



**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	UH01CHUD54	Title of the Course	Practical - Introduction to Human Development
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none"><li>1. Acquaint the students about growth monitoring &amp; anthropometric measurements of a child.</li><li>2. Introduction and application of the basic tools of research in the field of Human Development to the students.</li></ol>
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Course Content		
Unit	Description	Weightage (%)
1.	Preparation of an album on developmental milestones of children.	10
2.	Growth monitoring, Plotting growth monitoring chart and interpretation.	10
3.	Anthropometric measurements of a child: Ht. Wt., circumferences etc. (by the use of Salter Scale and MUAC strip).	10
4.	Observation of individuals of different stages of life with the help of checklist: Neonate , Infancy, Early childhood, Late childhood, Adolescence, Young adulthood, Middle age, Late adulthood.	10
5.	Organize film show/slide show/PPT for the students: Stages of pregnancy, Types of birth, Neonate care.	10
6.	The major tools of research in child study/ the field of human development: Case study, Interview, Questionnaire.	10
7.	Visit to an Anganwadi, ECCE center/old age home/maternity ward and ante-natal clinics.	10
8.	Carry out case studies to know more about the different life stages, e.g., Preschool children, school going children, adolescents, middle adults.	10



9.	Prepare Immunization card.	10
10.	Interviews of adolescent girls and boys to understand their life style and behaviour based on gender and socio-economic status.	10

Teaching-Learning Methodology	Practical, Field visits, Interview method
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, 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, characteristics, need of different stages in the human life cycle
3.	Acquire a detailed understanding of the major tools of research in child study

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. Chapter 3
3.	Bhangaokar, R., & Kapadia, S. (in press). <i>Human Development Research in India: A historical overview</i> . In G. Misra (Ed.), <i>Hundred years of Psychology in India</i> . New Delhi: Springer.



4.	Feldman, R., & Babu, N. (2009). <i>Discovering the life span</i> . New Delhi: Pearson
5.	Kakar, S. (1998). <i>The inner world. Psychoanalytic study of childhood and society in India</i> . Delhi: Oxford University Press.
6.	Kapadia, S. (2011). <i>Psychology and human development in India</i> . Country paper. International Society for the Study of Behavioural Development Bulletin Number 2, Serial No. 60, pp.37-42.
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 (7th ed.)</i> . 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. (2017). <i>A topical approach to life span development (9th ed.)</i> . New NY.: Mcgraw-Hill Higher Education.
11.	Singh, A. (Ed.) 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> . NY: Rutledge

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

<https://www.who.int/childgrowth/publications/monitoring/en/>

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