

Four year BS Home Economics

Syllabus

Approved by Karachi University

14th November 2007

Home Economics

“Home Economics is a field of study and a profession that draws from a range of disciplines to achieve optimal and sustainable living for individuals, families and communities. Its historical origins place home economics in the context of the home and household, and this is extended in the 21st century to include the wider living environments as we better understand that the choices and priorities of individuals and families impact at all levels, ranging from the household, to the local and also the global community. Home economists are concerned with the wellbeing of individuals, families and communities, and of facilitating the development of lifelong learning attributes, for both paid, unpaid and voluntary work and living situations. Home economics professionals are advocates for individuals and families.

Home economics content draws from multiple disciplines, synthesizing these through interdisciplinary and transdisciplinary inquiry. This coalescing of disciplinary knowledge is essential because the phenomena and challenges of everyday life are not typically one-dimensional. The content (disciplinary bases) from which studies of home economics draw is dependent upon the context, but might include: **food and nutrition; textiles and clothing; shelter and housing; consumerism and consumer science; household management; design and technology; food science and hospitality; human development and family studies; and much more.** The capacity to draw from such disciplinary diversity is a strength of the profession, allowing for the development of specific interpretations of the field, as relevant to the context. This disciplinary diversity coupled with the aim of achieving optimal and sustainable living means that home economics has the potential to have influence in all sectors of society by intervening and transforming social, cultural, ecological, economic and technological systems, at local and global levels. This is empowered by the ethics of the profession, based on the values of caring, sharing, justice, communicating, reflection and visionary foresight.¹”

¹IFHE Position statement:

www.ifhe.org/fileadmin/ifhe_administrator/Members/General/General_Information/consultation_draft.pdf

SUGGESTED CURRICULUM FOR BS HOME ECONOMICS

- Purpose:** The suggested curriculum is designed to fulfill the requirements for four year B.S Home Economics and is based on the syllabi suggested by HEC revised curriculum for four year BS Home Economics.
- HEC Criteria:** The courses suggested in HEC revised syllabus have been merged, split or redesigned to harmonize the curriculum with the “Standardized Format / Scheme Of Studies For Four-Year Integrated Curricula For Bachelor Degree in Basic, Social, Natural And Applied Sciences” suggested by HEC. Due to nature of the field of study the proportion of courses having practical is slightly higher in certain semesters than that suggested by HEC suggested by HEC.

Criteria	HEC Recommendations	Suggested for BS HE
Total numbers of Credit hours	124-136	129
Duration	4 years	4 years
Semester duration	16-18 weeks	16-18 weeks
Semesters	8	8
Course Load per Semester	15-18 Cr hr	15-18 Cr hr
Number of courses per semester	4-6	5-6
Categories of Courses	No. of courses (Credit Hours)	Courses (Credit Hours)
Compulsory	9-9 (25-25)	7 (21)
General Courses	7-8 (21-24)	8 (24)
Foundation Courses	9-10 (30-33)	13 (39)
Major Courses	11-13 (36-42)	12 (42)
Electives	4-4 (12-12)	4 (12)
Total	40-44 (124-136)	43 (132)

- Professional Focus:** The first two years include all the Compulsory and Foundation courses and some General courses. The entire Major and Elective Major, and some General courses are in the last two years. In the last two years studies are focused towards specific areas of specialization that leads to more focused training for relevant professions. Students can choose any one field from the five areas and would study all the major and selected elective major courses form the relevant area. **All the students besides being trained to work as teachers and researchers in the relevant field are also trained for working in other relevant professions** (examples given below)

Areas of Specialization	Area Specific Relevant Professions
Apparel and Textiles	Quality Control Manager, Designing And Merchandiser For Apparel And Textile Industry
Art and Interior Design	Interior Designer, Color Consultant, Art And Design Educators
Family and Human Development	Early Childhood Educator, Family Counselor, Special Education
Residential Management and Entrepreneurship	Housekeeping Managers For Hotels, Hospital, Lodges; Events And Project Mangers, Program Mangers For Rural Support And Education Extension Programs
Nutrition and Dietetics	Dietitians, Public Health Nutritionists, Food Quality Control Manager

4. **Examination System:** The curriculum has been designed for the semester system of examination.
5. **Eligibility for BS HE:** Applicants who have passed the H.Sc. Home Economics or equivalent exam in at least C grade (50% marks) would be eligible to get admission in the four year B.S. program. However at the discretion of the head of the institution, up to 20% seats may be given to those applicants who have passed intermediate or equivalent examination with one or more of home economics subjects or relevant science or humanities subjects (e.g. chemistry, biology, sociology, psychology, outlines of home economics) with a minimum aggregate of 60% marks.
6. **Pass marks:** Pass marks will 50% for BS students.
7. **Synchronization with the current 2 year B.Sc. HE program:** For a few years 2year B.Sc. program would continue along with the four year BS program. In order to coordinate the currently existing 2 year B.Sc. program with the newly suggested four BS program the courses are designed in such a way that the first two years of BS program fulfill the requirement for 2 year B.Sc. program. Students and institutions not capable of or willing to pursue the four year degree program can follow the program for first 2 years for the completion of 2 year B.Sc. home economics degree. Students who have passed the H.Sc. Home Economics in any grade would be eligible to get admission in 2 year B.Sc. program. Pass marks will be 40% for B.Sc. students
8. Students who had initially enrolled for 2 year B.Sc program may continue for the four year BS program if there are seats available and they fulfill the admission criteria.
9. Students who had initially enrolled for four year BS program can get a 2 year B.Sc. HE degree if they cannot complete the four year BS HE program.
10. Marks for Each 3 CH course are 50. In case of 2 CH for Theory and 1 for Practical 30 marks are for Theory and 20 for practical.

Scheme of studies for BS Home Economics

Key: C=Compulsory, F=Foundation, G=General, M=Major, EM=Elective Major, r CH= Credit Hours

YEAR 1

		Semester 1				Semester 2	
Type	N	Name Of Subject	CH	Type	N	Name Of Subject	CH
C	311	English-I	3	C	321	English-II	3
C	312	Pakistan Studies	3	C	322	Islamic Studies / Ethics	3
G	313	Chemistry I Organic	2+1	G	323	Chemistry II Biochemistry	2+1
F	314	Home Economics Education	3	G	324	Consumer Science	3
F	315	Art & Design In Daily Life 1	2+1	F	325	Art & Design In Daily Life II	2+1
F	316	Public Health Nutrition I	2+1	F	326	Public Health Nutrition II	2+1
			18			Total	18

YEAR 2

Semester 3				Semester 4			
Type	N	Name Of Subject	CH	Type	N	Name Of Subject	CH
C	411	Urdu I	3	C	421	Physiology	3
C	412	Computing	3		422	Statistics 1	2+1
G	413	Social Sciences I: Sociology	3	G	423	Social Sciences II Psychology	3
F	414	Home Mgt & Housing I	2+1	F	424	Home Mgt & Housing II	2+1
F	415	Advanced Clothing	2+1	F	425	Advanced Textiles	2+1
F	416	Human Development I	2+1	F	426	Human Development II	2+1
		Total	18			Total	18

YEAR 3

Semester 5				Semester 6			
Type	N	Name Of Subject	CH	Type	N	Name Of Subject	CH
F	511	Teaching Home Economics	0+3	F	521	Home Economics Education	3
G	512	Statistics 2	2+1	G	522	Fundamentals Of Marketing	3
	513.1	Marketing & Merchandising I	3		523.1	Marketing & Merchandising II	3
	513.2	Fundamentals of interior design I	2+1		523.2	Fundamentals of interior design II	2+1
	513.3	Early Childhood Education and Administration I	2+1		523.3	Early Childhood Education and Administration II	2+1
	513.4	Essentials of Management & Communication Process I	3		523.4	Essentials of Management & Communication Process II	3
M	513.5	Experimental Foods And Processing Techniques I	2+1	M	523.5	Experimental Foods And Processing Techniques II	2+1
	514.1	Fashion & Apparel designing I	2+1		524.1	Fashion & Apparel designing II	2+1
	514.2	History of architecture	2+1		524.2	Islamic Art and Architecture	2+1
	514.3	Family And Community Development I	2+1		524.3	Family And Community Development II	2+1
	514.4	Management of living spaces I	2+1		524.4	Management of living spaces II Designing the Interiors	2+1
M	514.5	Institutional Management And Catering I: Designing the Interiors	2+1	M	524.5	Institutional Management And Catering II	2+1
	515.1	Experimental Textiles I	2+1		525.1	Experimental Textiles II	2+1
	515.2	Color in Interior	2+1		525.2	Furniture in Interior	2+1
	515.3	Guidance And Counseling I	3		525.3	Guidance And Counseling II	3
	515.4	Management of Residential Spaces I	2+1		525.4	Management of Residential Spaces II	2+1
M	515.5	Advanced Nutrition I	2+1	M	525.5	Advanced Nutrition II	2+1
		Total	15				15

YEAR 4

Semester 7			
Type	N	Name Of Subject	CH
M	611	Introduction To Research Methodology	3
M	612.1	Textile designing I	2+1
M	612.2	Art Appreciation	3
M	612.3	Gerontology And Aging	3
M	612.4	Management of Institutions I (Educational and Health)	3
M	612.5	Dietetics I	2+1
M	613.1	Fashion merchandising I	2+1
M	613.2	Art Education	3
M	613.3	Educational Psychology & Measurements Techniques I	2+1
M	613.4	Human Resource Management I	3
M	613.5	Nutrition Through Life Cycle I	3
E*	614	Internship A	
E	615.1	Textile Chemistry I	2+1
E	615.2	Computer Aided Design	2+1
E	615.3	Crises Management In Families	3
E	615.4	Environmental Management	2+1
E	615.5	Nutrition In Diabetes & Metabolic Syndrome	3
E	616	Internship B	0+3
		Total	15

Semester 8			
Type	N	Name Of Subject	CH
M	621	Research Project	0+3
M	622.1	Textile designing II	2+1
M	622.2	Interior Design Standards	3
M	622.3	Special Children And Rehabilitation	3
M	622.4	Management of Institutions II (Restaurants, Lodges, offices)	3
M	622.5	Dietetics II	2+1
M	623.1	Fashion merchandising II	2+1
M	623.2	Arts & Crafts in Interior Decoration	2+1
M	623.3	Educational Psychology & Measurements Techniques II	2+1
M	623.4	Human Resource Management II	3
M	623.5	Nutrition Through Life Cycle II	3
E	624	Internship C	
E	625.1	Textile Chemistry II	2+1
E	625.2	Art in Pakistan	2+1
E	625.3	Family Ecology	3
E	625.4	Project Management	2+1
E	625.5	Nutritional Epidemiology	3
E	626.1	Pattern Making	2+1
E	626.2	Product designing in Weaving and Ceramics	2+1
E	626.3	Personality and Behavior	3
E	626.4	Small business Management	3
E	626.5	Emergency Nutrition	3
			15

*Only two courses to be selected from electives in each semester according to options given for area of specialization.

YEAR 1

Course no: 311	English-I As Per University Recommendation	Credit hours =3
Course no: 312	Pakistan Studies As Per University Recommendation	Credit hours =3
Course no: 313	Chemistry I: Organic	Credit Hours = 2+1

THEORY:
Alcohol and ether: Definition and Classification; Nomenclature; Preparation and Properties; Uses
Carbonyl Compounds (Aldehydes and ketones); Definition and Nomenclature; Preparation and Properties; Uses
Carboxylic acids and Esters; Definition and Classification; Nomenclature; Preparation and Properties; Uses
Aromatic Compounds :Aromatic Hydrocarbon; Definition and Examples; Preparation, Properties and uses of Benzene & Phenol
Dyes; Theories of color; Definition of dyes and Classification of dyes on the basis of Chemical structure and Methods of application

PRACTICAL:
Detection of solid and liquid organic substances
Preparation of simple organic compounds
Methods of purification of substances by distillation or crystallization
Steam distillation

BOOKS RECOMMENDED:
Kenneth W. Raymond General, Organic, and Biological Chemistry, An Integrated Approach Wiley; Rev Ed edition (2005)
John McMurry, Mary E. Castellion, David S. Ballantine Fundamentals of General, Organic, and Biological Chemistry Prentice Hall; 5th edition (2006) .

Course no:314	Development of Home Economics	Credit Hours = 3
----------------------	--------------------------------------	-------------------------

THEORY:
Nature of Home Economics, Aims and Objective of Home Economics
History of Home Economics
Home Economics in Pakistan
Home Economics as a profession, Scope of Home Economics as a profession
Method of teaching with special books recommended to Home Economics
Lecture.' Demonstration' Laboratory 'field trips 'Role playing' Group Discussion.'
Role and Responsibilities of Home Economist towards family, Community and Profession.

BOOKS RECOMMENDED
Sarah Stage, Virginia B. Vincenti Rethinking Home Economics: Women and the History of a Profession; Cornell University Press (1997)
Barbara McAlvay Ferrar: The history of home economics education in America and its implications for liberal education : [Michigan State University] (1964)
Stephanie Heatwole Cooney; The first 50 years in service to home economics educators: A history of the Home Economics Education Association, 1927-1977; Home Economics Education Association (1977)
Rhea Shields, Rhea Shields PhD, Anna Williams Opportunities in Home Economics Careers; McGraw-Hill; 1 edition (2000)
Henrietta Christina Fleck, Top of Form; Fleck's Toward better teaching of home economics: 3rd Edition: 1980 Macmillan; 3rd Edition (1980)

Course no: 315

Art & Design In Daily Life 1

Credit Hours = 2+1

THEORY:

Design: Definition of design, Design analysis, Types of design, Structural and Decorative design, Requirements of good structural and decorative design, Natural design, Stylised design, Geometrical design, Abstract design,

Elements of design: Line, Colour, Texture, Form and shape

Principles of design: Balance, Rhythm, Harmony, Emphasis, Proportion

PRACTICAL:

Portfolio: exercises each based on elements and principles of design

BOOKS RECOMMENDED:

David L. Wilson; Open Your Heart With Art: Mastering Life Through Everyday Creativity (Perfect); Perfect : DreamTime Publishing, Inc; First edition (2007)

Mark Getlein, Living with Art; McGraw-Hill 8 edition (2006)

Alan Pipes; Drawing for Designers; Laurence King (2007)

CAMP, JEFFERY. Draw: How To Master The Art. Houghton Mifflin Co, 1993.

Rudy De Reyna, How to Draw What You See (practical: Art Books); Watson-Guptill; 35Anniversary Ed edition (1996)

Course no: 316

Public Health Nutrition I

Credit Hours = 3

THEORY:

Introduction to public health nutrition. Nutritional assessment methods Importance of public health nutrition, dietary habits & body composition monitoring

CAUSES OF MALNUTRITION: International nutrition and world food problems in perspective; Food production and food security; Nutrition and infection, health and disease; Chronic diseases and old age; Intervention studies; Social and cultural factors in nutrition; Food habits and their origins; Nutritional advantages of traditional food habits; Population growth; Urbanization; Technology; Reproduction and nutritional status; Nutrition during Particular times in the life cycle: Breastfeeding

BASIC NUTRITION: Body composition, the functions of food, metabolism and energy; Dietary constituents and the functions of food; Body composition; Metabolism and energy; Macronutrients: Carbohydrates, fats and proteins; Carbohydrates; Fats; Proteins; Minerals; Calcium; Iron; Iodine; Fluorine; Zinc; Other trace elements; Vitamins; Vitamin A (Retinol); Thiamine (Vitamin B1); Riboflavin (Vitamin B2); Niacin (nicotinic acid, nicotinamide, vitamin PP); Vitamin B12 (Cyanocobalamin); Folic acid or folates; Vitamin C (ascorbic acid); Vitamin D; Other vitamins

FOODS: Food composition tables, nutrient requirements and food balance sheets; Food composition tables; Nutrient requirements and recommended dietary allowances; Food balance sheets; Cereals, Legumes, nuts and oilseeds; Vegetables and fruits; Meat, fish, eggs, milk and their products; Oils and fats; Beverages and condiments; Food processing and fortification; Cooking; Germination of grains; Preservation of food; Fortification

BOOKS RECOMMENDED:

Michael C. Latham Human Nutrition in the Developing World (Fao Food and Nutrition Paper) Food & Agriculture Organization of the United (1997)

Walter Willett, Nutritional Epidemiology Oxford University Press, USA; 2 edition (1998)

Lenore Arab, John M. Kearney, Barrie M. Margetts Public Health Nutrition (Nutrition Society Textbook) Blackwell Publishing Limited (2004)

Richard D. Semba, Nutrition and Health in Developing Countries Humana Press; 1st edition (2001)

Journals:

Nutrition Society Cambridge Journals Public Health Nutrition

United Nations University (UNU Food and Nutrition Bulletin)

Course no: 32 1	English-II As Per University Recommendation	Credit hours =3
Course no:32 2	Islamic Studies / Ethics As Per University Recommendation	Credit hours =3
Course no:323	Chemistry II: Biochemistry	Credit Hours = 2+1
THEORY:		
Carbohydrates: Definition and classification, Reaction of Monosaccharide, Digestion of Carbohydrate		
Basic concepts of Metabolism: Catabolic and Anabolic pathways		
Amino acids & Protein: Definition and classification of Amino acids, Reactions of Amino Acids, Primary structure of Protein, Peptide bond formation, Classification of Protein, Definition and functions of Protein, Denaturation of Proteins		
Enzymes: How Enzyme works and Chemical Nature of Enzymes Classification of Enzymes, Factors affecting Enzymes activity		
Oil and Fat: Definition and classification, Chemical structure, Digestion, Biological oxidative		
Blood: Composition of Blood, Nutritive material carried out in Blood, Functions of Blood, Buffers of Blood		
Vitamins: Characteristic, Sources, Chemical structure and function		
PRACTICAL:		
Quantitative determination of proteins		
Digestion of starch by salivary analysis		
Preparation and properties of colloidal solution		
Experiments on determination of Hydrogen ion concentration		
Determination of glucose, vitamin C, Iodine number of fat		
Analysis of butter: Estimation of water, crude salt, boric acid, ash		
BOOKS RECOMMENDED:		
Jeremy M. Berg, John L. Tymoczko, Lubert Stryer Biochemistry, W. H. Freeman; 6 edition (2006)		
Donald Voet, Judith G. Voet, Fundamentals of Biochemistry; John Wiley & Sons Inc; 2 nd Rev Ed edition (2005)		
Course no:325	Consumer Economics	Credit hours =3
THEORY:		
Consumers in a Changing World		
The Consumer Movement		
Buying Process, Brands, and Product Development		
Decision Making and the Influence of Advertising		
Saving, Banking, Debt and Credit Issues		
Insurance and Investment Basics		
Consumer Responsibilities, and Law		
Ownership, Safety, and Repairs		
Government Protection, Nongovernmental Pro-consumer Groups,		
Identity Theft, Privacy Protection, Emerging Consumer issues, At-risk Consumers, and Developing a Global Perspective		
BOOKS RECOMMENDED:		
Goldsmith H. Consumer Economics: Issues and Behaviors. Prentice Hall (2004)		
Ross E. Lowe, Charles A. Malouf, Annette L. Jacobson; Consumer Education & Economics, Student Edition Glencoe/McGraw-Hill; 6th edition (2006)		
Norman Myers, Jennifer Kent, The New Consumers: The Influence Of Affluence On The Environment Island Press; 1 st edition (2004)		

THEORY:

Design: Definition of design; Process of design; Relationship of design to function of process
Factors influencing design; Formulation of modern design; Depth and plastic illusion
Mediums; Crayons; Charcoal; Watercolour; Poster colour; Pen and ink; Oil paints

PRACTICAL:

Development of design-border designing
Drawings to be made in each medium

BOOKS RECOMMENDED:

David L. Wilson; Open Your Heart With Art: Mastering Life Through Everyday Creativity (Perfect); Perfect : DreamTime Publishing, Inc; First edition (2007)

Mark Getlein: Living with Art; McGraw-Hill Humanities/Social Sciences/Languages; 8 edition (2006)

Alan Pipes; Drawing for Designers; Laurence King (2007)

Camp, Jeffery. Draw: How To Master The Art. Houghton Mifflin Co, 1993.

Rudy De Reyna: How to Draw What You See (practical: Art Books); Watson-Guptill; 35Anniversary Ed edition (1996);

THEORY:

Planning and Evaluation of Nutrition programs. An evaluation framework to check the effectiveness of dietary intervention being carried out in the community. Dietary assessment & methodology; Study of factors influencing food habits. Use of media in developing good dietary practice Strategies to improve the prevailing health situation.

DISORDERS OF MALNUTRITION; Protein-energy malnutrition; Iron deficiency and other nutritional anaemias; Iodine deficiency disorders; Vitamin A deficiency; Beriberi and thiamine deficiency; Pellagra; Rickets and osteomalacia; Vitamin C deficiency and scurvy; Zinc deficiency; Dental caries and fluorosis; Nutritional neuropathies; Riboflavin deficiency; vitamin B6 deficiency; Minor nutritional disorders and clinical signs; The nutrition examination

Chronic diseases with nutritional implications; Arteriosclerotic heart disease; Obesity; High blood pressure or hypertension; Diabetes mellitus; Cancer; Osteoporosis; Other chronic diseases with nutritional implications; Nutritional problems of poverty and affluence - Dietary guidelines; - Famine, starvation and refugees; Starvation; Famine; Refugees

NUTRITION POLICIES AND PROGRAMMES: Assessment, analysis and surveillance of nutrition; Improving food quality and safety; Ensuring food quality in poor nations; Improving household food security; . Care and nutrition; Growth monitoring and promotion; Immunization; Oral fluids for diarrhoea; Deworming and control of intestinal parasitic infections; HIV and AIDS; Promoting appropriate diets and healthy lifestyles; Preventing specific micronutrient deficiencies; Incorporating nutrition objectives into development policies and programmes at the national and local levels

BOOKS RECOMMENDED:

Lenore Arab, John M. Kearney, Barrie M. Margetts Public Health Nutrition (Nutrition Society Textbook) Blackwell Publishing Limited (2004)

Walter Willett, Nutritional Epidemiology Oxford University Press, USA; 2 edition (1998)

Richard D. Semba, Martin W. Bloem, Nutrition and Health in Developing Countries (Nutrition and Health) Humana Press; 1st edition (2001)

Michael C. Latham, Human Nutrition in the Developing World (FAO Food and Nutrition Paper) Food & Agriculture Organization of the United (1997)

Journals

Nutrition Society Cambridge Journals Public Health Nutrition
United Nations University (UNU)Food and Nutrition Bulletin

YEAR 2

Course no:411	URDU I	Credit hours =3
As Per University Recommendation		

Course no:412	Computing for Communication & Research	Credit hours = 2+1
---------------	---	--------------------

THEORY:

Definition and Importance of Computer, Basic Concepts of the Computer Hardware
Input and Output Devices, Classification of Computers, Functions of Computer
Computer Software: Concept of Software; Types of Software; Applications of Computer in Education
Word Processing and Document Handling: Creating a Document; Composing Educational Documents,
References Table of Contents and Index, Analyzing Text
PowerPoint, Composing Presentations, Delivering Presentations
Spreadsheet (Excel), Sum/Subtractions/Multiplication/division, Sorting, Charts and Graphs
Databases, Data Entry, Handling and Analysis Linking data, Developing queries
Statistical Packages
Internet Browsing, Plagiarism, Email, Online communication and transactions

PRACTICAL:

Learning the use of computer software for preparing reports, data entry and calculations.

BOOKS RECOMMENDED:

Michael Miller Absolute Beginner's Guide to Computer Basics (4th Edition) (Absolute Beginner's Guide); 4 edition (2007)
Peter Norton; Peter Norton's Introduction to Computers; McGraw Hill Higher Education; 6th Rev Ed edition (2005)

Course no:413	Social Sciences I: Sociology	Credit Hours = 3
---------------	-------------------------------------	------------------

THEORY:

Introduction; Sociology- meaning and definitions; Scope and significance; Fields of Sociology;
Sociology and other social sciences
Society and its structure; Primary groups, Secondary groups; Meaning and nature of culture;
Properties of culture; Culture and personality; Values and its types
Social Organization; Social organization-definition, meaning and forms; Social change and Social problems
Social problems in Pakistan; Over population; Poverty; Child labor; Drug addiction; Violence

BOOKS RECOMMENDED:

George J. Bryjak, Michael P. Soroka: Sociology: Cultural Diversity in a Changing World; Allyn & Bacon; 3 edition (1996)
Colbour, Craig and Donald Light: Sociology,, 1994, New york McGraw Hill Book co.
Sociology Third Edition Gidders, A. 1997, U.K Polity Press
Kammeyer, Kenneth C & George Rifzer, Sociology Experiencing Changing societies, 1996, London, Allyn and Bacon.
Kenneth. J. Newback & Danita Silgan Grasberg, Sociology, Diversity, Conflict and Change. 2005

THEORY:

Management; Definition Of Management; Management Process; Motivations For Management

Decision Making; Importance; Relationship to Home Management

Family Life Cycle, Size And Composition

Resources; Definition, Types; Scarcity And Inter-Relationship Of Resources; Management Of Specific Resources

Management Of Income; Types Of Income; Saving – Importance And Methods

Management Of Time And Energy; Concept Of Management Applied To Time And Energy;

Guides To Time Management And Time Planning; Ways Of Controlling Energy And Fatigue;

Work Simplification In Relation To Making Task

Kitchen And Storage; Type Of Kitchen; Principle Of Storage; Importance Of Functional Storage

PRACTICAL:

Living in home Management residence house for 2-3 weeks

OR

Experiment With One Work Simplification Project

Making Time And Activity Plan For Oneself

Make Money Budget For A Group Of Five To Six Members Of Low Income And Middle Income Families

BOOKS RECOMMENDED:

Irma Hannah Gross, Management for Modern Families Prentice Hall College Div; 4 edition (1980)

Paulena Nickell, Jean Muir Dorsey, Ann Rice, Management in Family Living; John Wiley & Sons Inc; 5th Rev Ed edition (1976)

Thomas J. A. Jones, Professional Management of Housekeeping Operations Wiley; 5 edition (2007);

THEORY:

Principles of drafting and flat patterning.

Principles of fitting.(Ease, grain, line, balance, set)

Principle of pattern making; Pattern adoption for different types of figure.

Flat pattern design: Methods of controlling fullness in bodice darts, tucks, pleats & gathers;

Creating styles through dart manipulation; Different styles of yokes, sleeves, collars and bodice sleeve combinations.

Pattern alteration and creating different styles by flat pattern techniques (using Course only).

PRACTICAL:

Flat pattern designing: Designing garments using flat pattern techniques. Construction of a garment using flat pattern technique.

Alteration of patterns according to the size and figure.

Creating different styles in blouses Course only by: Relocation of darts; Yokes; Necklines and collars; Sleeves

BOOKS RECOMMENDED:

Reader's Digest Editors, New Complete Guide to Sewing (Readers Digest) Readers Digest (2002)
Language: English

Jeanette Weber, Clothing: Fashion, Fabrics & Construction, McGraw-Hill Glencoe/McGraw-Hill; 4 edition (2002)

Course no:416

Human Development I

Credit Hours = 2+1

THEORY:

Knowing one self

Knowledge of basic human needs effect on behavior when these needs are not. Defense mechanisms, Friend ship, Popularity, social conformity.

Family; Family its nature and functions; Family in Pakistan; Individual and joint families, Parent child relation ship.

Studying Growth and Development of the Young Child; Importance of knowing child development; Heredity and laws of heredity; Environment and its nature, laws of growth; Development and care of the child (Physical, social, intellectual, emotional)from birth to five years of life

The importance of play in child's life; Play equipment, theories of play, some behavior problems and how to deal with them.

Childhood Years (Six to Twelve Years); Characteristics and development indicators of childhood; Physical and psychological changes; Common motor skills during childhood play interests and activities

PRACTICAL:

Planning and presenting experiences for the development of the following; Pre-academic skills; Science and general knowledge; Creative experience art/music

BOOKS RECOMMENDED:

Dacey Cram Human Development Across the Lifespan; AIPI (2007)

Elizabeth B. Hurlock; Child Growth And Development; Kessinger Publishing, LLC (2007)

Phillip T. Slee, Child, Adolescent and Family Development; Cambridge University Press; 2 edition (2002)

Course no:421

Statistics 1

Credit hours =2+1

THEORY:

Introduction to Statistics: Uses and Abuses of Statistics, Nature of Data

Descriptive Statistics: summarizing data, pictures of data, measures of central tendency and dispersion, measures of position (Z scores, percentiles)

Distinction between population and sample. Simple sampling schemes.

Sources of data for demographic use; measures of fertility and mortality

Differentials population with books recommended to living standards & costs of living indices their construction & relevance

PRACTICAL:

Graphical and tabular presentation of data. Condensation and preparation of frequency table and their representation (histogram, frequency curve, ogive)

Calculation of mean, median, mode, geometric mean, harmonic mean, Quartiles, etc. for ungrouped and grouped data Drawing the graph of binomial, poisson and normal distributions

Calculation of different mortality rates and fertility rates

Drawing of simple random sampling and stratified random sampling from finite population and estimation of their means and variances

BOOKS RECOMMENDED:

Neil A. Weiss; Elementary Statistics (7th Edition); Addison Wesley; 7 edition (2007)

John E Freund ; Modern Elementary Statistics; Prentice-Hall Intern (2005)

Discovering Statistics Using SPSS for Windows: Advanced Techniques for Beginners Andy P. (Peter) Field Sage Publications Ltd; (2000)

Course no:422

HUMAN PHYSIOLOGY

Credit hours =3

THEORY:

Introduction to Organization of human body including chemical and cellular levels.

Tissue: Structure and function; Epithelial, Connective; Muscle and Nervous tissues; Bone and Cartilage;

Blood: Physical characteristics and components of blood; Origin and development of blood cells; Structure and function of RBC; WBC; Platelets; Clotting Cascade; Blood groups; Homeostasis

Cardiovascular System: Cardiac Cycle, Structure and Function of Blood Vessels

Lymphatic System: Overview of Lymph; Structure and function of lymphatic tissues and organs; Antibodies and Immune cells. Specific and non specific immune reactions

Respiratory System: Lung volumes and capacities; Non-respiratory air movements; Alveolar ventilation; mechanism of alveolar gas exchange; •

Digestive System: Structure and function of the digestive organs; Salivary glands and their secretion;; Gastric and pancreatic juice; Digestion, absorption and movements of GIT

Excretory System: Function of Skin and Kidneys

BOOKS RECOMMENDED:

Marieb,E.N., 2005. Human Anatomy and Physiology Laboratory Manual: Fetal Pig Version, Update, Pearson.

Martini, F.H. 2005. Fundamentals of Anatomy and Physiology – Study guide, Pearson

THEORY:

Introduction to Psychology, Definition and scope of Psychology and its relation to the various areas of home economics, fields of Psychology, methods of Psychology.

Heredity and Environment, Inter relation of the different factors affecting personality- physical make up.

Learning and motivation, Definition of learning, types of learning, Meaning and nature of motivation, Types of motivation.

Emotions, Definition, characteristics and types of emotions, Emotion as a source of energy and motivation.

BOOKS RECOMMENDED:

Dennis Coon; Essentials of Psychology; Wadsworth Publishing Company; 9th edition (2002)

Introduction to Psychology: Gateways to Mind and Behavior (with Concept Booklet: Dennis Coon, John O. Mitterer Gateways, Concepts, Maps, and Review); Wadsworth Publishing; 11 edition (2006)

Lester A. Lefton, Linda Brannon Psychology (9th Edition) Allyn & Bacon; 9 edition (2005)

Mahmud, J.(2004),Introduction to Psychology, Pak Book Corporation, Queens Road, Lahore

THEORY:

Definition and importance of housing. Review of housing needs. (basic human needs); Review of housing conditions in Pakistan in urban and rural areas.

Review of building materials. Woods, masonry, concrete, metal, glass and plastic.

Planning of the house; Primary considerations; Principle of the house planning.

Major elements of interior design structure:-; Floors and floors covering; Walls and walls finishing; Ceiling and ceiling finishing; Doors & Windows

Home furnishings, utensils, equipments and electrical appliances:-

Selection, care and arrangement of furniture, furnishing and accessories

Selection care and maintenance of utensils, equipments and electrical appliances.

PRACTICAL:

Designing an ideal house plan on given area.

Evaluate some major electrical appliances being used in Pakistan homes in relation to care, design, function use and efficiency.

BOOKS RECOMMENDED:

Katherine Salant, The Brand-New House Book: Everything You Need to Know About Planning, Designing, and Building a Custom, Semi-Custom, or Production-Built House Three Rivers Press (2001)

Fernando Pages Ruiz Building An Affordable House: A Smart Guide to High-Value, Low-Cost Construction : Taunton (2005)

Patricia Poplar Wilson; Household equipment: Selection & management Houghton Mifflin (1976)

Carolyn L. Garrison; Modern Household Equipment; Prentice Hall College Div (1982)

THEORY:

Fiber classification and methods of identification production, basic performance characteristics of fibers, both natural and man made.

Study of yarn production.

Process of fabric construction and qualities imparted through different types of constructions.

Fabric finishes, advantages, disadvantages, and limitations of each.

Methods of applications of colour and design structural and decorative.

PRACTICAL:

fiber identification in mixtures and blends.

Comparative study of fabric characteristics and their relation to end use.

Use of textile testing equipment available in the department to determine properties of textile fibers.

BOOKS RECOMMENDED:

Billie J. Collier, Phyllis G. Tortora, Understanding Textiles (6th Edition) Prentice Hall; 6 edition (2000) Language: English

Sara J. Kadolph, Anna L. Langford, Textiles (10th Edition) Prentice Hall; 10 edition (2006)

THEORY:

Psycho-Social Development in Childhood: Emotional behavior patterns; Social environment and development; Development of self identity; Establishing peer relationships, Competition and cooperation; Parental influence on psychosocial development

Cognitive Development in Childhood; Period of concrete operations (Piaget's view); Language development; Role of motivation in learning

Adolescent Years (twelve to eighteen years); Characteristics and development indicators of adolescence; Puberty - physical and psychological impact; Adolescent growth spurt emotional "storm and stress age

Personality and social development: peer pressure in socialization; Identity versus role confusion (Erikson's theory); Acceptance and appreciation of individual differences; Change of interest with age, interest related to school life, religious belief and doubt and general like and dislikes with special emphasis to adolescence.

Vocational planning during adolescence; Possible contribution of women to society through various vocations. Cultural and parental attitudes towards women working, the choice of a job, personal motive, need for vocational guidance.

PRACTICAL:

Planning for activity areas and room organization in the school.

Developing curriculum materials for under-privileged school children

BOOKS RECOMMENDED:

Grace Craig, Wendy L. Dunn, Understanding Human Development; Prentice Hall; Pap/Cdr edition (2006)

Human Development Across the Lifespan, Updated 5th Edition with Making the Grade CD and PowerWeb; McGraw-Hill Humanities/Social Sciences/Languages; 5 edition (2003)

Elizabeth B. Hurlock; Child Growth And Development; Kessinger Publishing, LLC (2007)

Phillip T. Slee; Child, Adolescent and Family Development; Cambridge University Press; 2 edition (2002);

THEORY:

Early Childhood education (Theoretical assumptions); Introduction to early childhood education; Needs and goals, Key principals and beliefs; Brief history of early child hood education; Review of latest research in the field

Day Care Centers; Introduction of Day care Centers; Needs & goals of Day Care Centers; Conceptual consideration for Day Care Centre; Planning and providing services in the Day Care Centers for infants; Parental environment in the Day Care Centre; Planning for Health, Safety and nutrition; Schedule of a day in Day Care Centre

Play Group; Needs and objectives of play group; Needs and objectives of Montessori Education; Defining curriculum; Materials; Role of environment on a child; Relationship between child and adult

Nursery School and Kindergarten; Introduction and importance of nursery school and kindergarten; Curriculum planning; Methodology and role of a teacher; Schedule of a day; Equipment and toys.

PRACTICAL:s

Helping the department in the management and administration of nursery school

Arrangement of the department functions (Children's day, Parent teaching meeting etc.); Adapted and translated books for children, Preparation of interesting educational games &Lesson plans; Curriculum development

BOOKS RECOMMENDED:

Eva L. Essa Introduction to Early Childhood Education; Thomson Delmar Learning; 5 edition (2006)

George S. Morrison;Fundamentals of Early Childhood Education (5th Edition); Prentice Hall; 5 edition (2007)

Jaipaul L. Roopnarine, James E. Johnson, Approaches to Early Childhood Education (4th Edition); Prentice Hall; 4 edition (2004)

THEORY:

The Necessity of Management; Scope of Management; The setting for Modern Management; Scientific management, movement, management and changes.

Patterns of Management Analysis: The empirical approach; The behavior approach; The operational theory approach

the decision theory: approach

The Management Environment; Internal environment; External environment; International environment

Functional Explanation for Management; Planning for efficiency; Organizing for stability; Leadership for influencing people; Motivation for self actualization; Staffing for human resources development; Controlling for effective results

BOOKS RECOMMENDED:

Peter F. Drucker, The Practice of Management; by : Collins (2006)

People-Focused Knowledge Management: How Effective Decision Making Leads to Corporate Success; byKarl Wiig : Butterworth-Heinemann (2004)

Human Resource Management Applications: Cases, Exercises, Incidents, and Skill Builders; byStella M. Nkomo, Myron D. Fottler, R. Bruce McAfee; South-Western College Pub; 6 edition (2007)

THEORY:

THE EXPERIMENTAL STUDY OF FOOD SCIENCE, Objectives; Methods of Control (time, temperature and method of cooking) Objective and Subjective methods of evaluation and composition.

EXPERIMENTAL APPROACH TO FOOD SCIENCE, Definition and importance to food science; Importance of research studies Selection of a problem; Selection of the judges; Presentation of food sample for evaluation; Methods of food evaluation; Compiling and writing of report,

IMPORTANCE OF COLLOIDAL CHEMISTRY IN FOOD SCIENCE, Characteristic of solutions and colloids; Sols, gels, crystallization, emulsions and foams; Factors that increase and decrease stability; Relation and importance of time and temperature in the preparation and cooking of foods.

STRUCTURE OF FOOD AND FOOD PRODUCTS,

Egg cookery: Composition & uses of egg; Identification of fresh and spoiled egg, preservation of egg, functional properties of egg as coagulation, leavening and emulsifying agent; Grading and storing of eggs and techniques for improving shelf life. Microbiological tests for quality assurance.

Fats And Oils:-Chemical composition of fats & oils; Physical and Chemical properties; Melting points; Smoking point; Acid and iodine value; Hydrogenation of oils Rancidity of oils and fats; Storage of fats; Uses of fats and oils.

PRACTICAL:

Subjective and objective methods of food evaluation and their application in the food lab.

Preparation of Foods to study the effect of:- Proportion of ingredients; methods of mixing; Techniques of handling; Time and temperature; Amount of mixing

Characteristics of crystalline and non crystalline candies & Frozen desserts.

Effect of different length of cooking time and temperature on different food products e.g. meat, eggs etc.

BOOKS RECOMMENDED:

Margaret McWilliams Foods: Experimental Perspectives (6th Edition); Prentice Hall; 6 edition (2007)

Margaret McWilliams; Experimental Foods Laboratory Manual (7th Edition); Prentice Hall; 7 edition (2007)

Marjorie P. Penfield, Ada Marie Campbell, Steve Taylor Experimental Food Science, Third Edition (Food Science and Technology); Academic Press; 3 edition (1990)

THEORY:

Fundamentals of Fashion; Fashion concepts; Factors that influence fashion; Terminology of Fashion; Impact of Fashion

Role of Fashion designer in Fashion industry

Fashion Development; History of Fashion; Principles of Fashion; Effect of industrial revolution on Fashion; Influence of economical, sociological and psychological factors on Fashion

Growth and present status of textile and garment industry; Comparison of current styles and trends with yester years; Fashion cycle; Fashion forecast; Market research; Evaluating the collection

Fashion in accessories and cosmetics, Study of the design and materials of different accessories used with dress such as shoes, hand bags and ornaments etc.

PRACTICAL:

To make a portfolio related to Fashion and its development

Techniques of fashion illustration (figure drawing, fashion drawing)

BOOKS RECOMMENDED:

Peter J. Gallanis, Jennifer James : FabJob Guide to Become a Fashion Designer FabJob Inc. (2005)

Hand book of fashion designing, Ritu Jindal, Mittal Publications 1998

Sumathi, G . J Elements of fashion and apparel design

Jeanette A . Jarnow - Beatrice Juddelle. Inside the fashion business

Julian seaman, Fashion illustration Basic techniques, 1996. (Reprinted 2001)

Course no:514.2

History of architecture

Credit Hours = 2+1

THEORY:

Architecture forms

The periods of architecture

Ancient architecture; Egypt; Greek; Roman; Oriental; Romanesque; Renaissance; Gothic; Modern architecture

Architecture of Pakistan; Famous buildings

PRACTICAL:

Portfolio presented on any one historical building by analyzing its architectural features.

BOOKS RECOMMENDED:

Francis D. K. Ching, A Global History of Architecture; Mark M. Jarzombek, Vikramaditya Prakash; Wiley (2006)

Kamil Khan Mumtaz, Modernity and Tradition: Contemporary Architecture in Pakistan (The Jubilee; Series); Oxford University Press, USA (1999)

Marian Moffett, Michael Fazio, Lawrence Wodehouse; A World History of Architecture; Laurence King Publishing; New Ed edition (2004)

Ahmad Nabi Khan; Islamic Architecture in South Asia: Pakistan-India-Bangladesh; Oxford University Press, USA (2003)

Course no:514.3

Family And Community Development I

Credit Hours = 2+1

THEORY:

The Family); Theories of family structure; Family structure in Pakistani perspective; Value orientation and their effect on human behavior; Personality its nature and function, its nature and functions, its determinants, similarities and differences in personality.

Family Relation ship; Importance of family relation; Factors affecting family relation; Factors responsible for marital success; Conflicts and tensions in the family; Juvenile delinquency, nature, causes and preventive measures

Related Concepts of family; Family Breakdown and Reconciliation; Factors in divorce and its effects and social implications; Family law and Shariah; Status of Women; Social Change

PRACTICAL:

Minor project of community development (to be carried out in the immediate neighborhood).

BOOKS RECOMMENDED

Lynn Jamieson : Intimacy: Personal Relationships in Modern Societies; Polity Press (1998)

Don S. Browning ; Equality and the Family: A Fundamental, practical: Theology of Children, Mothers, and Fathers in Modern Societies (Religion, Marriage, and Family); Wm. B. Eerdmans Publishing Company (2007)

Angelique Janssens : Family and Social Change: The Household as a Process in an Industrializing Community (Cambridge Studies in Population, Economy and Society in Past Time); Cambridge University Press; New Ed edition (2002)

Dr. Mazhar U. Kazi : Family & Social Obligations in Islam; Cambridge University Press; New Ed edition (2002)

Course no:514.4

Management of Living Spaces I

Credit Hours = 2+1

THEORY:

Socio-psychological Aspects of Interior Design and Planning; Planning process; Interior space planning; Interior designer's problem; Contemporary architecture and interior design.

Structural features in Interior Design; Floors and Coverings; Walls and Ceilings finishes; Doors, windows and their treatments.

Furniture and Interior Design; Space and Shape; Design and Style; Pattern and Texture

Role of Color in Interiors; Definition, theory: of Color and its application in Interiors

Role of Lighting in Interiors; Characteristics of natural and artificial light; Effect of light on color; Types of lighting

Role of Accessories in Interiors; Aesthetic aspect; Functional aspects

PRACTICAL:

INTERIOR DESIGN PROJECTS: Individual projects to be developed and presented for practical evaluation supported with models.

Reports to be developed in relation to the practical project.

BOOKS RECOMMENDED:

Suzanne Woloszynska The Art of Interior Design: Selecting Elements for Distinctive Styles; Creative Publishing International (2001)

Henry S. Harrison : Houses: The Illustrated Guide to Construction, Design and Systems; Dearborn Real Estate Education; 3 Sub edition (1998)

Suzanne Woloszynska The Art of Interior Design: Selecting Elements for Distinctive Styles; Creative Publishing International (2001)

Victoria Kloss Ball; The Art of Interior Design; John Wiley & Sons Inc; Second edition (1983)

Vilma Barr, Dani Antman; The Illustrated Room: 20th Century Interior Design Rendering; McGraw-Hill Professional Publishing (1997)

Course no:514.5

Institutional Management and Catering I

Credit Hours = 2+1

THEORY:

Introduction to food service Management; Food service systems and their development; Organizational and managerial approach to food service operations; Administrative and personnel management

Quantity Food Production; Preparation, cooking and service techniques in food service operations; Menu planning, recipe standardization and portion control by using available computer soft wares; Purchasing, receiving and storage on food service institutions; Quality assurance in food service operations

PRACTICAL:

Practice in meal planning; Menus for one week may be planned for an average sized hostel, hospital, college canteen,. nursery school, a house with two paying guests, industrial canteen. Nutritive value and price should be worked out for each These should be based on the actual need. Visits of relevant places essential for this exercise.

Food preparation and service practices in Hostels and Cafeteria food service

Preparation of snacks for the college nursery section once a week.

Managing college canteen twice a term (4 times a year). A report of each experience along with the detail of accounts will be kept in the file. Preparing and serving at least four hostel meals including breakfast.

BOOKS RECOMMENDED:

June Payne-Palacio, Monica Theis; Introduction to Foodservice (10th Edition); Prentice Hall; 10 edition (2004)

David Foskett, Victor Ceserani; Ceserani and Kinton's The theory: of Catering; Oxford University Press, USA; 11 edition (2007)

Ruby Parker Puckett, Food Service Manual for Health Care Institutions (J-B AHA Press); American Society for Healthcare Food Service Administrators, Jossey-Bass; 3 edition (2004)

Bill Hansen, Chris Thomas Off-Premise Catering Management; Wiley; 2 edition (2005)

Course no:515.1 **Experimental Textiles I** **Credit Hours = 2+1**

THEORY:

Introduction to Testing
The elements of Statistics
The selection of sample for testing
Moisture relation and testing: the measurements of atmospheric condition; Regain humidity relation of Textiles
Fiber dimensions and quality
Yarn dimensions
Fiber identification qualitative and quantitative analysis

PRACTICAL:

Testing Various kind of textiles to identify fiber, construction, dimensions and durability.

BOOKS RECOMMENDED:

Billie J. Collier, Helen H. Epps : Textile Testing and Analysis Prentice Hall; 1 edition (1998);

Course no:515.2 **Color in Interior** **Credit Hours = 2+1**

THEORY:

Colour theory; Definition; Dimension; Classification
Colour schemes; Harmonies of related colour scheme; Harmonies of contrasting colour scheme
Factors affecting colours in interior; Role of colour in overcoming architectural problems; Assembling a scheme room by room
Use of colours in period style; Traditional English; Oriental; French; Ethnic; Coastal

PRACTICAL:

Portfolio on colour and its application in interior.

BOOKS RECOMMENDED:

Dai Linong, Chen Ci Liang, Interior Colour Palettes; Page One Publishing Private (2007)
Gerhard Mack, Colours; Birkhäuser Basel; 1 edition (2001)
Dirk Meyhofer; In Full Colour: Recent Buildings and Interiors (Architecture & Materials); Verlagshaus Braun (2007)

Course no:515.3 **Guidance And Counseling I** **Credit Hours = 3**

THEORY:

Nature, Scope and history of Guidance principles, aims functions of guidance and its psychological basis. Historical development of guidance and counseling.
Nature of problems and plans, personal, social, Vocational, Educational problems and choices.
Educational problems and plans, personal, social adjustment. Family relationship. Health and physical Handicaps counseling Therapy.
Methods of Interviewing. Evaluating interview methods. General principles of interview. The counseling, interview and specific.
Planning and Administrating testing program for guidance purpose, aptitude, interest and intelligence, personality and achievement test, organizing and education, vocational course. Course of study for client.
Guidance Techniques. Cumulative record, Sociometry, anecdotal records, synthesis of data, its evaluation, preparation of case history.

BOOKS RECOMMENDED

Educational Guidance and counseling (code no.843) Distance and non-formal education department, Allama Iqbal Open University, Islamabad.1998.
Gibson and Mitchell. Introduction to counseling and guidance. 1986. 2nd ed. Macmillan Publishing Company, New York.
Gibson and Mitchell. Introduction to Guidance, Macmillan Publishing. Co. 1981.
Drummond Appraisal Producers for Counselors and Helping Professionals. 2003.
Thompron, G.L. Counseling Children. 1997.
Burnard, Philips. Counseling Stills Training Viva Books, 2002.
Zandt, ZV. Developing your School Counseling Programme. 2001.

THEORY:

Home Management in operation; Definition, Women's role as Home Economist; b. Problems of Employed Home Maker and its Management

Management for and by the families; Definition & stages of family; Problems at various stages and their management

Critical analysis of Pakistani families; Values, Goals and Resources of families

Work simplification: Definition; Classes/levels of change to simplify work

Techniques for studying work simplification d.

Family and Socio-cultural changes; Definition and causes of change; Obvious changes in society; Factors causing changes in family, Managing change

Families under stress; Definition and sources of stress; Family responses to stressful situation; Violence, Divorce, Illness, Abuse, Death

PRACTICAL:

Make a personal record of time-used for one week

Use work simplification study technique (process, operation and pathway chat) for one household activity.

Take any conflict caused problem from daily life and suggest its resolution by optimal decision making.

Demonstrate the use of some important home related equipments/appliances like iron, micro wave, sandwich maker, toaster, Juicer blender.

Maintain a file for practical

BOOKS RECOMMENDED :

Gross, I.H: Crandall, E.W and Knoll, M.M. Management for Modern Families. (latest edition) Appleton Century crofts. New York:

Nickell, P: Rice, A.S: and Tucker, S.P. Management in Family Living. (latest edition) New York: John Wiley and Sons, Inc.

Deacon, R.E. and Firebaugh, F.M. Home Management Context and Concepts. (1992/latest edition): Houghton Mifflin Company. Boston, USA

Batra P. Simple ways to manage Stress; (2003) Golden Book Centre, Kuala Lumpur.

Batra P.Keep your family happy; (2003) Golden Book Centre, Kuala Lumpur.

THEORY:

Survey of recent advances in foods & nutrition

Metabolism of Carbohydrates

Metabolism of Lipids

Metabolism of Proteins

Energy Balance: Metabolism, control and expenditure of energy.

PRACTICAL:

Assessment and effects of malnutrition such as: Protein calorie malnutrition, anemia, endemic goiter, osteoporosis, dental caries, vitaminosis

Effect of balanced and imbalanced diet

Interpretation of Nutrition Survey data

BOOKS RECOMMENDED:

Paul Insel, R. Elaine Turner, and Don Ros Nutrition (2007) Jones & Bartlett Pub;

Macleod G and Taylor C.M Rose, Foundation Of Nutrition 4th Edition (2007) Published 1952 Macmillan New York Original from the University of Michigan

L. Kathleen Mahan, Sylvia Escott-Stump Krause's Food, Nutrition and Diet Therapy (Food, Nutrition & Diet Therapy (Krause's) 1 Saunders 11 edition (2003)

Joan Webster-Gandy Understanding Food & Nutrition (2000) Family Doctor Publications

Administration and Supervision of**HOME ECONOMICS EDUCATION** Credit hours =3

Course no:521

THEORY:

EDUCATION: Concepts and Aims of education. Brief review of history and development of education. Early Muslim Education, British Education in the sub-continent. Brief review of major Educational policies of Pakistan.

ADMINISTRATION: Administrative process, Decision making, Planning, coordinating, Influencing evaluation, Roles and Responsibilities of college administration staff selection, Organizing work planning revision of curriculum, defining lines of authority, directing educational survey and studies. Encouraging profession growth, Working effectively with non-academic staff.

HUMAN RELATION: Significance of human relation in school administration, Communicational skills, Leadership, Techniques of effective contact and professional growth, Relationship of teachers to parents and the community in the school program.

SUPERVISION: Concepts and nature of supervision, Aims and objectives of supervision, Bases of needs for supervision (social, psychological, professional

Philosophical etc); Major functions of supervision (co ordination, Leadership, professional growth etc)Planning according to the nature of the program, Knowledge of students, Staff and community, Pedagogical skills. Evaluation of supervision, Major purposes of evaluation of supervision, Basic principles in evaluation of supervision, Types of evaluation in supervision.

ORGANIZATION OF DEPARTMENT OF HOME ECONOMICS: Planning and equipping the building of all department, Managing the budget, Handling problems of purchasing, inventory and maintenance organizing and managing the Home Economics office Planning guidance services for the welfare of all students.

BOOKS RECOMMENDED

Barbara A. Ph/Dmiller Assessing Organizational performance in Higher education Oct, 27,2006) Jossey-Bass

Adam Curle Planning for education in Pakistan (Jun, 2001). Replica Books

Rashida Qureshi and ane Rarieya Gender and Education in Pakistan (2007) Oxford University Press

Neagley and Evans. Handbook of effective supervision in instruction prentice Hall Inc. NJ USA

K.S Saividian Iqbal Educational Philosophy (1993) Kazi Pubns Inc; Reprint edition

Herbert A. Simon Administrative Behavior (1997) 4th edition Free Press;

Course no:522**Fundamentals Of Marketing**

Credit hours = 3

THEORY:

MARKETING: Definition of marketing; Marketing functions; Target market and marketing Mix. Information management; The marketing information system (MIS); Marketing research process

THE CONSUMER MARKET AND BUYING BEHAVIOR

The frame work for consumer decision; Complex decision; Programmed decisions; Personal influence on consumer behavior: Learning, Motivation, Perception Attitude Personalities, Life styles; Scio-cultural influence on consumer behavior.

MARKETING SEGMENTATION; Marketing matching strategies; The mars-market strategy; The marketing segmentation strategy. Targeted Marketing: Developing a targeted marketing strategy; Analyze the relevant market; Analyze characteristics and wants of potential customers; Identify basis for segmenting the market; Define and describe market segments; Analyze competitors' positions; Evaluate market segments; Select the market segments; Finalize the marketing mix.

THE PRODUCT: What is product!; The product life cycle; The adoption and diffusion process; Product mix and product line. The new product development process; Brands packaging

IMARKETING CHANNELS: What are marketing channels; Channels structures; Influences on channel development; Channel planning; The communication process; The promotion mix; Factors influencing the promotion mix; Objectives of promotion activities

PRICING: scope and meaning of price; Pricing objectives & strategies; New products pricing

BOOKS RECOMMENDED :

Gary Armstrong, Philip Kotler; Marketing: An Introduction; Prentice Hall; 8th edition (2006)

William M. Pride, O. C. Ferrell;; Marketing; Houghton Mifflin Company; 14TH ed. (2007)

Course no:523.1

Marketing & Merchandising II

Credit Hours = 3

THEORY:

Marketing

Definition and scope

Marketing research

Functions and policies related to Textile industry of Pakistan.

Role of advertisement and labels in promotion of Textile merchandising.

Purchases and sales

International textiles, clothing trade and its trends

Costing fundamentals and pricing

Retail buying

BOOKS RECOMMENDED

Jeremy A. Rosenau, David L. Wilson; Apparel Merchandising: The Line Starts Here; Fairchild Books & Visuals; 2 edition (2006)

Cynthia L. Regan; Apparel Product Design and Merchandising Strategies; Prentice Hall; 1 edition (2007)

Charlene Davis Start Your Own Clothing Store and More (Startup); Entrepreneur Press; 2 edition (2007)

Tony Hines, Margaret Bruce :Fashion Marketing, Second Edition: Contemporary issues; Butterworth-Heinemann; 2 edition (2007)

Course no:523.2

Fundamentals of Interior Design II

Credit Hours = 2+1

THEORY:

Light and lighting fixtures

Accessories

Furniture arrangement

The art of flower arrangement

PRACTICAL:

Portfolio- furniture arrangement and colour scheme for Home and Office

BOOKS RECOMMENDED:

Vinny Lee, Amanda Evans, Amanda Harling; Homes & Gardens Designs for Living: Living Rooms, Kitchens, Bathrooms, Bedrooms; Pavilion Books (1999)

Suzanne Woloszynska The Art of Interior Design: Selecting Elements for Distinctive Styles; Creative Publishing International (2001)

Victoria Kloss Ball; The Art of Interior Design; John Wiley & Sons Inc; Second edition (1983)

Vilma Barr, Dani Antman; The Illustrated Room: 20th Century Interior Design Rendering; McGraw-Hill Professional Publishing (1997)

Course no:523.3 Early Childhood Education and Administration II Credit Hours = 2+1

THEORY:

Planning for Effective Teaching; Teaching to be related to objectives; Developing skills in class room management; Time management; Managing, controlling and disciplining of children in class; Management of problem children

Administrating Early Childhood programs; Understanding administrative functions; Managing personnel; Financing and budgeting; Care of equipments and materials

Evaluation and Feedback; Role of evaluation in early childhood programs; Types of evaluation and feedback; Assessing, recording and reporting children progress

Parent-teacher meetings

PRACTICAL

Helping the department in the management and administration of nursery school

Arrangement of the department functions (Children's day, Parent teacher meeting etc.)

Adapting and translation of books for children

Preparation of interesting educational games

Lesson plans

Curriculum development

BOOKS RECOMMENDED

Amy Driscoll, Nancy G. Nagel; Early Childhood Education: Birth - 8: The World of Children, Families, and Educators (4th Edition); Allyn & Bacon; 4 edition (2007)

Joseph J. Caruso, M. Temple Fawcett; Supervision in Early Childhood Education: A Developmental Perspective (Early Childhood Education Series (Teachers College Pr)); Teachers College Press, Teachers College, Columbia University; 3 edition (2006)

Sue C. Wortham : Assessment in Early Childhood Education (5th Edition); Prentice Hall; 5 edition (2007)

Course no:523.4

Essentials of Management & Communication II

Credit Hours = 3

THEORY:

Effective Communication; Competencies of good communication; Benefits of improved communication in the workplace and elsewhere; Emotional intelligence and how it relates to communication competencies

Communication Preferences; The impact of the four Myers-Briggs scales; Effects of personality type on methods of communication; Work preferences Recommended for a variety of Myers-Briggs types; The effect of various response styles in different work place situations

Listening; Skills needed to listen actively; The role of nonverbal communication in listening

Assertive Communication Skills; Optimizing your message and your meaning when it's your turn to speak; Assertive communication skills

Coping with communication anxiety; Managing criticism; Communicating with Difficult People; Decreasing defensiveness in a challenging situation; Remaining assertive during challenging conversations; Analyzing difficult people; Building rapport; Non-verbal factors that influence challenging communication

BOOKS RECOMMENDED:

Marsha J. Ludden : Effective Communication Skills: Essential Skills for Success in Work and Life 2nd Edition Jist Publishing; 2nd edition (2001)

Chris Roebuck : Effective Communication pages; American Management Association; 1 edition (1999)

THEORY:

SUGAR COOKERY AND CRYSTALLIZATION:- Sugar products – non crystalline; Characteristics of Water and Sugar crystals; Factors affecting crystal formation crystal size and quality of products; Frozen deserts; Properties of sugar solubility; Affect of heat, acid and alkali. Tests for grading.

MILK COOKERY:-Composition and properties of milk, rennin, heat coagulation and cheese processing; Evaluation of nutritive value and cooking qualities of different milks--Homogenized, condensed, evaporated and powdered milk frozen milk; processing of milk products and their properties e.g. Butter, cream, yoghurt and cheese. Microbiology of Milk.

MEAT, FISH AND POULTRY COOKERY:-Structure and composition of meat. Factors affecting composition of Meat, post mortem changes Effect of cooking on the nutritive-value and tenderness of meat. Inspection, grading and storage techniques.

STARCH AND FLOUR:-Sources of flour, wheat flour, types of flour, milling process; Composition of cereals and their structure; Factors affecting the baking quality of flour, gluten hydration capacity; Leavening agents and enzymes, Role of sugar, eggs, fat and liquids in baking, and effects of other processes on starch and flour.

VEGETABLES AND FRUITS: Classification and chemical composition of vegetables; Plant acids pigments sulfur compounds and cellulose; Browning reactions in fruits and vegetables and its preventive measures; Palatability of vegetables; And ways to preserve it; Nutritive value of vegetables; Effect of cooking on the nutritive value and measures to preserve it.

PRACTICAL:S

Effect of different length of cooking time and temperature on different food products e.g. meat, eggs etc.

Use of different fats and oils for frying and cooking and study their effects on the final product e.g. cakes, pooris etc.

Cereals: Wheat flour as a basic structure in breads; Role of gluten in bread making; Baking of cakes and cookies with different leavening agents (baking powder, baking soda) to evaluate texture, flavors and smoothness of the product; Baking of pie and pastry dough to learn baking without leavening agent.

Individual project.

BOOKS RECOMMENDED:

Margaret McWilliams Foods: Experimental Perspectives (6th Edition); Prentice Hall; 6 edition (2007)

Margaret McWilliams; Experimental Foods Laboratory Manual (7th Edition); Prentice Hall; 7 edition (2007)

Mendel Friedman; Nutritional and Toxicological Consequences of Food Processing (Advances in Experimental Medicine and Biology); Springer; 1 edition (1991)

Y. H. Hui, J. Scott Smith Food Processing: Principles and Applications; Blackwell Publishing Limited (2004); Language: English

THEORY:

Practical: difficulties of fashion designers

Problem faced by fashion designers and merchandiser's on the advent of new design

Fashion marketing

Consumer demand and fashion marketing

Fashion illustrations

Fashion drawing techniques to communicate the interpreting fashion apparel

PRACTICAL:

Pattern making; The basic foundation of pattern making by basic block of garments; To manipulate the blocks according to the requirements

Construction of two garments with all required finishes

Techniques of fashion illustration (figure drawing & fashion drawing.)

BOOKS RECOMMENDED:

S.Jill Miller-Lewis Millers How to become a fashion designer; A guide on the Ins and Outs of Fashion designing, Design Studio 1985-06

Hand book of fashion designing, Ritu Jindal, Mittal Publications 1998

Sumathi, G . J Elements of fashion and apparel design

Jeanette A . Jarnow - Beatrice Juddelle.Inside the fashion business

Julian seaman, Fashion illustration Basic techniques, 1996. (Reprinted 2001)

THEORY:

Elements of Islamic art and architecture; Umayyad; Abbasid; Persian; Mongolian; Timurid; Safavid; Mughal

Islamic calligraphy; Shakista; Kufic; Nastaliq; Naskh; Tugra

Mughal School of painting

PRACTICAL:

Portfolio on any one element of Islamic art

Application of Islamic calligraphy in various crafts

BOOKS RECOMMENDED:

Ahmad Nabi Khan; Islamic Architecture in South Asia: Pakistan-India-Bangladesh; Oxford University Press, USA (2003)

Richard Ettinghausen, Oleg Grabar, Marilyn Jenkins-Madina; Islamic Art and Architecture 650-1250; Yale University Press; 2 edition (2003)

Thames & Hudson (2002); Islamic Art and Architecture: From Henri Stierlin, Anne Stierlin Isfahan to the Taj Mahal

Course no:524.3

Family And Community Development II

Credit Hours = 2+1

THEORY:

The Community; Meaning and Definition of community; Nature and scope of community development studies; Types of community; Functions of community; Role of Formal Organizations in the Community

Family and Community Relationships; General characteristics of the Pakistani community; Social, Cultural and Demographic features of the Pakistani community; Variations in the Community; Gender Discrimination; 4.5 Role of Family in the Community Development

Community Development; Definition and Scope; Principles of Community Development; Methods of Community Development; Effective Utilization of Community Resources; Ways to Promote community Development Programme

PRACTICAL:

Major project of community development (to be carried out in coordination with government and non government organization).

BOOKS RECOMMENDED

Angelique Janssens : Family and Social Change: The Household as a Process in an Industrializing Community (Cambridge Studies in Population, Economy and Society in Past Time); Cambridge University Press; New Ed edition (2002)

Dr. Mazhar U. Kazi : Family & Social Obligations in Islam; Cambridge University Press; New Ed edition (2002)

Georges C. Benjamin (Foreword), Larry Cohen, Vivian Chavez, Sana Chehimi : Prevention is Primary: Strategies for Community Well Being; Jossey-Bass; 1 edition (2007)

James M. Henslin; Essentials of Sociology: A Down-to-Earth Approach (7th Edition) (MySocLab Series); Allyn & Bacon; 7 edition (2006)

Management of Residential Spaces I

Course no:524.4

Housekeeping Management

Credit Hours = 2+1

THEORY:

Introduction to Housekeeping Management; Lodging operations; Role of Executive Housekeeper
Organization of the housekeeping department; Structural planning; Staffing patterns
Technical skills management
Equipment and supplies; Inventory of equipment; Linen
Laundry and Cleaning
Cultural diversity and housekeeping department

PRACTICAL:

Market study and evaluation of various equipments
Consumer surveys for assessment of satisfaction with various equipment and use of housekeeping techniques

BOOKS RECOMMENDED:

Matt A. Casado Housekeeping Management; Wiley (1999); .
Housekeeping; Management, Second Edition; Margaret M. Kappa HTM338; Aleta Nitschke; Patricia B. Schappert, Educational Inst of the Amer Hotel; 2nd edition (1997)
Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5 edition (2007)

Course no:524.5

Institutional Management And Catering II

Credit Hours = 2+1

THEORY:

Financial Management in food service; Concepts of budget planning; Cost control techniques and analysis; Techniques of record keeping; Use of computers for budgetary and records
Sanitation and Safety; Food contamination, food safety and cleanliness; Sanitation standards for food service personnel; Sanitation standards for physical plants and equipments; Safety education for employees and customers
Management of Physical facilities
Floor planning and layouts for kitchens/dining rooms in different types of institutions
Selection and proper use of kitchen equipments and serving equipments used in different catering institutions

PRACTICAL:

Developing standardized quantity recipes of meat, vegetables, pulses & legumes, cereals & desserts.
Field trips to observe food service in institutions: Hostels, Hotels and Restaurants, Hospitals and care homes, College, University and other cafeterias etc. Industries, airlines, trains, etc

BOOKS RECOMMENDED:

Bessie B. West and Le Velle Wood, Revised Palacio. June Payne, Introduction to Food Service, 7th Edition, and Prentice Hall Engle woods New Jersey.
Ronald Kinton and Victor Ceserani, The theory of Catering 3rd Edition, Butler and Tanner Ltd. Frome and London
Knight J.B. and Kotschevers L.H., Quantity Food Production, Planning and Management, C.B.I. Publishing Co. Inc.

Course no:525.1

Experimental Textiles II

Credit Hours = 2+1

THEORY:**EXPERIMENTAL TEXTILES II**

Fabric dimensions and properties: Fabric thickness, count of the cloth; crease resistance and crease recovery; serviceability; wear and abrasion resistance; flammability; water and fabric relationship; colorfastness tests.

Tensile testing of Textiles; stress strain mechanisms of textile fibers and fabrics.

PRACTICAL:

Individual Project.

BOOKS RECOMMENDED:

Billie J. Collier, Helen H. Epps : Textile Testing and Analysis Prentice Hall; 1 edition (1998)
Burkhard Wulfhorst, Thomas Gries, Dieter Veit Textile Technology Hanser Gardner Publications; 1ST edition (2006)

Course no:525.2

FURNITURE IN INTERIOR

Credit Hours = 2+1

THEORY:

Introduction to furniture; Definition; Types

Factors affecting selection of furniture

Furniture selection according to size and types of room

Furniture arrangement

Furniture styles; 17th century-18th century furniture; 19th century-20th century furniture

PRACTICAL:

Portfolio in furniture arrangement

BOOKS RECOMMENDED:

Luann Nissen, Ray Faulkner, Sarah Faulkner : Inside Today's Home; Wadsworth Publishing; 6 edition (1994)

Victoria Kloss Ball; The Art of Interior Design; John Wiley & Sons Inc; Second edition (1983)

History of Interior Design and Furniture: From Ancient Egypt to Nineteenth-Century Robbie G. Blakemore Europe; Wiley; 2 edition (2005)

Louise Ade Boger ; The Complete Guide to Furniture Styles; Waveland Press; Updated edition (1997)

Course no:525.3

Guidance And Counseling II

Credit Hours = 3

THEORY:

Vocational Counseling: Importance of vocational counseling.

Educational counseling: use of test in educational area, aptitude, intelligence, achievements and personality assessment.

Problems of adjustment and role of counseling. Adjustment to satisfy needs. Motivation and adjustment. Adjustment mechanism, modification of behavior, adjusting to physical maturity and problems of adjustment in Education, emotional and vocational areas and role of counseling.

Organization of guidance, principles of organization, steps in initiating of guidance programs criteria for guidance.

Evaluation of guidance. Methods and techniques of evaluation.

BOOKS RECOMMENDED

Allama Iqbal Open University, Educational Guidance and counseling (code no.843) Distance and non-formal education department, Allama Iqbal Open University, Islamabad.1998.

Gibson and Mitchell. Introduction to counseling and guidance. 1986. 2nd ed. Macmillan Publishing Company, New York.

Gibson and Mitchell. Introduction to Guidance, Macmillan Publishing. Co. 1981.

Drummond Appraisal Producers for Counselors and Helping Professionals. 2003.

Thompron, G.L. Counseling Children. 1997.

Burnard, Philips. Counseling Stills Training Viva Books, 2002.

Zandt, ZV. Developing your School Counseling Programme. 2001.

Management of homes and Residential Institutions

Course no:525.4

II: Residence Program

Credit Hours = 2+1

THEORY:

Introduction of residence course; Philosophy of residence course; Changes in the residence course.
Organization of the house; Position of manager; Rotation of work; Group finances.

Managerial experiences of individuals; Work simplification through menu planning; Purchasing food with a given economic level; Work plan.

Evaluation in the residence course.

PRACTICAL:s

Residence in a home management house for a period of time to supervise and guide one or more groups of students.

BOOKS RECOMMENDED:

Irma Hannah Gross; Management for Modern Families Prentice Hall College Div; 4 edition (1980)

James A. Bardi Hotel Front Office Management; Wiley; 3 edition (2002)

Alan T. Stutts, James Wortman Hotel and Lodging Management: An Introduction; Wiley; 2 edition (2005)

Matt A. Casado Housekeeping Management; Wiley (1999)

Margaret M. Kappa; Aleta Nitschke; Patricia B. Schappert, Housekeeping; Management, Second Edition; Educational Inst of the Amer Hotel; 2nd edition (1997)

Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5 edition (2007)

Course no:525.5**Advanced Nutrition II****Credit Hours = 2+1****THEORY:**

Fat Soluble Vitamins: Chemical and physical nature, absorption and physiological functions of vitamins A, D, E & K

Water Soluble Vitamins: Physiological functions and clinical effects of deficiency of thiamin, riboflavin, niacin, pyridoxine, pantothenic acids, folic acid, cobalamin, and ascorbic acid

Minerals: Absorption-excretion balance, metabolism, physiologic functions and clinical problems of calcium, phosphorus, sodium and potassium. Occurrence, absorption, transport, storage, excretion, metabolic functions and clinical problems of iron & iodine

Water & Electrolytes: Body water distribution, water balance and distribution, electrolytes in water balance, gastrointestinal

Nutrition during Pregnancy & Lactation: Growth and development aging and the age and weight management

PRACTICAL:

Evaluation of Protein quality by different methods; Amino acid score; Net protein utilization (NPU); Protein efficiency ratio (PER); Biological value (BV)

BOOKS RECOMMENDED:

Paul Insel, R. Elaine Turner, and Don Ros Nutrition (2007) Jones & Bartlett Pub; 3 Har/Pap editions

Macleod G and Taylor C.M Rose, Foundation Of Nutrition 4th Edition (2007) Published 1952 Macmillan New York Original from the University of Michigan

L. Kathleen Mahan, Sylvia Escott-Stump Krause's Food, Nutrition and Diet Therapy (Food, Nutrition & Diet Therapy (Krause's)) Saunders 11 edition (2003)

Joan Webster-Gandy Barasi M.E and Mottram ST Human Nutrition Published London Edward Arnold (1997)

Course no:611

Introduction To Research Methodology

Credit hours =3

THEORY:

The nature of Research; Basic and Applied Research; Functions of Research.
Types of Research; Historical and documentary; Experimental; Descriptive
Planning the Research Project; Purposes of Scientific research in Home Economics; Purpose of specific research studies; Selection of the problem; Formulating and testing Hypothesis.
Techniques and Tools of Data Collection; Observation; Interview; Questionnaire; Other Techniques;
Organization of personal
Research agencies Conducting Research in Pakistan
Research in Home Economics
Writing the Research project; General rules for writing, format and style; Revising and rewriting the project; Thesis in Research

BOOKS RECOMMENDED

Keith F Punch Introduction to Social Research: Quantitative and Qualitative Approaches Sage Publications Ltd; Second Edition (2005)
Cohen Louis Research Methods in Education Routledge Falmer; 5th edition (2000)
Best John W, Kahn. JV, Research in Education Allyn & Bacon; 10th edition (2005).
W.M. Zaki Doing Research
International Journal of Consumer Studies Blackwell synergy Journal of Home Economics. Home Economics Research.

Course no:612.1

Textile Designing and Printing I

Credit Hours = 2+1

THEORY:

Study of Design; Definitions; Sources and types of Design; Elements of Design; Basic principles of Design
Determining figure proportions in order of dress by design
Textile Design; Brief history and techniques of designing fabrics, both structural and decorative.
Techniques of weaving and study of effect of different of fibers, yarns and other materials.
Basic techniques of repeat Application of design
Design development; Traditional design; Textile Printing; Techniques of Printing; Non-mechanical Printing; Mechanical Printing

PRACTICAL:

Learning basic techniques of textile printing
2.Scrap book of file showing collection of designed samples for garment and interior
3.Creating suitable designs for house hold articles and for apparel wear.

BOOKS RECOMMENDED

Course no:612.2

ART APPRECIATION

Credit Hours = 3

THEORY:

Cave art:
Egyptian art:
Greek art:
Roman art:
Western art:
20th century art:

BOOKS RECOMMENDED:

Anthony F. Janson Janson's History of Art 7th Ed; 1 Prentice Hall Art; 7 edition (2006)
Amy Dempsey; Art in the Modern Era: A Guide to Styles, Schools, & Movements; Harry N. Abrams (2002)
Fred S. Kleiner, Christin J. Mamiya; Gardner's Art Through the Ages (with ArtStudy Student CD-ROM and InfoTrac); 1 Wadsworth Publishing; 12 edition (2004)

THEORY:

Introduction; Gerontology: an Overview; Importance of Gerontology; Theories of Gerontology; Gerontology in Pakistan and Globally

Adulthood and Ageing; Biological changes; Cognitive functions; Personality development; Stages/ adult development; Death, Dying and Grief

Ageing; a multi-disciplinary approach; Biology of Ageing: Physical Exams, Developmental Aspects and Health Changes, Nutrition; Psychology of Ageing: Personality, Perception Response/Motivation; Social psychology of Ageing: Social Interaction, Body Language, and Communication.

Social Analysis of Ageing; The Family; Styles and lifestyles; Gender; Work, Retirement and Leisure; Rural versus Urban

Care of the Elderly; Understanding and Dealing with the problems; Counseling of the elderly; Health Care

Institutional services and care (Old Homes etc).

BOOKS RECOMMENDED:

Leslie Morgan and Suzanne Kunkel. Ageing: The Social Context. Thousand Oaks, CA: Pine Forge Press, 1998.

Jay Sokolovsky, ed. The Cultural Context of Ageing: Worldwide Perspectives. 2nd ed. Westport, CN: Bergin & Garvey, 1997.

Atchley, Robert C. 1988 Social Forces and Ageing: An Introduction to Social Gerontology (5th edition). California Wardsworth Publishing Company

Management of Institutions I:**Educational and Health**

Credit Hours = 3

Course no:612.4

THEORY:**EDUCATIONAL INSTITUTIONS:**

Concept of school/ college organization, meaning, scope and principles

Organization of School, College and Community partnership

Basic elements of management; Process of management in educational institutions; Resource Management In Educational Institutions; Human Resources; Physical Resources; Financial Resources; Information and learning resources (library, AV Aids and instructional resources); Policies Of Educational Institutions; Rules regarding appointment, leaves, pay and allowances; Efficiency and Discipline rules; Records Of Educational Institutions; Attendance Register; Leave Register; Stock Register; Cash Register (fee, different kind of funds); Personal files of teachers and other staff; Other academic record (students result, staff meetings et)

HEALTH CARE INSTITUTIONS (Hospitals, clinics, Healthcare Centers)

Health Organization and Management; Concept of health organization, meaning, scope and principles; Organization of health and Community partnership; Basic elements of management. Process of management; Resource Management; Human Resources; Physical Resources; Financial Resources; Information resources; Health Policies; Rules regarding appointment, leaves, pay and allowances; Efficiency and Discipline rules; Health Record; Attendance Register; Leave Register; Stock Register; Cash Register (fee, different kind of funds)

BOOKS RECOMMENDED:

K.B. Everard, Geoff Morris, Ian Wilson Effective School Management; Paul Chapman Educational Publishing; Fourth Edition edition (2004)

Edmund T. Emmer, Carolyn M. Evertson, Murray E. Worsham : Classroom Management for Middle and High School Teachers (7th Edition); Allyn & Bacon; 7 edition (2005)

Richard L. Miller, Earl S. Swensson : Hospital and Healthcare Facility Design; Allyn & Bacon; 7 edition (2005)

Liz Haggard : Healing the Hospital Environment: Design, Maintenance and Management of Healthcare Premises; Taylor & Francis; 1 edition (1999)

Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5 edition (2007)

Course no:612.5

Dietetics I

Credit Hours = 2+1

THEORY;

Introduction: what is diet therapy; principles of diet therapy; recommended nutrient intakes; food guides; food composition table; exchange lists

Adaptation of the normal diet for texture

Dietary modifications for calories: High calorie diet; b. Caloric restricted diet

Modification of the diet in fevers: Long duration, b. Short duration

Diet in deficiency diseases: Anemia, b. Protein calorie malnutrition

PRACTICAL:S

Planning and preparation of Therapeutic diets; Liquid diets; Soft diets; High fiber diet; Low fiber diet

BOOKS RECOMMENDED

Krause, M. V. Mahan, L.K. Krause, Food, Nutrition and Diet Therapy, Sytria Escott-Stump, 11th Edition.

Robinsons, C.H. and Lawler, M. R. Normal and Therapeutic Nutrition Mac Millan, Pub. Co. New York, 20th Ed. 1992.

Turner, D. Hand book of Diet Therapy, University of Chicago Press, Chicago, 9th Ed. 1996.

Williams, S.R. Essentials of Nutrition and Diet Therapy, Times Mirres Mosby Pub. St. Louis, Latest Edition.

Norma Jean Grills, R.D. M.S. et. al, Manual of Nutrition and Diet. Therapy, Mac Millan, Publishing Company, Inc. New York.

Staci Nix Williams Basic Nutrition and Diet therapy, Mosby-YearBook; 12th BK & Cr. Edition, 2004.

Course no:613.1

FASHION MERCHANDISING I

Credit Hours = 2+1

THEORY:

Fashion Merchandising; The fashion merchandising concept; Fashion merchandiser responsibilities; Merchandising and fashion cycle concept

The fashion market place.

The clothing and Textile industries; Industries related to garment and textile production; Factors influencing the development and present day status of textile industry; Scope, economic importance and marketing practices of fashion industry; The apparel industry from design to production to marketing; Federal legislation governing fashion suppliers.

Fashion Promotion; Fashion advertising; Fashion Journalism; Conferences trade fairs & exhibitions; Fashion shows; Fashion message windows; Window display.

PRACTICAL:

1. Identify current fashion trends through report and analysis of designer shows (according to market value)

2. Report or scrap book on the latest information about fashion merchandising

BOOKS RECOMMENDED

Frank Hoffmann William G. Bailey Fashion & Merchandising Fads Haworth Press 1992

Elaine Stone Fashion Buying Gregg/Community College Div 1996

Gini S. Frings Fashion From Concept to Consumer Prentice Hall 2007

Mike Easey Fashion Marketing Blackwell Science 1995

Marian H. Jernigan, Cynthia R. Easterling Fashion Merchandising & Marketing 1997

Course no:613.2

Art Education

Credit Hours = 3

THEORY:

Art and Art education; Definition of art; The meaning and nature of art to education; Definition & meaning of art education; History, nature, concept, objectives, procedure, criteria; Freedom and art Art expression and personality; Creativity; Definition, importance and development of creativity; Importance of art in creativity

Nature and function of creative activity; Design: a basis for art activity; Creative communication ; Design creation and development; What is design; Elements of design; Principles of design

Art and the child; Developmental stages in art; Art education and child psychology; Children as artists; Art as a means of understanding growth; Art motivation

Art in the school program; Place of art in school program; Art in the kindergarten; Art in the pre adolescent age; Methodology of art education; Teaching methods in art education; Functions of art teaching in the school

The art teacher; Qualification of an art teacher; Implications of poor teaching; Teaching aids in the classroom; Assessment and evaluation

Art media; Definition, types, and selection of media; The importance of materials and skills. ; Experiments with materials; Art room, displays, and exhibitions; Lesson planning

BOOKS RECOMMENDED:

Lowenfeld, Viktor And W. L. Brittan. Creative and Mental Growth. 6th Ed. New York: Macmillan Publishing Company, Inc, 1975.

Gaitskill, Charles D., Al Hurwitz And Michael Day. Children and Their Art. 4th Ed. New York: Harcourt Brace Jovanovich Inc., 1982.

Cole, Roger. Classroom Display and Presentation.

Bucher, L. de C. The Teaching of Art. London: Blackie and Sons Limited.

**Educational Psychology And
Measurements Techniques I**

Course no:613.3

Credit Hours = 2+1

THEORY:

Education Psychology and modern Education. The Introduction and development of Educational Psychology. Scope and Subject matters of Education Psychology. Educational Psychology in Teaching.

The Role of teacher. The effective Teacher. The Teacher as an individual.

Human abilities. The structure, theories and Measurements of Human abilities.

Abilities test and their use.

Psychology Testing. Functions and origin

PRACTICAL:S

Learning to administer any two psychological Tests.

Collecting evidences through audio visual aids to confirm the theories

Planning Curriculum for various grades

BOOKS RECOMMENDED

Anita. E. Woolfolk. 1990. Educational Psychology, 4th Edition, Prentice Hall, U.K.

Berryman, J.C. Development Psychology And You. Londer Blackwell s, 2nd Ed. 2003.

Starwberg, R.J. In Search Of The Human Mind, 2nd Ed. Mcpack. 1998

Woolfolk Hoy Educational Psychology;; 2006 Academic Internet;

Developmental Psychology And You; By: Julia C. Berryman; 2002 Blackwell Publishing;

Lewis R.Aiken Allyn And Bacon In Search Of Human Mind; By: Sternberg; 2001 Thomson Learning Emea, Ltd; Psychological Testing And Assessment Date Of Publishing 1985 Inc. Fifth Edition.

L.L Kundu And D.N.Tutoo Educational Psychology Sterling Private Limited Fifth Revised Edition 1998.

Kevin R.Murphy Charles O.Davidshofer Psychological Testing: Principal And Applications Date Of Publishing 1991 Prentice Hall International N.Jersey

Anne Anastasi Psychological testing Date Of Publishing Company New York.

Course no:613.4 **Human Resources Management I** Credit Hours = 3

THEORY:

The development of human resources management: the concept of human resources management; early stages in development; human resources management as a profession.

The contemporary environment changes and challenges: elements of an organization's environment; changes that challenge managers of human resources.

Organizational considerations in managing human resources: the organization as a system & organizational structure; responsibility and authority within the organization; the human resources department in an organization

Job requirements:, job design, job analysis & competency approach, job description

Human resource planning and requirement: human resource planning. Determining vacancies; recruiting from within & outside the organization; preparing & publishing information. Processing & assessing application; notifying the applicants; EEO/AA in recruitment.

Analyzing the qualifications of job candidates & selection of employees; matching people and jobs; sources of information about job candidates; process & instruments of selection: interview, & tests; making selection decisions: validation and the selection process; reaching a selection decision; legal requirements that shape selection policies

BOOKS RECOMMENDED:

Shaun Tyson & Alfred York, Essentials of HRM, 4th ed., Replika Press Pvt. Ltd., Delhi- India, 2001

William B. Werther & Keith Davis, Human Resource & Personnel, McGraw Hill,1997

Wayene F Cascio, Managing Human Resource, 4th International Edition,1996.

Course no:613.5 NUTRITION THROUGHOUT THE LIFECYCLE Credit Hours = 3

THEORY:

Introduction to the Life Cycle: The Role of Nutrition

The Assessment of Nutritional Needs

The Food Guide Pyramid/The Food Label

Maternal Nutrition

Nutrition and Lactation

Nutrition In Infancy

BOOKS RECOMMENDED

Worthington-Roberts BS, Williams SR. Nutrition Throughout The Lifecycle. 4th ed., New York: McGraw-Hill, 1996.

Course no:614 **Internship** Credit Hours = 3

Course no:615.1 **Textile chemistry I** Credit hours =2+1

THEORY:

Polymerization: Addition polymerization; Condensation polymerization; Fiber polymerization

Fiber Properties: Primary properties; Secondary properties

Fiber Identification: Burning test; Microscopic test; Solubility test; Shirlastain test

Fiber blend; Concentration of reagents.

Chemistry of Cellulose: Polymerization of cellulose; formation of cellulose in plants; physical and chemical behavior.

Chemistry of Protein.(wool & Silk): Amino Acids; Polymerization of Protein fiber; Morphology of protein fiber; Physical and chemical behavior

Chemistry of Man made fibers (regenerated & Synthetic): Chemical manufacturing; Mechanical manufacturing; Physical and chemical behavior

PRACTICAL:

Chemical Analysis

Determining the strength of: Acids; Bases; Hydrogen peroxide; Hypochlorite; Common salt

Determination of; Water hardness; TDS in water; pH of Water.

BOOKS RECOMMENDED

Dianne N. Epp The Chemistry of Natural Dyes Terrific Science Pr 1995

P H GREAVES Microscopy of Textile Fibers **N Garland Science 1995

Qinguo Fan Chemical Testing of Textiles CRC 2005

Dianne N. Epp The Chemistry of Vat Dyes Terrific Science Pr 1995

Menachem Lewin Handbook of Fiber Chemistry Taylor & Francis 2006

Course no:615.2	Computer Aided Design	Credit hours =2+1
THEORY:		
Introduction: getting started		
Floor plans –		
Furniture, fixtures & equipment		
Interior elevations		
Details (level: construction documents)		
Schedules & sheet setup		
Plotting		
PRACTICAL:		
Learning the use of any two available CAD software like Smartdraw, CAD2007 etc.		
Making 5 projects using any available interior designing software.		
BOOKS RECOMMENDED:		
Beverly L. Kirkpatrick, James M. Kirkpatrick : AutoCAD for Interior Design and Space Planning Using AutoCAD(R) 2006 Prentice Hall (2005)		
Daniel John Stine : Interior Design using AutoCAD 2007 Schroff Development Corporation (2006)		

Course no: 615.3	Crisis Management In Families	Credit hours =3
THEORY:		
Introduction to common family problems; Task accomplishment problems; Communication problems; Affective expression and involvement problems; Role problems; Control problems. Poorly functioning subsystem patterns and bounding problems; Supra system problems; Faulty learning.		
Therapy with families; Principles; 4. Method of therapy; Treatment approaches; Strategic therapy; Paradoxical directive; Family sculpting; Role playing; Video tape replay; Net world therapy; Multiple family therapies; Vector therapy; Multiple impact therapy.		
BOOKS RECOMMENDED:		
Decker.C.A.(1990)children the early years,Good heart.Willcox company South Holland.		
Albert R. Roberts (1996) Crises management and brief treatment .theory:, techniques and applications. Nelson Hall. s.		
Boss.P.O.(2002) Family Stress Management .oasks.CA,sage.		

Course no:615.4	Environmental Management	Credit hours =3
THEORY:		
An introduction to environmental management; Definition and scope; Relation of environment and management; Responsibilities of public, private and social sector		
Population, growth and urbanization; Man in his ecological settings; Growth in population and urbanization; Population, growth and its effect on environment		
Environmental degradation; Concept of technology and environment; Land pollution, causes and remedies; Air and water pollution, causes and remedies; Destruction of forest and its effect on environment; Waste disposal		
Environmental aesthetics; Definition and scope; Aesthetic qualities of environment; Ways and means to work towards environmental aesthetics		
Environment and management; Scope of management and environment		
Health and environment; Socio-psychological effects of environment		
BOOKS RECOMMENDED		
C.J. Barrow; Environmental Management: Principles and Practice Routledge; 1 edition (1999)		
Michael Brower, Warren Leon The Consumer's Guide to Effective Environmental Choices: Practical Advice from the Union of Concerned Scientists Three Rivers Press; 1 edition (1999)		

Course no:615.5	Nutrition In Diabetes And Metabolic Syndrome	Credit hours =3
THEORY:		
Definitions for Metabolic Syndrome and emerging trends Guidelines for prevention and treatment of Metabolic Syndrome. prevalence, risk factors and sequelae of Metabolic Syndrome.		
Metabolic Syndrome's therapeutic objectives related to reducing underlying causes and treating lipid and non-lipid risk factors		
Different types of Diabetes mellitus and Diabetes insipidus, cardiovascular disease consequences associated with hypertension and obesity in patients with Metabolic Syndrome		
Patient-focused practices and the roles of the health care professional		
Importance of lifestyle change and motivational tools available to support change		
BOOKS RECOMMENDED		
Coulston AM, Rock,CL, Monsen,ER, Nutrition in the Prevention and Treatment of Disease Academic Press. San Diego, 2001.		

Course no:616x	Internship	Credit Hours = 0+3
----------------	-------------------	--------------------

Fourth Year

Course no:621	Research Project	Credit hours =0+3
---------------	------------------	-------------------

Course no:622.1	Textile Designing And Printing II	Credit Hours = 2+1
THEORY:		
Textile Printing: Decoration of Fabric by Printing and Dyeing; Tie and dye; Batik; Silk Printing; Screen Printing; Block Printing; Stenciling		
Detailed study of fabrics of selected regions of Pakistan.		
Costume Design; Life sketches and work of famous designers of the world; Trends and development of Costume designing in Pakistan; Study of the designs and material of different accessories used with dress such as shoes, hand bags and ornaments etc; Development of original design using historical and contemporary inspiration.		
Computer Aided Design		
PRACTICAL:		
Construction of at least two garments and articles related to home.		
Project related to hand crafted textile		
Photoshop and free hand version 9 or 11		
CAD		
Visit of any printing mill		
Any textile weaving mill.		
BOOKS RECOMMENDED:		
June Fish Designing and Printing Textiles Crowood Press, Limited, The (2006); Product Dimensions: 10.2 x 8.8 x 0.8 inches		
Nancy Belfer Batik and Tie Dye Techniques : Dover Publications; 3 Revised edition (1992)		
An introduction to textile printing, Clark, Newness butter worth, 1980		
Meda Parker Johnston Design on fabrics, Van nostrand renhold co		
Margareta Tantzky Batik 1990		
Susan Meller, Joost Elffers Thames & Hudson Textng compile designs 1989		
Nicholas Barnard Thames & Hudson Decorative textiles 1989		
Susan-Louise-Moyer Silk painting Watson- Guptill publication 1991		
John-Zinnilark Eagle Patchwork, quilting & appliqué moss publication 1983		
A.K.Harano Company Fine patchwork and quilting Ondorisha 1983		
DR Adrian Durate, The craft and textiles of sindh and baluchistan, 1982		
Dorothy S. Hyle Jeanne Brinkley contemporary clothing Glencoe publishing Co. America 1989		

Course no:622.2

Interior Design Standards

Credit Hours = 2+1

THEORY:

Standard Dimensions of Manufactured Interior Components; Walls, doors, partitions, windows; Furnishings and Equipment; Finishes, trims, laminates; Stairs, ramps, escalators; Lighting Residential Graphic and Design Standards; Single family and multifamily Dwellings; Kitchens; Bathrooms

Commercial Graphic and Design Standards; Offices, Banks, Retail Spaces; Restaurants and commercial kitchen; Hotels, Resorts; Health and educational institutions

PRACTICAL:

Survey of local houses, offices and hotels to study applications of Interior design standards

Planning one residential and one commercial project using Interior design standards

BOOKS RECOMMENDED:

S. Reznikoff Interior Graphic and Design Standards Watson-Guptill (1986)

Joseph DeChiara, Julius Panero, Martin Zelnik Time-Saver Standards for Interior Design and Space Planning, 2nd Edition 1 McGraw-Hill Professional; 2nd edition (2001)

John F. Pile; Interior Design (3rd Edition) Prentice Hall; 3 edition (, 2003)

Course no:622.3

Special Children and Rehabilitation

Credit Hours = 2+1

THEORY:

Special Children: introduction; Definitions of Special children and special education; Current trends and issues; integration and early intervention; Parents and families of Special children; Role of family and community in rehabilitation

Mental Retardation: Definition and classification; Prevalence and causes; Psychological and behavioral characteristics; Intervention, education and transition; Rehabilitation of mental retarded

Emotional or behavioral disorders:Definition, classification and identification; Prevalence and causes; Psychological and behavioral characteristics; Intervention, education, transition and rehabilitation.

Communication Disorders: Definition and classification; Prevalence and causes of language and speech disorders; Psychological and behavioral characteristics; Intervention, education, transition and rehabilitation.

Hearing Impairment: Definition and classification; Prevalence and causes; Psychological and behavioral characteristics; Intervention, education and transition

Visual Impairment: Definition and classification; Prevalence and causes; Psychological and behavioral characteristics; Prevalence and causes; Psychological and behavioral characteristics; Intervention, education and transition

Physical Disabilities: Definition and classification; Prevalence and causes; Psychological and behavioral characteristics; Educational and considerations; Rehabilitation programme

Gifted Children: Characteristics; Early Intervention; Educational consideration

PRACTICAL:

Project based on need assessment of Special children

Planning and delivering fifteen lessons at different institutes for Special children.

BOOKS RECOMMENDED Book

Kauffman. 1994. Special Children-Introduction to Education. Allyn & Bacon.

Carrisa Meena. How to Help for Disabled Child UBS s. 1997

Nilsworth J. & Smith (1998) Retardation, Mc Graw Hill Book Co. New York.

Kirman B., (1995) Mental Handicap, Grosy Lockword Staples.

Kirk, S.A., Gallagher, J.J., and Anastasiow, N.J. (2003). Education Exceptional Children, (10th Ed.) Ny: Houghton Mifflin.

**Management of Institutions II:
Restaurants, Lodges and offices**

Course no:622.4

Credit Hours = 3

THEORY:

Lodging management; The application of management theories to the lodging management; Business policies in lodging management; Procedures of lodging management; Management and financial activities

Office management; Front office movement; Front office management including guest cycle; Reservations; Front office procedures

Basic principles of quantity food production

Food service production and service systems; Food markets; Regulation of food services; Production and distribution service of food

Basic principles of sanitation and safety in food and beverage production

Management of house keeping, maintenance; management of the house keeping and the maintenance departments in lodging facilities

BOOKS RECOMMENDED:

James A. Bardi Hotel Front Office Management; Wiley; 3 edition (2002)

Alan T. Stutts, James Wortman Hotel and Lodging Management: An Introduction Wiley; 2 edition (2005)

Matt A. Casado Housekeeping Management; Wiley (1999)

Housekeeping; Management, Second Edition; Margaret M. Kappa HTM338; Aleta Nitschke; Patricia B. Schappert, Educational Inst of the Amer Hotel; 2nd edition (1997)

Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5 edition (2007)

Course no:622.5

Dietetics II

Credit Hours = 2+1

THEORY:

Dietary modifications in diseases of gastrointestinal tract:-

Constipation, b. Diarrhea, c. Mal absorption syndrome, d. Gastroenteritis, e. Peptic ulcer, f. Hyperchlorhydria and hypochlorhydria,

Diet in disturbance of the liver, gall bladder and pancreas. High protein, high carbohydrate, moderate fat diet and fat restricted diet.

Nutrition in surgical conditions.

Pre-operative diet, b. Post operative diet, tube feeding

Diabetes mellitus and dietary modifications

Dietary modifications in cardiovascular disease

Fat controlled diet. B. Sodium restricted diet

Diet in diseases of the kidney

Controlled protein, potassium and sodium diet.

PRACTICAL:S

Planning and preparation of Therapeutic diets; Bland Diet; High protein, high carbohydrate, moderate fat diet; Fat controlled diet; Sodium restricted diet; Controlled protein, potassium and sodium diet

BOOKS RECOMMENDED

Krause, M. V. Mahan, L.K. Krause, Food, Nutrition and Diet Therapy, Sytria Escott-Stump, 11th Edition.

Robinsons, C.H. and Lawler, M. R. Normal and Therapeutic Nutrition Mac Millan, Pub. Co. New York, 20th Ed. 1992.

Turner, D.Hand book of Diet Therapy, University of Chicago Press, Chicago, 9th Ed. 1996.

MasbyPub. St. Louis, Latest Edition.

Staci Nix Williams Basic Nutrition and Diet therapy, Mosby-Year Book; 12th BK & Cr.Edition, 2004.

Course no:623.1 **Fashion Merchandising II** Credit hours =2+1

THEORY:

The retailers fashion
Fashion retailing in the past
Diversity of fashion retailing today
Current trends in retailing
The consumer's role In fashion.
Analysis of carrier opportunities and entrepreneurial opportunities for designers.

PRACTICAL:

Visit to textile and garment industries.
Internship(two to four week)

BOOKS RECOMMENDED:

Leslie Davis Burns, Nancy O. Bryant The Business of Fashion: designing, Manufacturing, and Marketing Fairchild Books & Visuals 1997
Mary Gorgen Wolfe, Mary G. Wolfe The world of Fashion Merchandising Goodheart-Wilcox 1998
Frank Hoffmann William G. Bailey Fashion & Merchandising Fads Haworth Press 1992
Elaine Stone Fashion Buying Gregg/Community College Div 1996
Gini S. Frings Fashion From Concept to Consumer Prentice Hall 2007
Mike Easey Fashion Marketing Blackwell Science 1995
Marian H. Jernigan, Cynthia R. Easterling Fashion Merchandising & Marketing 1997

Course no:623.2 **Arts & Crafts in Interior Decoration** Credit hours =2+1

THEORY:

Pottery; History; Types; Techniques; Pottery of Pakistan
Weaving; Types
Leather; Techniques of leather craft
Embroidery; Folk embroidery
Jewellery; Types of ornaments
Rug and carpets; History; Types

PRACTICAL:

Portfolios on techniques of each craft

BOOKS RECOMMENDED:

William H. Varnum, Timothy L. Hansen; Arts & Crafts Design; Gibbs Smith, (1995)

Course no:623.3 **Educational Psychology And Measurements Techniques II** Credit hours =2+1

THEORY:

Nature and use of Psychological testing. Development of Psychological test.
intelligence and aptitude
History of Intelligence tests; Nature and development; Test and Measurements; Intelligence Test
Special abilities; Achievement test.
Opinion, Aptitudes and interest, inventories; Inventories and self.
Projective Techniques

PRACTICALS

Planning Curriculum for various grades

BOOKS RECOMMENDED

Anita. E. Woolfolk. 1990. Educational Psychology, 4th Edition, Prentice Hall, U.K.
Woolfolk Hoy Educational Psychology;; 2006 Academic Internet;
Developmental Psychology And You; By: Julia C. Berryman; 2002 Blackwell Publishing
Lewis R.Aiken Allyn And Bacon In Search Of Human Mind; By: Sternberg; 2001

Course no:623.4 **Human Resource Management II** Credit hours =3

THEORY:

Training Employees: Definition: The foundation for effective practice
Training Programs & policy; Identifying training needs & objectives; Psychological Principles of Learning; Training managers & non-managerial Employees; Training providers, methods & location

Career Development: Phases of a Career Development Program; Career Development Program for Special Groups; Personal Career Development.

Performance Appraisal: Purposes & uses of performance appraisal; Choosing appraisal criteria; Performance Evaluation Programs & Methods; Process & problems of performance appraisal

Motivating Employees to Work: Motivation: Definition & techniques of motivation; Need-want-satisfaction chain; Maslow's hierarchy of needs; Herzberg's two-factor theory; Vroom's valiancy expectancy theory; equity, & reinforcement theory; McClelland's needs theory; Job Enrichment & Job Satisfaction

The Dynamic of Labor Relations: The Role of Labor Organizations; Comparison, Functions and Leadership of Labor Unions; Government Regulations of Labor Relations; Contemporary Challenges to Labor Organizations

Safety and Health: Legal Requirements for Safety and Health; Creating a Safe Work Environment; The Management of Stress

Auditing the Human Resources Management Program: The Human resource units; Approaches to the Human Resources Audit; Indicators for Evaluating The Work Environment; Utilizing Audit Findings

BOOKS RECOMMENDED:

Shaun Tyson & Alfred York, Essentials of HRM, 4th edition, Replika Press Pvt. Ltd., Delhi- India, 2001

William B. Werther & Keith Davis, Human Resource & Personnel, McGraw Hill, 1997

Wayne F Cascio, Managing Human Resource, 4th International Edition, 1996.

Bernardin & Russell, Human Resource Management, 2nd Edition, McGraw Hill

Robert E. Callahan & C. Patrick Fleenor, Managing Human Relations; Merrill Publishing Company, London, 1990.

Course no:623.5 **Nutrition Throughout the Life Cycle** Credit hours =3

THEORY:

Nutrition during Childhood

Nutrition in Adolescence

Nutrition and the Adult: The Middle Years

Nutrition and the Aging Adult

Research Article Presentations (compulsory)

BOOKS RECOMMENDED:

Worthington-Roberts BS, Williams SR. Nutrition Throughout The Lifecycle. 4th ed., New York: McGraw-Hill, 1996.

Course no:624 **Internship A2** Credit hours =0+3

Course no:625.1

Textile chemistry II

Credit hours =2+1

THEORY:

Wet Processing

Pre-treatment: a) Singing (b)-Desizing (c)-Scouring (d)-Bleaching (e)-Mercerization (f)-caustisization

Dyeing, Printing

Finishing.

PRACTICAL:

Desizing of textile materials with enzymes; Scouring of Textile materials by discontinuous & continuous processes

Bleaching of textile materials with hypochlorite & Peroxide by discontinuous & continuous processes.

Cauterization of cotton material.

5. Optical brightening of textile materials.

6. Dyeing of textile materials by various methods using different types of dyestuffs.

BOOKS RECOMMENDED f:

The Chemistry of Natural Dyes Dianne N. Epp Terrific Science Pr 1995

Microscopy of Textile Fibers P H GREAVES **N Garland Science 1995

Chemical Testing of Textiles Qinguo Fan CRC 2005

The Chemistry of Vat Dyes Dianne N. Epp Terrific Science Pr 1995

Handbook of Fiber Chemistry Menachem Lewin Taylor & Francis 2006

Chemical Testing of Textiles Qinguo Fan Wood head pub 2005

Chemistry of textile industry Editor Car Blackie s 1995

Course no:625.2

Art in Pakistan

Credit hours =2+1

THEORY:

History; Indus valley civilization; Ghandhara art; Taxila; Harrapa

Development of painting and art in Pakistan (from 1947-to date)

Artists of Pakistan; Chughtai; Zubaida Agha; Shakir Ali; Sadequain; Guljee

PRACTICAL:

Preparing a scrap book by collecting paintings of famous artists of Pakistan

BOOKS RECOMMENDED:

Sirhand, Marcella Nesom. Contemporary Painting In Pakistan. Feroz Sons Pvt Ltd.

Ali, S. Amjad. Painters Of Pakistan. Islamabad: National Book Foundation, 1995.

Jansen, Michael And Maire, Mulloy. Forgotten Cities On The Indus. Oxford University Press Pakistan, 1996.

Wheeler, Sirmortima. Indus Valley Civilization.

Myers, Bernard S. Art And Civilization. 2nd Ed New York: Mcgraw Hill Co, 1967.

Course no:625.3

Family ecology

Credit hours =3

THEORY:

Introduction to Family Ecology; Definition of family ecology; Its relationship to the development of family; Scope of family ecology

The Micro / Macro Environment; Definition and Components of micro / macro environment; Changes and impact on development of families; Family, types and structure in Pakistan and comparison with different cultures; Future challenges and strategies

I Role of the family in the Social Systems; Guidance for family issues; Status of women in Islam, other religion and present day world; Development of responsibility to family, community and nation; Family laws and ordinances

Populations and Feedback Systems; Growth of the population; Positive and negative feedback; Population regulation; Social mechanisms for population regulation; Population explosion and quality of life

BOOKS RECOMMENDED

Al-Quran and other Religious books

Constitution of Pakistan

Marten G.G. 2001. Human Ecology: Earthscan, USA.

Strickland and Hammer. 1988. Human Ecological Studies. 2nd ed. Burgess Int. Group Inc. USA.

Berger. 1988. The Developing Person Through the Life-Span. 2nd Ed. Worth s Inc. NY

Course no:625.4	Project Management	Credit hours =2+1
THEORY:		
Introduction to Project Management; What is a project; What is project management; Benefits of project management; Effective project management		
Principles of Project Management; Defining; Planning; Building the work breakdown structure; Estimating duration resource requirements and cost; Constructing and analyzing the project network diagram; Finalizing the schedule and cost based on resource availability		
Launching; Monitoring and controlling; Closing; Risk Management; Identifying and assessing risk; Planning risk response; Risk monitoring and control		
PRACTICAL:		
Planning and managing a small project or event.		
BOOKS RECOMMENDED:		
Robert K. Wysocki : Effective Project Management: Traditional, Adaptive, Extreme Wiley; 4 edition (2006)		
James P. Lewis : Fundamentals of Project Management AMACOM/American Management Association; 3 edition (2006)		
Clark A. Campbell : The One-Page Project Manager: Communicate and Manage Any Project With a Single Sheet of Paper : Wiley (2006)		

Course no:625.5	Nutritional Epidemiology	Credit hours =3
THEORY:		
Basic epidemiology for the public health professional, with review of fundamental principles and concepts, and application to selected examples of chronic, non-infectious diseases and infectious diseases.		
Epidemiologic study design (include case-control, cohort studies) and analysis (Including bias, confounding, effect modification) and special topics that are important to an introductory understanding of epidemiology (including outbreak investigations, clinical trials, screening, and the role of epidemiology in public health)		
BOOKS RECOMMENDED		
Whitney, Cataldo and Rolfes, Understanding normal and clinical nutrition, 6 th Edition		
Diet Analysis Plus, Dietary analysis software		
Coulston AM, Rock, CL, Mosen, ER, Nutrition in the Prevention and Treatment of Disease. Academic Press, San Diego, 2001		
Mahan LK. And Escott-Stump S. krause's Food, Nutrition and Diet Therapy, 11 th edition, Saunder's 2004		
Barrie M. Margetts Design Concepts In Nutritional Epidemiology, 1991.		

Course no:626.1	Pattern Making	Credit hours =2+1
THEORY:		
Introduction; Measuring Techniques of the body; Equipment for measuring; Abbreviations and Symbols; personal Measurement chart for: i. Women, Men, iChildren		
Drafting the body foundation; The body foundation; Equipment for drafting; The body foundation pattern; Using the body foundation; Bodice darts and bodices; Darts, their shapes and positioning; Bodices; Sleeves; Measurement chart for sleeve patterns; The sleeve foundation pattern; Short sleeves; Three quarter length sleeve; long sleeve; Cuff; Crotch line garments; Crotch line chart; Basic Pajama trouser foundation block; Foundation block for Panties; Foundation block for trousers		
Styles involving bodice and sleeve; Saddler shoulder; Drop shoulder; Figure differences; Neck size; Shoulder line position		
PRACTICAL:		
Portfolio based on practical: work.: Preparation of 6 patterns for the following groups; Woman; Children; Man; Stitch any two garments from the prepared patterns		
BOOKS RECOMMENDED		
Rosen S. A Comprehensive Book for Fashions design (2003) Prentice Hall. USA.		
Armstrong H.J. Patternmaking for Fashion Design (2005) Prentice Hall, 4 th Edition USA.		
Donald H. McCann, Robin Lew, (1977) Design Enterprises of San Francisco. USA.		
Norma R. Hollen, Carolyn J. Kundel, Pattern Making by the Flat Pattern Method (August20, 1998) 8 th Edition. Prentice Hall. USA.		

**Product Designing in Weaving &
Ceramics**

Course no:626.2

Credit hours =2+1

THEORY:

WEAVING: History of weaving: The great centres in Italy: 13th century; Renaissance (Lucca, Florence, France, Venice; the Baroque and Rococo in France; English- 17th and 18th century; American Weaves and patterns; Indo-Pakistan 2500 B.C.-20th Century.

Type of Loom: Primitive loom; Draw loom; High and Low warp loom; Horizontal and Upright loom; Jacquard loom; Power loom; Computerized loom.

CERAMICS: History of pottery and ceramics: early Islamic pottery from 7th C to 13th century; Pottery in Mesopotamia, Egypt and Persia.

Contemporary ceramic of Pakistan.

Clay: Composition of clay; Kind of clays: Primary clay, secondary clay, stone ware clay, Porcelain (china ware), Red clay, and fire clay.

Methods of preparing pottery: Hand building: Pinch, Coiling, and slab; Throwing; Alternative methods; Mould making; Slip casting.

Decoration: Exploration of design; Techniques of decoration. Glazing: Types of glazes; Application of glazes. Firing: Kilns (Types and operations); basic firing techniques.

PRACTICAL:

To make products with Pinch, Slab, mix, casting, wheel and coil methods

To make samples of Plain weave; Twill weave; Over short weave; Combination weave; lace weave; Tapestry weave with non loom processes.

To prepare two lengths of woven fabrics; one of over and short pattern and one fabric of free-choice.

Portfolio of samples size indicating Graphic of Designs, Stages of design development.

One tapestry designed and woven.

BOOKS RECOMMENDED:

Graham Flight. Introduction to ceramics. Playne Books. United Kingdom. 1989.

John B. Kenny. The complete Book of Pottery Making. Chit ton Book Co. Philadelphia, New York
Ceramics, Edited search in the united state Exaalilur Books. 201 Park Avenue South New York,
100003 Marshal Cavandish Ltd.

Arthur Lane Late Islamic Pottery Persia Syria, Egypt, Turkey. Faber and Faber 3 Queen Square.

Cox, D and warrcu, B. Creative Hands John Willey and Sons, New York 1999.

Berta, F. Designing and drafting for hand weavers a division of Macmillan Publishing company
Inc. New York. Collier Macmillan s, London

Course no:626.3

Personality and Behavior

Credit hours =3

THEORY:

Personality: Definition of personality; The psychoanalytic perspective; The trait perspective; The Humanistic perspective; The Social Cognitive Perspective

The different sources of Behaviour - personality trait VS. situational influence; Social Influence and Group Behaviour; Social influence - Social comparison; conformity; compliance; Group Dynamics Group influence; individual performance/Group problem solving / Social roles; Leadership - characteristics / Behaviour types of leadership effectiveness; Aggression and altruism; social learning and aggression; helping and altruism

Stress Anxiety and Health: Stress and stressors; sources of stress

Anxiety and coping mechanisms: The psychoanalytic Model,

The learning Model, The Humanistic Existential Model,

Cognitive Model and An integrated Model

Psychological Disorders: Models of Abnormal Behaviour: Neurosis; Anxiety Disorder; Somatoform disorders; Dis-associative Disorders; Affective Disorders; Schizophrenia; Personally Disorders: Antisocial Personality disorders

Therapy; The psychological therapy; The Biomedical therapy; Preventing psychological Disorders

BOOKS RECOMMENDED

Gerow (1996) Essentials of Psychology, 2nd ed. USA: Harper Collins Inc.

Atkinson, Atkinson, Smith, Bem, Hilgrad (1990), Introduction to Psychology, USA, HBJ

Mgers, D. (1996), Psychology, uSA: Worth Publine S.

Lefton L.A. (1997) Psychology, 6th ed, USA: Allyn and Bacon

THEORY:

Basic Business Decisions
Defining assessing and choosing options
Lay the foundations
Market Research
Understanding and reaching customers
Cost and Profit Analysis
Finances and Assets
Competitors and Constraints
Writing a business plan
Running your business
Selling techniques and business Promotion
E-marketing and online selling
Customer Satisfaction
Price and Budgeting
Cash flow and Book-keeping
Negotiating
Legal aspects of entrepreneurship
Employing people
Safe guarding creativity

PRACTICAL:

Identify business opportunities and Make a business plan for small scale business.
Make a plan for a small business project of 1-7 days duration; and implement and evaluate the plan.

BOOKS RECOMMENDED:

William D. Bygrave, Andrew Zacharakis The Portable MBA in Entrepreneurship
Wiley; 3rd edition (2003)
Jeremy Kourdi; Business Strategy: A Guide to Effective Decision-Making (The Economist Series);
Format: Published On: Wednesday, October 29, 2003; Viva Books
Martha Shirk, Anna S. Wadia, Kitchen Table Entrepreneurs: How Eleven Women Escaped Poverty
and Became Their Own Bosses Basic Books; New Ed edition (2004)

THEORY:

Refugee and displaced populations in the developing world: Where, when, why, how many?
Major food and nutrition challenges faced by refugee and displaced populations.
Public health and interventions in emergencies
Types of feeding and nutrition supplementation programs in emergencies.
Feeding of special populations such as: infants, pregnant and lactating women, and the elderly
during emergencies.
International agencies, non-government organizations, and government programs involved with
food aid and relief.
Food as a human right. Guidelines adopted to implement the right to adequate food

BOOKS RECOMMENDED:

Semba R. D., & Bloem M. W. (2001). Nutrition and health in developing countries. Humana Press.
World Health Organization (2000). The management of nutrition in major emergencies. Geneva,
Switzerland: World Health Organization. Available online at:
<http://whqlibdoc.who.int/publications/2000/9241545208.pdf>