

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART-II (4<sup>TH</sup> YEAR)

Paper		Subject		Theory	Practical	Total	Credit hours	Page No.	
I	HE405	Home Economics Education: Administration and Supervision.		100	--	100	04	136	
II	HE402	Statistics & Computer Application I		75	25	100	05	138	
III		Elective Major (3 Papers from selected group)					15		
		GROUP – A (FOOD & NUTRITION)							
	HE406	a.	Applied Nutrition	80	20	100	05	140	
	HE416	b.	Advanced Nutrition & Nutrients	80	20	100	05	141	
	HE426	c.	Nutrition, Health & Prevention	100	--	100	05	143	
		GROUP – B (TEXTILES & CLOTHING)							
	HE407	a.	Textile Chemistry	75	25	100	05	144	
	HE417	b.	Dyeing & Printing	50	50	100	05	146	
	HE427	c.	Experimental Textiles	75	25	100	05	147	
		GROUP – C (HUMAN DEVELOPMENT & FAMILY STUDIES)							
	HE408	a.	Exceptional Children	70	30	100	05	148	
	HE418	b.	Guidance and Counseling	70	30	100	05	149	
	HE428	c.	Sociology	100	--	100	05	151	
		GROUP – D (ART & DESIGN)							
	HE409	a.	Painting and Printmaking	--	100	100	05	152	
			Theory	Report/ Portfolio					
	HE419	b.	Ceramics	--	30	70	100	05	153
	HE429	c.	Weaving	--	30	70	100	05	155
	HE439	d.	Textile Designing & Printing	--	30	70	100	05	156
	HE449	e.	Interior Design	50 Theory	50	100	05	157	
		GROUP – E (HOUSING, HOME MANAGEMENT & INTERIOR DESIGN)							
	HE410	a.	Marketing Management	100	--	100	05	158	
	HE420	b.	Interior Design Projects (Practical)	--	100	100	05	159	
	HE430	c.	Fundamentals of Furniture & Furnishings	70	30	100	05	160	
IV	HE403	Mathematics		100	--	100	04	162	
V		Thesis / OR				150	06		
		Paper from the selected group							
	HE436	a.	Institutional Management	60	40	100	06	165	
	HE437	b.	Fashion & Boutique Management	60	40	100	06	167	
	HE438	c.	Gerontology	60	40	100	06	168	
	HE459	d.	Art Education	60	40	100	06	170	
	HE440	e.	Landscape Design	60	40	100	06	172	
			Report Writing for All Groups / File Work			50*			
Total						750	34		

**Note:** \*For Report Writing of Projects / Field Work / Practical

**B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)**

**HOME ECONOMICS EDUCATION:  
ADMINISTRATION & SUPERVISION**

**Paper: I  
HE405**

**Credit hours: 04  
Total Marks: 100**

- I. Education**
  - a. Concepts and aims of Education
  - b. Brief review of history and development of Education
    - i. Early Muslim Education
    - ii. British Education in the subcontinent
  - c. Brief review of Major Educational Policies of Pakistan
  
- II. Administration**
  - a. Administrative process-decision making, planning, coordinating, influencing Evaluation.
  - b. Roles and responsibilities of college administration staff selection, organizing work planning revision of curriculum, defining lines of authority, directing educational survey and studies, Encouraging profession growth. Working effectively with non-academic staff.
  
- III. Human relations**
  - a. Significance of human relations in school administration
  - b. Communicational skills
  - c. Leadership
  - d. Techniques of effective contact and professional growth
  - e. Relationship of teachers to parents and the community in the school programme.
  
- IV. Supervision**
  - a. Concepts and nature of supervision
  - b. Aims and objectives of supervision
  - c. Bases of need for supervision (Social, psychological, Professional Philosophical etc.)
  - d. Major functions of supervision (coordination, leadership, professional growth etc.)

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- e. Planning for supervision to supervisory activities
  - i. Planning according to the nature of the program
  - ii. Knowledge of students, staff and community
  - iii. Pedagogical skills
- f. Evaluation of supervision
  - i. Major purposes of Evaluation of supervision
  - ii. Basic principles in Evaluation of supervision
  - iii. Types of Evaluation in supervision

### V. Organization of Department of Home Economics

- a. Planning and equipping the building or department
- b. Managing the budget
- c. Handling problems of purchasing, inventory and maintenance
- d. Organizing and managing the home economics office
- e. Planning guidance services for the welfare of all students.

### Recommended books:

1. Blankenship, L.M., Moerchen, D. B. (1997). *Home economics education*. Houghton Mifflin Company.
2. a. *Education commission report*. (1959-61).  
b. *Education policy report*. (1974).  
c. *National education policy*. (1978).
3. Hoy, K. W., Miskel, G. C. (1991). *Educational administration*. New York: McGraw Hill, Inc.
4. Iqbal, M. *Education in Pakistan*. (3<sup>rd</sup> ed.). Aziz Publisher, Pk.
5. Jalal, Z., Musa, K. (1992). *Introduction to education*. Aqeel Book Centre. Pk.
6. Shahid, S.M. (2005). *Education*. Majeed Book Depot.
7. Neagley, L. R., Evans, D. N. (1990). *Handbook for effective supervision of instruction*. (3<sup>rd</sup> ed.). London: Prentice – Hall International, Inc.

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)  
STATISTICS AND COMPUTER APPLICATION-I

Paper: II  
HE402

Credit hours: 05  
Total Marks: 100  
Theory: 75  
Practical: 25

- I. What is Statistics ?  
Definition of Statistics, Population, Sample, Descriptive and inferential Statistics, Observations, Data, Variable, Discrete and continuous variables, Collection of data Sources of the Collection of primary and secondary data, Editing of Data.
- II. Presentation of Data  
Introduction, Classification and Tabulation, Frequency distribution, Constructing a grouped frequency distribution, Diagrams, Graphs and their Construction, Bar charts, Pie chart, Histogram, Frequency polygon
- III. Measures of Central Tendency  
Introduction, Different types of Averages: Arithmetic Mean, Median and Mode, Quantiles, Relative Merits and Demerits of various Averages. Criteria of a satisfactory Average.
- IV. Measures of Dispersion.  
Introduction, absolute and relative measures, Range, The semi-Inter-quartile Range, The Mean Deviation, The Variance and standard deviation, Coefficient of variation, Change of origin and scale, Interpretation of the standard Deviation, Standardized variables.
- V. Probability and Probability Distributions.  
Basic Concepts: random experiment, sample space, event, mutually exclusive, equally likely and exhaustive events. Counting sample points, calculation of probability. Discrete distribution: Binomial Distribution: Continuous Distribution: Normal distribution.
- VI. Sampling and Sampling Distributions  
Introduction, Population, Sample, Parameter & Statistics, sample design and sampling frame, bias, sampling and non sampling errors, sampling with and without replacement, probability and non-probability sampling, sampling distributions of the mean with and without replacement.
- VII. Hypothesis Testing  
Introduction, Statistical problem, null and alternative hypothesis, Type-I and Type-II errors, level of significance, Test statistics, acceptance and rejection regions, one tailed and two tailed tests, general procedure for testing of hypothesis.
- VIII. Testing of Hypothesis – Single Population (Large Samples)  
Introduction, Testing of hypothesis about the population mean.
- IX. Testing of Hypothesis – Single Population (Small Samples)  
Introduction, Testing of hypothesis about the population mean when sample size is less than thirty and population standard deviation is unknown.



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- X. **Testing of Hypothesis – Independence of Attributes**  
Introduction, Contingency Tables, Testing of Hypothesis about the Independence of Attributes by chi-square test.
- XI. **Regression and Correlation**  
Introduction, simple linear regression, estimation of parameters and their interpretation. Correlation, Coefficient of linear correlation, its estimation and interpretation.

### Practical:

Using computer software (MS Excel) for data analysis.

### Recommended books:

1. Muhammad, F. (2005). *Statistical methods and Data Analysis*. Kitab Markaz, Bhawana Bazar, Faisalabad.
2. Walpole, R.E. (1982). *Introduction Statistics*. (3<sup>rd</sup> edu.). Macmillan Publishing Co., Inc. New York.

**B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)**

**Elective Major (Group A)**

**APPLIED NUTRITION**

**Paper: III (a)**  
**HE406**

Credit hours: 05  
Total Marks: 100  
Theory: 80  
Practical: 20

- I. Food and population: World population perspective with special reference to Pakistan. The changing environment ( national nutrition surveys). Population groups with special needs.
- II. Social, economical, and environment factors that influence the health and nutritional status of population with special reference to Pakistan.
- III. Assessment of Nutritional Status of :
  - a) Individuals.
  - b) Communities.
  - c) Study of :
    - i) Anthropometry
    - ii) Biochemical analysis
    - iii) Clinical evaluation.
    - iv) Dietary assessment.
  - d) Planning of nutrition surveys.
- IV. Nutrition intervention strategies and planning of nutrition programs.
- V. Nutrition counseling , Role and responsibilities of a public health nutritionist. Effective strategies for modifying dietary behavior.
- VI. Human nutrition and food.
  - a) Food as a source of nutrients.
  - b) DRI and dietary guidelines.
  - c) Food composition tables.
  - d) Additives and toxic substances in food.

**PRACTICAL**

Library research report.

**REFERENCE BOOKS**

- 1. Human Nutrition and Dietetics by Davidson and Passmore.
- 2. Nutrition survey of Pakistan (Nutrition Cell).
- 3. Demographic survey of Pakistan Ministry of population Welfare Islamabad.
- 4. Assessment of Nutritional Status by jelliffe.
- 5. Manual for Nutrition Surveys National Institute of Health ( USA ).
- 6. Nutrition by Beaton and Mahetty vol. III.
- 7. Collected articles of Food and Nutrition by Dr. S. M. Ali.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group A)

#### ADVANCED NUTRITION (NUTRIENTS)

**Paper: III (b)**  
**HE416**

Credit hours: 05  
Total Marks: 100  
Theory: 80  
Practical: 20

#### **1. Calorimetry**

- i) Introduction. Calories, joules.
- ii) Body needs for energy.
- iii) Measurement of energy production and expenditure.  
Direct and indirect calorimetry.
- iv) Respiratory Quotient
- v) Energy requirement (BMR)  
Calorigenic effect of food.
- vi) Calorie value of food.
- vii) Energy balance regulation.

#### **2. Study of Macronutrients**

##### **2.1 Carbohydrates.**

- i) General introduction
- ii) Structure
- iii) Classification
- iv) Properties
- v) Functions.

##### **2.2 Proteins**

- i) General Introduction
- ii) Amino acids
- iii) Protein structure
- iv) Function
- v) Classification
- vi) Properties.

##### **2.3 Nucleotides & Nucleic Acids**

- i) Nucleosides.
- ii) Nucleotides
- iii) Nucleic Acids

##### **2.4 Lipids**

- i) General Introduction
- ii) Classification
- iii) Fatty acids
- iv) Classification of fatty acids
- v) Properties of Fatty acids
- vi) Properties of triglycerides
- vii) Waxes
- viii) Compound lipids
- ix) Steroids

3. Digestion Absorption, Metabolism

- 3.1 i) Digestion.  
ii) Absorption  
iii) Metabolism – Glycolysis, Citric acids cycle, Glycogenesis.. Glycogenolysis, gluconeogenesis. Regulation of blood glucose. Pentose phosphate shunt.
- 3.2 i) Proteins  
i) Digestion  
ii) Absorption  
iii) Plasma proteins  
iv) Transamination, deamination, urea cycle, protein synthesis.
- 3.3) Lipids  
i) Digestion  
ii) Absorption  
iii) Plasma lipids  
iv) Transport in plasma  
v) Fatty acid oxidation  
vi) Ketone body formation and utilization  
vii) Biosynthesis of fatty acids, synthesis of triglycerides.  
viii) Cholesterol Biosynthesis.  
ix) Bile acids.

4. Minerals:

( A BRIEF STUDY OF DIGESTION, ABSORPTION, TRANSPORT, PHYSIOLOGICAL & BIOCHEMICAL FUNCTIONS, DEFICIENCY AND TOXICITY. REQUIREMENTS, SOURCES AND INTERACTION WITH EACH OTHER)

- i) Sodium and Potassium  
ii) Calcium and Phosphorus  
iii) Iron  
iv) Iodine  
v) Zinc  
vi) Copper  
vii) Magnesium  
viii) Other trace elements

5. Vitamin :

( A BRIEF STUDY: PHYSIOLOGICAL AVAILABILITY, PHYSIOLOGICAL AND BIOCHEMICAL FUNCTIONS. DEFICIENCY AND TOXICITY. REQUIREMENTS AND SOURCES AND INTERACTION WITH EACH OTHER).

- i) Vitamins A,D,E & K.  
ii) Thiamin  
iii) Riboflavin  
iv) Niacin  
v) Vitamin B6  
vi) Pantothenic acid  
vii) Biotin  
viii) Ascorbic acid

PRACITCAL

A research project report.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group A)

#### NUTRITION, HEALTH AND PREVENTION

**Paper: III (c)**  
**HE426**

Credit hours: 05  
Total Marks Theory: 100

- |    |  |   |
|----|--|---|
| 1  | DIETARY FIBER                              | Characteristics and sources.<br>Role of fiber in preventing diseases.   |
| 2  | OBESITY                                    | Types, causes, health risks, prevention and treatment.  |
| 3  | HYPERTENSION                               | Possible causes, consequences, prevention and treatment for hypertension.   |
| 4  | CARDIOVASCULAR DISEASES                    | Risk factors for coronary prevention and treatment.   |
| 5  | OSTEOPOROSIS                               | Definition, occurrence, classification, prevention and treatment.   |
| 6  | DENTAL HEALTH                              | Nutritional factors in tooth development<br>Dental caries, etiology and prevention.   |
| 7  | CANCER                                     | i) Possible causes of wasting with Cancer treatment.<br>ii) Possible effects of surgery for cancer on nutritional status.<br>iii) Anorexia and reduced food intake.<br>iv) Metabolic alterations and nutrient loss.<br>v) Role of diet in prevention of cancer. |
| 8  | DIARRHOEA IN INFANTS.                      |   |
| 9  | NUTRITIONAL DISORDER WITH LASTING EFFECTS. | i) Iron deficiency anemia.<br>ii) Protein energy malnutrition.<br>iii) Maternal malnutrition.   |
| 10 | DIABETES MELLITUS.                         |   |

#### REFERENCE BOOKS.

1. Zia, M. (2007). Applied Nutrition.
2. Mahan. K.; Escott, S. (2008) *Krause's Food Nutrition and Diet Therapy*.



B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

Elective Major (Group B)

TEXTILE CHEMISTRY

Paper: III (a)  
HE407

Credit hours: 05  
Total Marks: 100  
Theory: 75  
Practical: 25

**Objectives:**

1. To acquire basic chemical knowledge of fibers.
2. Knowledge of pre-treatment dyeing, finishing procedure of textiles.
3. To equip the students with the latest technology to become good professionals.

**Contents:**

The Chemistry of Fibers

**I. Textiles**

- a. Addition Polymers
- b. Condensation
- c. Crystalline Structure of Polymers
  - i. General
  - ii. Conditions for Crystal linity
  - iii. Principles of packing of Polymer chain
- d. Fine Structure
  - i. Orientation and crystal linity
  - ii. Chain length and molecular slip
  - iii. Effect of stretch on crystalline and amorphous regions.
  - iv. Properties due to crystalline and amorphous regions

**II. Chemistry of Cellulose**

- a. Purification of Cellulose materials
- b. Chemical constitution of cellulose e.g. Structures of the molecule and groups, degree of polymerization.
- c. Derivatives of Cellulose
  - i. Cellulose Esters
  - ii. Cellulose Ethers
  - iii. Reactivity of Hydroxyl groups
- d. Hydrolysis of cellulose
  - i. Hydrocellulose
  - ii. Rate of Attack
  - iii. Determination of the degradation; viscosity method, and group analysis
- e. Oxidation of cellulose
- f. Attack of cellulose by alkali

**III. Chemistry of Wool**

- a. Occurrence
- b. Histology
- c. Bilateral Structure
- d. Chemical composition
- e. Chemical Reactions of wool
  - i. Reactions with acids
  - ii. Reactions with alkali
  - iii. Treatment with water
  - iv. Cross linkages of wool

## SCHEME OF STUDIES

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### IV. Silk

- a. Occurrence, histology, chemical structure
- b. Chemical reactions of silk, degradation of acids, alkalis, oxidation, other agents, cross-linking.

### V. Chemistry of man made fibers

- a. Production of fiber
- b. Wet spinning.
- c. Dry spinning
- d. Melt spinning

### VII. Wet processing

- a. Pre-treatment
- b. Dyeing
- c. Finishing

### Practical:

1. Desizing of textile materials with enzymes.
2. Scouring of Textile materials by discontinuous and continuous processes.
3. Bleaching of textile materials with hypochlorite and Peroxide by discontinuous and continuous processes.
4. Cauterization of cotton material.
5. Optical brightening of textile materials.
6. Dyeing of textile materials by various methods using different types of dyestuffs.
7. Application of softeners, stiffening agents on Textile materials.
8. Determination of color fastness properties of dyed material to
  - a. Washing / Laundering
  - b. Rubbing
  - c. Light
  - d. Chlorinated Water
  - e. Perspiration
9. Chemical Analysis
  - a. Determining the strength of:
    - i. Acids
    - ii. Bases
    - iii. Hydrogen peroxide
    - iv. Hypochlorite
    - v. Common salt
  - b. Determination of:
    - i. Water hardness
    - ii. TDS in water
    - iii. PH of Water.

### Recommended books:

1. Carr, C. (1995). *Chemistry of the textiles industry*. Wood Head Pub. Ltd.
2. David, J., Watton, J., Philip L. P. (2001). *Textile chemistry impurities in fibers*. Oxford University Press, USA.
3. Cavaco, A. & Gubitz, G.M. (2003) *Textile processing with enzymes*. Wood Head Pub. Ltd.
4. Hall, A.T. (2004). *The standard hand book of textile*. (8<sup>th</sup> ed.). Wood Head Pub. Ltd. Cambridge, England.
5. Monerief. (1995). *Man made fibers*. By McMillan Company, USA.
6. Reymond, H. P. (1997). *Textile chemistry*. John Wiley & Co. USA.

**B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)**

**Elective Major (Group B)**

**DYEING AND PRINTING**

Paper: III (b)  
HE417

Credit hours: 05  
Total Marks: 100  
Theory: 50  
Practical: 50

1 **REPRARTION OF FABRIC.**

- a) Brief history and techniques of designing fabrics.
- b) Desizing, Scouring, bleaching of cotton, silk wool and synthetic dyes.

2 **DYEING OF FABRICS.**

- Classification of Dyes – basic dyes, cost of dyeing.
- Properties of dyes – selection of dyes , cost of dyeing.
- Methods of dyeing - top dyeing, solution, dyeing yarn dyeing, space dyeing
- “Ombr” dyeing. Piece dyeing etc.
- Application of dyes on cotton, viscose, acetate, silk, wool, nylon, polyester, acrylics, blends of Polyester/ cellulose and polyester / wool.

3 **FINISING OF FABRICS**

- Shearing Mercerizing, calendaring, pressing, drying preshrinking, heat setting, flame- proffing, water- proffing.

4 **PRINTING OF FABRIC.**

- Resist printing – Batik.
- Silk screen printing – flat bed and rotary screen printing.
- Discharge printing.
- Discharge printing.
- Direct printing – block printing roller printing, photographic printing.
- Printing of Cotton, silk, wool, synthetic and blends with various dyes by various styles of printing.
- After treatment of printed fabrics.

5 **COLOUR THEORY**

**PACTICAL**

1 a) **BLOCK PRINTING.**

- i) Creating suitable designs for drapery and other household articles.
- ii) Three samples and one project.

2 b) **SCREEN PRINTING.**

- i) Creating suitable designs for apparel wear.
- ii) Lacquier Block 3 samples and one project.
- iii) Photographic – 3 samples and one project.

3 **Dyeing Techniques- A. Shibori- 3 sample – 1 Project.**

- 1- Use of T-Janting tool 2. T-Jap method 3-Brush method.
- 4-3 samples one project or weaving project plus port folio with paper work.

**REFERENCE BOOKS.**

- 1 Joseph Marjory L, Essontials of Textiles, New York Holt, Rinhart and Winston 1976.
- 2 Carbman, Bernard P. Textile Faber to Fabric. New York Me Graw Hill Book Company 1975.
- 3. Lyle, Dorothy S. Modern Textile. New York John Willey and Sons Inc. 1976.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group B)

#### EXPERIMENTAL TEXTILES

Paper: III (c)  
HE427

Credit hours: 05  
Total Marks: 100  
Theory: 75  
Practical: 25

- I. Introduction to testing
- II. The elements of statistics
- III. The selection of sample for testing
- IV. Moisture relation and testing.
  - a. The measurements of atmospheric condition
  - b. Regain Humidity relation of Textiles
- V. Fiber dimensions and quality
- VI. Yarn dimensions
- VII. Fiber Identification qualitative and qualitative analysis.
- VIII. Fabric dimensions and properties
  - a. Fabric thickness
  - b. Count of the cloth
  - c. Crimp of yarn in fabric
  - d. Air permeability
  - e. Fabric stiffness, handle and drape
  - f. Crease resistance and crease recovery
  - g. Serviceability, wear, and abrasion resistance
  - h. Flammability
  - i. Water and fabric relationships
- IX. Tensile testing of Textiles  
Stress-strain mechanisms of textile. Fibers and fabrics.

#### Practical:

Practical will be based on theory topics

#### Recommended books:

1. AATCC: (1999). *Technical manual of the american association of textile chemists and colourists*. Vol.4.
2. Booth. (1999). *Principles of textile testing*. Chemical Publishing Inc. New York.
2. Chamot & Mason: (1998). *Handbook of Chemical Microscopy*. (Vol-III). New York: John Wiley and Sons. Inc.
3. Rattan, J.B. (2001). *Modern textiles technology*. New Delhi: Abishek Pub. Chandigarh-17, India.
5. Saville, BP. (2002). *Physical Testing of Textiles*. Wood Head, Pub. Ltd. Cambridge, England.
6. Soundarapandian, M. (2004). *Textile industry under globalization*. New Delhi: Dominant Pub. & Distributors, India.

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

Elective Major (Group C)  
EXCEPTIONAL CHILDREN

Paper: III (a)  
HE408

Credit hours: 05  
Total Marks: 100  
Theory: 70  
Practical: 30

- |     |   |
|-----|---|
| I   | <u>EXCEPTIONAL CHILDREN</u><br>1.1 An Introduction<br>1.2 Definitions of exceptional and special education.<br>1.3 current trends and issues : integration and early intervention.<br>1.4 Characteristics and early intervention of Gifted Children.<br>1.5 Parents and families of exceptional children. |
| II  | <u>MENTAL RETARDATION.</u><br>1.1 Definition and Classification<br>1.2 Prevalence and causes.<br>1.3 Psychological and behavioral characteristics.<br>1.4 Intervention, education and transition.   |
| III | <u>EMOTIONAL OR BEHAVIOURAL DISORDERS</u><br>3.1 Definition classification and identification.<br>3.2 Prevalence and causes.<br>3.3 Psychological and behavioral characteristics.<br>3.4 Intervention, education and transition.  |
| IV  | <u>COMMUNICATION DISORDERS</u><br>a. Definition and classification<br>b. Prevalence and causes of language and speech disorders.<br>c. Psychological and behavioral characteristics.<br>d. Early intervention education and transition.   |
| V   | <u>HEARING IMPAIRMENT</u><br>5.1 Definition and classification.<br>5.2 Prevalence and causes.<br>5.3 Psychological and behavioral characteristics<br>5.4 Intervention, education and transition.  |
| VI  | <u>VISUAL IMPAIRMENT</u><br>6.1 Definition and classification.<br>6.2 Prevalence and causes.<br>6.3 Psychological and behavioral characteristics.<br>6.4 Intervention, education and transition.  |
| VII | <u>PHYSICAL DISABILITIES</u><br>7.1 Definition and classification.<br>7.2 Prevalence and causes.<br>7.3 Psychological and behavioral characteristics.<br>7.4 Child abuse and neglect.<br>7.5 Educational considerations.<br>7.6 Rehabilitation programme.   |
- PRACTICAL
- Project based on need assessment of exceptional children.
  - Planning and delivering fifteen lessons at different institutions for exceptional children.

REFERENCE BOOKS.

Hallahan and Kauffman ( 1994 ), Exceptional Children – Introduction to Education. Allyn and Bacon.



## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR) Elective Major (Group C)

#### GUIDANCE AND COUNSELING OF YOUNG CHILD

Paper: III (b)  
HE418

Credit hours: 05  
Total Marks: 100  
Theory: 70  
Practical: 30

1. To enable the students to grasp sufficient knowledge on guidance and counseling.
2. To introduce the students to the need, approaches and processes of counseling, guidance consultant and child development referral services.
3. To familiarize the students with psychological testing and diagnosis, formal measurement and evaluation with special emphasis on test emphasis on test development skills.

#### **THEORY.**

##### **I. Guidance and counseling : An Introduction.**

- 5.1 Introduction to guidance and counseling: Needs, goals and sources.
- 5.2 Guidance and Counseling in historical perspective.
- 5.3 Application of guidance and Counseling.
- 5.4 Review of latest researches.

##### **II. Guidance and counseling in school.**

- a. Guidance in primary and secondary education.
- b. School curriculum and Guidance.
- c. Guidance team in the school and their roles.
- d. Approaches to guidance and counseling.

##### **III. The counseling process.**

- 3.1 Introduction and objectives.
- 3.2 Process and scope of counseling.
- 3.3 Techniques of counseling.
- 3.4 Counseling skills.

##### **IV. Human assessment for counseling.**

- a. Standardized test scores and their meaning.
- b. Types of Standardized tests.
- c. Concepts of human assessment Interdisciplinary for counseling.
- d. Group assessment techniques.

##### **V. Types of counseling.**

- a. Introduction and objectives.
- b. Individual counseling.
- c. Group counseling.
- d. Comparison of individual and group counseling. ( similarities and differences ).

##### **VI. Concerns in guidance and counseling.**

- 6.1 Problems and issues of guidance and counseling.
- 6.2 Counseling special group.
- 6.3 Mental hygiene and guidance.
- 6.4 Child development referral service for children in Pakistan.

**Practical**

1. A report on any of the issues in guidance and counseling and child development referral services.

OR

2. Developing implementing and reporting the results of the learning materials being used in education and health sectors.

**Reference books.**

1. Dr. Rashid M. ( 1962 ). Allied material of Education Guidance and counseling. Islamabad. Roohani Arts Press.
2. Gibson, L.R, Mitchell, H.M (2003) Introduction to counseling and guidance , 6<sup>th</sup> Edition. India Rahul Graphic Arts.
3. Gururani, D.G ( 2005 ) Guidance and counseling education vocational and career planning. New Delhi Aknasha Publishing House.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group C)

#### SOCIOLOGY

Paper: III (c)  
HE428

Credit hours: 04  
Total Marks Theory: 100

- I. Introduction
  - a). Sociology – Meaning and definitions.
  - b). Scope and significance
  - c). Fields of Sociology
  - d). Sociology and other Social Sciences.
- II. Social interaction and social structure.
  - a). Definition of Social Interaction
  - b). The nature and basis of social Interaction
  - c). Social processes
  - d). Social structure
  - e).
    - i). Status and Role
    - ii). Role conflict
    - iii). Power and authority
- III. Culture
  - a). Meaning and nature of culture
  - b). Properties of culture
  - c). Culture and socialization
  - d). Culture and personality
  - e). Cultural lag.
- IV. Social norms and sanctions
  - a). Social norms and its types
  - b). Social sanctions and its types
  - c). Values and its types
  - d). Deviancy and conformity
  - e). Mechanism and techniques of social control
- V. Social organization
  - a). Social organization – Definition, meaning and forms
  - b). Social groups and its types
  - c). Social Institutions (A brief discussion)
  - d). Community, definition and types
- VI. Social problems in Pakistan
  - a). Social problem definition
  - b). Social change and social problem
  - c). Social problems in Pakistan
    - i. over population
    - ii. Poverty
    - iii. child labour
    - iv. drug addiction
    - v. violence

#### **Recommended books:**

1. Bryjaks, G. J. & Michael, P.S. (1994). *Sociology cultural diversity in a changing world*. London: Allyn and Bacon.
2. Calhoun, C. & Donald, L. (1994). *Sociology*. New York: McGraw Hill Book Co.
3. Giddens, A. (1997). *Sociology*. (3<sup>rd</sup> ed.). U.K: Polity Press.
4. James, M. (2007). *Down to earth sociology: Introductory readings*. (4<sup>th</sup> ed.).
5. Kammeyer, K. C. & George, R. (1994). *Sociology experiencing changing societies*. London: Allyn and Bacon
6. Kenneth, J. N. & Damita, S.G. (2005). *Sociology, diversity, conflict and change*.
7. Sinclser, N. J. (1994). *Sociology*. U.K.: Oxford Blackwell.

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

Elective Major (Group D)

PAINTING & PRINTMAKING (PRACTICAL)

Paper: III (a)  
HE409

Credit hours: 05  
Total Marks: 100

**I. Drawing and Painting**

a. Candidate are required to produce four each in:

- i. Still Life
- ii. Landscape
- iii. Figure

c. Using the given media:

- i. Water Colour
- ii. Gauche or Acrylic
- iii. Oils

**II. Printmaking**

Candidates are requested to produce two final works in each: Pen & Ink.

**Examination**

There will be a practical exam of 3 hours for six days on one of the above media.  
Year's work to be presented for evaluation.

**Recommended books:**

1. Dowden, J.F. (2001). *Water in water colour*. Search Press Ltd.
2. Gregory, N. (2001). *Painting with oils*. Search Press Ltd.
3. Huntly, M. (2004). *Draw the human body*. A&C Black Publisher.
4. Monahan, P., Seligman, P. & Clouse, W. (2003). *Art school*. (A complete painter's course).  
Chancellor Press.
5. Spencer, R. (2004). *Draw the human body*. A&C Black Publisher.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group D)

#### CERAMICS (PRACTICAL)

Paper: III (b)  
HE419

Credit hours: 05  
Report / Portfolio: 30  
Practical: 70  
Total Marks: 100

- I. History of Pottery and Ceramics Techniques  
a. Early Islamic pottery from 7<sup>th</sup> C to 13<sup>th</sup> C.  
b. Pottery in Mesopotamia, Egypt and Persia

- II. Contemporary Ceramic of Pakistan.

- III. Clay  
a. Composition of clay  
b. Kinds of clays  
i. Primary clay  
ii. Secondary clay  
iii. Stone ware clay  
iv. Porcelain (china ware)  
v. Red clay  
vi. Fire clay

- IV. Methods of preparing pottery  
a. Hand Building  
i. Pinch  
ii. Coiling  
iii. Slab  
b. Throwing  
c. Alternative methods  
i. Mold making  
ii. Slip casting.

- V. Decoration  
a. Exploration of Design  
b. Techniques of Decoration

- VI. Glazing  
a. Types of glazes  
b. Application of glazes

- VII. Firing  
a. Kilns \_\_\_\_\_ Types and operations  
b. basic firing techniques



**Practical:**

1. Pinch Method
  - a. To make a vase decoration pieces.
  - b. To make a decorative panel (6"x12")
  - c. To give a sculpture form
2. Slab method
  - a. To design a piece of (10"x12")
  - b. To design a garden piece by mix methods. (Slab & Coil)
3. Coil methods
  - a. To give a non objective shape through coils
  - b. To make a vase of given size 6"x8", 10"x12".
  - c. To make a decorative piece of given height 6"x8", 10"x12" by mix method of (coil & slab)
4. Wheel method
  - a. To make a cylinder
  - b. To make a wide dish
  - c. To make a piece by adding lid & handle
5. Casting
  - a. To make four pieces in casting and decorate it with coil and blocks.

**Examination**

There will be a practical exam of three (3) hours for six (6) days.  
Portfolio and Year's work to be presented for evaluation.

**Recommended books:**

1. Charleston, R.J. (1990). *World ceramics an illustrated history*. London: The Hawley Publishing group Ltd.
2. De Waal, E. (1999). *Design source book ceramics*. New Holland Publishers, U.K.
3. Fairbairn, C. (2006). *An introduction to decorating and glazing pottery*. London: A step-by-step guide to techniques quantum Publishing Ltd.
4. Pancioli, D. (1999). *Extruded ceramics – Techniques, Projects, Inspirations*. New York: Lark Book. A division of sterling Publishing Co., Inc.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group D)

#### WEAVING (PRACTICAL)

Paper: III (c)  
HE429

Credit hours: 05  
Report / Portfolio: 30  
Practical: 70  
Total Marks: 100

- I. History of Weaving Techniques.
- a. The great centers in Italy: 13<sup>th</sup> century
  - b. Renaissance (Lucca, Florence, France, Venice)
  - c. The Baroque and Rococco in France.
  - d. English – 17<sup>th</sup> and 18<sup>th</sup> Century
  - e. American Weaves and Patterns.
  - f. Indo-Pakistan 2500 B.C. – 20<sup>th</sup> Century
- II. Types of Loom
- a. Primitive loom
  - b. Draw loom
  - c. High and low warp loom
  - d. Horizontal and upright loom
  - e. Jacquard loom
  - f. Power loom
  - g. Computerized loom

#### Practical:

1. Plain weave
2. Twill weave
3. Over short weave
4. Combination weaves
5. Lace weave
6. Tapestry weave
7. Non loom processes.

#### Year's Work

1. One woven fabric length (2x3 yards)
2. Portfolio of samples size 8"x10" or 10"x12"  
each woven sample should be accompanied by following information;
  - a. Graphic of designs
  - b. Stages of design development
3. One Tapestry designed and woven.
4. One creative project

#### Examination:

There will be a practical exam of 3 hours for 6 days.  
Students will present a professional portfolio for evaluation.

#### Recommended books:

1. Cox, D. & Warrcu, B. (1999). *Creative hands*. New York: John Wiley and Sons.
2. Harris, J. (1999). *5000 years of textiles*. London: British Museum Press.
3. Vera, M. (1997). *Weaving Patterns for the two way loom*. Leicester: Deyod Press.

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

Elective Major (Group D)

TEXTILE DESIGNING AND PRINTING (PRACTICAL)

Paper: III (d)  
HE439

Credit hours: 05  
Report / Portfolio: 30  
Practical: 70  
Total Marks: 100

- I. History of Printing Technique
  - a. Asia, Africa, America
  - b. Europe
  - c. Indo- Pakistan
- II. The Textile Industry
  - a. The Industry
  - b. Role of the local industry in Textiles
  - c. Industrial printing processes
  - d. Computer aided design
- III. Textile marketing
- IV. Textile design
  - a. Design Inspiration
  - b. Types of design
  - c. The Croquis
  - d. Repeat
  - e. The Importance of Colour
- V. Techniques and media of Textile Decoration
  - a. Block printing
  - b. Tie and dye
  - c. Batik
  - d. Silk screen
  - e. Mix media
  - f. Hand painting
  - g. Dye and dyestuff
  - h. Treatment of fabrics
- VI. Fibers and Fabrics
  - a. Natural fibers
  - b. Man-made fibers
  - c. Blended fabrics
  - d. Woven and knit
  - e. Finishing processes

**Examination:**

The students will submit a professional portfolio of year's work.  
There will be practical exam of 3 hours for 6 days.

**Recommended books:**

1. Belfer, N. (1992). *Batik and tie dye techniques*. USA: Dover Publications, Inc.
2. Janas, J. & Tuckman, D. (1992). *The complete book of silk painting*. Cincinnati North Light Books.
3. Korwin, L. (1990). *Textiles as art*. Chicago: L. Lorwin.
4. Miller, S. & Elffers, J. (1998). *Textile designs*. London: Thames and Hudson Ltd.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group D)

#### INTERIOR DESIGN

Paper: III (e)  
HE449

Credit hours: 05  
Total Marks: 100  
Theory: 50  
Practical: 50

A short history of interiors from 17<sup>th</sup> century ----- 20<sup>th</sup> Century.

#### Historical Table (17<sup>th</sup> Century)

- I. France:
  - a. Baroque period
- II. England:
  - a. Jacobean period
- III. France:
  - a. Rococo period
- IV. England:
  - a. William and Mary
  - b. Queen Anne
  - c. Georgian
  - d. Chippendale
  - e. Hepplewhite
  - f. Sheraton
  - g. Victorian
- V. France:
  - a. Modern Movement
- VI. United States:
  - a. Historic Modification and Adaptation modern of Movement 1924
  - b. Raj period and Pakistan today

#### Practical:

- 1. The students will submit a Décor plan of the following:
  - a. Domestic
  - b. Office
  - c. Institution
  - d. Renovation
- 2. Drawing (Perspective Drawing)
  - a. Colour plates

**Evaluation:** There will be a practical examination of 3 hours for 6 days.

#### Recommended books:

- 1. Chiara, J. D. P., Julius, Z. M. (1991). *Time sever standards for interior design and space planning*. McGraw Hill. Inc.
- 2. Fiel, P. & Charlotte. (2001). *Modern furniture classics, postwar to post modernism*. London: Thames & Hudson.
- 3. Pile, J. (2000). *A history of interior design*. London: Calmana A. Kind. Ltd.
- 4. Pile, J. F. (1995). *Interior design*. New York: Harry N. Abrams Inc. Publications.

**B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)**

**Elective Major (Group E)**

**MARKETING MANAGEMENT**

**Paper: III (a)**

**Credit hours: 05**

**HE410**

**Total Marks Theory: 100**

**Objectives:**

1. Defining market and the importance of management in modern economic activity seeking out opportunities and turning them into profitable business ventures.
2. Teaching individual strategic planning marketing techniques, making right disciplines and using analytical skills demanded by all business enterprises.

**I. Introduction**

- a. Definition and scope of Marketing Management
- b. Marketing Function
- c. Who perform the marketing function.
- d. The societal marketing concepts

**II. Management and Market**

- a. Definition and scope of management
- b. Relationship of management and market
- c. Strategic Planning – Meaning, importance and steps of strategic planning
- d. Developing a target market strategy

**III. Marketing Segmentation**

- a. Meaning
- b. Basis for Market Segmentation
- c. Criteria for Effective Targeting of market segments.
- d. Implementing segmentation strategies
- e. Market segments with relation to wants in the relevant field.

**IV. The Product Development and Management.**

- a. What is a product?
- b. Product objective
- c. An analysis of competition position
- d. Trends and market
- e. New product development process.

**V. Finance and product**

- a. Planning and organizing finance
- b. Micro-credit
- c. Pricing – scope
- d. Pricing objectives and strategy

**VI. Decision making and market demand**

- a. Meaning and importance
- b. Decision under risk: certainty and uncertainty
- c. Defining and creating marketing demand
- d. Using and possessing Relationship marketing

**Recommended books:**

1. Bartol, K., Tein, M., Maethews, G., Martin, D. (2003-04). *Management – a pacific rim focus*. (Enhanced ed.). McGraw Hills.
2. Czinkota, M.R. & Kotabe, M. (2001). *Marketing management*. (2<sup>nd</sup> ed.). South Western College Publishing.
3. David, F.R. (2003). *Strategic management concepts and cases*. (9<sup>th</sup> ed.). Pearson Education.
4. Koteler, P., Armstrong, G. (1999). *Principles of marketing*. New Jersey Printers Hall.
5. Robbins, P. S. (2006). *Fundamentals of Management*. Dorling Kindersley India Pvt.



## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### Elective Major (Group E)

#### INTERIOR DESIGN PROJECTS (PRACTICAL)

Paper: III (b)  
HE420

Credit hours: 05

Total Marks Practical: 100

#### Objectives :-

To impart knowledge in students about furniture designing and applying that knowledge from a practical point of view.

#### Course Outline:

1. Individual projects are to be developed and presented for evaluation supported with samples, portfolios, market surveys and feasibility reports.
2. The projects are mainly pertaining to interiors like,  
Renovation.  
Decorative .  
Commercial.

The students also plan design and execute fourth project which is termed as group project taking any part or area from the institution that needs attention or enhancement. Every group presents a report and best work is selected, the students are then required to give it a concrete form. Due time period is given for each project and the students are evaluated on the basis of their portfolios, presentations, and feasibility.

#### Reference Book:-

1. Chaiera D.J, panero J and Zelink M ( 2001 ), " Time saver standard for Housing and Residential Development". Ma Graw Hill. U.S.A.
2. Kinklighter E.C and Kinklighter C.J ( 2005 ), " Residential Housing and Interiors Students Guide". Goodhenrt. Inc Wiley.
3. Relevant Government current publications on Physical Planning.
4. Seminars and Internships with architect Interior Designers.
5. Visitations and market survey.

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)  
Elective Major (Group E)

FUNDAMENTALS OF FURNITURE AND FURNISHINGS

Paper: III (c)  
HE430

Credit hours: 05  
Total Marks: 100  
Theory: 70  
Practical: 30

**Objectives:**

Students are made aware of the local crafts, their revival use and aesthetic appeal in interiors. To impart knowledge and skills about furniture and furnishings and providing know how about running a small scale enterprise.

1. Review of furniture and furnishing with reference to Pakistan.
  - a. History of furniture and furnishing, salient features.
  - b. Provincial and local styles.
  - c. Functional and decorative aspects.
2. Review of regional soft furnishing materials and their use in interiors.
  - a. Hand woven textile – khaddar, sussi, lungi, wood cloth patti etc.
  - b. Traditional embroidery patterns, riley work, mirror work, phulkari etc.
  - c. Soft furnishing materials, review in terms of designing and cost.
3. A study of floor coverings of Pakistan, traditional and machine made,
  - a. Woven rugs ( Namded. Gabs etc).
  - b. Durries
  - c. Hand knotted carpets.
  - d. Machine made floor converging.
  - e. A review of Pakistan carpet industry.
4. A review of regional accessories and decorative materials
  - a. Functional and decorative uses
  - b. Provincial and local accessories.
5. Decorative finishes and treatment of furniture
  - a. Materials available wood, steel, plastics, etc.
  - b. Finishing techniques – polish, lacquer, deco, etc.
  - c. Cost durability and selection of furniture.

## SCHEME OF STUDIES

### PRACTICAL

- a. Multimedia and visual presentations on arts, crafts and techniques used in interiors.
- b. Portfolio

### RECOMMENDED BOOKS

1. Riaz-ud-Din Akthar, Handy – Craft of Pakistan.
2. Ministry Institute, Govt. of Pakistan. Thread lines Pakistan.
3. National Institute of Folk and Traditional Heritage, Islamabad. Tile work in Pakistan.
4. I. A. Rehman. Arts and Crafts Pakistan.
5. Oriental Carpets.
6. Industry and Craft of Pakistan. Good Publication on the Carpets
7. Kick lighter and kick lighter. Residential housing.
8. Binggel, Corky 2003 “ Building system for Interior Designers” by John Wiley.
9. Yeager, Teter, Justice and Laurak, (2000), “ Textiles for Residential and commercial Interiors”. 2<sup>nd</sup> Edition Fair Child Publications.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### MATHEMATICS

(Algebra & Calculus)

**Paper: IV**  
**HE403**

**Credit hours: 04**  
**Total Marks: 100**

#### **Chapter 1**

##### **Solution of System of Two Equations**

- Solution of linear equation in one variable.
- Solution of simultaneous linear equation by:
  - i. Substituting the values
  - ii. By Comparison
  - iii. By equating the coefficient
- Solution of a system of two equations  
One of them is linear and the other is quadratic in two variables.

#### **Chapter 2**

##### **Quadratic Equations**

- Solving a quadratic equation in one variable by:
  - i. Factorization
  - ii. By completing square.
  - iii. The quadratic formula
- Derivation of quadratic formula.
- Solution of the equations reducible to quadratic equation in one variable.

##### **Type 1**

$$ax^4 + bx^2 + c = 0$$

##### **Type 2**

$$ap(x) + b/p(x) = c$$

##### **Type 3 reciprocal equation**

$$ax^4 + bx^3 + cx^2 + bx + a = 0$$

##### **Type 4**

**Exponential equations**

##### **Type 5**

$$(x+a)(x+b)(x+c)(x+d) = k \quad (\text{where } a+b=c+d)$$

##### **Type 6**

$$ax^{2n} + bx^n + c = 0 \quad a \neq 0$$

## SCHEME OF STUDIES

### Chapter 3

#### Complex Number

- Concept of complex numbers
- Basic operations complex numbers
- (Addition, subtraction, multiplication and division)
- Conjugation, modules (absolute value) and its properties

$$z \cdot \bar{z} = |z|^2$$

$$|z| = |\bar{z}|$$

$$|z| = |-z|$$

$$z_1 \bar{z}_2 + z_2 \bar{z}_1 = 2\operatorname{Re}(z_1 \bar{z}_2)$$

$$\bar{\bar{z}} = z$$

$$(\bar{z}_1 / z_2) = \bar{z}_1 / z_2$$

$$z_1 + z_2 = \bar{z}_1 + \bar{z}_2$$

$$|z_1 \cdot z_2| = z_1 \cdot z_2$$

### Chapter 4

#### Matric and Determinants

- Order of a matric
- Transpose of a matrix
- Kind of matrices (rectangular, square, transpose, diagonal, scalar, null & unit matrix)
- Equality of matrices
- Conformability for addition and multiplication of matrices, determinant of 2\*2 matrix
- Singular
- Non singular
- Inverse of a 2\*2 matrix
- Solution of simultaneous linear equation by using Creamer rule
- Multiplication of two matrices is not commutative.
- Verification of

$$(AB)^{-1} = A^{-1} B^{-1}$$

$$(AB)^1 = A^1 B^1$$

### Chapter 5

#### Fundamentals of Trigonometry

- Introduction
- Trigonometric functions
- Trigonometric functions of any angle
- Relationship between radians and degrees
- Fundamental identities and proves

## SCHEME OF STUDIES

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- i.  $\sin^2 \theta + \cos^2 \theta = 1$
- ii.  $1 - \tan^2 \theta = \sec^2 \theta$
- iii.  $1 + \cot^2 \theta = \operatorname{cosec}^2 \theta$

- Signs of the trigonometric functions

### Chapter 6

#### Functions and Limits

- Concept and functions
- Graphs of algebraic linear functions and trigonometric functions
- Concepts limits and application

### Chapter 7

#### Remainder Theorem

- Introduction to remainder theorem
- Application to remainder theorem
- Use of synthetic division in finding depressed equation for solving them

### References

Kaufmann. J.E. *College algebra and trigonometry*. (Latest Ed.). PWS-Kent Company, Boston.

Swokowski. E.W. *Fundamentals of algebra and trigonometry*. (Latest Ed.).

Swokowski. E.W., (1983). *Calculus and Analytic Geometry*. (Latest Ed.). PWS-Kent Company, Boston.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>th</sup> YEAR)

#### Elective Supplementary

#### INSTITUTIONAL MANAGEMENT

Paper: V(a)  
HE436

Thesis / Paper + Report

Credit hours: 06

Total Marks: 150

Theory: 60

Practical: 40 +

Report: 50

#### **Objectives:**

1. To apply knowledge of Food and Nutrition in developing menus, food services, marketing procedures in food service institutions.
  2. To manage budgets, personnel and sanitation in the institutions.
  3. To develop skills in report writing and evaluation.
- I. Meal Planning in Institutions.
    - b. Aims & Objectives
    - c. Factors affecting meal planning in institutions
    - d. Menu planning for different institutions at different income levels.
  - II. Types of Food Service
    - a. Waiter service.
    - b. Self
    - c. Service
    - d. Hospital service
    - e. Drive in service
  - III. Organization of Food Services
    - a. Purpose
    - b. Types
    - c. Tools (Kitchen Planning Storage)
    - d. Sanitation
  - IV. Management of Canteens, Hostels, Hospitals. Nursery schools. Homes with paying guests and other establishments.
  - V. Management
    - Concepts of management with special reference to institutional management referred to above
    - Management of personnel, resources and material,
    - Experience in portion control
  - VI. Field trips, visits to different types of food service units  
Visits to different types of markets  
Knowledge of market and wholesale prices.



## Practical

1. Practice in Meal Planning
  - (i) Planning one week's menu for an average sized hostel, calculating nutritive value and cost per person
  - (ii) Planning one week's menu for a hospital based on actual need. Hospitals visits are essential.
  - (iii) Planning a menu for college canteen:  
Preparation of lists of snacks available to students calculation of actual and sale prices of snacks and assessment of their nutritive value.
  - (iv) Planning one week's menu for the college nursery school, based on actual sum available.
  - (v) Planning one week's menu for a house with two paying guests. i.e. Foreign students of middle income level. Calculating cost and income to the household.
2. Management of Hostel and Cafeteria Food Service
  - a) Food Preparation & Service:
    - i. Preparation of snacks for the college nursery section once a week.
    - ii. Managing college canteen twice a term. \*(4times a year). A report of each experience along with the detail of accounts will be kept in the file.
    - iii. Preparing and serving at least 4 hostel meals including breakfast.
3. Developing standardized quantity recipes.
  - a. Common recipes of meat.
  - b. Common recipes of vegetables.
  - c. Fresh vegetables pulses & legumes.
  - d. Common cereal recipes.
  - e. Common desserts.
4. Field Trips
  - a. Four to six trips to different types of institutions.  
(report on trips to be recorded in the file)
  - b. Officers & Government Hostels
  - c. College /School Hostels.
  - d. Bakeries.
  - e. Hospitals.
  - f. College University and other Cafeterias etc.

### Recommended books:

1. Nagar, B. (2007). *Food and beverage management*.
2. Shiring, S.B. (2001). *Introduction to catering – ingredients for success*.

## SCHEME OF STUDIES

### B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

#### FASHION & BOUTIQUE MANAGEMENT

**Paper: V(b)**  
**HE437**

**Thesis / Paper + Report**

**Credit hours: 06**

**Total Marks Paper: 150**

**Theory: 60**

**Practical: 40 +**

**Report: 50**

#### **OBJECTIVES:**

Upon successful completion of this course, the student will be able to

- Demonstrate skills necessary to create effective contemporary displays and fashion shows.
- Explore new trends in visual merchandising and capable of researching ideas.
- Develop and demonstrate critical thinking skills in evaluating and executing displays.
- Identify and apply the principles and elements of design in fashion shows and window displays.

#### **COURSE OUTLINE:**

- Introduction to fashion, fundamental of fashion, concept, terminology and forecast.
- Types of fashion: Haute Couture, Ready to wear
- Introduction to contemporary Visual Merchandising
- Introduction to marketing
- Product definition and life cycle
- Analyzing consumer buying habits and finding marketing "gaps"
- Inventory purchasing, Inventory control, pricing
- Location and marketing Promotional budgets (methods of evaluation), In store display, Personal selling, advertising.
- Display accessories and Tool Box
- Developing a Design Budget
- Taking down fashion show and store Displays
- Evaluation with store Owner/manager/supervisor

#### **LAB OUTLINE:**

- Setting Up store Display with Help from Other Students (group activity)

#### **Reference Books:**

1. Visual Merchandising and Display, by Pegler, 1998, Fairchild.
2. Diamond, J & Diamond, E. Contemporary Visual Merchandising & Environmental Design. 3<sup>rd</sup> Edition. Prentice Hall, 2004.
3. Guide to Producing a Fashion Show by Judith C. Everett and Kristen K. Swanson, 2<sup>nd</sup> Edition, 2004, Fairchild.
4. Visual Merchandising: The Business of Merchandise Presentation (Sv-Fashion Merchandising) [Paperback] Robert (Robert Colborne) Colborne
5. Applied Visual Merchandising (3<sup>rd</sup> Edition) [ Hardcover]
6. Kenneth H. Mills, Judith E. Paul, Kay Moormann Publisher: Prentice Hall, Published: December 20, 1994.

B.S. HOME ECONOMICS PART II (2<sup>ND</sup> YEAR)

**Elective Group-B**

**GERONTOLOGY**

Paper: V(c)  
HE438

Thesis / Paper + Report

Credit hours: 06  
Total Marks Paper: 150  
Theory: 60  
Practical: 40+  
Field Work: 50

**Objectives:**

Students should be able to

1. Identify ageing as a normal developmental process of human life.
2. Understand biological and Socio - psychological aspects of ageing in Pakistan.
3. Familiar with some studies in Gerontology in Pakistan.

**Chapter No. 1. Introduction:**

Gerontology and overview, Theories of Gerontology, Significance of Gerontology on International (Pakistan) Level.

**Chapter No. 2. Adulthood and Aging:**

Biological changes; Cognitive functions; Personality development; Stage of adult development; Death, Dying, Grief and Widowhood

**Chapter No. 3. Social Analysis of Aging:**

The family Lifestyles, Gender issues, Work & Retirement, Leisure, Rural s. Urban. Institutionalized care Vs. Home Care

**Chapter No. 4. Care of the Elderly:**

Understanding of elderly problems, Counseling of Elderly, Elderly Health Care and Nutrition

**Chapter No. 5. Elderly Demography:**

Characteristics of Elderly Population, Statistics and Research in Aging.

**Lab Work:** Field Survey on related issues.

## SCHEME OF STUDIES

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### Recommended books:

1. Janet, W. & Kenneth, F. (2006). Gerontology: Perspectives and issues. (3<sup>rd</sup> ed.).
2. James, A. B. and Catherine, N. D. (2007). Handbook of gerontology: Evidence-based approaches to theory, practice, and policy.
3. Nancy, H. A. K. (2007). Social gerontology: A multidisciplinary perspective. (8<sup>th</sup> ed.).
4. Nancy, H. A. K. (2004). Social gerontology with research navigator: A multidisciplinary perspective.
5. William, R., Hazzard, J. P., Blass, B., Halter, & Joseph, G. (2007). Principles of geriatric medicine and gerontology
6. Cavanaugh, J. (2006) Adult development and aging, 5<sup>th</sup> Edition. Graphic World Inc.
7. Mason (2009). Adulthood and aging. Prebtice Hall.
8. Charles Susan T. (2008). Current directions in adulthood and aging. Person Inc.
9. Hayslip, Panek, and Patrick (2007). Adult development and Aging. Krieger Pub.
10. Hooman and Kiyak (2008). Social gerontology: A multidisciplinary perspective. (8<sup>th</sup> ed.). Paerson/Allyn & Bacon.
11. Blackburn and Dalmus (2007). Handbook of gerontology: Evidence based approaches. John Willey & Sons Inc.
12. Gibson, J.W.(2006). The Dynamics of Aging Families: A Handbook for Adult Children. Combo Press, USA.
13. Morgan, L. and Kunkel, S.(2001). Aging: The Social Context (2<sup>nd</sup> Edition), Pine Forge Press.
14. Kaye, L.W. (2005). Perspectives on Productive Aging: Social Work with the New Aged. NASW Press. USA

B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)

ART EDUCATION

**Paper: V(d)  
HE459**

**Thesis / Paper + Report**

**Credit hours: 06**  
**Total Marks Paper: 150**  
**Theory: 60**  
**Practical: 40 +**  
**Report: 50**

**I. Philosophy of Art**

- a. Definition of Art.
- b. The meaning of Art for Education.
- c. The free expression in Art or play.
- d. Experience.
- e. Personality Development.
- f. Assimilation and projection.

**II. The importance of creativity what it really is and what its prospects are in Education**

- a. Definition and traits of creativity.
- b. Importance of Art for creativity.
- c. Importance of creative activity in elementary education.
- d. Creativity as a goal of education.

**III. Art in Education**

- a. The importance of art in education.
- b. The meaning of integration in art education.
- c. The meaning of art in the class room.
  - i. The importance of creative products.
  - ii. The psychological importance of the products.
  - iii. Importance of materials and skills.
- d. The teacher's role in the class room.
- e. Evaluation of work
- f. Teaching Methods in art
- g. Displays and Art competitions

**IV. The Developmental Stages in Art Education for Children.**

- a. The beginning of self-expression scribbling stage 2-4 years.
- b. The preschematic stage: 4-7 years.
- c. The achievement of a form concept in schematic stage 7-9 years.
- d. The age of dawning realism the gang age 9-12 years
- e. The age of reasoning the pseudo naturalistic stage 12-14 years
- f. The period of decision: 13 years and onwards.

## SCHEME OF STUDIES

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### Practical:

1. The students will learn and be proficient in the use of various Art techniques and materials in a variety of studio areas.
2. The students will plan lessons through general and specific objectives in teaching Art experiences to students in public school situations at Elementary, Primary and Secondary and high school levels.
3. The student-teacher will observe the Art work of students at the school in order to understand the suitability of Art Techniques processes, media and materials and tools in relation to grade and age levels.
4. The students will demonstrate the ability to observe and evaluate the Art work.
5. 6 lessons planned and delivered by every students
6. Students would submit their lesson plans in portfolio.
7. There will be a written practical examination for 3 hours and practical examination of 3 hours for 6 days.

### Recommended books:

1. Barnes, R. (2002). *Teaching art to young children 4-9 years*. (3<sup>rd</sup> ed.). Biddies Ltd. Guild Ford and King's Lynn. U.K.
2. Forsyth, L., Jolliffe, A. & Steven, D. (1999). *Delivering a course, practical strategies for their, lecturers & trainers*. (2<sup>nd</sup> ed.). Stylus Publications Inc. USA.
3. Freedman, K. (2003). *Teaching visual culture curriculum, aesthetics and social life of art*. Teachers's College, Columbia University. USA.
4. Freedman, K. & Hernandez, F. (1998). *Curriculum culture and art education, comparative perspective*. State University of New York. USA.
5. Reuther, B.M. & Fogler, D.E. (2001). *Art curriculum activities kit*. New Jersey: Parker Publishing Co.
6. Sharma, O. P. (1994). *Art in art*. New Dehli: Abhinav Publications, India.



**B.S. HOME ECONOMICS PART II (4<sup>TH</sup> YEAR)**

**LANDSCAPE DESIGN**

**Paper: V(e)  
HE440**

**Thesis / Paper + Report**

**Credit hours 06**  
**Total Marks Paper: 150**  
**Theory: 60**  
**Practical: 40 +**  
**Report: 50**

**OBJECTIVES:**

- To promote a sense of responsibility in the students regarding environmental aesthetics.
- To instill a professional attitude towards landscape designing in homes and communities.
- To develop expertise in planning landscape in a variety of styles.

**CONTENTS:**

1. Landscape History & Background
  - Defining the basic concepts
  - History of Landscape / Gardening
  - Scope and importance of Landscape Designing
2. Landscape Design Philosophy & Aesthetics
  - Principles of Landscape
  - Planning of Landscape
3. Hard Landscape Design
  - Use of construction materials in landscape.
4. Soft Landscape Design
  - Plants / materials in landscape
  - Role of Horticulturists/Botanist/Geologist
5. Types of Landscape Styles
  - Islamic
  - Mughal
  - Japanese
  - French
  - Roof Landscape
  - Formal / Informal
6. Contemporary Trends in Landscape Design
7. Landscape Architecture
  - Energy – efficient Landscape Design
  - Green Roof concepts
  - Garden Design (Small Houses, Villas, Farm Houses)
  - Commercial Landscape (Hospitals, Theme Parks, Institutions, Shopping Malls, etc.)

## SCHEME OF STUDIES

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### Practical

- (1) To develop a landscape model of the selected style for any commercial and residential area. The following points must be kept in mind while developing the model.
- Principles and Planning of landscape
  - Seasonal Plants, Shrubs and Ferns.
  - Fusion of colour and soft & hardscape materials.
- (2) Development of a plan with complete details of the model.

### REFERENCES:

Bertt, S., B. & Grant, K. (1976). *Small City Gardens* London: Abelard Schuman Limited

Hass, C. (1996). *Landscape Design: How to plan your own landscape*. San Ramon: The Solaris Group

Cotton, L. & ASLA. (1980). *All about Landscape Design* America: Ortho Books.

[www.sustland.umn.edu/design/landsapeym.html](http://www.sustland.umn.edu/design/landsapeym.html)

<http://en.wikipedia.org/wiki/Bagh-e-Jinnah>

[http://www.gardenvisit.com/history\\_theory/garden\\_landscape\\_design\\_articles/garden\\_types/chines\\_garden](http://www.gardenvisit.com/history_theory/garden_landscape_design_articles/garden_types/chines_garden)

[http://www.getty.edu/education/teachers/classroom\\_resources/curricula/landscapes/background1.html](http://www.getty.edu/education/teachers/classroom_resources/curricula/landscapes/background1.html)

[http://www.larch.umd.edu/classes/larc/1160/readings/laurie\\_garden\\_history\\_1.pdf](http://www.larch.umd.edu/classes/larc/1160/readings/laurie_garden_history_1.pdf)