

UNDERGRADUATE PROGRAMME IN HOME SCIENCE

HUMAN DEVELOPMENT: A TOPICAL APPROACH

SEMESTER - III

THEORY

Paper No. : 7

Maximum Marks : 100

Credits : 4

Teaching Periods : 4 + 1 students' presentations / week

Teaching Load : 56 periods + 14 periods / semester

Objectives

1. To understand the relevance of the study of the life stages using the topical approach
2. To study in depth each of three domains of development across the lifespan
3. To understand that human development is influenced by various factors.

Content

Periods

Unit I: Physical Development

14

- Growth and development of the body through the life stages
- Milestones, norms and variations
- Biological and environmental, including sociocultural influences.

Unit II: Development of Cognition

20

- Development of cognitive competence from birth through the life stages
- Language and cognition
- Cognition and morality
- Biological and sociocultural influences

Unit III: Social and Emotional Development

22

- Development of social and emotional competence from birth onwards
- Intrinsic and extrinsic factors influencing psychosocial development and wellbeing
- Psychosocial development and morality

Recommended Readings:

1. Santrock, J.W. (2006). *Life Span Development* (10thed.). McGraw Hill
2. Rice, F.P. (1998). *Human Development: A lifespan approach*. New Jersey: Prentice Hall.
3. Feldman, R.S. (2010). *Lifespan Development: A Topical Approach*. New York: Pearson

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PRACTICAL

Paper No. :
Maximum Marks : 50
Credits : 2
Teaching Periods : 4 / week
Teaching Load : 14 practicals/ semester

Content	Practicals
Use of relevant methods to study:	
• Infant capacities	2
• Play of young children	2
• Language and communication	2
• Experience of puberty	3
• Social skills of children and adolescents	2
• Work life issues	3