**A.S.D Government Degree College for Women (A), Kakinada**

**DEPARTMENT OF HOME SCIENCE**

**B.Sc. Home Science Course Outcomes 2022-23**

**HSC-101 – BASIC NUTRITION**

1. Remember the fundamental concepts of food, nutrition and identify the dimensions of health and their relationship to nutrition.
2. Classify and differentiate between various macro and micro nutrients, including their functions, digestion, absorption, and dietary sources.
3. Analyze the classification, functions, and dietary sources of vitamins, minerals.
4. Explain the concept of energy in nutrition, including the determination of gross energy value of foods and basal metabolic rate,
5. Recognize the importance of water and non-nutrient constituents of food, such as phytochemicals, antioxidants, and detoxifying agents, and their importance in maintaining health.
6. Compile the list of nutrient rich and low foods.

**HSC-102 – GENERAL PSYCHOLOGY**

1. Define the concepts of psychology i.e attention, perception and memory and their applications in different domains.
2. Understand the meaning of personality and theoretical perspectives of psychology to understand human behaviour.
3. Identify and differentiate between normal and abnormal personalities, and understand the factors that affect personality development.
4. Analyze the methods used to study human behaviour, including observation, experimentation, case studies, surveys, and longitudinal studies.
5. Examine major psychological approaches, including learning and motivation theories, classical and operant conditioning, Abraham Maslow's theory, and Gardner's Multiple Intelligence theory.
6. Assess the personality, intelligence, interest, perception using various assessment methods.

**HSC-103–FUNDAMENTALS OF TEXTILES**

1. Remember the concept of textiles and clothing, importance and properties of textile fibers.
2. Classify textile fibers based on their properties.
3. Analyze the production, and care of natural, manmade & mineral fibers as well as understand their uses in textile applications.
4. Examine the importance and advantages of mixtures and blends in textiles.
5. Evaluate the mechanical and chemical processes involved in spinning yarns.
6. Create a list of natural, manmade & mineral fibers based on their properties

**HSC-201 – INTRODUCTION TO FOOD SCIENCE**

1. Recognise the concept of food and explain its functions, as well as classify foods into different groups based on their characteristics.
2. Understand the objectives of cooking and evaluate the advantages and disadvantages of various cooking methods
3. Practically apply the knowledge of food composition and cooking methods.
4. Analyse the effect of cooking methods on various plant foods and classify beverages.
5. Evaluate the effect of different processing methods of animal foods and examine microorganisms that cause food spoilage.
6. Design Menus or recipes incorporating variety of food groups based on the needs of the individual and Investigate food preservation techniques.

**HSC-202 - HOUSING FOR BETTER LIVING**

1. Remember and explain the importance and functions of a house, and identify the factors that influence the choice of a house.
2. Understand the principles of planning a house and apply them in planning a house and different rooms.
3. Analyze the advantages and disadvantages of owning and renting a house, considering factors such as financial implications, maintenance responsibilities, and long-term stability.
4. Identify different types of building and flooring materials and examine the methods of protecting a house from dampness, termite attacks, and fire incidents.
5. Develop house plans with efficient work centers, storage facilities, and the specific needs of different income groups.
6. Apply practical skills in conducting a market survey, purchase of household equipment and performing care and cleaning of metals, non-metals, floors and walls.

**HSC- 203 –FUNDAMENTALS OF HOME SCIENCE EXTENSION**

1. Define and explain the meaning, concept, scope, and objectives of extension education, and differentiate between formal and non-formal education.
2. Understand the teaching and learning process in extension education, principles of learning, and implications for teaching.
3. Apply practical skills to identify needs of the community and the use of appropriate teaching techniques.
4. Analyze the philosophy and principles of extension education, understanding the role and qualities of an extension worker in facilitating effective education and outreach.
5. Evaluate various teaching methods and techniques in extension education, classifying them according to use and form.
6. Develop survey schedules and also create different Audio-visual aids with an ability to demonstrate them.

**H.SC 301: FAMILY& COMMUNITY NUTRITION**

* 1. Define the dietary guidelines for Indians, principles of meal planning, and the concept of a balanced diet for various age groups.
  2. Interpret the nutritional requirements for different age groups and gain knowledge on nutritional problems and eating disorders.
  3. Apply the understanding of nutritional requirements for different stages of lifespan and address nutritional problems and develop appropriate dietary plans.
  4. Analyze the importance of nutritional status assessment of the community and its role in identifying nutritional deficiencies and planning interventions.
  5. Assess the effectiveness of nutrition programmes in addressing nutritional needs.
  6. Design and develop education material that promote healthy eating habits and improving nutritional status of the community.

**H.SC 302: PRINCIPLES OF GARMENT CONSTRUCTION**

1. Remember and identify the equipment used in different stages of garment construction.
2. Learn the methods of pattern making drafting, draping.
3. Apply the knowledge of principles of design in pattern making and garment construction.
4. Analyze the quality, fitting, and shape of readymade garments, tailor-made garments, and homemade garments and also identify common fitting problems.
5. Evaluate the effectiveness of pattern layout techniques for achieving desired design outcomes and provide constructive feedback for improvement.
6. Design and create patterns and garments and also generate techniques to address common fitting problems in garments.

**H.SC 303: CHILD DEVELOPMENT**

1. Remember the terms related to growth and development, principles of growth and development
2. Understand and analyse the various determinants of development and their interrelationship.
3. Analyze the parenting styles and their effect on child’s personality.
4. Apply the knowledge of development of children in understanding the children assessing the milestones and identifying the developmental delays
5. Evaluate the stages of prenatal development, the care required during pregnancy, and identify and assess the common discomforts and complications that may occur during pregnancy.
6. Develop strategies and interventions for early identification and special education for children with special needs and propose methods to address behavior problems in children.

**HSC 401: THERAPEUTIC NUTRITION**

1. Remember the purpose of diet therapy and the therapeutic adaptations of normal diets.
2. Demonstrate an understanding of different diseases and their aetiology and symptoms.
3. Apply the knowledge of different nutrients and their role in disease management.
4. Analyze the importance of dietary management in controlling and preventing diseases.
5. Evaluate the complications associated with various diseases and offer diet counselling.
6. Design and develop therapeutic diets for specific conditions, considering the dietary adaptations required and the nutritional needs of individuals.

**402: FABRIC CONSTRUCTION & APPAREL CARE**

1. Remember the concepts related to weaving, fabric construction and the properties of woven and non-woven fabrics.
2. Understand the weaving process and the different finishes of woven and non-woven fabrics.
3. Apply the understanding of factors affecting clothing selection to make wise clothing choices for different age groups.
4. Analyze and evaluate wardrobe planning strategies based on lifestyle, budget and personal preferences.
5. Assess the effectiveness of laundering procedures in maintaining fabric quality and different strain removal techniques.
6. Design and create fabric samples with different types of weaves.

**HSC 403: HUMAN DEVELOPMENT AND FAMILY DYNAMICS**

1. Remember the cognitive physical, emotional and social development during adolescents.
2. Understand the physical and physiological changes during various stages of life span and the major concerns during those stages
3. Apply the knowledge of developmental characteristics to identify appropriate strategies and interventions for addressing the major concerns faced during various stages.
4. Analyse the importance of marriage and family, its effect on the members and evaluate the effectiveness of counselling in addressing the major concerns of individuals and families.
5. Evaluate the changing trends ,problems of modern family ,its impact on the members and the need for family counselling
6. Create a counselling framework or intervention plan to address specific concerns faced by individuals and families and propose strategies for promoting healthy relationships among the family members

**HSC 404: NUTRITIONAL BIO-CHEMISTRY**

1. Remember the structures of macro nutrients and their properties and reactions.
2. Understand the chemistry of macronutrients and their role in human nutrition.
3. Apply the understanding of nutrient metabolism to analyse and interpret the processes of digestion and absorption.
4. Analyze and evaluate the integration of carbohydrate, protein, and lipid metabolism, considering their interdependencies and regulation.
5. Evaluate the integration of nutrient metabolism in maintaining overall metabolic homeostasis.
6. Design and propose strategies for promoting healthy lipid and protein metabolism, considering nutritional and lifestyle interventions.

**HSC 405: RESOURCE MANAGEMENT AND FAMILY ECONOMICS**

1. Remember the steps involved in the management process i.e planning, organizing, controlling, and evaluating.
2. Understand the importance of systems approach to management and the factors that motivate the management.
3. Apply the knowledge of time, energy and money management to the management process.
4. Analyze the functions and economic goals of families and evaluate the different modes of saving in India, considering their advantages and risks.
5. Evaluate the effectiveness of the management process in Home Management.
6. Develop a comprehensive management plan for a family to achieve the desired goals.

**HSC 406: EXTENSION EDUCATION &RURAL DEVELOPMENT**

1. Memorise the definition, objectives, and principles of program planning in extension, as well as the steps involved in program planning.
2. Understand the methods to assess felt and unfelt needs of the community as well as evaluate individual and group performances.
3. Interpret the characteristics of a good lesson plan and develop effective lesson plans for specific groups.
4. Analyze the features, characteristics and implications for development for rural, urban, and tribal communities.
5. Evaluate the role of Panchayat Raj systems in India and assess the role of extension organizations.
6. Formulate strategies for community development in line with the objectives and scope of a welfare state.

**HSC 16C: FOOD QUALITY CONTROL AND ASSURANCE**

1. State the importance in the food quality as well as the objectives, functions, stages, and methods of quality control in the food industry.
2. Explain the different food quality assurance systems at National and International level.
3. Apply theoretical and practical considerations of sensory evaluation subjective and objective tests for sensory parameters.
4. Examine the quality assessment of food materials like selection, food standards, and food packaging and labeling methods.
5. Evaluate the quality assessment of plant and animal foods.
6. Design and propose quality control measures and strategies for ensuring food quality in the food industry.

**HSC 17C: FOOD SAFETY, SANITATION AND HYGIENE**

1. Enumerate the factors affecting food safety, and recognize the importance of food safety, including the risks and hazards.
2. Understand the role of microorganisms in food-related hazards, and the provisions of the Food Safety and Standards Bill 2005.
3. Associate the principles of food hygiene and sanitation at various levels like food handlers, preparation and storage, garbage disposal, and safety of leftover foods.
4. Examine the methods to identify food adulterants and the consequences of adulteration.
5. Evaluate and recommend the safety measures required in food processing for creating an environment for serving safe and nutritious food.
6. Design and propose a framework for developing food safety and standards.

**HSC 18C: GUIDANCE AND COUNSELLING**

1. Remember the meaning, scope, and need and principles of guidance and counseling.
2. Interpret different types of guidance based on the needs and goals of the clients.
3. Use appropriate counselling techniques based on the clientele.
4. Analyze the needs of the clientele by conducting different types of counseling sessions.
5. Recognize the roles and functions as a counsellor.
6. Formulate counselling strategies for children, adolescents and families based on their problems.

**HSC 19C: EDUCATION AND COUNSELLING FOR PARENTS AND COMMUNITY**

1. Recognise the need, aspects of parent and community education as well as various roles of parents.
2. Identify the principles of parent and community education in relation various socio-cultural settings.
3. Demonstrate various techniques of parent and community education like informal meetings, group and individual meetings.
4. Analyze the role of professionals in parent and community education in evaluating the effectiveness of parent and community education programs.
5. Evaluate the methods of parent education in dealing children with developmental delays as well as special needs and normal children.
6. Develop comprehensive parent and community education program incorporating effective strategies, techniques.

**HSC 20A: INTERIOR DESIGN AND DECORATION**

1. Recognize the elements and principles of design for attaining goals of Interior design and decoration.
2. Comprehend the methods of achieving goals of Interior decoration by using appropriate principles design.
3. Apply the knowledge of art elements, art principles and colour in interior design.
4. Analyze the furniture and furnishing requirements to attain aesthetics in interiors.
5. Assess the importance of accessories, flower arrangement and plants in interior design.
6. Create well-coordinated interior spaces, incorporating the principles of art, colour harmonies, furniture styles, furnishings, window treatments, accessories.

**HSC 21A: TEXTILE DESIGN**

1. Identify the art elements, art principles and methods of design in obtaining structural and surface designs in fabrics.
2. Classify different basic and decorative weaves and their role in attaining the desired structural designs in fabrics.
3. Apply knowledge of dyeing and printing for achieving aesthetic surface designs in fabrics.
4. Compare the traditional textiles and embroideries of India, including their origins, fabrics used in different states, motifs, typical colours, and fabrics.
5. Assess the historical significance and typical designs and fabrics used in various traditional textiles and clothing.
6. Design and create innovative textile designs, incorporating art elements, art principles, weaving, dyeing and printing techniques