Home Science

PART A

Research methodology :

Unit-1

- Meaning of research, objective of research. Types of research, Criteria of good research.
- Research problem, selecting of problem necessity of defining the problem, Technique involved in defining problem.
- Meaning of research design, Need for design, Features of good design, Variables - Dependent and Independent Extraneous variable.
- Hypothesis- Meaning, definition, Types, significance, of Hypothesis,,
- Experimental and control groups.

Unit-2

- Data collection-Primary and secondary date.
- Quantitative and qualitative data classification for measurement scales, Nominal scale, Ordinal Scale, Interval Scale, Ratio Scale, Validity, Reliability.

Unit-3

- Sampling Techniques, Sampling Vs Census. Probability and Non Probability methods. Sample Size, Sampling error.

Unit- 4

- Data Analysis and Interpretation-Hypothesis Testing, Sampling Distribution, Standard Error, Tests for Large and Small Samples, Parametric and Non-Parametric Tests.

Unit- 5

- Report Writing: Report Writing, Research Proposal.

Home Science
PART B

Unit- 1

Basic Of Food & Nutrition:

- Definition & concept of health, Determinants of Health Relation between Health & Nutrition. Nutrition and quality of life.
- Assessment to nutritional Status - Optimum or Adequate Nutrition good Nutrition, Under Nutrition, Malnutrition.
- Methods of Nutritional Assessment. Nutrients - Definition, Types of Nutrients - Energy, Carbohydrate, Protein, Fats, Vitamin and Minerals, Water (Sources, functions & deficiency symptoms, -Hormones-mechanism.
- Recommended Dietary allowance,, ICMR-2020. General Principles of deriving RDA.
- Practical application of RDA, Indian Standards for Heights & weight Body Pass Index.
- Value addition by enhancing Nutrients Sprouting, Malting, and fermentation Supplementation, Enrichment and fortification.

Unit- 2

Basic Of Textile & clothing:

- Classification of -Fibers -Cotton Wool, Silk and Synthetic.
- Dying Printing ad Finishing of Fibers.
- Laundry, Hand washing machine and Dry Cleaning Storage and care of fabrics.
- Fashion, and its impact on Personality.
- Basics of clothing construction- Drafting. Draping. Flat pattern marking.

Unit- 3

Basic Of Human development :

- brief overview of developmental stages of human development. Methods of studying Human-development-Interview. observation, case study. Individual differences-Importance and Areas of individual differences.
- Meaning, definition and characteristics of Physical development, Language development, Social development, Emotional and Intellectual development.
- Characteristics of Infancy, childhood (Early & late) Adolescence adulthood and old age/elderly people.
- Heredity and environment Meaning of Heredity, Carries Heredity, Conception process sex determination, Study of Heredity, effects, concept of environment, Study of environments effects.)
- Learning and Maturation - Concept of Leaming and Maturation, Studies of learning & Maturations, Role of learning and maturation in child development. effects of maturation on growth. Types of Masturation.

Unit- 4

Basic Of Family Resource Management:

- Concept of and Process of Home Management, Management of Human Resources classification of resources, characteristics of resources.
- Decision marking- Steps in decision making, methods of resolving conflicts.
- Colour and Colour schemes.
- Objects of home decoration. Principles of design and elements of arts.
- Consumer education: types of consumer, problems of consumer.

Unit- 5

Basics of Extension Education:
- Home Science extension education need, objectives and principle of extin education.
- Extension teaching methods- types and selection of extmaion teaching methods.
- Extension teaching aids-classification, and use of teaching aids.
- Communication- concept process approaches and methods of Communication. Communication techniques for class room and rural public.
- Community development programme- importance, objectives, supe and achievements of CDP.

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