

**SARDAR PATEL UNIVERSITY**  
**Programme: M.Sc (Home Science)**  
**Subject: Family Resource Management**  
**Semester: II**  
**Syllabus with Effect from: June - 2013**

<b>Paper Code: PH02EFRM04</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Practical Based on PH02EFRM02</b>	

<b>Unit</b>	<b>Description in detail</b>	<b>Weightage (%)</b>
1	Use of instruments employed in ergonomics research Treadmill, step-stool Heart rate monitor, Oxylog, ECG, Lung function test. Noise level meter, thermal, environment kit, illuminometer. Skin thermometer Midget impinge Sphygmomanometer Height & weight measuring instruments Heart rate and oxygen consumption Stop watch	
2	Determination of workload using heart rate and oxygen consumption Treadmill Bicycle ergo meter Step stool	
3	Determination of workload of some selected household activities by using Pulse rate techniques Time and motion study Physiological cost Energy cost Cardiac cost. Temporal cost	
4	Postures Identifying the types of postures assumed by women during work, analysis & interpretation to risks	
5	Determination of jobs, stress and work by survey of a few selected families.	
6	Assessment of heat stress & interpretation of results Outdoor, Indoor , Kitchen	
7	Measurement of noise using noise level meter for various situation in home, office, traffic situation.	
8	Determination of some selected body dimensions using anthropometry kit, statistical analysis of the data and interpretation of findings.	
9	Determining the relationship of anthropometric dimension of workers with space requirements for some selected activities. E.g. cooking, chopping, grinding on platform.	
10	Drawing various stick figures of postures at work.	
11	Using Borg Scale Find out perceived exertions of a worker in various situations.	
12	Learning to use RULA, RUBA, OWAS & ERGO master to analyze body posture.	

