

HUMAN DEVELOPMENT

Sem	Subject Code	Category	Lecture		Theory		Practicals	Credits
V	19CNF5D	Elective Paper II	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	3
			45	3	45	3		

COURSE OBJECTIVES:

1. To understand development aspects (both normal and exceptional) from conception to old age as they can be guided effectively.
2. To have complete knowledge about the behavior pattern of the individual and various factors influencing them.

COURSE OUTCOMES

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	General guidelines on Growth and Development.	K1,K2,
CO2	Pre-Natal and Post Natal care.	K2, K3, K4
CO3	Infancy Development and care	K2, K3, K4
CO4	Early childhood, Late childhood and Children with special needs-Physical and Psychological development.	K2, K3, K4
CO5	Adolescence, Adulthood, Old age-Physiological and Psychological changes	K2, K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	M	M	S	S	S
CO2	M	M	S	S	S
CO3	M	M	S	S	S
CO4	M	M	S	S	S
CO5	M	M	S	S	S

S-Strong; M-Medium, L- Low

UNIT-I

9 Hours

1. **The concept of development and growth** - principles governing growth and development, developmental tasks of different stages. , Factors influencing. Nature – Nurture Controversy.
2. **Stages of Life span** - conception, infancy, early childhood, late childhood, adolescence, adulthood, middle age and old age.
3. **Methods of child study**—projective technique, observation, experimentation, case study (elementary treatment). Needs of Children.

UNIT-II

9 Hours

1.Prenatal Development - Conception, test tube baby, Periods of prenatal development – signs and symptoms of pregnancy. Common discomforts and complications of Pregnancy. Factors influencing prenatal development.

2. **Prenatal care** - Management of normal pregnancy - hygiene, diet and medical supervision and hazards during pregnancy.

3. **Labor** - signs of labor, stages of labor - types of birth, multiple pregnancy.

4. **Maternal mortality** – Causes and prevention

5. Post-natal care, prevention of gynecological complications.

6. Adjustment of the newborn to temperature, breathing, feeding and elimination.

UNIT-III

9 Hours

1.Infancy(Birth to 2 years) – Appearance of the new born- size – physical proportion and physiological functions; sensory abilities of the new born.

2.Development - physical and motor, social, emotional, cognitive and language, Minor ailments Low birth weight , premature babies. Apgar test, care of the new born. Infant mortality – Causes and prevention.

3.Effect of stimulation - care of infants, Infant feeding – Breast feeding and its advantages, bottle feeding and supplementary feeding.toilet training, bathing, clothing, sleeping and immunization, prevention of accidents, importance of mothering and emotional growth. Importance of psychological needs.

UNIT- IV

9 Hours

1. **Early childhood (preschool stage 2 - 6 years)** - Physical and motor development, emotional, social, cognitive and language development, creativity, importance of play, importance of family relationship, behavior problems - causes and treatment.
2. Importance of preschool education.

3. Late childhood (Elementary school period 6 - 12 years) - Developments - physical, social, emotional, cognitive and language. Sex Education.

4. Children with special needs - identification and rehabilitation.

UNIT-V

9 Hours

1. Adolescence (12 - 18 years) -Physical, emotional, intellectual and motor development, personal adjustment and maladjustment. Delinquency - causes, prevention and rehabilitation. Drug addiction and alcoholism - rehabilitation.

2. Adulthood (18 - 60 years) - Characteristics and developmental tasks. All aspects of development and vocational development.

3. Old age (60 years and above) - Physical and psychological changes, problems of the aged, family attitude towards the aged, place of the aged in Indian society.

Distribution of Marks: Theory – 25 (IA) + 75 (univ. exam) = 100 Marks

TEXT BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Devadass, R.P; Jaya, N.	A Text Book on Child Development	Macmillan Indian Ltd.	1996
2	Parikh, S; Sudarshan.R	Human Development and Structural Adjustment	UNPP	1993

REFERENCE BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Mussenetal	Child Development and personality	Harper and Row publishers	1990
2	Papalia, D.E	Human Development	Tata McGraw Hill Publishing company Ltd	1997
3	Suriakanthi, A	A Handbook on Human Development	Kavitha Publications	2005
4	Hurlock,E.B.	Developmental Psychology-A life span approach, 5th Edition,	McGraw Hill Book Co.	1995
5	Nanda V.K.	Principles of Child Development	Anmol Publications Pvt. Ltd.	1998

6.	Berk L.E.	Child Development	Pearson New	Longman	2004
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WEB SOURCES:

Link:https://www.caluniv.ac.in/syllabus/Human_Development.pdf

TEACHING METHODOLOGY

- Chalk and board teaching
- Study Assignment method
- Active learning method
- Group discussions
- PPT
- Seminars
- Other Group activity

SYLLABUS DESIGNER:

- Ms. R. TAMILSELVI, Head and Assistant Professor, Department of Foods and Nutrition