



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science - Home Science
(B.Sc.- H.Sc.) (Home Science) Semester (I)

Course Code	UH01CHUD53	Title of the Course	Introduction to Human Development
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none">1. Develop an understanding about the need and importance of studying human growth and development across life span2. Learn about the characteristics, needs and developmental tasks of different stages in the human life cycle3. Understand the different theoretical frameworks fundamental to HDFS4. Learn about the classic human development theories5. Develop professional attitude for working with human beings across life span
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Course Content		
Unit	Description	Weightage* (%)
1.	<p>History and Evolution of the Field of Human Development</p> <ol style="list-style-type: none">(a) Who is a child? What is development?(b) History and future of the field of Human Development ,Growth and development : concepts and principles , Principles of growth and development(c) Debates and issues in Human Development : Nature vs. nurture Continuity vs. discontinuity, Organismic vs. Mechanistic, Individual differences(d) Focus and scope of the discipline of Human Development	25
2.	<p>Overview of theories of human development</p> <ol style="list-style-type: none">(a) Freud's theory of psychosexual development(b) Erikson's theory of psychosocial development(c) Piaget's theory of cognitive development(d) Bronfenbrenner's ecological system theory	25
3.	<p>Prenatal Development and Birth Process</p> <ol style="list-style-type: none">(a) Prenatal Development – stages, factors affecting, diagnostics techniques(b) Birth Process(c) Types of delivery (natural, C-section, breech, home vs. assisted delivery)(d) Immediate care of new-born, adjustments made by new-born, types of feeding - natural and artificial	25



4.	Stages in the Human Life Cycle: An Overview (a) Characteristics, (b) needs (c) developmental tasks of individuals in relation to physical, cognitive, socio- emotional domains of development in the following life stages: Neonate (birth-1 month), Infancy (1 month-2 years), Early childhood (2-6 years), Middle childhood (6-11 years), Adolescence (12-18 years), Emerging and Young adulthood (18-35 years), Middle age / mature adulthood (35-60 years), Late adulthood / Old age (60 years and above)	25
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Teaching-Learning Methodology	Lecture method ,Active learning methodology , Group discussions Method, Power Point Presentation , Audio Visual methods, Games, Seminar, Assignment, Quiz
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Evaluation Pattern		
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Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Develop an understanding about the discipline of Human Development.
2.	Acquire a detailed understanding of developmental milestones of prenatal development.
3.	Understand the characteristics, needs and developmental tasks of different stages in the human life cycle.
4.	Acquire a detailed understanding of the broad theoretical perspectives of Human Development

Suggested References:	
Sr. No.	References
1.	Berk, L.E. (2005). <i>Child development</i> (5th ed.). New Delhi: Prentice Hall



2.	Berk, L. (2013). <i>Child development</i> . (9th ed.) Boston: Pearson.
3.	Bhangaokar, R., & Kapadia, S. (in press). <i>Human Development Research in India: A historical overview</i> . New Delhi: In G. Misra (Ed.), <i>Hundred years of Psychology in India</i> .
4.	Feldman, R., & Babu, N. (2009). <i>Discovering the life span</i> . New Delhi: Pearson.
5.	Kakar, S. (1978). <i>The Inner World: A Psycho-Analytic Study of Childhood and Society in India</i> .
6.	Kapadia, S. (2011). <i>Psychology and human development in India. Country paper. International Society for the Study of Behavioural Development Bulletin Number 2, Serial No. 60, pp.37-42.</i>
7.	Keenan, T., Evans, S., & Crowley, K. (2016). <i>An introduction to child development</i> . Sage.
8.	Lightfoot, C., Cole, M., & Cole, S. (2012). <i>The development of children</i> (7 th ed.). New York: Worth Publishers.
9.	Santrock, J. W. (2011). <i>Life-span development</i> . New York: McGraw-Hill. Chapter 2, pg 52-78, Chapter 3, pg 79-109.
10.	Santrock, J. W. (2009). <i>A topical approach to life-span development</i> (custom ed.).
11.	Singh, A. (2015). <i>Foundations of Human Development</i> . New Delhi: Tata McGraw-Hill. Chapter 2, pg 25-40, Chapter 3.
12.	Singh, A. (2015). <i>Foundations of Human Development: A life span approach</i> . ND: Orient Black Swan.
13.	Walsh, B. A., DeFlorio, L., Burnham, M. M., & Weiser, D. A. (2017). <i>Introduction to human development and family studies</i> . Psychology Press.

On-line resources to be used if available as reference material

On-line Resources

https://www.sulross.edu/sites/default/files/sites/default/files/users/docs/education/counseling-hgd_7.pdf

https://us.sagepub.com/sites/default/files/upm-assets/106359_book_item_106359.pdf

