

<b>Programme</b>	<b>Associate Degree in Home Economics</b>	<b>Course Code</b>	<b>HEIH-101</b>	<b>Credit Hours</b>	<b>2(2+0)</b>
<b>Course Title</b>	<b>Introduction to Home Economics</b>				
<b>Course Introduction</b>					
This course will introduce students to the field of Home Economics, focusing on the acquisition of knowledge, skills, and professional attitudes essential for enhancing individual, family, and community well-being. It will provide students with a foundational understanding for careers in food and nutrition, clothing and textile design, hospitality, health and social services. It will equip them to make informed decisions as responsible consumers and effective household managers.					
<b>Learning Outcomes</b>					
On the completion of the course, the students will to:					
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.					
<b>Course Contents</b>					
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	<b>Assignment &amp; Presentation</b>				
Week 7	Major Areas of Home Economics: Food & Nutrition, Textiles & Clothing, Human Development and Family Studies, Art & Design,				
Week 8	<b>Mid Term</b>				
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	<b>Final Term Assessment</b>				
<b>Text Books and Reading Materials</b>					
Camilleri, A. (2023). The role of the Home Economics practical component in teaching and learning (Master's thesis, University of Malta).					
McAllister, I. L. Home Economics–Today and Tomorrow.					
Miller, C. L. (2015). Career mapping: Charting a course towards increasing student ownership in college and career planning (Doctoral dissertation).					
Pendergast, D., & Dewhurst, Y. (2012). Home economics and food literacy: An international investigation. International Journal of Home Economics.					
Renwick, K. (2015). Home economics as professional practice. International Journal of Home Economics, 8(2), 19-35.					
<b>Teaching Learning Strategies</b>					
Lecture-based learning through lectures and presentations.					
Group learning through Group Assignment					
Individual learning- through Quizzes and Assessments					