I. Introduction to Social Work

Course Code: SW-101
Credit Hours: 3 (3-0)
Semester: I
Discipline: Social Work
Category: Major
Course Title: Introduction to Social Work

Course Introduction

This course provides a foundational understanding of Social Work as an academic discipline and a practice-based profession. It introduces Social Work within the broader context of social sciences, with attention to social problems, human needs and basic responses. The course introduces fundamental principles, methods and the historical development of Social Work and highlights its significance in addressing the needs and challenges of individuals, groups and communities.

The course also introduces contemporary trends, ethical considerations, social justice, human rights and the role of Social Work in promoting individual and social wellbeing. It provides students with an introductory understanding of selected fields and methods of Social Work practice and the importance of professional and collaborative practice.

Learning Outcomes

On completion of the course, students will be able to:

1. Explain the fundamental concepts, principles and ethical foundations of Social Work.
2. Describe the historical development and contemporary trends of Social Work.
3. Identify major methods and fields of Social Work practice.
4. Describe the role of Social Work in addressing social problems and promoting social wellbeing.
5. Describe the importance of collaborative and evidence-informed approaches in Social Work practice.
6. Explain the role of Social Work in promoting social justice, human rights and social development.

Course Content / Assignments / Readings

Week	Course Content	Assignments / Activities
1	Unit-I: Foundations of Social Work 1.1 Definition and scope of Social Work 1.2 Social Work as an academic discipline and profession 1.3 Philosophical foundations of Social Work	Class discussion
2	Unit-II: Principles, Values and Ethics of Social Work 2.1 Basic principles of Social Work 2.2 Professional and voluntary Social Work 2.3 Values and ethics in Social Work 2.4 Professional code of ethics 2.5 Introduction to ethical dilemmas and decision-making	Suggested reading and discussion
3	Unit-III: Religious and Humanitarian Perspectives on Social Work 3.1 Religious perspectives on Social Work 3.2 Charity, social responsibility and human welfare in major religious traditions	Individual assignment

Week	Course Content	Assignments / Activities
	3.3 Contemporary challenges and opportunities in Social Work	
4–6	Unit-IV: Foundational Approaches and Strategies in Social Work 4.1 Preventive approaches 4.2 Curative interventions 4.3 Rehabilitative strategies 4.4 Empowerment and advocacy	Group discussion and presentation
7–8	Unit-V: Methods of Social Work 5.1 Social Case Work 5.2 Social Group Work 5.3 Community Organization and Development 5.4 Social Research 5.5 Social Welfare Administration 5.6 Social Action	Methods overview and guided class exercises
9	Mid-Term Examination	Mid-Term Assessment
10	Unit-V: Methods of Social Work (Continued) 5.7 Overview of Social Work methods in practice 5.8 Introduction to collaborative and evidence-informed practice	Guided discussion and short activity
11–13	Unit-VI: Fields of Social Work Practice 6.1 Child Welfare and Protection 6.2 Healthcare and Medical Social Work 6.3 Mental Health and Psychiatric Social Work 6.4 School Social Work 6.5 Gerontology and Elder Care 6.6 Correctional Social Work 6.7 Humanitarian and disaster-related Social Work	Fields of Practice presentation
14	Unit-VII: Trends and Issues in Social Work 7.1 Contemporary trends in Social Work 7.2 Emerging issues and future directions 7.3 Social Work and Sustainable Development Goals	Reading assignment
15	Unit-VIII: Professional Identity and Ethical Practice 8.1 Role and responsibilities of professional Social Workers 8.2 Professional boundaries and accountability 8.3 Ethical practice in contemporary Social Work	Case discussion
16	Unit-IX: Historical Development of Social Work 9.1 Origins and evolution of Social Work 9.2 Key milestones in the history of Social Work	Individual assignment
17	Unit-X: Social Work and Social Justice	Group presentation

Week	Course Content	Assignments / Activities
	10.1 Role of Social Work in promoting social justice 10.2 Advocacy and social change	
18	Final Term Examination	Final Assessment

Textbooks and Reading Material

1. Kirst-Ashman, K. K. (2017). *Introduction to Social Work and Social Welfare: Critical Thinking Perspectives*. Boston: Cengage Learning.
2. Zastrow, C. H. (2013). *The Practice of Social Work: A Comprehensive Worktext*. Belmont: Cengage Learning.

Suggested Readings

1. Baldock, J. et al. (2003). *Social Policy*. Oxford: Oxford University Press.
2. Blau, J., & Abramovitz, M. (2010). *Dynamics of Social Welfare Policy*. New York: Oxford University Press.
3. Rahmatullah, S. (2000). *Social Welfare in Pakistan*. Karachi: Oxford University Press.

Teaching Learning Strategies

1. Interactive lectures
2. Group discussions
3. Student presentations
4. Case study analysis
5. Individual and group assignments
6. Question-and-answer sessions
7. Reflective learning

Assignments: Types and Number with Calendar

Assignment / Activity	Timing	Type
Social Work Concepts, Principles and Values Assignment	Weeks 1–3	Individual
Social Work Methods Overview Exercise	Weeks 7–10	Group
Fields of Social Work Presentation	Weeks 11–13	Group
Professional Ethics Case Discussion	Week 15	Individual
Social Justice and Advocacy Assignment	Weeks 16–17	Individual