

UNIVERSITY OF MYSORE

Department of Studies in Food Science and Nutrition

Manasagangotri, Mysuru-570006

ENTRANCE EXAMINATION SYLLABUS

OF

**M.SC. HUMAN DEVELOPMENT AND FAMILY
STUDIES**

Unit – 1	Life Span Development – I: Concept, principles and influencing factors of growth and development; Prenatal development and factors affecting; Birth – process, types and complications; Neonate and Infancy – characteristics, behavior and adjustment; Early Childhood – an overview of all-round development from birth to six years, child-rearing practices, role of parents; Late childhood – All round developments from six years to puberty, role of parents, siblings and peers; Home-school relationship
Unit – 2	Life Span Development – II: Adolescence – definition and characteristics, physical, intellectual, moral, emotional, social and personality development, parent-adolescent relationship, peer relationship, Interest, problems, and adjustment; Adulthood – early, middle, and late adulthood – physiological and psychological changes, problems, and adjustment in family and career, health problems and welfare services for aged
Unit – 3	Family Dynamics: Definition and functions of family; Family structure in India; Family life cycle and developmental tasks; Definition, forms and functions of Marriage; Marital adjustment and its influencing factors; Family crisis – types of crisis, causes and consequences on family members
Unit – 4	Child Care and Problems : Infant and child care – feeding practices, sleeping pattern, immunization, common ailments and diseases, nutritional problems, Health and Nutritional care: Behaviour problems and psychological problems – causes, symptoms, and treatment; Academic and Social problems – school dropout, child abuse Juvenile delinquency;
Unit – 5	Early Childhood Education: Definition, significance, and objectives of early childhood education; Meaning and principles of curriculum planning; Types, Principles, and factors influencing program planning; Developmental Activities and play; Organization and administration of preschool
Unit – 6	Challenged Children: Definition and classification of challenged children; Need of intervention, special education, and rehabilitation; Mentally, Physically, and Neurologically challenged children - Definition, characteristics, causes, prevention, treatments, rehabilitation, and special education
Unit – 7	Fundamentals of Food And Nutrition: Food – As a source of nutrients and functions; Nutrition, malnutrition, Recommended dietary allowances and balanced diet; Nutrients – functions, sources, and deficiency diseases; nutritional requirements during life span; Composition of food groups and meal planning; cooking methods – principles involved in methods of cooking, conservation of nutrients; food processing and preservation methods.
Unit – 8	Elements of Human Physiology: Structure and functions of cell and tissues; Blood – composition, functions, coagulation, functions of RBC, WBC, Platelets, blood volume and groups; Structure and functions of respiratory, digestive, and excretory system; Structure of Nervous systems; Endocrine glands and its functions; Reproductive system of male and female, Hormones and its functions.

Unit – 9	<p>Community Extension Education: Meaning, principles, objectives, and scope of extension education; communication process and methods of effective communication; Role of audio-visual aids in community extension education; Extension education program – planning, implementation, and evaluation: Non-formal and adult education program; Role of Government and Non-Government Agencies.</p>
Unit - 10	<p>Guidance and Counseling: concept, need, scope, and functions of guidance and counseling, essentials of effective counseling, counseling process and special areas of counseling, the role of teachers and parents in counseling, guidance, and counseling for students of elementary through college</p>