

Department of Home Economics
University of the Punjab, Lahore

Programme	BS Home Economics Semester System (FYDP)	Course Code	HEIH- 101	Credit Hours	2(2+0)
Course Title	INTRODUCTION TO HOME ECONOMICS				
Course Introduction					
<p>The subject focuses on the acquisition of knowledge and the development of skills and attitudes that will enable students to take control of their own lives at present and in the future. It prepares students for life in a consumer-oriented society and provides a learning foundation for those seeking employment in a wide range of careers, such as the food industry, tourism, clothing and design, and the health and social services. Home economics emphasizes the interdependent relationship that exists between individuals or families and their immediate and distant environments and promotes a sense of responsibility towards sustaining resources within those environments.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will to:</p> <ol style="list-style-type: none"> 1. Appreciate the true nature of Home Economics as specialized subject. 2. Acknowledge the historical developments in the field. 3. Understand the scope of Home Economics as a profession. 					
Course Contents					
Week 1	Nature of Home Economics: Aims, Objective of Home Economics				
Week 2	History of Home Economics: Yesterday, Today, Tomorrow				
Week 3	History of Home Economics: Yesterday, Today, Tomorrow				
Week 4	Home Economics in Pakistan				
Week 5	Different Colleges of Home Economics In Pakistan				
Week 6					
Week 7	Major Areas of Home Economics: Food & Nutrition, Textiles & Clothing, Human Development and Family Studies, Art & Design,				
Week 8					

Week 9	Home Economics as a profession	
Week 10	Scope of Home Economics as a profession	
Week 11	Method of teaching with special books recommended to Home Economics: Lecture, Demonstration ,Laboratory	
Week 12	Method of teaching with special books recommended to Home Economics: Field trips, Role-Playing, Group Discussion	
Week 13	Role and Responsibilities of Home Economist: Towards family, Community and Profession.	
Week 14	Role and Responsibilities of Home Economist: Towards family, Community and Profession.	
Week 15	Revision	
Week 16	Final Term Assessment	

Text Books and Reading Materials

Barbara McAlvay Ferrar: The history of home economics education in America and its implications for liberal education Michigan State University(1964).
Rhea Shields, Rhea Shields PhD, Anna Williams Opportunities in Home Economics Careers; McGraw-Hill; 1 edition(2000).
Sarah Stage, Virginia B. Vincenti Rethinking Home Economics: Women and the History of a Profession; Cornell University Press(1997).

Teaching Learning Strategies

Lecture-based learning through lectures and presentations.
Group learning through Group Assignment
Individual learning- through Quizzes and Assessments