

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

DEPARTMENT OF HOME SCIENCE

B.Sc. Home Science Course Outcomes 2020-21

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 fibres 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 centres, 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 behaviour 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.

HSC 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 stain 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) Analyse 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, color 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