

Semester wise Syllabus for B.A. Home Science, University of Lucknow, Lucknow

B.A. First Semester (Odd Semester)							
Paper	Paper title	Marks	Internal Assessment mark	Total Mark	Paper consist of 4 unit and 4 credit	Lecture/ Credit (In hours)	Total hours of Teaching/ paper
Theory Paper-1 Theory Paper	Human Physiology	80	20	100	4	10	40
Theory Paper-2 Theory Paper	Family Resource Management	80	20	100	4	10	40
B.A. Second Semester (Even Semester)							
Theory Paper-3 Multiple Question at OMR sheet	Introduction to Textiles	80	20	100	4	10	40
Practical				100			
B.A. Third Semester(Odd Semester)							
Theory Paper-4 Theory Paper	Food & Nutrition	80	20	100	4	10	40
Theory Paper-5 Theory Paper	Human Development I: The Childhood Years	80	20	100	4	10	40
B.A. Forth Semester(Even Semester)							
Theory Paper 6 Multiple Question at OMR sheet	Extension for Development	80	20	100	4	10	40
Practical				100			

B.A. Fifth Semester(Odd Semester)							
Theory Paper-7	Nutrition: A Life Cycle Approach	80	20	100	4	10	40
Theory Paper-8	Human Development II: Development in Adolescence and Adulthood	80	20	100	4	10	40
Theory Paper-9	Research Methodology	80	20	100	4	10	40
B.A. Sixth Semester (Even Semester)							
Theory Paper-10 Multiple Question at OMR sheet	Apparel Designing & Construction	80	20	100	4	10	40
Theory Paper-11 Multiple Question at OMR sheet	Housing and Interior Design	80	20	100	4	10	40
Practical				100	4	10	40

Semester-I

(Paper-I –Human Physiology)

Unit-I

1. Cell:
 - structure, components and their function.
2. Tissue:
 - Types and Functions.
 - Epithelial, Connective, Muscular and Nervous
3. Skeletal System-
 - Axial and Appendicular

Unit-II

4. Cardiovascular System:
 - Blood and its composition
 - Structure and function of heart
 - Heart rate, cardiac cycle
5. Respiratory System:
 - General overview of the respiratory passage.
 - Lungs-Structure and functions
 - Mechanism of respiration

Unit-III

6. Excretory System:
 - Structure and function of kidney, formation of urine

1. Endocrine system:
 - Overview of endocrine System
2. Gastrointestinal System
 - Structure and functions of various organs of the G.I. tract
 - -Mouth, Pharynx, esophagus, stomach , small intestine, large intestine, Accessory
 - Digestive glands-Location and functions, salivary, liver and pancreas.

Unit-IV

9. Nervous System:
 - Functions of different parts of brain in brief
 - Sensory organs- Eye and ear
10. Reproductive System
 - Structure and function of Sex glands and organs
 - Menstrual Cycle
 - Physiology of pregnancy, parturition, lactation and menopause

Semester-I
(Paper II– Family Resource Management and Housing)

Unit-I

1.Introduction to Family:

- Definition, functions and types
- Family life cycle

2.Introduction to management:

- a. Basic concept of management
- b. Purpose of management
- c. Obstacles to the improvement of management
 - Lack of awareness of management
 - Lack of awareness of resources
 - Failure to evaluate results of management
 - Seeking ready-made answers to problems
 - Lack of information

Unit – II

3. Determinates of Management:

- a. Goals – definition, types and utility
- b. Values – importance, sources of Values Classification, characteristics, changing values
- c. Standards – definition, classification
- d. Decision making

4. Management Process:

- a. Planning – importance, techniques, types of plan
- b .Controlling the plan in action
 - Phases energizing checking
 - Supervision of delegated plan
- c. Evaluation
 - Importance, relationship to goals
 - Techniques of self evaluation

Unit -III

5. Resources in the family:

- Classification, Factors affecting the use of resources

6.Money Management:

- Family income, Expenditure, Budget Process, Savings

Unit – IV

7. Time Management:

- Importance, Tools in Time Management, Process.

8. Energy management:

- Importance, Fatigue and Measures to relieve fatigue, Process

3. Work simplification:

- importance, Mundell's classes of change

Semester -II

(Paper III – Textile and Clothing)

Unit-I

1. Textiles Fibers- Classification and Properties (Chemical, Physical and Microscopic)
2. Production/Manufacture and importance of following textile fiber-
 - Natural – cotton, linen, wool and silk
 - Man made –nylon, rayon, polyester and acrylic

Unit-II

3. Yarn Construction- Mechanical and chemical spinning
 - Types of yarn- simple and complex
 - Yarn twist and count

Unit-III

4. Fabric construction methods –
 - felting, braiding, netting, knitting and weaving
 - classification of weaves with special reference to simple weaves

Unit-IV

5. Fabric finishes:
 - Basic – Singeing, beetling, shearing, sizing, tentering, bleaching, calendaring and mercerizing
 - Texturizing – embossing, moiring and napping
 - Functional – water resistant and repellent, flame retardant, soil and stain resistant, moth proofing finishes
6. Dyeing and printing: types of dyes, general theory of dyeing, tie and dye and batik
 - Difference between dyeing and printing, block printing, roller printing, screen printing and stencil printing

Semester -II

Practical

1. Study of different systems (minimum 04 parts)
2. Measuring blood pressure
3. Identification of blood groups
4. Budget Planning.
5. Decorative dyeing
 - Tie and dye
6. Printing
 - Block printing
 - Screen printing
7. Utility Article and Preparation of file with samples of different types of embroideries stitches.

Semester III

(Paper-IV – Foods and Nutrition)

Unit-I

1. Basic concept of Food and Nutrition-
 - Definition of nutrition and health
 - Functions of food-physiological, psychological and social
 - Relationship between food nutrition and health.
2. Energy in human nutrition-
 - Energy balance, assessment of energy requirement
 - Factors affecting energy requirements-BMR,PAL,SDA

Unit-II

3. Classification of Nutrients:
 - Macro and Micro Nutrients
4. Function and nutritional importance of the following .
 - Carbohydrates, Lipids, Proteins.
 - Fat soluble Vitamins- A,D,E and K
 - Water soluble Vitamins- Vitamin B Complex and Vitamin C.
 - Minerals and trace elements: Calcium, Iron, Zinc, Iodine, Sodium & Potassium

Unit-III

5. Classification of food according to source and function
6. Nutritional composition of following foods:
 - a. Cereals
 - b. Pulses and legumes
 - c. Fruits and vegetables
 - d. Milk and milk product
 - e. Egg, Meat, fish and poultry

Unit-IV

7. Importance of cooking food
8. Cooking methods and their effect on nutritive value of foods
9. Methods of enhancing nutritive value of food – germination, fermentation, supplementation and fortification

Semester-III

(Paper V – Human Development I: The Childhood years

Unit-I

1. Introduction to Human Development:

- Concept, Definition and need to study of Human Development
- Domains, Stages and contexts of development
- Principles of Growth and Development
- Determinants of Development- heredity and environment

Unit-II

2. Prenatal Development, Birth and Neonate:

- Conception, Pregnancy and Birth
- Physical appearance and capacities of the new born
- Factors affecting Pre natal development.

Unit-III

3. Infancy and Preschool Years:

- Developmental tasks during Infancy and Preschool Stage.
- Physical and Motor Development.
- Social and emotional development
- Cognitive and language development

Unit-IV

4. Middle Childhood years:

- Developmental Tasks during middle child hood.
- Physical and Motor Development
- Social and emotional development
- Cognitive and language development

Semester-IV

(Paper VI– Extension Education and Communication)

Unit-I

1. Extension: Basic Concept and Principles

- Meaning, Definition, objectives, philosophy and history of extension Education
- Adult learning components of Extension
- Principles of Extension Education .
- Meaning, definition ,objectives and importance of Home Science Extension Education

Unit – II

2. Extension Approaches and Methods:

- Extension methods and approaches- Classification, characteristics and selection.

3.Audio Visual Aids, Teaching Aids in Extension-

- Concept, Classification, characteristic and importance

4. Leadership:

- Concept, Types, functions and importance of local leadership
- Diffusion of innovation and adoption

Unit – III

5. Extension Programme planning

- Concept, Definition, Principles and Importance of programme planning
- Programme cycle and its components

6. Monitoring and Evaluation

- Meaning, definition, scope and Tools of evaluation

Unit – IV

7. Communication and Extension development programmes

- Definition, elements, scope and barriers of communication.
- Mass media of Communication- Press, Radio, Television, Cinema

8. National Development Program in India-

- Rural Developments efforts of pre independent-Niketan project, Gurgoon Experiment, Firka Development Programme
- post independent development programmes- Nilokheri Experiment, Etawah pilot project, Indian Village Services(IVS)National Extension Service(N.E.S.)

Semester-IV Practical

1. Weight and measures – their equivalents
2. Preparing, serving and evaluating food items
 - Beverages, fruits and milk based
 - Cereals, variations in parenthesis, purees, rice pulao, dosa, idli, preparation using noodles, macaroni
 - Pulses- dals, vadas, dhokla, kadis
 - Vegetables – koftas, cutlets, baked vegetable dishes and fancy preparations
 - Soups – variations in soups
 - Salads and salad dressings
 - Milk – paneer, khoya and curd
 - Indian Sweets
 - Curries and kababs
 - Desserts, sandwiches and snacks
 - Baking – biscuits, cakes, pie and patties
- 3 .Study of physical, motor, social, emotional, language and cognitive development at different stages and writing report.(Any five practical)
4. Preparation and presentation of Audio-Visual Aids: Chart, Poster, Leaflet & pamphlet, Booklet, Flash card

Semester-V

(Paper VII – Nutrition: (A Life Cycle Approach))

Unit-I

1. Nutritional Requirement and RDA.
2. Dietary guidelines for Indians:
 - Concept of reference Indian man and reference women
3. Principles of meal planning:
 - Concept of Balanced Diet
 - Food composition table and Exchange list.

Unit-II

4. Factors affecting meal planning for a family.
5. Nutrition during early years-Growth standards, Nutritional guidelines, RDA and healthy food choices for:
 - Infancy
 - Pre school children
 - School going children

Unit-III

6. Nutrition during Adult years-Growth standards, Nutritional guidelines, RDA and healthy food choices for:
 - Adolescence
 - Adulthood
 - Pregnancy and Lactation

Unit-IV

7. Therapeutic Nutrition:
 - Concept of therapeutic diet.
 - Modification in normal diet
 - Normal, soft, liquid and bland diet
8. Nutrition in common diseases:
 - Fever, Typhoid and T.B
 - Diarrhea and constipation.
 - Obesity
 - Diabetes
 - Hypertension

Semester-V

(Paper VIII – Human Development II: Development in Adolescence and adulthood)

Unit-I

1. Introduction to Adolescence:

- Developmental tasks during adolescence
- Significant Physical, physiological and hormonal changes in puberty.
- Psychological aspects of adolescence
- Self and Identify
- Family and peer relationship

Unit-II

2 Cognitive language and Moral Development during Adolescence:

- Perspective on cognitive development, development of intelligence and creativity
- Adolescent language
- Adolescent Morality

Unit-III

3. Introduction to Adulthood:

- Concept, transition from adolescence to adulthood
- Developmental tasks of Adulthood
- Physical and physiological changes from young adulthood to late adulthood

Unit-IV

4. Socio- emotional aspect of adulthood:

- Diversity in roles and relationships
- Marriage-Contemporary trends,.
- Parenting and grand parenting

Semester-V

(Paper IX– Research Methodology)

Unit-I

1.Social Research:

- Concept,
- Scope,
- Nature
- Types of research

Unit – II

2. Hypothesis:

- Concept, types, significance.

3.Research Design

- Concept, Types, significance

4. Sampling-

- Concept, types, significance

Unit -III

5. Sources of Data Collection:

- Primary & Secondary

6. Tools of Data collection

- Interview schedule, Observation ,questionnaire

7. Methods of data collection

Unit – IV

8.Fundamentals of Computer:

- History and Generation of computer
- language,
- Components,
- Application of computer.

9. MS-Office-

- MS-Word,
- MS Excel
- Power Point

Semester-VI

Paper X: Apparel Designing and Construction

Unit-1

1. Anthropometric Measurement:
 - Concept, importance, techniques.
2. Pattern making:
 - Methods of Drafting, draping, flat pattern, techniques, use.
 - Principles of pattern making.
 - Importance of patterns and patterns importation.

Unit-2

3. Selection of fabrics:
 - Factors affecting the selection of fabric for different garments.
 - Calculating amount of fabric needed for different garments..
4. Lay out planning:
 - Definition, types of lay outs,
 - General guide lines for lay out planning for patterns and fabric.

Unit-3

5. Fitting:
 - Good fit, definition, principles and clues for good fit
 - Fitting areas, fitting guide lines and procedures.
6. Different types of stitches: Construction and decorative.
7. Different types of seams and seam finishes.

Unit-4

8. Fashion and design:
 - Elements and principles of arts in dress designing
 - Designing for different figures types
9. Fashion:
 - Definition, fashion cycle
 - Sources of fashion, factors favoring and retarding fashion

Semester-VI

Paper XI: Housing and Interior Design

Unit-I

Family Housing Needs:

- Principles of House Planning-Grouping, orientation, Circulation, Flexibility, Privacy, spaciousness, aesthetics, economy, light and ventilation
- Planning different Residential Spaces.
- Kitchen Planning

Unit-II

Design Fundamentals:

- Objectives of Art and Interior Design
- Types of Design-Structural and Decorative
- Elements of Art- Line, form, texture, light, colour, pattern, space
- Principles of Design-Balance, harmony, proportion, Emphasis, Rhyth.

Unit-III

Colour and Its Application:

- Dimension of colour
- Importance of colour and different colour scheme
- Colour system and theories

Unit-IV

Furniture and Furnishing:

- a. Types, Construction, Selection and purchase, Arrangement
- b. Furnishing-Selection, care and maintenance of soft furnishing, types of curtain and draperies, upholstered furniture, cushions

Semester-VI

Practical

1. Sewing Machine – its parts and accessories, common defects and remedial measures
2. Sample Preparation- different types of stitches, seams, seam finishes.
3. Drafting, stitching and decoration of following any four garments:
 - Petticoat
 - Baby frock
 - Saree blouse
 - Salwar
 - Ladies Kameez
 - Gown
4. Preparation of colour wheel and colour schemes.
5. Develop questionnaire on various social issues.
6. Planning of layout of various types of Kitchen.
7. Preparation of Soft and Liquid diet
8. Diet Planning for:
 - Pre School children,
 - School going Children
 - Adolescents,
 - Adults
 - Pregnant Women
 - Lactating Mother