems and Management	10	40
	HDFS-504 (B.Sc.)	SEC-2A-2	Theory	2	Community Nutrition and Extension Education	10	40
	HDFS-505 (B.A.)	SEC-2A-3	Theory	2	Working with Parents and Community	10	40
HDFS-506 (B.A.)	SEC-2A-4	Theory	2	Gender Issues and Welfare Programmes	10	40	
VI	HDFS-601	DSE-2B-1	Theory	3	Child Study Methods and Documentation	80	20
			Practical	2	Child Study Methods and Documentation	10	40
	HDFS-602	DSE-2B-2	Theory	3	Working with Methods and Materials for young children	80	20
			Practical	2	Working with Methods and Materials for young children	10	40
	HDFS-503 (B.Sc.)	SEC-2B-1	Theory	2	Project Work	10	40
	HDFS-504 (B.Sc.)	SEC-2B-2	Theory	2	Placements in Early Childhood Education Centre/Special Education Centre/Hospitals/Research Centre	10	40
	HDFS-505 (B.A.)	SEC-2B-3	Theory	2	Field Study	10	40
	HDFS-506 (B.A.)	SEC-2B-4	Theory	2	Placements in NGOs/Government Organizations	10	40

# SYLLABUS: B.Sc./B.A. HUMAN DEVELOPMENT AND FAMILY STUDIES

## I SEMESTER

### DSC-2A

#### Human Development – I [Prenatal to Adolescence]

Paper code: HDFS-101

Credits:5(3:0:2)

Hours: 7(3+0+4)

#### Objectives

This course helps the students

- To understand the growth, development and challenges from conception to adolescence.
- To comprehend how human development is the product of social, psychological, and biological factors.
- To gain hands-on experience through observations and assessment.

Unit I:	a.	Human Development – Concept, definition, needs, and scope. Domains of Development. Stages of Life Span. Growth and development-Meaning, principles, and differences. Methods of Studying Human Development	4 hrs
	b.	Prenatal Development – Conception. Pregnancy–Signs, symptoms and complications. Stages of Prenatal Development. Role of Heredity and Environment - Conditions Affecting Prenatal Development. Child Birth – Process, types, and birth complications.	4 hrs
Unit II:	a.	Neonates, Infancy and Babyhood – Definition, significance, characteristics and developmental milestones. Developmental tasks of infancy and babyhood. Infancy-Adjustment, sensory capacities, reflexes, immunization and exclusive breast feeding. Importance of weaning.	4 hrs
	b.	Early Childhood Years – Definition, characteristics, developmental milestones- physical, cognitive, language, emotional and social. Developmental task. Importance of play during early childhood years. Behavior problems during early childhood years.	4 hrs
Unit III	a.	Middle Childhood Years – Definition and characteristics. Developmental milestones- physical, social, emotional, cognitive. Developmental tasks. Significance of school. Importance of extra-curricular activities.	5 hrs
	b.	Role of Parents, siblings, peers and others in the development; Behaviour problems, Disciplinary Techniques .	4 hrs
Unit IV	a.	Adolescence - Definition, classification, characteristics, physical changes - puberty, growth spurt, secondary sex characteristics. Developmental tasks. Identity crisis, body image, role confusion and ego identity. Abstract thinking and personality development.	5 hrs

	b.	Interests and Problems of adolescents. Relationships with parents, sibling, peers and others. Importance of sexual health education.	3hrs
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### Course Outcomes:

At the end of the course the student should be able to:

1. To identify the age-appropriate developments and delays in all age group.
2. To understand delay in development during early childhood years.
3. To identify the critical issues and adjustment problems specific to the age group (Prenatal to adolescence)

**Pedagogy:** Lectures, demonstrations, observation, group discussion, group activities and ICT enabled teaching and learning experience in terms of video and documentary films.

### Practical

4 hrs/week

1.	Prepare a leaflet/ poster/ booklet on stages of Human Development
2.	Prepare a checklist/ case study format/ questionnaire for studying Human development
3.	Visit a Maternity home to observe child birth and neonatal reflexes. Write a report.
4.	Observe and record the physical/ cognitive/ social/ language/ emotional development of infant/ preschool children.
5.	Conduct a case study on families with infants on exclusive breast feeding/ immunization/ weaning foods for infants
6.	Assess the physical/ cognitive/ social/ health/ emotional/ behavioural/ academic problems of adolescents using a questionnaire.

### Learning Outcomes -

- Apply the concepts of heredity and environment to development during prenatal to childhood to identify the developmental delays.
- It enables to compare and contrast various issues that affect development, such as class, ethnicity, and culture.

### REFERENCES

1. Bridget A. Walsh, Lydia DeFlorio, Melissa M. Burnham, Dana A. Weiser (2017) Introduction to Human Development and Family Studies, Taylor and Francis
2. Carol K. Sigelman, Elizabeth A. Rider (2015), Human Development, Cengage Learning, ISBN: 9788131508220, 8131508226
3. Diane Papalia, Sally Olds, Ruth Feldman (2008), Human Development, McGraw-Hill Education, ISBN: 9780071280747, 9780071280747
4. Laura E, Adena.B. Meyers (2015) Infants, Children and Adolescents, 8th Edition Pearson Publisher.
5. Laura E. Berk (2013), Child Development, Ninth Edition, Pearson Publication
6. Laurence Steinberg, Marc H. Bornstein, Deborah Lowe Vandell, Karen S. Rook (2010) Life-Span Development: Infancy Through Adulthood, Wadsworth Cengage Learning
7. Naresh Gupta (2019), Human Development in India, Emerald Publisher
8. Robert V. Kail, John C. Cavanaugh (2012), Human Development: A Life Span View, 3rd Edition
9. Suhasis Bhandra, Sibnath Deb and Seema Sahay, (2019), Childhood to Adolescence- Issues and Concerns-First Edition, Pearson Publisher
10. Thomas Crandell, Corinne Crandell and James Vander Zanden (2009), Human Development, 9 Edition, McGraw-hill Publishing.

**II SEMESTER  
DSC-2B**

**Human Development – II [Adulthood and Aging]**

**Paper code: HDF5-201**

**Credits:5 (3:0:2)/Week**

**Hours: 7(3+0+4)/Week**

**Objectives**

**The course helps the students**

- To understand the stages in Human Development
- To study the importance of development across adult years.
- To learn the biological, psychological and sociological processm of aging.

Unit I:	a.	Adulthood – concept, classification, needs. Adult growth and development- biological, psychological and cultural perspectives.	4 hrs
	b.	Aging Process – Definition and types of aging.	2 hrs
Unit II:	a.	Young Adulthood: Definition, characteristics, developmental milestones and developmental tasks.	4 hrs
	b.	Roles, responsibilities and adjustments of young adult- career, marriage and family.	4 hrs
Unit III:	a.	Middle Adulthood – Definition, characteristics, developmental milestones and developmental tasks. Health issues and midlife crises.	6 hrs
	b.	Roles, Responsibilities and Adjustments in Family and Career – Occupation and job satisfaction, preparation for retirement.	4 hrs
Unit IV:	a.	Late Adulthood- Definition, characteristics, developmental milestones and developmental tasks. Health status and Health care. Cognitive and emotional changes. Effect of retirement on self and family. Problems and adjustments of old age.	4 hrs
	b.	Old age and welfare programmes: Services for the aged in India; Institutionalization, coping with psychosocial challenges, quality of life and leisure time activities.	4 hrs

**Practical**

4 hrs/week

1.	Conduct a case study on young adults regarding career/ marriage/ single life. Write a report
2.	Visits to Urban Health Centre/ Family Planning Centre. Write a report.
3.	Conduct an awareness program for middle-aged adults on family crisis/ midlife crisis. Write a report.
4.	Interview a middle-aged men and women on preparation for retirement. Write a report
5.	Visit an old age home. Write a report.

6.	Plan and conduct recreational activities for senior citizens in an old age home.
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### **Course Outcomes:**

At the end of the course the student will be able:

1. To understand the importance aging
2. To understand the significance of roles and responsibilities, problems and adjustments made during adulthood.
3. To understand the legal provisions and welfare programmes for elderly in India

**Pedagogy:** Lectures, demonstrations, observation, group discussion, group activities and ICT enabled teaching and learning experience in terms of video and documentary films.

### **REFERENCES**

1. Bridget A. Walsh, Lydia DeFlorio, Melissa M. Burnham, Dana A. Weiser (2017) Introduction to Human Development and Family Studies, Taylor and Francis
2. Carol K. Sigelman, Elizabeth A. Rider (2015), Human Development, Cengage Learning, ISBN: 9788131508220, 8131508226
3. Diane Papalia, Sally Olds, Ruth Feldman (2008), Human Development, McGraw-Hill Education, ISBN: 9780071280747, 9780071280747
4. Laurence Steinberg, Marc H. Bornstein, Deborah Lowe Vandell, Karen S. Rook (2010) Life-Span Development: Infancy Through Adulthood, Wadsworth CengageLearning
5. Moneer Alam 2006, Aging in India – Socio economic and health Dimensions, Academic Foundations.
6. Naresh Gupta (2019), Human Development in India, Emerald Publisher
7. Robert V. Kail, John C. Cavanaugh (2012), Human Development : A Life Span View, 8<sup>th</sup> Edition, Cengage publisher
8. Thomas Crandell, Corinne Crandell, James Vander Zanden (2009), Human Development, 9 Edition, McGraw-hill Publishing

**PROFORMA OF INSTRUCTION AND EXAMINATION FOR B. Sc./B.A. DEGREE IN HUMAN DEVELOPMENT AND FAMILY STUDIES [CBCS SYSTEM]**  
**DURATION OF THE COURSE: 3 YEARS (6 SEMESTERS)**

Semester	Paper	Title of the paper	Credits	Theory				Practical			
			L:T:P= Total	C1	C2	C3	Total Marks	C1	C2	C3	Total Marks
I	DSC-2A	Human Development - I [Prenatal to Adolescence]	3:0:2=5	10	10	80	100	5	5	40	50
II	DSC-2B	Human Development - II [Adulthood and Aging]	3:0:2=5	10	10	80	100	5	5	40	50
III	DSC-2C	Early Childhood Care and Education	3:0:2=5	10	10	80	100	5	5	40	50
IV	DSC-2D	Children with Special Needs and Special Education	3:0:2=5	10	10	80	100	5	5	40	50
V	DSE-2A-1	Family Dynamics and Welfare Programme	3:0:2=5	10	10	80	100	5	5	40	50
	DSE-2A-2	Parenting Across Lifespan	3:0:2=5	10	10	80	100	5	5	40	50
	SEC-2A-1	Childhood Behavioural Problems and Management	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2A-2	Community Nutrition and Extension Education	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2A-3	Working with Parents and Community	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2A-4	Gender Issues and Welfare Programmes	2:0:0=2	10	10	80	100	-	-	-	-
VI	DSE-2B-1	Child Study Methods and Documentation	3:0:2=5	10	10	80	100	5	5	40	50
	DSE-2B-2	Working with Methods and Materials	3:0:2=6	10	10	80	100	5	5	40	50
	SEC-2B-1	Project Work	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2B-2	Placements in Early Childhood Education Centre/Special Education Centre/Hospitals/Research Centre	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2B-3	Field Study	2:0:0=2	10	10	80	100	-	-	-	-
	SEC-2B-4	Placements in NGOs/Government Organizations	2:0:0=2	10	10	80	100	-	-	-	-

## Continuous Internal Assessment

### Theory

**C1:** Assignment /Match the Following/Fill in the blanks/Test

**C2:** Seminar/Assignment/Group discussion/Test

**C3:** Final Examination

### Practical

**C1:** Visit Report/Assignment

**C2:** Participation/Regularity/Punctuality in Attending Practical Work

**C3:** Practical Examination+Viva voce+Record)

### Question Paper Pattern

**B.Sc./B.A. SEMESTER EXAMINATION, MONTH/YEAR**

**(Scheme CBCS)**

**HUMAN DEVELOPMENT AND FAMILY STUDIES**

**Title of the Paper**

**Time: 3 hours**

**Max. Marks: 80**

Instructions: All sections are compulsory

Part – A

Answer any **Five** questions. Each question carries **three** marks

(5X3=15)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Part – B

Answer any **Seven** questions. Each question carries **five** marks

(7X5=35)

- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

Part – C

Answer any **Three** questions. Each question carries **ten** marks

(3X10=30)

- 17.
- 18.
- 19.
- 20.
- 21.

-----X-X-X-----