

GC UNIVERSITY, FAISALABAD



Scheme of Studies

BS (Honors) Home Economics

4 years Degree Program under Semester System For the year 2014 and onward

Institute of Home and Food Science

GC UNIVERSITY, FAISALABAD



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4 years Degree Program under Semester System For the year 2014 and onward

Institute of Home and Food Sciences

GC University, Faisalabad

Govt. College University, Faisalabad
Institute of Home and Food Sciences
Revised Scheme of Studies 2014
BS Home Economics
Four Years Degree Programme

Semester I

Course Code	Title of the Course	Credit Hours	Status
Major Course			
HEC-301	Introduction to Home Economics	2(2-0)	Revised
HEC-303	Fundamentals of Food & Nutrition	3(2-1)	" "
HEC-305	Textiles and Clothing	3(2-1)	" "
HEC-307	Introduction to Art and Design	3(2-1)	" "
Minor Course			
ENG-321	English-I EAP(English for Academic Purposes)	3(3-0)	
CS-101	Introduction to information & Communication Technologies	3(2-1)	
BHS-316	Biology/Pharmacology	3(2-1)	
Total		20(15-5)	

Semester II

Course Code	Title of the Course	Credit Hours	Status
Major Course			
HEC-302	Meal Management	3(2-1)	Revised
HEC-304	Clothing and Consumer Education	3(2-1)	" "
HEC-306	Applied Art and Design	3(2-1)	" "
HEC-308	Life Span Development	3(2-1)	" "
Minor Course			
ENG-322	English-II Reading, Writing, Speaking and Listening Skills	3(3-0)	
ISL-446	Islamic Studies/ Ethics	2(2-0)	
ACH-403	Fundamentals Of Biochemistry	3(2-1)	Revised
Total		20(15-5)	

Semester III

Course Code	Title of the Course	Credit Hours	Status
Major Course			
HEC-409	Home Management & Housing	3(2-1)	Revised
HEC-411	Family and Community Development	3(2-1)	Revised
HEC-413	Family Economics	3(3-0)	Revised
Minor Course			
MIC-301	General Microbiology I	3(2-1)	New Course
ENG-421	English III-(Communication Skills)	2(2-0)	
BIM-715	Basic Mathematics	3(3-0)	
Total		17(14-3)	

Scheme of Studies BS Honors Home Economic

Semester IV

Course Code	Title of the Course	Credit Hours	Status
Major Course			
HEC-410	Applied Housing & Home Management	3(2-1)	Revised
HEC-412	Special Children Education	3(3-0)	Revised
HEC-414	Entrepreneurship Development	3(3-0)	New Course
Minor Course			
HP-406	Household Physics	3(2-1)	
STA-351	Introduction to Statistical Theory	3(3-0)	
PST-322	Pakistan Studies	2(2-0)	
Total		17(15-2)	

Semester V

Course Code	Title of the Course	Credit Hours	
Compulsory Subject			
HEC-515	Home Economics Education, Administration & Supervision	3(3-0)	
Major Courses (Food & Nutrition)			
FAN-517	Food Preservation	3(2-1)	Revised
FAN-519	Experimental Foods	3(2-1)	" "
FAN-521	Advanced Nutrition	3(2-1)	" "
FAN-523	Dietetics	3(2-1)	" "
Major Courses (Textiles & Clothing)			
TAC-517	Fundamentals of Garment Construction	3(2-1)	New Course
TAC-519	Pattern Making	3(1-2)	Revised
TAC-521	Fashion Designing and Illustrations	3(1-2)	" "
TAC-523	Structural Textile Design	3(2-1)	" "
Major Courses (Applied Art & Design)			
AAD-517	Early Ages of Art	3(3-0)	Revised
AAD-519	Art Education	3(2-1)	" "
AAD-521	Drawings Techniques	3(1-2)	" "
AAD-523	Commercial Art	3(2-1)	" "
Major Courses (Human Development and Family Studies)			
HDF-517	Development from Prenatal to Infancy	3(3-0)	
HDF-519	Childhood Care and Development	3(2-1)	Revised
HDF-521	Adolescent Development	3(2-1)	" "
HDF-523	Adulthood and Aging	3(2-1)	" "
Major Courses (Interior and Environmental Design)			
IED-517	Interior Space Planning I	3(2-1)	Revised
IED-519	Fundamentals of Interior Architecture I	3(2-1)	" "
IED-521	Designing the Furniture	3(2-1)	" "
IED-523	Interior Design Application (Perspective Drawing/Studio)	3(1-2)	" "

Scheme of Studies BS Honors Home Economic

Major Courses (Resources and Facility Management)			
RFM- 517	Essentials of Management	3(3-0)	Revised
RFM- 519	Entrepreneurship for home based Industry	3(2-1)	" "
RFM- 521	Management of household Affairs	3(2-1)	" "
RFM- 523	Fundamentals of Marketing	3(3-0)	" "
Total		15	

Semester VI

Course Code	Title of the Course	Credit Hours	
Compulsory Subject			
HEC-516	Methods of Research	3(3-0)	Revised
Major Courses (Food & Nutrition)			
FAN-518	Physiological Aspects of Nutrition	3(2-1)	Revised
FAN-520	Nutritional Biochemistry	3(3-0)	" "
FAN-522	Food Microbiology	3(2-1)	" "
FAN-524	Community Nutrition	3(2-1)	" "
Major Courses (Textiles & Clothing)			
TAC-518	Textiles Computer aided Design	3(1-2)	
TAC-520	Fiber Chemistry	3(2-1)	Revised
TAC-522	Textile Processing and Finishing	3(3-0)	" "
TAC-524	Fundamentals of Drapping	3(1-2)	
Major Courses (Applied Art & Design)			
AAD-518	History of Art	3(3-0)	Revised
AAD-520	Applied Art Education	3(2-1)	" "
AAD-522	Home Art And Craft	3(1-2)	New Course
AAD-524	Fundamentals of Designing	3(1-2)	New Course
Major Courses (Human Development and Family Studies)			
HDFS-518	Positive Psychology	3(2-1)	Revised
HDFS-520	Early Childhood and Guidance	3(2-1)	" "
HDFS-522	Theories of Human Development	3(3-0)	" "
HDFS-524	Communication in Human and Family Relations	3(2-1)	" "
Major Courses (Interior and Environmental Design)			
IED-518	Interior Space Planning II	3(2-1)	Revised
IED-520	Fundamentals of Interior Architecture II	3(2-1)	" "
IED-522	Designing For Soft Furnishing	3(2-1)	" "
IED-524	Interior Environment(Physical Aspect)	3(2-1)	" "
Major Courses (Resources and Facility Management)			
RFM- 518	Essentials of Communication	3(3-0)	Revised
RFM- 520	House Keeping Management	3(2-1)	" "
RFM- 522	Home Management & Supervision	3(2-1)	" "
RFM- 524	Organizational Behavior	3(3-0)	" "
Total		15	

Semester VII

Course Code	Title of the Course	Credit Hours	Status
HEC-625	Research Project OR	6(0-6)	
Elective Course (Food & Nutrition)			
FAN-627	Diet Modeling And Counseling	3(2-1)	New Course
FAN-629	Clinical and Therapeutic Nutrition	3(2-1)	New Course
Elective Course (Textiles & Clothing)			
TAC-627	Redesigning and Restoring Of Textiles	3(1-2)	New Course
TAC-629	Textile Marketing and Merchandizing	3(3-0)	Revised
Elective Course (Applied Art & Design)			
AAD-627	Calligraphy	3(2-1)	New Course
AAD-629	Graphic communication	3(2-1)	New Course
Elective Course (Human Development & Family Studies)			
HDF-627	Human and Family Ecology	3(2-1)	
HDF-629	Intervention Programmes For Developmentally Challenge Children	3(3-0)	New Course
Elective Course (Interior & Environmental Design)			
IED-627	Environmental Psychology	3(3-0)	
IED-629	Environmental Ethics	3(3-0)	
Elective Course (Resources & Facility Management)			
RFM- 627	Human Resource Development	3(3-0)	Revised
RFM- 629	Management of Institutions, Education and Health	3(3-0)	Not Revised
Major Courses (Food & Nutrition)			
FAN-631	Applied Nutrition	3(2-1)	Revised
FAN-633	Nutritional Management in Disasters	3(3-0)	" "
FAN-635	Institutional Management	3(2-1)	" "
FAN-637	Life Cycle Nutrition	3(3-0)	" "
Major Courses (Textiles & Clothing)			
TAC-631	Dress designing through Draping	3(1-2)	
TAC-633	Fiber Science	3(2-1)	Revised
TAC-635	Language of Fashion	3(3-0)	New Course
TAC-637	Textile Dyeing and Printing	3(2-1)	Revised
Major Courses (Applied Art & Design)			
AAD-631	Islamic Art	3(3-0)	Revised
AAD-633	Essentials of Interior Design	3(2-1)	
AAD-635	The Craft of Hand Weaving	3(2-1)	Revised
AAD-637	Print Making	3(1-2)	New Course
Major Courses (Human Development & Family Studies)			
HDF-631	Abnormal Psychology	3(2-1)	Revised
HDF-633	Elementary Education and Administration	3(2-1)	" "
HDF-635	Family Dynamics	3(2-1)	" "
HDF-637	Gerontology: Social Aspects	3(2-1)	" "

Scheme of Studies BS Honors Home Economic

Major Courses (Interior & Environmental Design)			
IED-631	Environmental Management	3(2-1)	Revised
IED-633	Designing Functional Spaces For Special Needs	3(2-1)	" "
IED-635	Environmental Aesthetics	3(2-1)	" "
IED-637	Interior Design Project	3(0-3)	" "
Major Courses (Resources & Facility Management)			
RFM- 631	Human Resource Management	3(2-1)	Revised
RFM- 633	Consumer Economics	3(2-1)	Revised
RFM- 635	Consumer Behavior	3(2-1)	New Course
RFM- 637	Family Finance	3(3-0)	New Course
Total		18	

Semester VIII

Course Code	Title of the Course	Credit Hours	Status
Compulsory Subject			
HEC-626	Internship	6(0-6)	Revised
Major Courses (Food & Nutrition)			
FAN-628	Nutrition Health & Prevention	3(3-0)	Revised
FAN-630	Sports Nutrition	3(3-0)	" "
FAN-632	Food Allergies	3(3-0)	" "
Major Courses (Textiles & Clothing)			
TAC-628	Traditional Textiles of Pakistan	3(3-0)	New Course
TAC-630	Historic Costume	3(3-0)	
TAC-632	Textile Applications	3(3-0)	New Course
Major Courses (Applied Art & Design)			
AAD-628	Art Appreciation	3(2-1)	Revised
AAD-630	Painting	3(1-2)	" "
AAD-632	Hand Built Pottery	3(1-2)	" "
Major Courses (Human Development & Family Studies)			
HDF-628	Educational Psychology & Measurement Techniques	3(2-1)	
HDF-630	Planning and Managing Human Services Programs	3(2-1)	
HDF-632	Day Care Management and Administration	3(2-1)	
Major Courses (Interior & Environmental Design)			
IED-628	Advance Computer Applications for Interior Design.	3(1-2)	
IED-630	Interior Design Professional Practice Management	3(2-1)	
IED-632	Consumer ,Marketing Strategies	3(2-1)	
Major Courses (Resources & Facility Management)			
RFM- 628	Hotel Management	3(3-0)	
RFM- 630	Small Business Management	3(2-1)	
RFM- 632	Money Banking And Finance	3(2-1)	
Total		15	
Grand Total Credit Hours		137	

Scheme of Studies BS Honors Home Economic

Programme	Award	Duration	Semester	Credit Hours
Bachelor of Sciences	BS Home Economics	4Years	8 Semesters	137

Revised Course

SEMESTER I

Course Title: Introduction to Home Economics
Course Code: HEC-301
Credit Hours: 3(3-0)

Aims and Objectives:

To introduce the students with 5 majors of home economics and make them understand their role both in the society and to help the students to know about the various courses related with each major.

THEORY:

Introduction of Home Economics; definition and scope, objectives of Home Economics, importance of Home Economics, mission of Home Economics. Home Economics Education Major; Areas of Home Economics, Food and Nutrition Apparel And Textiles, Child Development And Family Studies, Art and Design, Consumer Studies and Honoring to Interior Design. Career in Home Economics; Home Economics related occupations, teacher training programmes' (Home Economics). Home Economics and Research and Technology; latest researches in Home Economics, application OF Home Economics research in every day life

RECOMMENDED BOOKS:

1. Fleck, H.2001. Toward Better Teaching of Home Economics; The McMillan Book Co. London, UK.
2. Throw, M. 1990. Home Economics as a Profession; McGraw Hill Book Co., New York, USA.

Revised Course

SEMESTER I

Course Title: Fundamentals of Food & Nutrition
Course Code: HEC-303
Credit Hours: 3(2-1)

Aims & Objectives:

To develop an understanding of basic terms in nutrition. To understand the role of various nutrients and their importance in planning and preparing balanced diet.

THEORY:

Introduction to Nutrition; definition of food; nutrition and relevant terms: health, nutrients, nutritional status, and malnutrition. Functions of foods: physiological, psychological and social. Signs of good and poor nutrition. Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients. Balanced Diet: definition and characteristic of balanced diet; importance of balanced diet in relation to health. Use of daily food guide (Food Groups and Food Guide Pyramid), food composition tables and Dietary Reference Intakes (DRI). Conservation of nutrients and losses in food storage, preparation and cooking methods of food groups. Factors effecting dietary practice; food habits; food choices; food fads and fallacies.

PRACTICAL:

Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods. Effect of preparation and cooking on colour, texture and palatability of different foods . Preparation and presentation of milk, egg, meat, vegetable, cereal cookery. Preparation and presentation of Snacks and beverages.

RECOMMENDED BOOKS:

1. Bansal S. 2008. Food and Nutrition. (1st Ed). AITB. Publishers and distributors, New Delhi.
2. East wood, M.2009. Principles of Human Nutrition. Churchill Livingstone, London, UK.
3. Gilney, M.J., lanham, A.S. and Cassidy, A.2013. Introduction to Human Nutrition. Wiley-Black Well , USA.
4. Geisslex, C. and Powers, H. 2010. Human Nutrition . Churchill Living Stone, London, UK.
5. McGuire, M. and beexman, K.A. 2013. Nutrition Science-from Fundamental to Food. WadsWorth Cengage Learning, USA.
6. Mufflin Co., Huges, O, and Bennion, M. (2009). Introductory Foods, (13th Ed), London Collier Macmillan Co.
7. Whitney, E. and Rolfes S.R, 2011. Understanding Nutrition. Wardsworth, Cengage Learning USA.

Revised Course

SEMESTER I

Course Title: Textiles And Clothing
Course Code: HEC-305
Credit Hours: 3(2-1)

Aims & Objectives:

To impart skilled knowledge in the field of textile and garment industry. To give information needed to become a better consumer of textile products and to teach others how they can select and purchase.

THEORY:

Importance of textile Study; Introduction to Textiles, reasons for studying textiles, the textile industry: its range and markets. Classification of Textile Fibers; Natural Fibers: Cotton, Silk, Wool. Man Made Fiber: Rayon, Nylon, Polyester .Analysis of personal characteristics and grooming habits. Principles of wardrobe plannings; factors that determine wardrobe planning as family budget activities, personality, season of the year, age and occasion in terms of social customs of the country. Planning wardrobe for various family members namely (infant, pre-school child, school child, teenager and parents) taking into consideration the availability and suitability of materials, design color and texture. Planning wardrobe for winter and summer. Basic principles of stain removal application of textile's; cleaning agents used in stain removal, stain removal techniques. Application of textiles knowledge in the selection of fabrics.

PRACTICAL:

Name and functions of different parts of sewing machines. Handling and care of sewing equipments. Operating the sewing machine. Common sewing machine problems. Preparation of fabric for cutting. Types of seams. Cutting and joining bias. Basic necklines with bias facing. Basic neckline with shaped facing. Bound neckline Kurta neckline. Stitch sampler embroidery stitches.

RECOMMENDED BOOKS:

1. H.R. Ed. Morttila, 2006. Intelligent Textiles & Clothing; CRC Press New York.
2. Pice Freeman, Zachery, 2004. New Techniques for Wearable Art Quarry books; New York.
3. L.D. Vilensky, 2005. Textiles Science , 2nd Edition , New York.
4. Bernard Corbman, 2005. Textile Fiber to Fabric, 6th Edition, New York .
5. J.Gordon Cook, 2005. Textile Fibers, Woodhead Publishing Ltd, Cambridge England.

Revised Course

SEMESTER I

Course Title: Introduction to Art And Design
Course Code: HEC-307
Credit Hours: 3(2-1)

Aims & Objectives:

An understanding and application of art is important in developing and awareness about design

THEORY:

Design, Definition of Design. The Designing process as a form of organization. Factors involved in the making of a design. The Analysis of the making of a design. Elements of Design. The Fundamental principles of Design Definition, Application to interior, clothing and painting. Appreciation of Art: Cave Art, Indus valley Civilization

PRACTICAL:

Study of Colour (Colour Wheel, Colour Schemes, Value intensity). Mediums: Poster paint and paper-cut. Poster Theme Selection Design Development Lettering Execution of design paper cut and poster paints. Preparation of portfolio, Paper Mache Project.

RECOMMENDED BOOKS:

1. Art of Calligraphy by David Harris (Jun 20, 2005) A Practical Guide to the Skills and Techniques, Dorling Kindersley
2. Gardner's Art Through the Ages: A Global History, Volume II (Gardner's Art Through the Ages: A Concise History) by Helen Gardner (Apr 14, 2008)
3. Janson's History of Art: The Western Tradition (8th Edition) (MyArtsLab Series) by Penelope J.E. Davies, Walter B. Denny, Frima Fox Hofrichter, and Joseph F. Jacobs (Jan 13, 2010)
4. Living with Art - Paperback (Oct. 13, 2009) by Mark Getlein McGraw Hill.

Revised Course

SEMESTER II

Course Title: Meal Management
Course Code: HEC-302
Credit Hours: 3(2-1)

Aims & Objectives:

To develop skills to plan appropriate meals matching the nutritional needs of the family using available resources. To develop an understanding of market condition and important factors in selection of various food products. To create awareness about selection, care and use of table appointments in different table settings and service of meals.

THEORY:

Importance and principles of meal planning for family and occasions. Selection of various foods in relation to season and market conditions. Selection, use and care of table appointments. Study of different types of table settings, table manners and etiquettes.

PRACTICAL:

Keeping a record of market prices (retail & wholesale), Comparison of weight, volume and effect of cooking on colour, taste and texture of different foods, Planning, preparation and service of meals for different ages, occasions and different income levels. Market visits for cost and quality and enforcement of food marketing regulations.

RECOMMENDED BOOKS:

1. Bogert, D.J. 2001 Nutrition and Physical Fitness, W.B. Saunders Co. Philadelphia, London
2. Brown, A. 2008. Understanding Food: Principles and Preparation, 3rd Ed. Thomson Wardsworth. USA.
3. Kinder, F., Green, N.R. 1984. Meal Management, (5th Ed), MacMillan Publishing co., Inc.
4. Kneek, L.A. Menus, 1984. Analysis and Planning, (2nd Ed)
5. McWilliams, M. 2008. Fundamentals of Meal Management. (5th Ed). Prentice Hall.

SEMESTER II

Course Title: Clothing and Consumer Education
Course Code: HEC-304
Credit Hours: 3(2-1)

Aims & Objectives:

To impart skilled knowledge in the field of textile and garment industry. To give information needed to become a better consumer of textile products and to teach others how they can select and purchase.

THEORY:

Study of elements and principles of design in relation to the choice of clothes. Methods for care and storage of clothing; principles storage such as cleanliness, neatness, orderliness and protection from wrinkling, dust dampers and insects. Daily, weekly and seasonally care of clothes: storage of summer clothes, protection and storage of winter clothes Attributes essential for quality clothing; economics , social & physical factors influencing clothing needs of the family. Values, attitudes and behaviors towards clothing in the cultural milieu. Philosophy of clothing. Analysis of ready to wear children clothing. Consumer requirement; consumer rights and responsibilities, consumer problems related to clothing textiles and accessories (bed, linen, towels). Advertisements different types of advertisements, advantages and disadvantages. Media of advertisement. Different types of labels. Types of weaving. Characteristics of three basic weaves namely plain, twill and stain. Woven and knitted fabrics..

PRACTICAL:

Construction of 3 basic weaves sample , quilting samples , crochet samples and final project with one of the learned techniques.

RECOMMENDED BOOKS:

1. Bernard Corbman, 2005. Textile Fiber to Fabric, 6th Edition, New York.
2. Draper, W. 2001 Steps in Clothing Skills; 5th Ed. Bennet and Mc Knight Pub. Co., London. UK.
3. H.R. Ed. Morttila, 2006. Intelligent Textiles & Clothing; CRC Press New York.
4. Loing, R.M. 2008. Clothing Textiles and Human Performance; Allyn and Balcon Pub. Co., New York. USA.
5. Gross, Jhonson Kim, 2007. Dress Smart Women; Time Warner. Co. London.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER III

Course Title: Applied Art And Design
Course Code: HEC-306
Credit Hours: 3(2-1)

Aims & Objectives:

An understanding and application of art is important in developing and awareness about design. To create a better understanding about art and its evolution through Prehistoric art.

THEORY:

Types of Design Structural and Decorative Definition Requirements of a good structural design Requirements of a good decorative design □ Evaluation & Appreciation of Structural and Decorative design Character and Decorative Quality in design □ Structural and decorative designing interior/architecture, in Furniture and in dress Appreciation of Art: Egyptian art Mesopotamian art □

PRACTICAL:

Two practical Exercises based on all the Elements and Principles of design Preparation of portfolio. Collage Work Project.

RECOMMENDED BOOKS:

1. Art of Calligraphy by David Harris (Jun 20, 2005) A Practical Guide to the Skills and Techniques, Dorling Kindersley
2. Janson's History of Art: The Western Tradition (8th Edition) (MyArtsLab Series) by Penelope J.E. Davies, Walter B. Denny, Frima Fox Hofrichter, and Joseph F. Jacobs (Jan 13, 2010)
3. Gardner's Art Through the Ages: A Global History, Volume II (Gardner's Art Through the Ages: A Concise History) by Helen Gardner (Apr 14, 2008)
4. Living with Art - Paperback (Oct. 13, 2009) by Mark Getlein McGraw Hill.

SEMESTER II

Course Title: Life Span Development
Course Code: HEC-308
Credit Hours: 3(2-1)

Aims & Objectives:

To improve the quality of life by discovering, integrating, applying and discriminating knowledge about life span of human development, relationships families and communities. Understand the complexity of individual development across the lifespan in diverse context and in changing environment

THEORY:

Human Development: Definition and Aspects, Principles of growth and development. Stages and Developmental tasks across the life span: Infancy, Childhood, Adolescence, Adulthood and Aging Hazards in relation to life stages Adjustments across the life Span

PRACTICAL:

Preparation of research report based on life experiences of preschool children

RECOMMENDED BOOKS:

1. Grace Craig, Wendy L. Dunn, (2006) Understanding Human Development; Prentice Hall; Pap/Cdr edition
2. Papalia, Feldman, and (2007). Human Development. McGraw-Hill.
3. Berk (2005). Development through the Life Span. 5th ed. Allyn & Bacon.
4. Sigelman, Carol and Rider, Elizabeth. 2009. Life-Span Human Development, Sixth. Edition, Belmont, CA: Wadsworth Cengage Learning
5. Phillip T. Slee (2002) Child, Adolescent and Family Development; 2 edition Cambridge University Press;

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER III

Course Title: Home Management & Housing
Course Code: HEC-409
Credit Hours: 3(2-1)

Aims & Objectives:

To develop an understanding of issues relevant to home management and enhance skill for managing home and house .

THEORY:

Introduction to Home Management; Definition of Home Management, Home Management Process; Motivations for Management. Decision Making process. Family Life Cycle, Size and Composition. Resources; Definition Types; Scarcity and Inter-Relationship of Resources. Management of Specific Resources: Management of Income; Types of Income and Guidelines of income management. Management of Time and Energy; Guidelines to Time Management and Time Planning; Ways of Controlling Energy and Fatigue; work simplification in Relation to Making Task. Savings , importance and methods of savings. Kitchens and Types of Kitchen. Principles of Storage; importance of Functional Storage.

PRACTICAL:

File work is based on these following topics.

Make a money budget for a group of low income and middle and high income families, Making time and activity plan for oneself, Cleaning, methods of cleaning, Care of wood furniture, Kitchen plans.

PROJECT:

Rug making techniques, latch, hooking & different other techniques, Fresh flower arrangement.

RECOMMENDED BOOKS:

1. Katherine Salant. 2001. The Brand-New House Book: Everything You Need to Know About Planning, Designing, and Building a Custom, Semi-Custom, or Production-Built House Three Rivers Press .
2. Fernando Pages Ruiz Building 2005. An Affordable House: A Smart Guide to High-Value, Low-Cost Construction : Taunton

SEMESTER III

Course Title: Family & Community Development
Course Code: HEC-411
Credit Hours: 3(2-1)

Aims & Objectives:

To understand the individual and family development dynamics within families, and interaction between the families and larger social context. To gain the thorough understanding of community development combined with the practical skills necessary to work effectively in development work.

THEORY:

Sociology of The Family and community: Family and community as social institutions, Review of latest research in the family and community development. The Family: Functions and types of family, Change in family institution. Introduction To Community: Meaning, definition and explanation of community, Functions and Types of communities in urban/rural areas, social change. Community Development: Meaning and principles and Methods of community development.

PRACTICAL:

Minor project of community development (to be carried out in the immediate community). Major project of community development (to be carried out in coordination with government and non-government organization). A detailed written report of the above projects

RECOMMENDED BOOKS:

1. Rubin and Rubin (2007). Community Organizing and Development. 4th ed. Allyn & Bacon.
2. Brown, J.B. (2007) Building Powerful Community Organizations: A Personal Guide To Creating Groups That Can Solve Problems and Change the World. Allyn & Bacon.
3. Phillips and Pittman (2009). An Introduction to Community Development. Routledge.

Scheme of Studies BS Honors Home Economic
Revised Course

Semester III

Course Title:- Family Economics
Course Code:- HEC-413
Credit Hours:- 3(3-0)

AIMS & OBJECTIVES

Imparting knowledge on economics as a science as well as arts. Creating awareness about the role of the consumer in the market. Imparting knowledge on micro and macro economics.

THEORY:

Economics and Developmental Economics; Major schools of thought Classical, Neo-Classical, Keynesians and modern schools. Economics: science and art and relationship with other disciplines. Micro Economics VS Macro Economics; Concepts of demand and supply and their laws. Law of Diminishing marginal utility. Theory of consumer behavior with law of Equi-marginal utility. Elasticity of demand. Concept of market, perfect competition, monopoly and monopolistic competition. Equilibrium of the firm under monopoly. Marginal Productivity Theory. National Income Concepts. (GNP, NNP, GDP). Salient Features of Classical Economics. Salient Features of Keynesian Economics. Balance of Payments VS Balance of trade.

RECOMMENDED BOOKS:

1. A.Hamid Shahid,2001, Principles of Economics I
2. A.Hamid Shahid, 2001,Principles of Economics II
3. Begg David, Fishers Stanley and Dornbusch Ruidger, 2003. Economics. 7th Edition.
Published by McGraw- Hill Companies, Inc.

SEMESTER IV

Course Title: Applied Housing And Home Management
Course Code: HEC-410
Credit Hours: 3(2-1)

Aims & Objectives:

Acquiring competencies in the design of residential interiors. Creating awareness about house planning, enhancing the physical, social and psychological needs of individuals and family. Imparting knowledge on ecological building materials.

THEORY:

Definition and importance of housing. Review of housing needs (basic human needs); Review of housing conditions in Pakistan in urban and rural areas. Review of building materials; Woods, masonry, concrete, metal, glass and plastic. Planning of the house; Primary considerations. Principle of the house planning. Major elements of interior design structure:- Floors and floors covering; Walls and walls finishing; Ceiling and ceiling finishing; Doors & Windows types. Selection Care and maintenance of utensils and equipments, electrical appliances. Selection Care and arrangement of furniture and furnishing. Role of accessories in home.

PRACTICAL:

Designing and ideal house plan on given area. Living in home Management residence house for 2-3 weeks or Experiment With three Work Simplification Project. Evaluate some major electrical appliances being used in Pakistan homes in relation to care, design, function use and efficiency. Plan a color scheme for a pictorial drawings according to the zoning.

Project:-

Dry Flower arrangement.

RECOMMENDED BOOKS:

1. Katherine Salant, The Brand-New House Book 2001: Everything You Need to Know About Planning, Designing, and Building a Custom, Semi-Custom, or Production-Built House Three Rivers Press.
2. Fernando Pages Ruiz 2005 Building An Affordable House: A Smart Guide to High-Value, Low-Cost Construction : Taunton.

Revised Course

SEMESTER IV

Course Title: Special Children Education
Course Code: HEC-412
Credit Hours: 3(3-0)

Aims & Objectives:

To develop an awareness, care and education of special education .

THEORY:

Special education and child development; historical overview of special education, developing human competencies. The allowance between special education and developmental psychology. Awareness of general public concerning special children . consultation and coordination of services for special children. The care and education of special education; characteristics of current educational programs, some alternative to the institution; vocational rehabilitation programs, sheltered workshops , social and recreational programs , respite care. Home training and counseling programs. Education programe of special children; models and guidelines for special children, IEP (Individual Education Program), the impact of special children, mainstreaming special children, evaluation of the educational programs. behavioral and emotional problems; habits of adjustment, anxiety and withdrawal, aggression and delinquency, hyperactive child, guidance and counseling services for special children and families, group guidance activities and suggestions. Development of communication in special children; definition, speech and language communications, communications disorders, intervention and managements ; behavioral problems associated with communication disorder, school programs for speech disorders.

RECOMMENDED BOOKS:

1. Arnold, H. 2005. Child care and development, 5th edition,
2. Santrock John W. 2001. Childhood Development New York: McGraw Hill companies Inc Development, 4th edition, Blackwell
3. Nadelman . 2004. Research Manual in Child Development. Lawrence Erlbaum Associates. Mahwah, NJ.
4. P. K. Smith, H. Cowie and M.Blades (Eds) .2003. Understanding Children's

New Course

SEMESTER IV

Course Title: Entrepreneurship Development
Course Code: HEC-414
Credit Hours: 3(3-0)

Aims & Objectives:

To develop understanding of entrepreneurship in home economists for home based micro industries

THEORY:

Nature and History of Entrepreneurship; characteristics of entrepreneurship, definition and terminologies of entrepreneurship, Evolution of entrepreneurship. The individual Entrepreneurship; steps in entrepreneurial process, characteristics of entrepreneur person, importance of entrepreneurial decision. Types of business; sole proprietorship, partnership, joint limited company, public limited company, private limited company, difference between private limited company and public limited company. Entrepreneurship; an evolving concept, myths of entrepreneurship. Approaches towards Entrepreneurship; Macro View: Micro View. Creating and Starting new venture; opening profile, source of new ideas, consumer, existing companies, distribution channels, research and development . Methods of generating ideas; focus group, brain storming, problem inventory analyses. Entrepreneurial and intrapreneurial mind; the entrepreneurial process, indentify and evaluate the opportunity, develop a business plan , resources required , manage the enterprise.

RECOMMENDED BOOKS:

1. Justin G and Carlos W. Moor. 2003. Small Business Management, published by Thomson .
2. Donald F, Richard M. Entrepreneurship. 2001. "A Contemporary Approach" , Fifth Ed. Published in the United States of America.

SEMESTER V

Course Title: - Home Economics Education Administration & Supervision
Course Code: - HEC- 515
Credit Hours: - 3(3-0)

THEORY:

Education; Concepts and aims of education, Early Muslim education., Brief review of history and development of education, British education in sub continent, Brief review of educational policies of Pakistan, Administration: Theoretical and historical foundations. Classical organization. Human relation approach. Behavioral science approach, Administrative process, decision making, planning, coordinating, influencing evaluation, Roles and responsibilities of college administration, staff selection, organizing work, planning revision of curriculum, defining lines of authority, directing educational survey and studies, encouraging professional growth.

Human Relations; Significance of human relations in school administration, Communication skills, Leadership, Techniques of effective contact and professional growth, Supervision: Concept and nature of supervision, Aims and objectives of supervision, Base of need for supervision (social, psychological, professional, philosophical etc.), Major functions of supervision (coordination, leadership, professional growth etc.) Planning, Controlling and Evaluation

RECOMMENDED BOOKS:

1. Fleck, H. 2001. Towards Better Teaching of Home Economics ;the McMilaian Book Co. London, UK.
2. Blankenship, L.M., Moerchen, D.B. 1997. Home Economics Education; Houghton Mifflin Company.
3. Kakkar,S.B. 2001. Educational .Prentice Hall of India Pvt. Ltd., New Dehli,India.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER V

Major Course (Food And Nutrition)

Course Title: Food Preservation
Course Code: FAN-517
Credit Hours: 3(2-1)

Aims & Objectives:

To provide opportunities of exploring new avenues in the job market by the graduates of the home economics

THEORY:

Importance of food preservation for a family, Spoilage agents, methods of controlling food spoilage , methods and principles of preserving food; canning; freezing; drying; pickling; fermentation; irradiation; packaging material. Role of different types of agents in preservation; salt, sugar, oil and vinegar. Importance of understanding the additive in relation to health hazards

PRACTICAL:

Preparation of the following according to the recipes; jelly jams; murabba; marmalade ketchup; squash; pickles and oil in vinegar; demonstration given by experts on Icing and other food preparation maintenance of practical record book

RECOMMENDED BOOKS:

1. Bhat, R., Alias A.K. and Paliyat, G.2012. Progress in Food Preservation. John Wiley and Sons Ltd., USA.
2. McWilliams M. 2011.Foods: Experimental Perspectives. (7th Ed). Pentice Hall.
3. Marjorie PP. Adam M and Cambell. Experimental Food Service. (3rdEd). Academic Press Inc. Publishers.
4. Rahman, M.S. 2007. Hand Book of Food Preservation. CRC Press, Taylor and Francis Group, Boca Raton, Florida, USA.
5. Wearer, C. Daniel, J. 2003.The Food Chemistry Laboratory: (2nd Ed). A Manual for Experimental Foods, Dietetics, and Food Scientists

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER V

Major Course (Food And Nutrition)

Course Title: Experimental Foods
Course Code: FAN-519
Credit Hours: 3(2-1)

Aims & Objectives:

To apply scientific principles in the study of food products To understand the functional properties of food in various aspects of cookery. To understand the effects of variables on final food product. To practice the methods of food evaluation.

THEORY:

Introduction to the Experimental Study of Food Science; Experimental approach to food science; definition and importance of food science; importance of research; studies; selection of a problem; selection of the judges, presentation of food sample for evaluation, methods of food evaluation. Structure, characteristics and uses of food and food products: Egg Cookery, Fats and Oils, Sugar Cookery and crystallization, Milk Cookery, Meat Cookery, Starch Cookery, Vegetables and Fruits

PRACTICAL:

Practice of Subjective and Objective methods of food evaluation. Effect of different variables on food products, time and temperature, amount of mixing, food preparation methods, tenderizers, fats and oils and leavening agents

RECOMMENDED BOOKS:

1. Brown, A. 2008. Understanding Food: Principle and Preparation , 3rd Ed. Thomson Wardsworth. USA.
2. Lawless, H.T. and Heymann, H. 1998 Sensory Evaluation of Food: Principles and Practices. Kluwer Academic Publisher, Massachusetts, USA.
3. Lawless, H.T. 2013. Quantitative Sensory Analysis: Psychophysics, Models and Intelligent Design. Wiley-Blackwell, USA.
4. Stone, H. and Sidel , J.L. 2004. Sensory Evaluation Practices. Elsevier Academic Press, California, USA.
5. Wearer, C. Daniel, J. (2003).The Food Chemistry Laboratory: (2nd Ed). A Manual for Experimental Foods, Dietetics, and Food Scientists

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER V

Major Course (Food And Nutrition)

Course Title: **Advanced Nutrition**
Course Code: **FAN-521**
Credit Hours: **3(2-1)**

Aims & Objectives:

To develop advanced understanding of the role of nutrients in prevention of malnutrition. To study the process of digestion, absorption and metabolism of nutrients.

THEORY:

Advance study of macronutrients, micronutrients and water. Digestion, absorption, and metabolism of various nutrients and their interaction. Methods of assessment of Nutritional Status. A brief study of current food related health issues, organic foods and eating disorders.

PRACTICAL:

Planning and delivery of nutrition education on nutritional problems of Pakistan
Assessment of nutritional status Anthropometry, Biochemical, Clinical, Dietary comparison with standards

RECOMMENDED BOOKS:

1. Ahmad. M. 2009. Essentials of Medical Bio-chemistry, 8th Ed. Vol.1 &11. Merit Publishers, Multan, Pakistan.
2. Berbanier CD and Zempleni L. 2009. Advanced Nutrition: Macronutrients, micronutrients and Metabolism. CRC Press. Taylor and Francis Group. Boca. Raton FL, USA
3. Cataldo, C.B., De Brouyne, L.K. and Whitney, E.N.2003. Nutrition and Diet Therapy, 6th Ed. Thomson and Wadsworth Publishers, USA.
4. McGuire, M.and Beerman, K.A. 2013. Nutritional Sciences-from Fundamentals of Food. Wadsworth Cengage Learning, USA.
5. Rolfes , Pinna and Whitney. 2012. Understanding Normal and Clinical Nutrition, 10th Ed. Thomson WadsWorth Publishers, UK.
6. Whitney, E. and Roltes, S.R. 2005. Understanding Nutrition, 10th Ed. Thomson and Wadsworth Publishers, USA.

SEMESTER V

Major Course (Food And Nutrition)

Course Title: **Dietetics**
Course Code: **FAN-523**
Credit Hours: **3(2-1)**

Aims & Objectives:

To understand the importance of diet therapy. To develop skills in planning and preparation of therapeutic diets using the food guides. Education and counseling of patients and families.

THEORY:

Introduction to diet therapy, Nutrition care Process. Use of exchange lists in diet therapy. Dietary modification for texture, energy, nutrients and fluid, dietary modifications for Acute and Chronic Diseases; Febrile Conditions, Gastrointestinal Tract, Pre and Post Surgical Conditions, Diabetes Mellitus, Cardiovascular diseases, Renal Diseases, Introduction to feeding routes (Enteral and Parenteral Feeding)

PRACTICAL:

Food groups and diet management, food composition tables, calculation of BMI, energy and caloric requirements. Planning and preparation of diets for surgical conditions, fever, Diabetes Mellitus, cardiovascular disease and diseases of the gastrointestinal tract.

RECOMMENDED BOOKS:

1. Cataldo, C.B., De Brovyne, L.K. and Whitney, E.N.2003. Nutrition and Diet Therapy, 6th Ed. Thomson and Wadsworth Publishers, USA.
2. Krause, M. V. Mahan, L.K. Kraus. 2007. Food, Nutrition and Diet Therapy, (11th Ed). Sytria Escott-Stump.
3. Staci Nix, Williams 2008. Basic Nutrition and Diet therapy, (12th Ed).Mosby-Year Book
4. Williams, S.R. 2010 Essentials of Nutrition and Diet Therapy. (10th Ed.) Times Mirres Masby Pub. St. Louis.
5. Whitney, E.N., C.B. Cataldol, L.K. DeBruyne and S.R Rolfes. 2001. Nutrition for Health and Health Care. Thomson Wadsworth Publishers, USA.
6. Rolfes , Pinna and Whitney. 2012. Understanding Normal and Clinical Nutrition, 10th Ed. Thomson WadsWorth Publishers, UK.

SEMESTER V

Major Revised Courses (Textiles And Clothing)

Course Title:	Fundamental of Garment Construction
Course Code:	TAC-517
Credit Hours:	3(2-1)

Aims & Objective

To understand, develop, and apply the major concepts related to clothing construction to meet individual needs. Strengthen students' knowledge, understanding, and applications of sewing terms and techniques.

Theory:

Introduction to garment construction, abbreviation used in garment construction. Seam and seam finishes. Classification of stitches. Methods of controlling fullness. Use of technique in applying support fabric construction. Trimming, fastening interfacings, lining and their use in garments. Use of techniques in applying support fabrics in construction. Guidelines and techniques for handling fabrics requiring special treatment knit, plaids and stripes, floral designs and patterns. Techniques for handling special fabrics. Introduction of 'soft furnishings; Decorative and functional items used in home textile products; for example, tassels, braids, fringe, tape, hooks.

PRACTICAL

Seam and seam finishes. Construction of different type of bindings and attachments. Project related to apparel/ home textiles. Portfolio based on theory.

RECOMMENDED BOOKS:

1. Couch P.,(2011). Garment construction illustration guide to sewing. Kindle Edition.
2. Lewis D.S., mg Bowers, M. Kettunen (2007) Clothing construction and wardrobe Planning. The Macmillan Company. New York.
3. Hillhouse, M., & Mansfield, E. (2006). Dress design (1st ed.). USA: Houghton Mifflin Co.
4. Strickland, G. A. (2004). A Tailoring manual (5th ed.). New York: The Mac-Millan Co.

Revised Course
SEMESTER V

Major Course (Textiles And Clothing)

Course Title: Pattern Making
Course Code: TAC-519
Credit Hours: 3(1-2)

Aims & Objectives:

Understand the principles of pattern making by applying on different types of figures. Manipulation of darts and pleats. To make students understand the Importance of basic bodice block and sleeves.

THEORY:

Introduction to pattern making; Measuring Techniques of the body; Equipment for measuring, Abbreviations and Symbols; Measurement chart for:-Women, Men, and Children, Drafting the body foundation: The body foundation; Equipment for drafting. The body foundation pattern; Using the body foundation. Bodice darts and bodices Darts, their shapes and positioning; Bodices block. Sleeves:-Measurement chart for sleeve patterns; The sleeve foundation pattern; Short sleeves; Three quarter length sleeve; long sleeve; Styles involving bodice and sleeve:-Saddler shoulder; Drop shoulder, Cuff,

PRACTICAL:

Preparation of 6 patterns for Woman, Children and Men. Stitching of garments from the prepared patterns. Portfolio based on practical work.

RECOMMENDED BOOKS:

1. Rosen S. A 2007, Comprehensive reference for Fashions design Prentice Hall. USA.
2. Armstrong H.J. 2005 Patternmaking for Fashion Design Prentice Hall,

Revised Course

SEMESTER V

Major Course (Textiles And Clothing)

Course Title: Fashion Designing and Illustrations
Course Code: TAC-521
Credit Hours: 3(1-2)

Aims & Objectives:

To enhance the creativity of the students in implementing their skills for fashion designing. Fashion designers sketch and design clothing items and collections. To enable them work independently for boutiques, manufacturers and other fashion retailers.

THEORY:

Introduction to fashion designing. Element and principle of fashion designing. Fashion terms. Fashion cycle and their length. Consumer identification with fashion cycle. Fashion theories (trickle down theory, trickle up, bottom up theories, trickle access theory. Fashionshows. Design sources. Introduction to drawing figure. Fashion figure templates. Fashion research. Process of creating mood board. Design development process.

PRACTICAL:

Portfolio based on practical work. Research board Mood board Color board, theme board, swatch. Figure drawing; Construction of figure using block form. Choosing poses to illustrate designs; types of figure and pose, Proportion and placement of image. Drawing the face and its proportions; Drawing the features, eyes, nose, mouth, and ears; Illustrating pose .Introduction to Fashion Illustration techniques; Introduction to fabric rendering techniques; Illustrating design with different fabrics.

RECOMMENDED BOOKS:

1. Estel, V. 2008. Essential Fashion Illustration, Color and Medium Rockport Publishers.
2. Lafuente, M. 2007. Essential Fashion Illustration. Poses Rockport Publishers.
3. Maite, L. 2008. Fashion Illustration Techniques Taschen Publishers.
4. Martin, D. 2008. The Big Book of Fashion Illustration Batsford Publishers

Revised Course

SEMESTER V

Major Course (Textiles And Clothing)

Course Title: Fiber Chemistry
Course Code: TAC-523
Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed for students to acquire knowledge of textile chemistry

THEORY:

Cotton: growth, ginning. Bast fibers: extraction of fiber from jute and flax stalk (retting process). Morphological structure, chemical structure, physical and chemical properties and uses of cotton, linen and jute fibres. Brief description of kenaf, hemp and sisal fibres. Wool: Morphological structure, chemical composition, physical structure and chemical properties. Scouring, carbonization and heat-setting of wool. Silk: Sericulture, morphology, chemical structure, properties. Silk degumming and weighting. High Wet Modulus Rayons. Solvent-Spun rayon Lyocel. Synthetic fibres: Historical development. Classification, manufacturing processes, physical and chemical properties and uses of polyamide, polyester and acrylic fibers. Brief description of polypropylene, elastomers, aramid, glass and carbon fibers.

PRACTICAL:

Fiber identification methods, visual identification technique, solubility testing technique. Microscopic identification. Burning test. File work

RECOMMENDED BOOKS:

1. David, J. W., & Philip, J. L. 2007. Polymers. USA: Oxford University Press.
2. Menachem, L. 2006. Handbook Of Fiber Chemistry . Taylor & Franics .
3. Qinguo, F. 2005. Chemical Testing Of Textiles .CRC .
4. Mather R., R H Wardman. 2010 The Chemistry of Textile Fibres. RSC Publishing.

Scheme of Studies BS Honors Home Economic
Revised

SEMESTER V
Revised

SEMESTER V

Major Courses (Applied Art And Design)

Course Title: Early Ages of Art
Course Code: AAD-517
Credit Hours: 3(3-0)

Aims & Objectives:

To develop in the students an aesthetic sense so as to be able to evaluate the various aspects of design in a better manner. To strengthen the understanding of art and its movements in various civilization.

THEORY:

Meaning and application of aesthetics, Appreciation of ancient art; Egyptian art; pre dynastic and early dynastic period, old kingdom, middle kingdom, new kingdom, late period. Greek art; geometric and orientaling period, archaic period, early, high and late classical period, hellenistic period. Roman art; early, high and late empire.

RECOMMENDED BOOKS:

1. Goldstein Harriet., (2007) Art in Everyday Life, The Macmillan Company, New York USA.
2. Getlein Mark., (2009) Living with Art - Paperback by McGraw Hills, New York USA.
3. J.E. Davies Penelope, Denny Walter B.,(2010) History of Art, The Western Tradition (8th Edition) My Arts Lab Series.
4. Gardner Helen., (2008) Gardner's Art Through the Ages: A Global History; Volume I & II (Gardner's Art Through the Ages: A Concise History)

Revised

SEMESTER V

Major Course (Applied Art And Design)

Course Title: Art Education
Course Code: AAD-519
Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed for students to develop teaching skills based on the philosophy of Art Education. This course will enable students to prepare lesson plans in art subjects for school age children in view of their abilities.

THEORY:

Philosophy of art; meaning of art education, free expression in art or play, personality development, assimilation and projection, importance of creativity and its prospects in education. art in education & its importance, meaning of integration in art education, teaching methods in art, developmental stages in art education for children; beginning of self expression scribbling stage: 2-4 years, pre-schematic stage: 4-7 Years; achievement of a form concept in schematic stage: 7-9 years, age of dawning realism the gang age: 9-12 years, age of reasoning pseudo naturalistic stage: 12-14 years, period of decision: 13 years and onwards.

PRACTICAL:

Lesson plans to be prepared by every student for art subject. The students will deliver these lessons in public school settings at elementary, primary, secondary and high school levels. Students will submit their lesson plans in portfolio.

RECOMMENDED BOOKS:

1. Barnes, R. (2002). Teaching art to young children 4-9 year, (3rd Ed.). Biddies Ltd. Guild Ford and King's Lynn. U.K.
2. Freedman, K. (2003) Teaching visual culture curriculum, aesthetics and social life of art. Teacher's College, Columbia University. USA.
3. Lowenfeld, Victor/ Brittain, W.Lambert, (2009) Creative and Mental Growth. The Macmillan Company New York.
4. Chapman Laura H., (2008) Approaches to Art & Education published by Harcourt Brace Jovanovich.
5. Reuther, B.M. & Fogler, D.E., (2001), Art curriculum activities kit. New Jersey: Parker Publishing Co USA.

Revised
SEMESTER V

Major Courses (Applied Art And Design)

Course Title: Drawing Techniques
Course Code: AAD-521
Credit Hours: 3(1-2)

Aims & Objectives:

Focus of this course is to enhance the creativity of students in the area of drawing with different mediums.

THEORY:

Introduction to drawing, history of drawing, drawing technique, drawing process. dry media; pencil, metal, point, charcoal, chalk, crayon, liquid media; pen, ink, brush.

PRACTICAL:

Develop drawing with dry and liquid media. Prepare portfolio of drawing art work

RECOMMENDED BOOKS:

1. Getlein Mark., (2009) Living with Art - Paperback by McGraw Hills, New York USA.
2. A quantum Book. (2004) The Great Masters. Quantum Publishing Ltd.
3. David L. Faber, Daniel M. Mendelowitz. (2011) A Guide to Draw 8th edition, Words worth.
4. Gottfried Bammes., (2011) Complete guide to life drawing, Search press.

Not Revised
SEMESTER V

Major Courses (Applied Art And Design)

Course Title: Commercial Art
Course Code: AAD-523
Credit Hours: 3(2-1)

Aims & Objectives:

This course will enable students to create images to make products and publications unique and attractive. Students will develop skills and techniques by working on project based assignments allowing them to develop extensive portfolios and gain work related experience.

THEORY:

Introduction to graphic design, Introduction to typography, Text, colour and display typographies, designing of logo, letterhead, greeting cards, posters, book covers, illustration and advertisement.

PRACTICAL:

Preparation of portfolio constituting designing of logo, letterhead, greeting cards, poster, signs and exhibits using assorted typography medium.

RECOMMENDED BOOKS:

1. Fiell, Charlotte & Peter., (2008) Contemporary Graphic Design, Taschen Publishers.
2. Wiedemann, Julius & Taborda, Felipe (editors)., (2008) Latin American Graphic Design, Taschen Publishers.
3. Fredrick, E. Giesecke, Mitchel, Alva, Spencer, Henry C, Dygdon, Jhon Thomas., (2009) Modern Graphic Communication 4th Ed., Prentice Hall Publishers.
4. Lupton. E, & Philips J.C., (2008) Graphic the New Basics, Princeton Architectural Press, New York.

SEMESTER V

Major Course (Human Development And Family Studies)

Course Title: Development from Prenatal to Infancy
Course Code: HDF-517
Credit Hours: 3(3-0)

Aims & Objectives:

To introduce students to the importance of context on developmental processes that take place before birth, and shortly afterwards, and the impact that such processes have on shaping lifespan development.

THEORY:

Prenatal Development.; Stages of Prenatal Development; The role of Heredity & Environment Hazards during Prenatal Life, Care of Mother During Pregnancy: physical, psychological, post natal, Neo-natal period; adjustments; reflexes, Infant Development, Hazards and care during infancy.

RECOMMENDED BOOKS:

1. Algate (2006).The Developing World of the Child. Jessica Kingsley. London.
2. Bornstein, Lamb, & Teti (2002). Development in Infancy: An Introduction . 4th ed. Lawrence Erlbaum Associates. NJ.
3. Odent, M., (1986/2002). Primal health: Understanding the critical period between conception and the first birthday (2nd Rev. Ed.) East Sussex: Clair view Books.
4. Santrock (2010). Life-Span Development. McGraw-Hill.
5. Sears and Sears (2005).two. Harper Thorsons.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER V

Major Revised Course (Human Development And Family Studies)

Course Title: Childhood Care and Development
Course Code: HDF-519
Credit Hours: 3(2-1)

Aims & Objectives:

By the end of the course you will be able to apply the theories, concepts and methods presented in the course to developmental questions or problems of your own choosing. Will be familiar with some aspects of the professional application of developmental psychology and its place in our society, so that you can appraise its various roles and functions.

THEORY:

Introduction to The Child development studies: Definition, Importance and Scope of Child Development, Methods of Studying Child Development Toddler hood: Physical development, Psychosocial development intellectual development. Early Childhood: Physical development, Psychosocial development intellectual development Late Childhood: Physical development, Psychosocial development intellectual development Hazards and Care: Physical and Psychological

PRACTICAL:

Observations based on major developments at the early childhood stage
Preparation of observation reports for parents and teachers.

RECOMMENDED BOOKS:

5. Arnold, H. (2005). Child care and development, 5th edition,
6. Santrock John W. (2001) Childhood Development New York: McGraw Hill companies Inc
7. Development, 4th edition, Blackwell
8. Nadelman (2004). Research Manual in Child Development. Lawrence Erlbaum Associates. Mahwah, NJ.
9. P. K. Smith, H. Cowie and M.Blades (Eds) (2003) Understanding Children's

Revised Course

SEMESTER V

Major Existing Course (Human Development And Family Studies)

Course Title: Adolescent Development

Course Code: HDF-521

Credit Hours: 3(2-1)

Aims & Objectives:

Be able to describe the central developmental issues of adolescence. Understand, evaluate, and critique concepts and theories that pertain to adolescent development. Demonstrate knowledge of contextual influences on adolescent development. Be able to think critically about the scientific and non-scientific information that provides the basis for our understanding of adolescent development. Be able to apply course material in professional settings

THEORY:

Characteristics of Adolescence; Puberty: Physical and Psychological impact, Basis and Outcome of Adolescent Behavior, Theoretical perspectives: Piaget's theory of cognitive development, Kolberg's theory of moral development, Erickson's theory of psychological development., Delinquency and Other Behavioral Problems. Guidance and Counseling for adolescents

PRACTICAL:

Preparation, presentation and evaluation of the case studies related to adolescent development from local welfare institutions like Community Development Department, Dar ul Aman and SOS Village. (five case studies for each student)

RECOMMENDED BOOKS:

1. Santrock (2006). Adolescence. 11 ed. Tata-McGraw Hill education. John .W.S (2001) Adolescence. Edition 8th .Mc. Graw Hill Boston.
2. Geldard and Geldard (2004). Counselling adolescents: the proactive approach. Sage Publishers.
3. Papalia, Feldman, and (2007). Human Development. McGraw-Hill. Berk (2005). Development through the Life Span. 5th ed. Allyn & Bacon.

Major Revised Courses (Human Development And Family Studies)

Course Title: Adulthood And Aging

Course Code: HDF-523

Credit Hours: 3(2-1)

Aims & Objectives:

To critically evaluate the factual information that is basis of our scientific understanding of adult development. Describe the components of genetics and environment that contribute to optimal adult development. Illustrate the difference between myths of aging and scientifically researched areas of aging

THEORY:

Introduction: Gerontology an overview, Theories of Gerontology; Importance; Gerontology in Pakistan and throughout the world. Adulthood and Aging: Biological changes; Cognitive functions; Personality development; Stages/adult development; Death, dying, grief Aging: a multi-disciplinary Approach: Biology of aging-physical examination, developmental aspects, health changes, and Nutrition; Psychology of aging-personality, perception, response/motivation; Social psychology of aging-social interaction, body language, and communication. Social analysis of Aging: The family, Styles and lifestyles, Gender, Work, retirement and leisure, Rural versus Urban. Care of the Elderly: Understanding and dealing with problems, Counseling of elderly, Health care, Institutional services and care.

PRACTICAL:

Conduct survey report related to the issues of adulthood and aging in rural and urban areas , develop a counseling, health care and institutional services of elderly people .

RECOMMENDED BOOKS:

1. Blackburn and Dalmus (2007). Handbook of gerontology: evidence-based approaches. John Wiley & Sons Inc.
2. Cavanaugh, J. (2006). Adult development and aging, 5th edition. Graphic world Inc. Mason (2009). Adulthood and Aging. Prentice Hall.
3. Charles Susan T. (2008). Current directions in adulthood and aging. Pearson Inc.
4. Hayslip, Panek, and Patrick (2007). Adult Development and Aging. Krieger Pub.
5. Hooyman and Kiyak (2008) Social Gerontology: A Multidisciplinary Perspective. 8th ed. Pearson/Allyn & Bacon

SEMESTER V

Major Revised Courses (Interior And Environmental Design)

Course Title: Interior Space Planning I
Course Code: IED-517
Credit Hours: 3(2-1)

Aims & Objectives:

Inculcating the special design requirements for different interior spaces. Establishing relationship between human needs and interior types. Propagating the special design features of specialized interior environments (commercial out lets health care units etc.)

THEORY:

Need base design, planning: behavior vs. design. Designing interior spaces (circulation spaces, utility spaces). Planning & designing shops / departmental stores. Planning and designing clinics (dental clinics / health clinics)

PRACTICAL:

Space planning activity based on residential interior.
Report on the residential area, layout, location and plan a systematic plan.

RECOMMENDED BOOKS:

1. Colernan. C. (2002.) Interior Design Handbook. Professional Practice: published by McGraw Hill.
2. Karlen. M. (2004) Space Planning Basics. Published by John Wiley & Sons.
3. Maureen. M. (2007.) Residential Interior Designing: A Guide to Planning Spaces. Published by John Wiley & Sons.

SEMESTER V

Major Revised Courses (Interior And Environmental Design)

Course Title: Fundamental of Interior Architecture I
Course Code: IED-519
Credit Hours: 3(2-1)

Aims & Objectives:

Importing skills to practice as professional interior designer understanding the local market demands. Developing understanding of field of interior design in the historical context. Inculcating the aesthetic sense to appreciate and evaluate varied aspects of design.

THEORY:

Historical background of interior architecture and design. Egyptian, Greek, Roman, Mesopotamian, Islamic. History of interior design, Interior design's role & responsibilities of interior designer. Design organization, sources of design, significance of design in space organization, application of design in interior environments.

PRACTICAL:

Portfolio is covering the content of course.

RECOMMENDED BOOKS:

1. Ball, V.K. 2002. Opportunities in interior Design and decorating Careers. Published by McGraw Hill U.S.A.
2. Button, A.D. 2006. The Architecture of Happiness . published by Pantheon Press.
3. Jairazbhoy. R.A. 2002. Islamic Architecture Lahore.
4. Pile, J. 2009. A History of Interior Design. (3rd Ed.) Wiley. Publisher. Amazon. Com.
5. Hampton. A. 2010. The Language of Interior Design. Clarkson Potter. Amazon.com

SEMESTER V

Major Course (Interior And Environmental Design)

Course Title: Designing the Furniture
Course Code: IED-521
Credit Hours: 3(2-1)

Aims & Objectives:

Introducing the history of furniture design. Imparting knowledge on various types of furniture including various manufacturing techniques and finishing. Developing the aesthetic appreciation for need based furniture.

THEORY:

History of Furniture Design. Furniture manufacturing techniques. Types of furniture. Major furniture materials in Pakistan (wood, metal etc.) Furniture finishes (polish, lacquer, deco paint etc.) Upholstery fabrics and other materials.

PRACTICAL:

Developing a proto type of a furniture
Project inspired through nature

RECOMMENDED BOOKS:

1. Crochet, T. Vieck, D. 2003. Designer's Guide to Furniture Styles (2nd Ed.) published by Prentice printed press .
2. Godsey. L. 2007. Interior Design: Materials and Specifications, published by Fairchild Books.
3. Kilmer. W.O. and Kilmer, R. 2001. Construction drawings and Details for Interiors basic skills. published by John Wiley.
4. Litchfield. F. 2010. A History of Furniture. Published by Europaeischen Hochsbnuluerlag Gmbit & Co. KG. Breman, Germany. ,

SEMESTER V

Major Course (Interior And Environmental Design)

Course Title:	Interior Design application (Perspective Drawing/ Studio)
Course Code:	IED-523
Credit Hours:	3(1-2)

Aims & Objectives:

To teach perspective drawing techniques. Introduce basic principles of floor plan & furniture arrangements. Prepare students for visual interior design communication

THEORY:

Introduction to Perspective drawing. Different types of Perspective drawing. Basic principles of floor planning. Application of design and principles in the house. Use of design elements and principles in interior. Experiments with color and texture to achieve different effects.

PRACTICAL:

Elementary drawings. Interior Design proposals for residential areas. Interior Design proposals for commercial areas. Make a pictorial drawings on latest trends in different areas of interior.

RECOMMENDED BOOKS:

1. Chaiara, D.J. & Panero, J. & Zelink,2002, M. Time Saver Standard for Housing and Residential Development .published by McGraw-Hill inc.Us.
2. Doyle,M.E.Color Drawing ;2000,Design drawing skill and techniques for Architects, LandScape Architects And Interior Designers.Amazon .Com.
3. Pile, F.J. Perspective for Interior Dersigner.Amazon.Com
4. Sampson. A.C. Estimating for Interior Designer .Amazon.Com

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER V

Major Course (Resource And Family Management)

Course Title: **Essentials of Management**
Course Code: **RFM-517**
Credit Hours: **3(3-0)**

Aims & Objectives:

To develop understanding of issues relevant to management and communication and enhance skills for managing and communication

THEORY:

The Necessity of Management; Scope of Management; Scientific management, movement, management and changes. Patterns of Management Analysis: The empirical approach; The behavior approach; The operational theory approach; the decision theory: approach The Management Environment; Internal environment; External environment; International environment. Functional Explanation for Management; Planning for efficiency; Organizing for stability; Leadership for influencing people; Motivation for self actualization; Staffing for human resources development, Controlling for effective results.

RECOMMENDED BOOKS:

1. Peter F. Drucker, 2006, The Practice of Management; published by : Collins.
2. Stella M. Nkomo, Myron D. Fottler, R. Bruce McAfee; 2007, Human Resource Management Application, 6th edition published by South-Western college

Revised Course

SEMESTER V

Major Course (Resource And Family Management)

Course Title: Entrepreneurship for Home based Industry
Course Code: RFM-519
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of entrepreneurship in home economists for home based micro industries.

THEORY:

The nature and importance of entrepreneurs in home based industries: Definition of Entrepreneur, Entrepreneurial Carriers, and responsibility of Entrepreneurs. The entrepreneurial mind in home based industries: the entrepreneurial process, identify and evaluate the opportunity, Determine the Resources Required, Manage the Home based enterprise. Entrepreneurial Decision making; strategic orientation and commitment to opportunity. Control of Resource, Management and structure. The individual is entrepreneur: Entrepreneurial Feelings, Locus of Control, feeling about independence and need for achievement, risk taking. Entrepreneur background and characteristics: childhood family, Environment, education, personal values, age, work history, motivation, professional, support network, male and female entrepreneurs.

PRACTICAL:

The students have to submit a research report about any home based industry of their choice.

RECOMMENDED BOOKS:

1. Sandra L. Fielden, Marilyn Davidson. 2006, International Handbook of Women and Small Business Entrepreneurship, published by Edward Elgar.
2. Donald F , Richard M. Entrepreneurship, 2001, "A Contemporary Approach" , Fifth Ed. Published by United States of America.

Revised Course

SEMESTER V

Major Course (Resource And Family Management)

Course Title: Management of Household Affairs
Course Code: RFM-521
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to management of household affairs and enhance skills for management of household affairs.

THEORY:

Home Management in operation; Women's role as Home Economist; Problems of employed Home Maker and its management. Management for and by the families; Definition & stages of family; Problems at various stages of a family. Critical analysis of Pakistani families; Values, Goals and Resources of families. Work simplification: Definition; Classes/levels of change , Techniques for studying work simplification.. Family and Socio-cultural changes; Definition and causes of change; Obvious changes in society; Factors causing changes in family, Managing change. Families under stress; Definition and sources of stress; Family responses to stressful situation; Violence, Divorce, Illness, Abuse, Death.

PRACTICAL:

Make a personal record of time-used for one week. Use work simplification study technique (process, operation and pathway chat) for one household activity. Take any conflict caused problem from daily life and suggest its resolution by optimal decision making. Demonstrate the use of some important home related equipments/appliances like iron, micro wave, sandwich maker, toaster, Juicer blender. Maintain a file for practical

RECOMMENDED BOOKS:

1. Gross, I.H: Crandall, E.W and Knoll, M.M.2002, Management for Modern Families. (latest edition) published by Appleton Century crofts. New York:
2. Nickell, P: Rice, A.S: and Tucker, S.P.2004 Management in Family Living. (latest edition)published by John Wiley and Sons, Inc.new york
3. Batra P. 2003,Simple ways to manage Stress; published by Golden Book Centre, Kuala Lumpur.

Revised Course

SEMESTER V

Major Course (Resource And Family Management)

Course Title: Fundamentals of Marketing
Course Code: RFM-523
Credit Hours: 3(3-0)

Aims & Objectives:

To develop understanding of issues relevant to marketing & entrepreneurship and enhance skills for marketing & entrepreneurship.

THEORY:

Marketing: Definition of marketing; Marketing functions; Target market and marketing mix. Marketing Information System; Marketing Research Process. Marketing Segmentation; Marketing matching strategies; market strategy; marketing segmentation strategy. Targeted Marketing: Developing a targeted marketing strategy; Analyze the relevant market; Analyze characteristics and wants of potential customers; Identify basis for segmenting the market; Define and describe market segments; Analyze competitors positions; Evaluate market segments; select the market segments; Finalize the marketing mix. The Product: The product life cycle; The adoption and diffusion process; Product mix and product line. The new product development process; Brands packaging. Marketing Channels: Channels structures; Influences on channel development; Channel planning; The communication process; The promotion mix; Factors influencing the promotion mix; Objectives of promotion activities. Pricing: scope and meaning of price; Pricing objectives & strategies; New products pricing.

RECOMMENDED BOOKS:

1. Gary Armstrong, Philip Kotler;2006, Marketing: An Introduction; 8th edition published by Prentice Hall.
2. William M. Pride, O. C. Ferrell;2007 Marketing;14th edition, published by Houghton Mifflin Company

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VI

Course Title: -	Methods of Research
Course Code: -	HEC-516
Credit Hours: -	3(3-0)

THEORY:

The nature of research; Basic and applied research, Steps in the development of research, Scientific methods of research, Ethics in research, Application of research in major areas of Home Economics, Planning the research project, Purpose of scientific research in major areas of Home Economics, Selection of the problem, Formulating and testing of a hypothesis, sampling and its types, techniques of data collection: Observation, interviewing and questionnaire, Documentary analysis and other techniques, Writing the research project, General rules for writing format and style, Revising and rewriting the report,.

RECOMMENDED BOOKS:

1. Gay.L.R.2010. Educational Research Macmillan International education.Kidder , 10th edition.Wrightswan and Cook Research Methods in Social Relations . Hilt, Saunders International edition.

Major Course (Food And Nutrition)

Course Title: Physiological Aspects of Nutrition

Course Code: FAN-518

Credit Hours: 3(2-1)

Aims & Objectives:

To study the physiological approach towards nutritional sciences.

THEORY:

Cell physiology. Composition of the body, enzymes, digestion and absorption. Overview of Gastrointestinal Function and regulation. Digestion, Absorption and nutritional principles, Gastrointestinal motility, transport and metabolic functions of liver. Origin of heartbeat and the electrical activity of the heart; the heart as a pump. Blood as a circulatory fluid and the dynamics of blood and lymph flow. Cardiovascular regulatory mechanisms circulation through special regime. Hormones; mechanism of hormone action , action of lipid soluble hormones, action of water soluble hormone, hormones interactions, control of hormone secretions, hormone inborn errors of metabolism. Tissues; classification of tissues, tissue repair, resorting homeostasis, changes with aging at cellular and tissues level.

PRACTICAL:

LFT, RFT, Blood grouping, uric acid, CBC, hormonal tests, stool test, HBA'c, pregnancy test

RECOMMENDED BOOKS:

1. Bender DA. 2007. Introduction to Nutrition and Metabolism. 4th Ed. CRS Press.
2. Barrett K.E., S.M. Banman, S Biotano H.L.Brooks. 2012. Gunurg's Review of Medical Physiology. 24th Ed. McGraw Hill Lange.
3. Sareen SG and Smith JL (2009). Advanced Nutrition and Human Metabolism . 5th Ed. Cengage learning.
4. Stipanuk M. 2006. Biochemical, Physiological & Molecular Aspects of Human Nutrition - 2nd Ed.
5. Tortoa, G.J, B.Derrickson. 2011. Principles of Anatomy and Physiology. 13th Ed. John Wiley and sons. Inc.

SEMESTER VI

Major Course (Food And Nutrition)

Course Title: Nutrition Biochemistry
Course Code: FAN-520
Credit Hours: 3(2-1)

Aims & Objectives:

To study the biochemical aspects of nutrients, their digestion, absorption, metabolism and inter relationship.

THEORY:

Introduction to Energy units; Calorimetry, Measurement for energy production & expenditure. Energy requirements, balance and regulation, Biochemical aspects of macro and micro nutrients. Cellular energetics, control of energy balance; energy balance, nutrient balance. Relative stability of body weight. Behavioral aspects of control of energy intake and energy expenditure, biological control of energy intake and energy expenditure. Importance of diet and exercise in prevention of overweight and obesity. Disturbance of energy balance. Adipose tissue in energy balance, obesity starvation and protein energy malnutrition. Food components: with health benefits; carotenoids, polyunsaturated fatty acids, plant sterols / stanols, polyphenolics, phytoestrogens, isothiocyanates prebiotics / probiotics

PRACTICAL

Calculating basal energy needs, total energy needs, determination of energy clause through bomb calorimeter .

RECOMMENDED BOOKS:

1. Ahmad. M. 2009. Essentials of Medical Bio-chemistry, (8th Ed.). Vol.1 &11. Merit Publishers, Multan, Pakistan
2. Chattergea MN and Shinde R. 2007. Text Book of Medical Biochemistry. (7th Ed.) Jaypee Brothers, New Dehli, India.
3. Duncan AW. 2007. The Chemistry of Food and Nutrition. The Echo Library. 131 high St. Teddington, Middlesex TWII 8HH.
4. Stipanuk M.H, M.A. Candill. 2011. Biochemical Physiological , and Molecular Aspects of Human Nutrition, 3rd Ed. Elsevier .
5. Sareen SG. 2000. The Biochemistry of Human Nutrition: A Desk Reference (Health Science). (2nd Ed). Words worth/Thomson learning.

SEMESTER VI

Major Course (Food And Nutrition)

Course Title: Food Microbiology
Course Code: FAN-522
Credit Hours: 3(2-1)

Aims & Objectives:

To understand importance of food safety and the role of food microbiology in the prevention of food spoilage.

THEORY:

Introduction to Food Microbiology; evolution, emerging food born pathogens. Food associated microbes, classification and their enumeration. Intrinsic and extrinsic and other factors influencing microbes. Microbial spoilage of meat, fish; microbial progression during storage, spoilage of meat, cooked and processed products. Microbes associated with milk and dairy products; growth of microbes in milk and their effects, microbes associated with milk and dairy products and their preservation. Contamination, preservation and spoilage of eggs. Water microbiology: water born viruses, bacteria, helminthes and protozoa. Food borne pathogenic bacteria; different species of salmonella, campylobacter, yersinia, shigella, colostridium and bacillus.

PRACTICAL:

Determination of microbial load on different foods. Manufacture of various microbiological oriented food products. Examination of foods for spoilage.

RECOMMENDED BOOKS:

1. Doyle, M.P., Buchanan, R.L. 2012. Food Microbiology: Fundamentals and Frontiers ASM press, USA.
2. Farque, S.M. 2012. Food borne and Water borne bacterial Pathogens: epidemiology evolution and molecular biology. Caister Academic press, Bangladesh.
3. Jay, J.M.2006. Modern Food Microbiology. 4th Ed. Chapman And Hall, New York , USA.
4. Landsboxough, L.M.C.2003. Food microbiology laboratory CRC, USA.
5. Frazier, W.C. Food Microbiology, 2nd Ed. McGraw - Hill Book Co. Inc. New York
6. Ray, B. and A. Bhunia . 2013. Fundamental Food Microbiology. Taylor and Francis, USA.
7. TorTora, G.J. Funke, B.R. and Case, C.L.2012. Microbiology : An Introduction . Benjamin Cummings, UK.

Major Course (Food And Nutrition)

Course Title: Community Nutrition
Course Code: FAN-524
Credit Hours: 3(2-1)

Aims & Objectives:

To understand local nutritional problems, their prevalence in vulnerable groups. To enable the planning of nutrition education programme for institutions and community to prevent nutritional disorders. To assess the food and nutrition scenario at national and international level.

THEORY:

Prevalence and prevention of primary nutritional problems of Pakistan: Protein energy malnutrition; Rickets and Osteomalacia; Beri-Beri, Xerophthalmia and Keratomalacia, Pellagra, Nutritional Anaemias, Iodine Deficiency Disorders and Zinc deficiency. Nutrition Education and counseling process. Role of nutritionists in community nutrition. National and international agencies in the field of health & nutrition.

PRACTICAL:

Comparison of DRI's of different countries, assessment of nutritional status of different age groups. Conduct the field survey on malnutrition of vulnerable (pregnant and children under the year of five) under the supervision of health departments and community hospitals.

RECOMMENDED BOOKS:

1. Govt. of Pakistan. 2011. National Nutritional Survey. Federal Ministry of Health Nutrition Wing Islamabad, Pakistan.
2. Bolye, M.A and Holben, D.H. 2013. Community Nutrition in action: An enterprenueral approach. Woodsworth Davis Dive, Belmont, CA94002-3098, USA.
3. Coulston, A.M. and Ferruzi, M.2013. Nutrition in the Prevention and Treatment of Disease. Academic Press, USA.
4. Edelstein, S.2010. Nutrition in Public Health. Jones and Bartiett Learning International, UK.
5. Frank, G.C. 2008. Community Nutrition. Jones and Bartiett Publishers, Canada.
6. Nnakwe, N.E. and Nnakwe, N. 2012. Community Nutrition: Planning Health Promotion and Diseases Prevention. Jones and Bartiett Learning, USA.
7. VIR, S.C. 2013. Public Health Nutrition in Developing Countries . Wood head Publishing, India.
8. Willet, W. 1998. Nutritional Epidemiology. Oxford University Press, UK.

Major Course (Textiles And Clothing)

Course Title: Textiles Computer Aided Design

Course Code: TAC-518

Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed to assist students in developing skills and techniques to produce computer generated graphic designs for textiles, interiors and fashion illustrations.

THEORY:

Introduction to software drawing basics - creating lines and curves. Working with graphics - shaping, altering and grouping: adding curved corners to art work altering artwork, Manipulating groups of graphics. Adding text to graphics: working with the fonts, adding text to artwork. Transforming graphics into new forms: Scaling images, Blending to add contours, Rotating images, Shearing of slanting objects uniformly, Shadowing objects, Advanced modification and transformation techniques: Creating exploded views, Cutting and adjusting, Multiple copies/repeating elements, Repeating shapes, Changing the axis. Using abstract tools using the freehand tool

PRACTICAL:

Develop designs using any four software: Software evaluation: (latest), coral Draw adobe Photoshop, adobe image editor, Illustrator, Fashion illustrations: formal wear, evening wear, children wear, men's wear, Textile designs for printing, applied designs, structural designs.

RECOMMENDED BOOKS:

1. J.E. Davies Penelope, Denny Walter B., HofrichterFrima Fox, Jacobs Joseph F ,Janson's. 2010. History of Art: The Western Tradition .(8th Edition). My Arts Lab Series
2. Gardner Helen, 2008. Gardner's Art Through the Ages: A Global History, Volume I & II (Gardner's Art Through the Ages: A Concise History)
3. Smagula, Howard J.; Creative Drawing 2002, Lawrence King Publishing Limited

SEMESTER VI

Major Course (Textiles And Clothing)

Course Title: Structural Textile Designing
Course Code: TAC- 520
Credit Hours: 3(2-1)

Aims and Objective:

To understand the basic knowledge and design fundamentals to build concepts for surface decoration through repeat, different rendering, techniques, creation of textile design.

THEORY:

Identify traditional, cultural,(ethnic) and contemporary methods of textile design. Ways of demonstrate traditional, cultural, or contemporary methods of textile design. Increase awareness of the wide variety of surface designs available for embellishing sewing projects. Introduction to yarn and classification. fabric formation: Methods of fabric formation, Weaving and woven fabrics, History of weaving, Weaving machines, Woven fabrics Woven fabric design and construction a. Fabric construction Basic weaves, Drawing in draft, The reed plan, Cam draft or chain draft, Warp and filling profiles Basic weave designs: Plain weave, Twill weave, Satin weave and their derivatives Weaving preparation, Winding, Warp preparation, Slashing (sizing), Drawing in and 'tying in'. Weaving fundamentals, Basic weaving motions, Shedding systems, Shuttle weaving, Jet weaving, Projectile weaving, rapier weaving, multiple weaving Fabric structure, properties and testing

PRACTICAL:

Preparation of samples of using different weaving techniques and embellishment technique. Prepare project related apparel and home textile.

RECOMMENDED BOOKS:

1. Cox, D and Warrcu, B. 2004. Creative Hands John Wiley and Sons, New York
2. Gertrude, G.G. 2009. Advertised in Weaving, Thas A. Bennet C. Inc. Publishers Peoria, Illinois.
3. Berta, F. 2010. Designing and drafting for Hand Weavers A division of Macmillan Publishing Company Inc. New Your. Collier Macmillan Publishers, London

SEMESTER VI

Major Course (Textiles And Clothing)

Course Title: Textiles Processing and Finishing
Course Code: TAC-522
Credit Hours: 3(3-0)

Aims & Objectives:

These courses is designed for students to discusses all aspects of textile processing, modification and performance for four major topics: preparation (by fiber type),

THEORY:

Chemistry and practice of preparatory processes for cotton, wool and silk. Mercerization of cotton. Preparatory processes for nylon, polyester and acrylic and polyester/cotton blends. Overview of chemical processing of textile material, overview of different stages, preparation of cotton/cellulosic materials. Principles of functions of different machine used in preparatory processing Singeing, desizing, scouring, Bleaching mercerization. Preparation of silk and wool: impurities present, degumming/scouring, bleaching, optical whitening of wool and silk. Preparation of jute: impurities present, scouring, bleaching, optical whitening. Preparation of synthetic fibres blends: impurities present, heat setting, singeing of man-made fibers, their blends, scouring, bleaching, optical whitening. All type of finishing that are mechanical, chemical and other type

RECOMMENDED BOOK

1. Niir Board. 2004, Textile Processing with Effluent Treatment. Asia Pacific Business Press Inc.2004
2. C.M. Carr. 2009, Chemistry of the textile industry. Blackie Academic and professional. Galsgow.
3. Tyrone L. Vigo 2006, Textile Processing and Properties.2nd edition. Elsevier Science and technology book.

Revised Course

SEMESTER VI

Major Course (Textiles And Clothing)

Course Title: Fundamentals of Draping
Course Code: TAC-524
Credit Hours: 3(3-0)

Aims & Objectives:

This course is designed to understand the principles of draping and application of draping on different types of figures. This subject will also enable students to comprehend the importance of basic bodice block, manipulation of darts & pleats. Facilitate students to understand the importance of dress forms.

THEORY:

Introduction to draping, Measurement, preparation and tools for draping, Fabric characteristics, Draping principles and techniques, dress form cover, Basic dress foundation pattern Manipulating dart excess, Bodice styles in draping.

PRACTICAL:

Basic blouse, Fitted blouse (Master Pattern, Stitched with a variation), Blouse with ease (master pattern, stitched with lining), Basic darts, Yokes without gathers and Yokes with gathers, Straight yoke, Curved yoke, V-Yoke, Portfolio based on practical work.

RECOMMENDED BOOKS:

1. Armstrong, H. J. 2007. Draping for Apparel Design: Fairchild Books Publication.
2. Ireland, P. J. 2008. New Encyclopedia of Fashion Details: Over: Batsford.
3. Lafuente, M. 2008. Essential Fashion Illustration: Poses Essential. :Loft publications.
4. Nunnally, C. A. 2009. The Encyclopedia of Fashion Illustration Tec.

SEMESTER VI

Major Revised Courses (Applied Art And Design)

Course Title: History of Art
Course Code: AAD-518
Credit Hours: 3(3-0)

Aims & Objectives:

To increase understanding about art through appreciation of various civilization.

THEORY:

Appreciation of art; early christian, catacombs and funery art, architecture, mosaics, luxury art.
byzantine; early byzantine art, iconoclasm, middle byzantine art, late byzantine art.
Romanesque art; architecture, sculpture, painting. Gothic art; french gothic, gothic outside of france .

RECOMMENDED BOOKS:

1. J.E. Davies Penelope, Denny Walter B., Hofrichter Frima Fox, Jacobs Joseph F, Janson., (2010) History of Art; The Western Tradition (8th Edition) MyArts Lab Series.
2. Gardner Helen., (2008) Gardner's Art Through the Ages; A Global History, Volume I & II Thomsan USA.
3. Goldstein Harriet., (2007) Art in Everyday Life, The Macmillan Company, New York USA.
4. Getlein Mark., (2009) Living with Art - Paperback by McGraw Hills, New York USA.

SEMESTER VI

Major Revised Course (Applied Art And Design)

Course Title: Applied Art Education
Course Code: AAD-520
Credit Hours: 3(2-1)

Aims & Objectives:

This course aims to develop students as art teachers and art education researchers. It prepares students to develop and teach art to children

THEORY:

Designing and developing an art program, key factors in planning the art programme, focus on developing creativity and aesthetic sense, creativity and the art teacher, program for aesthetic development, culture and aesthetic awareness, identifying children with special needs, identifying gifted children, designing the art curriculum, key factors in planning the art program, expression of ideas and sentiments through art work

PRACTICAL:

Develop lesson plans for secondary class children and teach them as a student teacher

RECOMMENDED BOOKS:

1. Lowenfeld, Victor/Brittain, W.Lambert.,(2009) Creative and Mental Growth. The Macmillan company New York.
2. Hurwitz, AL, Day Michea.,(2006) Children and their Art: Methods for elementary Schools 8th Ed. Published by Cengage Learning.

Scheme of Studies BS Honors Home Economic
New Course

SEMESTER VI

Major Course (Applied Art And Design)

Course Title: Homes Arts And Crafts
Course Code: AAD-522
Credit Hours: 3(1-2)

Aims & Objectives:

To increase understanding about crafts and its practical application.

THEORY:

Introduction of art and craft, history of art and craft, Pakistani crafts; wood work, mirror work, pottery, leather work, carpet weaving, textile printing, metal work, material of craft; clay, glass, metal, wood, fiber, jade , lacquer , leather.

PRACTICAL:

Prepare of many sample of art and crafts work.
Preparation the final project based on art and craft .

RECOMMENDED BOOKS:

1. Mark Mantano., (2008) The big –Ass book of crafts, published by Gallery books.
2. Meg Mateo Ilasco., (2010) Crafting a meaning full home: 27 projects of tell stories, published by STC Crafts/ Melanine Falick Books.
5. Getlein Mark., (2009) Living with Art - Paperback by McGraw Hills, New York USA.

Scheme of Studies BS Honors Home Economic
New Course

SEMESTER VI

Major Course (Applied Art And Design)

Course Title: Fundamentals of Designing
Course Code: AAD-524
Credit Hours: 3(1-2)

Aims & Objectives:

This course is designed to educate students about the history of printing in different regions. In this class, students will learn various textile designing and printing techniques.

THEORY:

Introduction of design, history of design, type of design and repeat, the croquet , importance of color technique , medium of textile decoration , designing for apparel and furnishing , designing with raw material, designing and printing technique.

PRACTICAL:

Prepare of different type of sample of designing technique. Prepare the final project of designing.

Develop design of block printing, tie and dye, and batik and replicate one of these on a fabric.

RECOMMENDED BOOKS:

1. Chipkin Frederick L.; GIMP for Textile Design, Publisher: Origin inc, 2008
2. Bowles Melanie & Isaac Ceri.,(2009) Digital Textile Design: Portfolio Skills (Portfolio Skills: Fashion &Textiles), Publisher: Laurence King Publishers.
3. Corwin Lena; Printing by Hand: A Modern Guide to Printing with Handmade Stamps, Stencils, and Silk Screens.
4. Pettit Florence Harvey., (2007) Block Printing on Fabric, Published by Hastings House 1952 but digitized in 2007.
5. Clark W. , (2010) An Introduction to Textile Printing, Published by: Wiley 1974, digitized on 2010.

SEMESTER VI

Major Revised Course (Human Development And Family Studies)

Course Title: Positive Psychology
Course Code: HDF-518
Credit Hours: 3(3-0)

Aims & Objectives:

Learn about positive emotions, their conceptualization and measurement, diminishing negative thinking and limiting beliefs and building persistence and resiliency

THEORY:

Introduction to Positive Psychology, Positive States of Mind and Being: Maslow, Rogers, Czikszentmihalyi; and Eastern psychologies Positive Traits, Values, Virtues, and Attitudes: Self-esteem; Self-Efficacy; Meaningfulness; Optimism; Forgiveness. Positive Emotions: Happiness, or Subjective Well-Being

RECOMMENDED BOOKS:

1. Bolt (2004). Pursuing Human Strengths: A Positive Psychology Guide. Worth Publishers.
2. Compton (2005). An Introduction to Positive Psychology. Thomson/Wadsworth.
3. C.R, Snyder, J, Lopez. (2002). Handbook of positive psychology. Oxford university press.
4. Carr, A. (2004). Positive psychology the science of happiness and human strengths. Roulledge Publishing Company.
5. Synder, Lopez and Pedrotti (2010). Psychology: The Scientific and Practical Explorations of Human Strengths. 2nd ed. SAGE Publications.

SEMESTER VI

Major Revised Course (Human Development And Family Studies)

Course Title: Early Childhood Guidance
Course Code: HDF-520
Credit Hours: 3(2-1)

Aims & Objectives:

The purpose is to promote school readiness and respond learning outcomes of young children by providing high quality professionals development programs to improve the knowledge and skills of early childhood educators.

THEORY:

Introduction to early childhood education: Brief history, goals, objectives and curricular of the, the Montessori Method, The Nursery School, The Kindergarten, Curriculum Planning: Language and communication skills, Development of motor skills, Pre-academic skills, Social interaction. Media and techniques of education: Play, storytelling, Creative media art/music, Planning and organizing the physical setting in early childhood centers: indoor and outdoor activity areas, Health and safety factors. Guidance of the child: Importance Techniques and Principles of child guidance.

PRACTICAL:

Planning & presenting experiences for the development of Pre-academic skills of Science, general knowledge, creative experience Art/Music. Planning a activity in different areas and room organization in the pre-school. Developing enrichment materials for under-privileged pre-school children

RECOMMENDED BOOKS:

1. Adams and Baronberg (2005). Promoting positive behavior: guidance strategies for early childhood settings. Pearson/Merrill/Prentice Hall
2. Essa (2010). Introduction to Early Childhood Education. Cengage Learning.
3. Puckett and Diffily (2003). Teaching young children: an introduction to the early childhood profession. Cengage Learning.
4. Gordon and Browne (2006). Beginning essentials in early childhood education. Thomson Delmar Learning, University of Virginia.
5. Henniger (1999). Teaching young children: an introduction. Merrill.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VI

Major Revised Course (Human Development And Family Studies)

Course Title: Theories of Human Development
Course Code: HDF-522
Credit Hours: 3(3-0)

Aims & Objectives:

To understand importance of various perspectives on Human development. To develop a comprehension understanding of the role of nature and nurture. To appreciate the implications of theories of development on life.

THEORY:

Historical roots and contemporary views of human development. Nature theories of human development. Hall's theory the instinctual theory of Konrad Lorez. Nurture theories of human development. diversity in nurture theories. Social learning theory of human development. Interaction theories: Freud's theory of psychosexual theory. Erickson's theory of psychosocial theory, Jean's theory of cognitive development. Kohlberg's theory of moral development.

RECOMMENDED BOOKS:

1. Margaret & Taylor, F.Howard (2006) Sociology: Understanding a Diverse 1. Neil, J. Salkind (2004) An Introduction to Theories of Human Development. Sage Publication.
2. Thomas RM (2000). Recent Theories of Human Development. Sage Publication.
3. Thomas RM. (1999). Human Development Theories. Sage Publication.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VI

Major Revised Courses (Human Development And Family Studies)

Course Title: **Communication in Human and Family Relations**
Course Code: **HDF-524**
Credit Hours: **3(2-1)**

Aims & Objectives:

Describe how various social structures and processes shape the experiences of families Understand the family dynamics throughout the life course, emphasizing themes of power, intimacy and family diversity.

THEORY:

The Process of Communication, Improving communication skills. Functions of Interpersonal and Intrapersonal Communication. Stages of relationship development: self disclosure within relationships, Conflict within relationships, improving efforts to resolve conflicts, Building self-esteem and self concept. Communication in families: Basic family processes and communication, Communication within family subsystems, Communication and family stress, developmental issues, improving family communication. Human Communication and Problem Solving: Creating a positive communication climate, Solving problems as a group, Dyadic and small-group communication.

PRACTICAL:

Collecting, compiling, analysis, synthesis and reporting of events regarding communication problems, Seminar presentation of report.

RECOMMENDED BOOKS:

1. Dunn and Goodnight (2003). *Communication: Embracing Differences*, New York: Allyn & Bacon-Longman
2. Galvin and Brommel (2000). *Family communication cohesion and Change*, 6th ed. Allyn & Bacon-Longman
3. Devito, Joseph A. (2007). *The Interpersonal Communication Book*. 11th Ed. New York: Allyn & Bacon
4. Knapp and Vangeteshi (2000). *Interpersonal Communication and human Relationships*. Texas: Allyn & Bacon-Longman

SEMESTER VI

Major Courses (Interior and Environmental Design)

Course Title: Interior Space Planning II
Course Code: IED-518
Credit Hours: 3(2-1)

Aims & Objectives:

Introducing the historical context of environmental aesthetics. Developing aesthetics appreciation of interior environments. Developing strategies to control visual pollution.

THEORY:

Need based design planning: behaviour vs. Design. Planning & designing health club and leisure centres. Planning & designing restaurants planning & designing work spaces.

PRACTICAL:

Space planning activity for any commercial areas, restaurants, healthcare centre, office spaces, etc. Report on the specific planned area.

RECOMMENDED BOOKS:

1. Abercrombie, S. and Whiton S. 2002, Elements of Interiors Design and Decoration. Published by J.B. Lippincott company.
2. Colernan. C. 2002. Interior Design Hand book Professional Practice published by McGraw Hill.
3. Marmot. A. & Joanna. 2000. Office Space Planning: Design for tomorrow's Workplace, published by McGraw Hill.
4. Maureen. M. (2007.) Residential Interior Designing: A Guide to Planning Spaces. published by John Wiley Sons.

SEMESTER VI

Major Course (Interior and Environmental Design)

Course Title: Fundamental of Interior Architecture II
Course Code: IED-520
Credit Hours: 3(2-1)

Aims & Objectives:

Importing skills to practice as professional interior designer understanding the local market demands. Inculcating understanding and application of colour theories in interior environments.

Acquiring skills to select appropriate lighting types for various interior environments.

THEORY:

Role of color, Color theories, symbolism, physiological & psychological effects properties and distribution of color. Colour harmony & design concept vocabulary of colour, latest trends. Role of lighting in interiors. Lighting properties, Lighting psychology; Latest trends in lighting.

PRACTICAL:

Portfolio is based on course content.

RECOMMENDED BOOKS:

1. Ball, V.K. (2002). Opportunities in interior Design and decorating Careers. Published by McGraw Hill U.S.A.
2. Button, A.D. (2006). The Architecture of Happiness, published by Pantheon Press.
3. Gordon. G. (2003). Interior Lighting for Designers (4th Ed.) published by John Wiley & Sons.

SEMESTER VI

Major Course (Interior and Environmental Design)

Course Title: Designing for Soft Furnishing
Course Code: IED-522
Credit Hours: 3(2-1)

Aims & Objectives:

Developing an understanding regarding the traditional motifs and design of south Asian region on modern contemporary arts and crafts. Evaluating the traditional and modern decorative textiles and upholstery. Assessing the traditional and contemporary floor coverings.

THEORY:

A study of traditional motifs and designs and their influence on contemporary art forms Islamic, Indo Pakistan, Egyptian, oriental and Christian. A review of decorative textiles and upholstery. A study of traditional and contemporary floor coverings.

PRACTICAL:

Portfolio on motifs and designs studied in course content.

RECOMMENDED BOOKS:

1. Binggeli, Corky. (2003). Building System for interior designers, published by John Wiley
2. Hampton, A. (2010). The language of Interior Design. Clark Potter Amazon.com.
3. Holtzschue. L. (2002). Understanding colour on introduction for designers. Wiley Publishers.
4. Yates. M. (2005). Fabrics: A guide for Interior Designers. Firefly Books Publishers.
5. Yeager and Teter, Justice, Laurak, 2000, Textiles for Residential and Commercial Interiors (2nd Ed.) Fairchild publishers
6. Yeager, T. J. & Lourak, (2010). Textiles for Residential and Commercial Interiors (3rd Ed.) Fairchild Publisher.

SEMESTER VI

Major Course (Interior and Environmental Design)

Course Title: Interior Environment (Physical Aspect)
Course Code: IED-524
Credit Hours: 3(2-1)

Aims & Objectives:

Developing holistic understanding of all aspects of interior environments. Promoting the significance of passive environmental control system (heating, cooling). Developing strategic application of glare control and noise control measures.

THEORY:

Lighting (Glare Control), Acoustics (Noise Control), Passive Control system: Heating, Passive control system: cooling, Interior surfaces (walls, floors, ceilings), Storage Design

PRACTICAL:

Mini project of interior environment evaluation.

RECOMMENDED BOOKS:

1. Hyde. R. (2000). Climate Responsive Design (1st Ed.) Taylor & Francis publishers.
2. Kaoru & Lighting Planners Associates (2006). Lighting Design: For Urban Environments & Architecture, Azur Corporation Publishers.
3. Lori Dennis, L. (2007) Green Interior Design. Amazon.com.
4. Susan M. (2007). Sustainable & Design for Interior Environments. (1st Ed.) Fairchild Publishers.

Revised Course

SEMESTER VI

Major Revised Courses (Resource And Facility Management)

Course Title: **Essentials of Communication**
Course Code: **RFM-518**
Credit Hours: **3(3-0)**

Aims & Objectives:

To develop understanding of issues relevant to effective Communication and enhance skills for communication

THEORY:

Effective Communication; Competencies of good communication; Benefits of improved communication in the workplace and elsewhere; Emotional intelligence and how it relates to communication competencies. Communication Preferences; The impact of the four Myers-Briggs scales; Effects of personality type on methods of communication; Work preferences Recommended for a variety of Myers-Briggs types; The effect of various response styles in different work place situations. Listening; Skills needed to listen actively; The role of nonverbal communication in listening. Assertive Communication Skills; Optimizing your message and your meaning when it's your turn to speak; Assertive communication skills. Coping with communication anxiety; Managing criticism; Communicating with Difficult People; Decreasing defensiveness in a challenging situation; Remaining assertive during challenging conversations. Analyzing difficult people; Building rapport; Non-verbal factors that influence challenging communication

RECOMMENDED BOOKS:

1. Chris Roebuck : 2000,Effective Communication pages;st edition , American Management Association publishers.
2. Marsha J. Ludden,2001, Effective Communication Skills, 2nd Edition Jist Publishing.

SEMESTER VI

Major Revised Course (Resource And Facility Management)

Course Title: House Keeping Management
Course Code: RFM-520
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to Management of living spaces and enhance skills for management of living spaces.

THEORY:

Introduction to Housekeeping Management; Lodging operations; Role of Executive Housekeeper, Organization of the housekeeping department; Structural planning; Staffing patters, Technical skills management. Equipment and supplies;Inventory of equipment; Linen Laundry and Cleaning. Cultural diversity and housekeeping department

PRACTICAL:

Interior design project: individual projects to be developed and presented for practical evaluation. Interior designing of residence houses for a supposed specific family.

RECOMMENDED BOOKS:

1. Thomas J. A. Jones,2007, Professional Management of Housekeeping Operations,5th editions Wiley publishers.

SEMESTER VI

Major Revised Course (Resource And Facility Management)

Course Title: Home Management And supervision
Course Code: RFM-522
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues related to residence and enhance skills of students to act as residence supervisor.

THEORY:

Development of the concept, purpose. Organization of experiences. Supervision and communication. Group living; Decision making, Planning, execution, and controlling the plan in action. Levels of responsibility. Work simplification. Care and maintenance of the house. Art in the home. Supervision in Home Management Residence. Learning in the Home Management House. Rules, precedence, Problems in Home Management House. Identification of problem and solving it as a group. Role of the Home Management Adviser. Guidance and directions; Record keeping; Maintenance of the house. Need and scope of research on managerial practices in the homes.

PRACTICAL:

Students will know about the roles and responsibilities of a advisors.

RECOMMENDED BOOKS:

1. James A. Bardi, 2002, Hotel Management; 3rd editions Wiley publishers.
2. Thomas J. A. Jones, 2007, Professional Management of Housekeeping Operations Wiley; 5 edition, wiley publishers.

SEMESTER VI

Major Revised Course (Resource And Facility Management)

Course Title: Organizational Behavior
Course Code: RFM-524
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding about importance and determinants of organizational behavior

THEORY:

Introduction: Application to organizational behavior; Cognitive framework; Behaviorist, Social & Organizational framework Perception: The nature and importance of perception; Personality The meaning of Personality: The self-concept, self-esteem and Self-efficiency The development of personality: Adult life stages; Immaturity to maturity Major determinants of personality: Biological, cultural & situational contribution . Motivation: Meaning; Primary, secondary and general motives Group Dynamic: Nature and types of groups; Committee organization: Nature and function of committee; Positive and negative attributes of committee; Dynamics of informal groups: Norms and roles in informal groups; Informal managerial roles and organization structure. Interactive Behavior And Conflicts: Intro-individual conflicts; Interpersonal conflicts; Inter group behavior and conflict; Organizational conflict Job Stress: Meaning and background; Causes of stress; Organizational, extra-organizational; group and individual stresses; Effects of job stress Physical, psychological and behavioral problems due to stress; Coping strategies; Individual and organizational strategies Power and Politics: Meaning & distraction of power and authority; Classification of power; Political implication of power; Political perspective of power in organization; Political strategies for power acquisition

RECOMMENDED BOOKS:

1. Richard M. Hodgetts; 2006 Management Theory, Process & Practice; Harcourt Brace Jovanovich Publishers,
2. Koontz, Harold; 2007 Management. Singapore, McGraw Hill publishers.

SEMESTER VII

Compulsory Course Title: Research Project

Course Code: HEC-625

Credit Hours: 6(0-6)

PRACTICAL:

Research report must be around 75-100 pages and written in the following order:

1. Title Page
2. Dedication (Optional)
3. Declaration
4. Certificate by the Supervisory Committee
5. Contents
6. Acknowledgements
7. List of Abbreviation (if any)
8. Abstract
9. Introduction
10. Review of literature
11. Materials and Methods
12. Results
13. Discussion
14. Summery
15. References
- 16. Appendices (if any)**

Scheme of Studies BS Honors Home Economic
New Course

SEMESTER VII

Optional Course (Food And Nutrition)

Course Title: Diet Modeling And Counseling
Course Code: FAN-627
Credit Hours: 3(2-1)

Aims & Objectives:

The purpose of the course is to strengthen skills that help dietetic students become more effective educators and counselors

THEORY:

Nutritional counseling and clinical practice, resources and dietary guidelines. Different tools to follow up study: group discussion and motivation in food selection and preparation. Diet counseling for reducing risk of diseases: cancer, obesity, diabetes, cardiovascular diseases and bone diseases. Counseling for the prevention of major disabilities. Application of antioxidants, supplements and micronutrients. Counseling for functional and nutraceutical foods in relation to diseases in different conditions. Counseling in outpatient wards in local hospitals. Simulation techniques for counseling in selected settings.

PRACTICAL:

Producing diet plans and fact sheets. Using food to manage health: obesity, diabetes, cardiovascular diseases, bone and cancer. Model diet plan: use of calorie calculators, charts. Case studies.

RECOMMENDED BOOKS:

1. Shils, M. E., Shike, M. Ross, A. C. Caballero, B. and Cousins, R. J. 2005. Modern nutrition in health and disease, 10th Ed. Williams and Wilkins, Baltimore, U.S.A.
2. Bendich, A. and Deckelbaum, R. J. 2005. Preventive nutrition, 3rd Ed. Humana Press, New Jersey, U.S.A.
3. Wildman, R.E.C. 2006. Handbook of Nutraceuticals and Functional Food. 2nd Ed. CRC Press. New York.

New Course

SEMESTER VII

Optional Course (Food And Nutrition)

Course Title: Clinical And Therapeutic Nutrition
Course Code: FAN-629
Credit Hours: 3(2-1)

Aims & Objectives:

Students will learn the role of nutrients in maintenance , reproduction and special nutrients requirement in infections burn and disease condition. Students will learn that how nutrition care process can be aligned with practice setting.

THEORY:

Nutritional assessment therapy in patient care. The therapeutic process, stress of the therapeutic encounter, focus of care, phases of the care process. Nutritional assessment: data base and analysis, anthropometrics, biochemical tests, clinical observations, dietary personal histories, analysis and initial planning, data analysis, problem list, problem oriented medical record, nutritional intervention, food plan and management, some basic concepts, managing the mode of feeding, evaluation, general considerations. Quality patient care, collaborative roles of nutritionist and nurse. Drug-nutrient interactions, nutrient drug interaction and malnutrition, drug effects on food and nutrients, food effects on drug absorption, food effects on drug. Distribution and metabolism, vitamin effects on drug action. Enteral nutrition; Enteral feeding in clinical, nutrition, complete enteral formulas. Nutritional therapy in diseases of infancy and childhood. Role of various nutrients for maintenance, growth, production, reproduction and health; various abnormalities related to poor nutrition; role of different hormones and enzymes in relation to utilization of various nutrients; remedial approach through diet for various metabolic problems. Nutrient requirements in infection, burn and diseased condition.

PRACTICAL:

Patients selection, nutritional requirement of patient, pre-operative and post-operative diets. Parenteral nutrition. Basic rules for TPN use, TPN techniques, TPN prescription, preparation of TPN solution. Tube feeding, feeding equipments, monitoring the tube-fed patient.

RECOMMENDED BOOKS:

1. Hark, L. 2003. Medical nutrition and disease: a case based approached, 3rd ed. Blackwell Pub. Co., Massachusetts, U.S.A.
2. Lahodavios, D and Haffigee, A. 1994. Handbook of clinical nutrition. OxfordUniversity Press, London.
3. Peggy, S.S. 1992. Nutrition and diet therapy, 2nd ed. Jones and Bartlett Pub., Boston, London, U.K.
4. Phyllis, A.B. 2000. Prescription for nutritional healing. Avery Penguin Putnam Inc., New York, U.S.A.

Scheme of Studies BS Honors Home Economic

5. Ahmad, M. 2000. Essentials of medical biochemistry, Vol. I., 7th ed. Merit Publishers, Multan, Pakistan.
6. Davidson, S., R. Passmore, R and M.A. Eastwood. 1986. Human nutrition and dietetics. Churchill Livingstone, New York, U.S.A.
7. Guyton, A.V. 1995. Text book of medical physiology. Prentice Hall., U.S.A.
8. McDowell, L.R. 2000 Vitamins in animal and human nutrition. Academic Press Inc., London.
9. Moren, L.A. 1994. Biochemistry. Neil Peterson Publishers, Prentice Hall Inc., U.S.A.
10. Schlenker, E. and S.L. Roth. 2011. Williams' essentials of nutrition & diet therapy, 10th ed. Elsevier Sci. Pub., London.

SEMESTER VII

Major Course (Food And Nutrition)

Course Title: Applied Nutrition
Course Code: FAN-631
Credit Hours: 3(2-1)

Aims & Objectives:

To study the current nutrition issues with special reference to Pakistan.

THEORY:

Food and Population: World population perspective with special reference to Pakistan. Application of methods of nutritional assessment. Planning of nutritional surveys. Nutrition Intervention Strategies and Planning of Nutrition Programs. Human Nutrition and Food Toxicology. Food choices; social, economical and environmental factors affecting food choices.

PRACTICAL:

Practical work based on planning of nutrition intervention plan and nutritional surveys.

RECOMMENDED BOOKS:

1. Gibson RS. 2005. Principles of Nutritional Assessment 2nd Ed. Oxford University Press Inc. Meddision Avenue, New York, USA.
2. Shibamoto T and Bjehdanes L. 2009. Introduction to Food Toxicology. 2nd Ed Academic Press. London, UK.
3. Gibney, M.J., B.M. argattes, J.M. Kearney, and L. Arab. 2004. Public health nutrition. Wiley-Blark Well Publishing, London, UK.
4. Spark, A.2007. Nutrition in Public Health: Principals, Policies and Practice. CRC Press Taylor and Franics groups New York, USA.
5. Lee, D.C., and D.C. Nieman. 2007. Nutritional Assessment, 4th Ed. The Mc Graw Hill Companies, Inc., New York, USA.

SEMESTER VII

Major Course (Food And Nutrition)

Course Title: Nutritional Management in Disasters
Course Code: FAN-633
Credit Hours: 3(3-0)

Aims & Objectives:

Nutrition management in natural and man-made disasters

THEORY:

Introduction to disasters, general strategies before ,during and after disasters
Role of national and international relief organizations Nutrition and Health Policies
related to short- Mid- and Long-term strategies and caring for vulnerable groups
Nutrition rehabilitation during disasters, water and sanitation, availability of relief
goods and health inspection facilities Nutritional consequences of disasters , Diseases
and malnutrition : Types, nature and severity, mobile feeding units Emergency
Nutrition : counseling in hospitals and health units, food and nutrition priorities, types
and nature of food supplies, feeding units at institutions

RECOMMENDED BOOKS:

1. ENN (Emergency Nutrition Network). 2011. The Harmonized Training Package (HTP): resource material for training on nutrition in emergencies, versionz. Nutrition works. Emergency Nutrition Network, Global Nutrition Cluster. Oxford. UK.
2. Frankenburg, FR. 2009 Vitamin discoveries and disasters: History, science and controversies. (1st Ed) Praeger Pub.
3. Pan American Health Org. A guide to emergency health management after disasters
4. Suskind R.M. and Tontisirin, K. 2001. Nutrition, Immunity and Infection in infants and children. Vol 45 Lippincot's Williams and Wilkins.
5. Whitney, EN and Sizer F. 2006 Nutrition concepts and controversies. 10th edition. www.wadsworth.com
6. WHO (World Health organization). 2000. The Management of Nutrition in Major Emergencies. World Health Organization Geneva, Switzerland.
7. WHO Tech report. Prevention and treatment of severe malnutrition in times of disaster (vol. 45).

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VII

Major Course (Food And Nutrition)

Course Title: Institutional Management
Course Code: FAN-635
Credit Hours: 3(2-1)

Aims & Objectives:

To learn the management and institutional principles implemented by organizations offering food services.

THEORY:

Meal planning in Institutions and menu planning for different income levels
Types and organization of food service. Waiter services, self services, hospital services, drive in service. Organization of Food Services; tools and sanitation (kitchen planning storage). Management of canteens, hostels, hospitals, nursery, schools, homes with paying guests and other establishments. Organization of Food Services: Management of canteens, hostels, hospitals, nursery schools, homes with paying guests and other establishments.

PRACTICAL:

Practice in Menu Planning: hospital, canteen, nursery school and hostel.
Nutritive value of menu and price should be worked out for each case. Developing standardized quantity recipes for meat, pulses and legumes, cereals, egg, milk and common desserts. Field trips: Four to six trips to different types of institutions. (Report on trip will be recorded in the file)
Canteens, hospitals, nursery school, College/School hostels, Bakeries and cafeterias.

RECOMMENDED BOOKS:

1. Kotscherar, L H and Tarvel, ME. 2001 Food Service layout and equipment planning 2nd edition Milton and Roy Co.
2. Smith E.E. 2004. A hand book on Quantity food management. Burgees Pub Co; Minnesota, USA.
3. West B.B. Fowler S.F. 2006 Food in fifty. 2nd Ed. John Willey Sons New York.
4. Placio, .P. and Theis, M. 2011. Food Service Management: Principles and Practice. 12th Ed. Prentice Hall.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VII

Major Course (Food And Nutrition)

Course Title: Life Cycle Nutrition
Course Code: FAN-637
Credit Hours: 3(3-0)

Aims & Objectives:

To learn the role of nutrient requirements and challenges throughout the human life cycle and alterations and nutritional requirements impact on human health. To learn about nutrition prior conception, in lactation and in prevention of degenerative diseases.

THEORY:

Nutrition needs during infancy, toddler, pre-school and adolescence; childhood obesity, food choices and health habits of adolescents. Nutrition needs for adults, old age: nutrition and longevity. Nutrition in different conditions: pre conception, pregnancy and lactation.

RECOMMENDED BOOKS:

1. Brown, J.E. Isaacs, J.S. and Wooldridge, N.H.2011. Nutrition through the Life Cycle. 4th Ed. Wadsworth; Cengage Learning. USA.
2. Geissler, C. and Power S, H. 2010. Human Nutrition. 11th Ed. Churchill Livingstone, London.
3. Mann, J and Stewart, T. A (eds.). 2002. Essentials of Human Nutrition. 2nd Ed. Oxford University Press, UK.
4. Sharline, J. and Edelsterin ,J. 2011 Essentials of life cycle nutrition. Jones and Bartlett Publisher international, UK.
5. Worthington. 2000. Nutrition through out the life cycle. The McGraw-Hill Education Maidenhead, Berkshive, UK.

New Course

SEMESTER VII

Elective Course (Textiles And Clothing)

Course Title: Redesigning and Restoring Textiles
Course Code: TAC-627
Credit Hours: 3(1-2)

Aims & Objectives:

To understand, develop, and apply the major concepts related to clothing construction. To provide a broad foundation of clothing design fundamentals and apply the fundamentals to projects to meet individual needs.

THEORY:

Introduction to recycling, restoration and reused of textile. Classification of textile items for recycling. Factor that contribute reused and restoration decisions. Restoration practice in fashion designing. process to redesign garment; repair, customizing, redesign or surface embellishment. Difference between redesign, restore, and recycle. Reason and advantages reused, restoration. Required factors that contribute reused; money, creativity, individuality, skills, needs, equipment. Benefit derived from repairing and recycling of garments and household articles. methods to redesign such as: piecing or patchwork, use of special fabrics - leather, lace or appliqué, use of decorative embroidery, trims, paints and dyes. Garment to meet special need of ready-to-wear clothing, people with a disability, a pregnant woman.

PRACTICAL:

To develop a redesign or recycle project. Possible projects: change collars or necklines. add, replace or remove details (example pockets), change a sweater to a vest or cardigan, change a dress to a skirt and blouse, reuse fabric from a garment for another use, sweater, make stuffed animals and pillows from used clothing, make fabric from garments into quilts, convert neckties into skirts or vests, apply appliques to jackets.

RECOMMENDED BOOKS:

1. Baker, W. 2004. Hands-on fashion. New York, NY: Thomson Learning.
2. Diamond, E. 2008. Fashion retailing. Albany, NY: Delmar Publishing.
3. D'Ortenzio, A. D. 2012. Fashion stretching. Albany, NY: Delmar Publishing.
4. Joyce, C. 2005. Textile design. New York, NY: Watson-Guptill Publications.

Revised course

SEMESTER VII

Major (Elective) Courses (Textiles and Clothing)

Course Title:	Textile Marketing And Merchandising
Course Code:	TAC-629
Credit Hours:	3(3-0)

Aims & Objectives:

To make students to understand the importance of marketing and merchandizing policies with special reference to textile industry of Pakistan. Role of advertisement in promotion of textile merchandize. To understand the problems faced by the manufactures regarding consumers demand.

THEORY:

The dynamics of fashion: fashion terminology, fashion cycle, fashion adoption theories, fashion forecasting, the role of designer in merchandising. Fashion marketing: fashion marketing terms, activities involved in marketing distribution channels, supply chain- horizontal and vertical integration marketing strategy-strategy for pricing, distribution, promotion, branding etc. The concept of retailing definition, history, type of retailing and retail store Recruitment and management of sale force, personal selling as a means of promotion. Sale promotion techniques: advertising, publicity, personal selling. Method of sale promotion: brand, standard, labeling, fashion show, exhibition and display. Visual merchandising: plans and schedule: seasons, holiday promotions, sale, themes/ideas Types of displays: windows display, interior displays. Element of display: the merchandising, the backdrop walls and shelves, mannequins and forms signage lighting: luminance levels in relation to color. Planning and budgeting for a retail store. Maintenance and ordering of stocks, preparation of sale reports. Apparel brands. Advances in fashion marketing

RECOMMENDED BOOKS:

1. Jeremy A. Rosenau, David L. Wilson. 2006. Apparel Merchandising: the line Starts Here; Fairchild Books & Visuals; 2 Ed.
2. Cynthia L. Regan. 2007. Apparel Product Design and Merchandising Strategic; Prentic Hall; 1st Ed.
3. Toney Hines, Margaret Bruce. 2007. Fashion Marketing, 2nd Ed. Contemporary issues; Butterworth-Heinemann; 2nd Ed.

SEMESTER VII

Major Course (Textiles And Clothing)

Course Title: Dress Designing Through Draping
Course Code: TAC-631
Credit Hours: 3(1-2)

Aims & Objectives:

Aims & Objectives:

To enable the students to understand the fitting rules, principles and their effects upon garments.

THEORY:

Draping Qameez (or its variations) on the dress from Drafting and flat-pattern designing of basic set in sleeves Designing set in sleeves from the master pattern. One piece sleeve block Sleeves cut in one with the bodies or a part of the bodice. Fitting General principles of fitting Preparation of the master pattern for fitting Fitting problems of the blouse or qameez Fitting problems of the sleeve, collars and necklines - Through draping)

PRACTICAL:

Draped skirts and skirt style-lines, Draped collars, Draped buildup necklines: Cowls, Facings. Dress foundations and designs , Strapless dress foundations and designs , Principle of contour draping , Bias cut dresses, Bodice sleeve combination dresses, One piece shirts and blouses Jackets and coats Source of inspiration in design, Developing designs , Studying the fabric, Draping with muslin for details of design, Interpreting silhouette as complete design, Developing design theme from variations of basic darts, Carrying one piece of fabric as far as possible without cutting Portfolio based on practical work.

RECOMMENDED BOOKS:

1. Brockman. 2007. The Theory of Fashion Design. New York Still House and Mansfield: John Wiley and Sons Inc.
2. Earnestine, K. 2009. Designing Apparel Through the Flat Pattern. New York: Fairchilds publications Inc.
3. Mavain, S. S., & Enlyn, A. M. 2011 Dress Design, Draping and Flat Pattern Making. Michigan State College. Sheldon. Designing through draping. Burgers Publishing CO.

SEMESTER VII

Major Course (Textiles And Clothing)

Course Title: Fiber Science
Course Code: TAC-633
Credit Hours: 3(2-1)

Aims & Objectives:

To understand basic knowledge about textile material and their properties that influence end use, fiber yarn and fabrics dimensions and properties, and objectives of textile testing. Students will learn to analyze fabric using both qualitative and quantitative methods and test fabrics properties using various instruments.

THEORY:

Introduction to testing, the selection of sample for testing, Moisture relation and testing: The measurements of atmospheric condition; Regain Humidity relation of Textiles, Fiber dimensions and quality, Fiber quantitative and qualitative analysis. Sampling techniques, sample size and sampling errors. Measurement of fiber length, fineness, crimp, strength and reflectance; measurement of cotton fiber maturity and trash content; Measurement of yarn count, twist and hairiness; tensile testing of fibers, yarns and fabrics; testing equipment for measurement test methods of fabric properties like thickness, compressibility, air permeability, drape, crease recovery, tear strength, bursting strength and abrasion resistance. Serviceability.

PRACTICAL:

Analyzed various physical properties of fabric, visit textile testing laboratory for understanding various testing equipment. File work.

RECOMMENDED BOOKS:

1. Lewin M. 2008 Handbook of fiber chemistry, 3rd edition. International fiber science and technology.
2. Fornes P E., R D Gilbert and H F. Mark. 2009. Polymer and fiber science: recent advance. VHC
3. Warner S B. 2005. Fiber Science. Georgia Institute of technology.
4. Billie, J. C, & Helen, H. E. 2008. Textile Testing and Analysis (1st ed.). Prentice Hall.
5. Burkhard, W., Thomas, G., & Dieter, V. 2006. Textile Technology (1st ed.). HanserGardner Publication.

SEMESTER VII

Major Course (Textiles And Clothing)

Course Title: Language of Fashion
Course Code: TAC-635
Credit Hours: 3(2-1)

Aims & Objectives:

To understand the provide opportunities to use the decision-making process in clothing selections. Recognize that clothing, fashion, and textile items evolve from culture and reflect the economic, political, and social conditions of the times. Create an awareness of the careers and opportunities in the fields of clothing, textiles, and fashion industries.

THEORY:

Analysis of economic and social trends: understanding economic and social evolution and its influences on fashion consumption. Fashion marketing strategies: new brands, luxury brands and distribution chain stores. Analysis and comparison of styles. Analysis of fashion: textiles, clothing, accessories. Overview of history of Pakistan fashion. Fashion business; Importance of social media within fashion. Reviewing the fashion collections, identifying trends, importance of fashion weeks. Fashion and the Law: The Muslim Headscarf and the Modern Woman. Fashion Modelling, Blogs and E-Commerce and Fashion Blogs. Current issues in the fashion media. Fashion journalism; fashion writers, fashion critics and fashion reporters. Role in magazines, newspapers, television stations and websites also cover fashion. Write or edit clothing articles fashion articles.

PRACTICAL:

Preparing a report for various fashion topics and themes, preparing sample fashion magazine. Presentation on fashion article for magazines and news papers, style analysis.

RECOMMENDED BOOKS:

1. Kathryn Mckelvey, J Munslow. 2008. fashion forecasting. Publisher; Wiley Blackwell.
2. Roland Barthes. 2013. The language of fashion. Edition 1, publisher; Bloomsbury Academic.
3. Mary Brooks Picken. 2011. The language of fashion. Publisher; Vintage Fashion Book.

SEMESTER VII

Major Course (Textiles And Clothing)

Course Title: Textiles Dying and Printing
Course Code: TAC-637
Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed to acquire basic skills of developing designs for dyeing and printing manually. Students are expected to apply dyeing and printing techniques on assorted fabrics.

THEORY:

Dyeing: Classification of dyes. Dyeing of cotton, wool, silk, polyester, nylon and acrylic with appropriate dye classes. Dyeing polyester/cotton and polyester/wool blends. Batch wise and continuous dyeing machines. Dyeing of cotton knitted fabrics and machines used. Dye fiber interaction. Introduction to thermodynamics and kinetics of dyeing. Methods for determination of wash, light and rubbing fastness. Evaluation of fastness properties with the help of grey scale. Printing: Styles of printing. Printing thickeners including synthetic thickeners. Printing auxiliaries. Printing of cotton with reactive dyes. Printing of wool, silk, nylon with acid and metal complex dyes. Printing of polyester with disperse dyes. Methods of dye fixation after printing. Resist and discharge printing of cotton, silk and polyester. Printing of polyester/cotton blends with disperse/reactive combination. Transfer printing of polyester. Developments in inkjet printing.

PRACTICAL:

Practical work based on theory. Block printing, roller printing, screen printing, and spray printing, stencil printing Block printing, screen printing, batik, Tie-dye.

RECOMMENDED BOOKS:

1. Kate Well. 2009. Fabric dyeing and printing. Elsevier Science.
2. June, F. 2006. Designing and Printing Textiles : Product Dimensions. Crowood press.
3. Meda, P. J. 2008. Design on Fabrics. Van Nostrand Renhold Co.
4. Nancy, B. 2010. Batik and Tie Dye Techniques (3rd revised ed.). Dover Publication.

*Scheme of Studies BS Honors Home Economic
New Course*

SEMESTER VII

Elective Course (Applied Art And Design)

Course Title: Calligraphy
Course Code: AAD-627
Credit Hours: 3(2-1)

Aims & Objectives:

The course is designed to teach Islamic art and culture and increase its appreciation among students.

THEORY:

Introduction of calligraphy, history of Islamic calligraphy, techniques of calligraphy ,types of calligraphy;origin and arabic script, cursive and angular ,contemporary script. modern calligraphy styles. calligraphy art in Islamic architecture, contribution of Ibn –e- Muqla and Ibn –e- Bawwab calligraphy in Pakistan

PRACTICAL:

Prepare the sample of calligraphy script styles. Make a final project of calligraphy painting in any medium .prepare portfolio of calligraphy.

RECOMMENDED BOOKS:

1. Blair Sheila S. 2008. Islamic Calligraphy, Paperback edition, Edinburgh University Press Limited.
2. The world of Alphabets: a Kaleidoscope of Drawing and Letter form by Zapf H .2006.
3. Margaret Shepherd. 2013. The Complete Book of Lettering and Design.

SEMESTER VII

(Elective) Course (Applied Art And Design)

Course Title: Graphic Communication
Course Code: AAD-629
Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed to provide a broad overview of the graphic communication process from creative planning stage, through graphic design, to the conversion of original art work into printing production plates.

THEORY:

Introduction to design concept, history of graphic design, style of graphic designing, graphic way of communication, fundamental of communication , adobe photo shop 07, typography design, idea of making image, color communication, introduction to photography and software uses in communication .

PRACTICAL:

Preparation of portfolio (5 pieces of art work) use of software for graphic communication corel draw designing promotional graphic (publicity design), publication Design; design a book jacket, illustration and poster design, adobe photoshop; image editing

RECOMMENDED BOOKS:

1. Giesecke Frederick E., Mitchell Alva, Spencer Henry C, Dygdon John Thomas et.al. 2009 Modern Graphic Communications (4th Edition) paper back. Publisher: Prentice Hall.
2. Bertoline Gary, Wiebe Eric, Hartman Nathan, Ross William.2010. Fundamentals of Graphic Communication, McGraw- Hill.
3. Adobe (R) Photoshop 7.0 classroom in a book by (Author) Adobe Creative Team .2002. Publisher Adobe Press.
4. Lupton. E, and Philips. J.C. 2008. Graphic Design; The new Basics, Published by Princeton Architectural Press New York.

SEMESTER VII

Major Revised Courses (Applied Art And Design)

Course Title: Islamic Art
Course Code: AAD-631
Credit Hours: 3(3-0)

Aims & Objectives:

The course is designed to teach Islamic art and culture and increase its appreciation among students.

THEORY:

Introduction to Islamic Art; umayyad a; architecture, luxury art, abbasid art; architecture, luxury art, Persia art; architecture, luxury art, ilkhanids art; architecture, luxury art, taimurids art; architecture, luxury art, mughal art architecture , luxury art ,contemporary art in Pakistan,

RECOMMENDED BOOKS:

1. Ettinghausen Richard, Grabar Oleg, and Jenkins-Madina Marilyn. 2003. Islamic Art and Architecture 650-1250, OxfordUniversity Press
2. Khan A. N., Wheeler R. E. Mortimer. 2003. Islamic Architecture in South Asia: Pakistan-India-Bangl, OxfordUniversity Press USA.
3. Goldstein Harriet. 2007. Art in Everyday Life, The Macmillan Company, New York USA.
4. Getlein Mark. 2009. Living with Art - Paperback by McGraw Hills, New York USA.

SEMESTER VII

Major Course (Applied Art And Design)

Course Title: **Essentials of Interior Designing**
Course Code: **AAD-633**
Credit Hours: **3(2-1)**

Aims & Objectives:

This course is designed to provide essential decorating skills in order to succeed as an interior decorator. Strong emphasis is placed on the use of elements and principles of design in interior décor.

THEORY:

Elements and principles of interior design, principles of house planning; size and shape: topography, landscaping and orientation, types of Houses; single storey, double storey, split level house, housing types: row houses, town houses, semi detached houses, single family detached houses, planning of house; storage space, circulation and ventilation, interior elements; walls and fireplaces; construction materials and finishes, windows and doors; types, designs and location and treatments, floors and ceilings, types, designs and location and treatments, accessories; Wall pictures, home furnishings and flower arrangements.

PRACTICAL:

Preparation of portfolio on floor plan and prespective drawing of: Bedroom, Drawing Room/Living Room, Dining Room, Kitchen.

RECOMMENDED BOOKS:

1. Feisner Edith Anderson. 2001. Colour; How to use Color in Art and Design- Paperback, Lawrence King Publishing, London.
2. Kilmer Rosemary and W. Otie. 2009. Construction Drawings and Details for Interior; basic Skills- Paperback, published by Wiley
3. Whiton Sherrill. 2010. Elements of Interior Design and Decoration, Published by J.B. Lippincott Comp. New York.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VII

Major Existing Course (Applied Art And Design)

Course Title: The Craft of Hand Weaving
Course Code: AAD-635
Credit Hours: 3(2-1)

Aims & Objectives:

This course is designed to teach history of weaving. Various weaving techniques taught as a craft will help to keep this craft alive and developing.

THEORY:

Introduction of weaving, history of weaving, types of hand looms; primitive loom, draw loom , horizontal loom , hand weaving on off looms,Types f weaves, plain weave,twill weave, over shot weave, combination weaves ,Tapestry and its designing.

PRACTICAL:

Preparation of hand woven panel .One tapestry project and creative woven projects

RECOMMENDED BOOKS:

1. Balow Alfred. 2010. The History and Principles of Weaving by hand and by power, published by Read Books.

*Scheme of Studies BS Honors Home Economic
New Course*

SEMESTER VII

Elective Course (Applied Art And Design)

Course Title: Print Making
Course Code: AAD-637
Credit Hours: 3(1-2)

Aims & Objectives:

To enhance the creativity of students in the area of print making with different mediums.

THEORY:

Introduction of print making, history of print making, technique of printmaking; lithography, screen printing , monotype, relief; wood cut, wood engraving, lino cut, intaglio; engraving, dry print, mezzotints, etching, aquatint.

PRACTICAL:

Develop and execution of projects in wood cut , linocut, screen printing. Prepare portfolio of print making.

RECOMMENDED BOOKS:

1. Goldstein Harriet. 2007. Art in Everyday Life, The Macmillan Company, New York USA.
2. Getlein Mark. 2009. Living with Art - Paperback by McGraw Hills, New York USA.

SEMESTER VII

Elective Course (Human Development And Family Studies)

Course Title: Human And Family Ecology
Course Code: HDF-627
Credit Hours: 3(2-1)

Aims & Objectives:

Describe the philosophy and purpose of human ecology as a field of academic study and Professional practice, understand and interpret key human ecological models, understand the relevance of, and demonstrate competence in, fundamental skills for Practicing human ecologists, including leadership, reflective practice, communication and decision making.

THEORY:

Introduction, Philosophy & mission of human ecology; Core concepts & values; Subfields of human ecology Theory in human ecology; Fundamentals of systems theory ; Human ecological models in practice Ethical issues in human service from a human ecological perspective Review of Issues and Trends in Family Ecology and Practice: Poverty from a family ecological perspective Leadership approaches from a family ecological perspective Modern consumer practices from a Family ecological perspective

PRACTICAL:

Presentation on the issues and trends in family ecology and practices of under develop ecological perspectives of impoverished families

RECOMMENDED BOOKS:

1. Adams, B. N. (2004). Families and family study in international perspective. Journal of Marriage and the Family.
2. Zimmerman, S.L. (2001). Family policy. Family policy discourse: The construction of family problems and their solutions. Family Policy. Constructed Solutions to Family Problems (pp. 26-42). Thousand Oaks: Sage.

SEMESTER VII

Optional Course (Human Development And Family Studies)

Course Title: Intervention & Education for
Developmentally Challenged Children
Course Code: HDF-629
Credit Hours: 3(3-0)

Aims & Objectives:

To increase the availability and intensity of early intervention, prevention and educational programs through skills, training, exceptional learning and awareness of challenged children. Understand the complexity of developmentally challenged individual in diverse context and in anecdotal setting

THEORY:

Foundations for understanding intervention & education for developmentally challenged children: Labeling and eligibility for special intervention & education, principles of IDEA, Special education as intervention & instruction, Current and future challenges. Planning and providing special intervention and education services: Basic steps, collaboration and teaming, individualized intervention & education program. Partnership with parents and families in diverse society: support for family involvement, developing and maintaining family- professional partnerships, methods of home- school communication, current issues and future trends. Exceptional needs of special children: Mental retardation, learning disabilities, emotional & behavioral disorders, deafness & hearing loss, blind and low vision, physical disabilities, health impairment and ADHD. Developing your own personal view of intervention and education for developmentally challenged children.

RECOMMENDED BOOKS:

1. Heward L. William, (2006) Exceptional Children: An introduction to special Education; 8 edition PEARSON PRENTICE Hall USA
2. Papalia, Feldman, and (2007). Human Development. McGraw-Hill.
3. Berk (2005). Development through the Life Span. 5th ed. Allyn & Bacon.
4. Sigelman, Carol and Rider, Elizabeth. 2009. Life-Span Human Development, Sixth. Edition, Belmont, CA: Wadsworth Cengage Learning
5. Dhawan.L. M, (2005)Education of children with special needs.ISHA BOOKS DELHI-110 033

SEMESTER VII

Major Existing Course (Human Development And Family Studies)

Course Title: Abnormal Psychology
Course Code: HDF-631
Credit Hours: 3(2-1)

Aims & Objectives:

The students will be able to focus on the causes, consequences and treatment of maladaptive behavior Explore historical views and current perspectives of abnormal behavior. Emphasis major diagnostic categories and criteria, individual and social factor of maladaptive behavior and type of therapy Describe the primary objective of abnormal psychology, including description, exploration, prediction and control of abnormal behavior.

THEORY:

The psychoanalytic perspective, the trait perspective, The Humanistic perspective, The Social Cognitive Perspective. The different sources of Behavior - personality trait VS. situational influence, Social Influence and Group Behavior, Social comparison; conformity; compliance, Group Dynamics Group influence; individual performance/Group problem solving / Social roles. Psychological Disorders, Models of Abnormal Behavior, Neurosis, Psychosis, Personality Disorders: Disassociative Disorders, Affective Disorders Therapies: The psychological therapy, The Biomedical therapy

PRACTICAL:

Analysis of behavior problems / psychological disorders among different age groups under the supervision of Psychiatric department of Govt. hospitals (DHQ's and Allied Hospital). Develop a Psychological, Biomedical and Disorder therapies of indoor patients.

RECOMMENDED BOOKS:

1. Corner, RJ. (2009) Abnormal psychology, Worth Publishers.
2. Carr, A. (2001) Abnormal; Psychology, Psychology press
3. Mangal SK. (2008) Abnormal psychology, Sterling Publisher

SEMESTER VII

Major Existing Course (Human Development And Family Studies)

Course Title: Elementary Education And Administration
Course Code: HDF-633
Credit Hours: 3(2-1)

Aims & Objectives:

To apply analytical and problem-solving skills to personal, social and professional issues and situations. To communicate orally and in writing, socially and interpersonally. To develop an awareness of the contributions made to civilization by the diverse cultures of the world. To understand and use contemporary technology effectively and to understand its impact on the individual and society. To work and study effectively both individually and in collaboration with others. To understand what it means to act ethically and responsibly as an individual in one's career and as a member of society. To develop and maintain a healthy lifestyle, mentally, physically and spiritually. To appreciate the ongoing values of learning, self-improvement and career planning.

THEORY:

Introduction to elementary education: scope and current trends of Elementary Education

Instructional Strategies Classroom management skills; Time management; Motivation; Organizing learning experiences Planning for effective teaching: Definition,; Importance; Essentials; Resource for planning; Lesson planning (the daily lesson plan); Construction a lesson plan; Lesson plan format Measurement & evaluation in teaching The role of evaluation in teaching; The meaning of evaluation; The principals of evaluation; Types of testing & evaluation procedures Family and school relationship Introduction ; Effects of family; Schools linkages; Barriers of family school linkages; Principals of family schools partnership; Parent's conference

PRACTICAL:

Plan and carry out five lesson plans (along with the supporting teaching aids)

Preparation of the file and viva

Planning and presentation of a lesson plan for the exam.

RECOMMENDED BOOKS:

1. Education Testing Service. 2004. Elementary Education: Curriculum, Instruction, and assessment. (Praxis Study Guides 2nd Ed.
2. Education Testing Service. 2003. Elementary Education: Content Knowledge study guide (praxis Study Guides)
3. Lou, A.J. 2005. Teaching outside the box: how to grab your students y their brains. Walter, P. 2008. Social studies in elementary education (with my education lab.) 13th Ed.

SEMESTER VII

Major Existing Course (Human Development And Family Studies)

Course Title: Family Dynamics
Course Code: HDF-635
Credit Hours: 3(3-0)

Aims & Objectives:

It includes instruction in dimensions of marriage and changing role of women. Family decisions and responsibilities, parenting decisions and responsibilities. Management of family systems in today's society.

THEORY:

Social change, Dynamics of family interaction, Conceptual analysis of family interaction patterns, Family decisions and responsibilities. Theories and strategies for helping families deal with crises Dimensions of marriage, Changing roles of women, Families in crisis, parenting in crisis, aging in the family. Management of family systems

RECOMMENDED BOOKS:

1. Turner, L.H. and West, R.L. (2006). The family communication sourcebook. University of California. USA.
2. Crawford, C.J. (2010). The Power of Love: Improving Family Dynamics. Create Space. USA.
3. Crawford, C. (2003). Embracing the family: achieving a loving balance in family dynamics. Cynthomedia Corp., Sterling House Publisher, 2003

SEMESTER VII

Major Course (Human Development And Family Studies)

Course Title: Gerontology: Social Aspects
Course Code: HDF-637
Credit Hours: 3(2-1)

Aims & Objectives:

Present and explain sociological characteristics of older persons. Show the significance of certain variations in aging based on different lifestyles and life opportunities. Be familiar with some studies in gerontology, in Pakistani perspective.

THEORY:

Social Analysis of Aging I: The Family Social Analysis of Aging II: Gender; Retirement Part I—Styles and Lifestyles; Widowhood Social Analysis of Aging III: Retirement Part II—Planning, Work, and Leisure Social Analysis of Aging IV: Rural vs. Urban, Ethnicity, Class Statistical Aspects: Population Aging Issues, Statistics and Research

PRACTICAL:

Preparation of research report based on different lifestyles and life opportunities in gerontology in Pakistan perspective.

RECOMMENDED BOOKS:

1. Gibson, J. W. (2006). *The Dynamics of Aging Families: A Handbook for Adult Children*. Cambio Press, USA.
2. Morgan, L. and Kunkel, S. (2001). *Aging: The Social Context* (2nd Edition), Pine Forge Press.
3. Kaye, L.W. (2005). *Perspectives on Productive Aging: Social Work with the New Aged*. NASW Press. USA.

NOT REVISED

SEMESTER VII

Elective Course (Interior and Environmental Design)

Course Title: Environmental Psychology
Course Code: IED-627
Credit Hours: 3(3-0)

Aims & Objectives:

Explore and understand various perspectives on human-environment interrelationships. Gain insight into the ways in which the environment influences our feelings and experiences. Gain first-hand knowledge about key environment and behaviour issues through hands-on activities.

THEORY:

“The nature and scope of environmental psychology” In Environmental psychology: Principles and practice. “Making a difference: Some ways that environmental psychology has changed the world. Understanding ordinary landscapes. “The role of environmental psychology for the design professions. Architecture of Human Behavior. Emotional Relationships to Place: Attachment & Identity. Relationships to Nature. Environmental Attitudes, Assessments and Preferences

RECOMMENDED BOOKS:

1. Gifford, R. (2002). Environmental psychology: Principles and practice. Published by Optimal Books.

SEMESTER VII

Elective Course (Interior and Environmental Design)

Course Title: Environmental Ethics
Course Code: IED-629
Credit Hours: 3(3-0)

THEORY:

Introduction of environmental ethics and non-human entities. Particular and sustained focus on issues concerning the natural environment. The study of ethics. Recent growth in environmental awareness in industrial and post-industrial societies; the nature and scope of environmental ethics. Western philosophies of nature, and its value and Relationship to the human world. Hunger, population and its effects on the environment. Pollution, pesticides and the greenhouse effects. Hazardous waste, Nuclear power: energy and calculation of risks. Environmental ethics and public policy.

RECOMMENDED BOOKS:

1. Williston, Byron.2012 *Environmental Ethics for Canadians*. Published by Oxford University Press.
2. Steven M. Cahn.2010 *Exploring Ethics: An Introductory Anthology*. Published by Oxford University, Press.

SEMESTER VII

Major Course (Interior and Environmental Design)

Course Title: Environmental Management
Course Code: IED-631
Credit Hours: 3(2-1)

Aims & Objectives:

Raising awareness on major global, regional and local environmental issues. Promoting significance of healthy environments on individual and community. Acquiring knowledge and understanding on dimensions of sustainability in relation to built environment.

THEORY:

Major environmental challenges faced by developed and developing world in the 21st Century. Measures to control environmental problems in Pakistan. Urbanization and its environmental implications with reference to built environment. Dimension of sustainability in relation to buildings and interiors.

PRACTICAL:

Developing an educational environment campaign focused on interior and environmental design.

RECOMMENDED BOOKS:

1. Hussain Mumtaz, 2010. Environmental Degradation: published by Feroze Sons Pvt. Ltd. Lahore.
2. Shakur Tasleem. 2001. Unsustainable environment the cities of developing world:published by Karachi city press
3. Winship. M. S. 2007. Sustainable Design for Interior Environments. Fairchild Books & Visuals Publishers.

SEMESTER VII

Major Course (Interior and Environmental Design)

Course Title: **Designing functional Spaces for Special Needs**
Course Code: **IED-633**
Credit Hours: **3(2-1)**

Aims & Objectives:

Including significance of interior environments for people with special needs.
Introducing the concepts of ergonomics in regards to interior design elements.
Developing skill to design special activity areas for specialized needs.

THEORY:

Functionally designed spaces for people with special needs in homes and at work places. Ergonomics: Definition and Explanation Historical background of Ergonomics Physical Ergonomics and significance of functional space requirements.

PRACTICAL:

Research activity based on functional space planning for people with special needs.

RECOMMENDED BOOKS:

1. Maureen Mition, Courtney Nystuen (2007). Residential Interior Design: A guide to Planning Space. Published by John Wiley & sons Canada.
2. Robert, S. Bridger (2003). (3rd Ed) Introduction to Ergonomics. Published by Taylor & Francis, New York.
3. Salk. S. (2010) Room for Children Stylish spaces for sleep and play. Published by Rizzoli
4. Spencer. C. (2006). Children and their environments: Learning, Using and Designing Spaces, Published by Cambridge University Press.

SEMESTER VII

Major Course (Interior and Environmental Design)

Course Title: Environmental Aesthetics
Course Code: IED-635
Credit Hours: 3(2-1)

Aims & Objectives:

Introducing the historical context of environmental aesthetics.

Developing aesthetics appreciation of interior environments. Developing strategies to control visual pollution.

THEORY:

Introduction to environmental aesthetics. Theoretical framework for environmental aesthetics. Aesthetics and buildings (building in relation to natural setting).

Architectural experience with building. Emotional effect of design. Visual pollution

PRACTICAL:

Evaluation of building aesthetics (project base). Portfolio is based on theory topic.

RECOMMENDED BOOKS:

1. Berleant. Arnold. 2005. Aesthetics and Environment Variations on a theme, Ashgate Publishing Limited England.
2. Brady. E. (2003). Aesthetics of the Natural Environment. Published by Edinburgh University Press.
3. Carison. A (2009). Nature and Landscape: An Introduction to Environment. Published by Columbia University Press.
4. Envir Porteons. D.J. 2000. Environmental aesthetics. Amazon.com
5. Hill. R. 1999. Design & their consequences. Amazon.com
6. Nasar. L. 1992. Environmental Aesthetics, theory, Research and Application, published by Cambridge University Press.
7. Winchip. M. Susan. 2007. Sustainable Design for Interior environments. Fairchild Books & visuals Publishers

REVISED

SEMESTER VII

Major Course (Interior and Environmental Design)

Course Title: Interior Design Project
Course Code: IED-637
Credit Hours: 3(0-3)

Aims & Objectives:

Importing knowledge in the students about furniture designing and applying that knowledge from a theoretical and practical point of view. Making students understand the importance of the principles of Ergonomics and its relationship with human body. Helping students learn and analyze the issues which are central in design management and understanding the role of furniture in creating market demand and shaping consumer behavior.

PRACTICAL:

Analysis of furniture items from theoretical and practical aspects. Creation of furniture items through the use of: Conception of an idea, execution through full scale drawing Actual construction of two projects keeping the rules of ergonomics up front. Renovation, redesigning and restoring of an article. Creating a product focusing mainly on aesthetic as well as functional aspects. Feasibility Report.

RECOMMENDED BOOKS:

1. Benning R.R. 2004. 2nd Ed. Furniture marketing from product Development to Distribution Fairchild Publishers.
2. Chaiara, D.J. &Panero, J. &Zelink, M. 2001, Time Saver Standard for Housing and Residential Development. Published by McGraw-Hill inc.Us.
3. Miller, Judith. 2005. Furniture, World Styles from Classical to Contemporary. DK Adult Publisher, Amazon. Com.
4. Postel J. 2007. Furniture Design. Published by Pile John. Wiley & Sons.

REVISED

SEMESTER VII

Elective Course (Resources and Facility Management)

Course Title: Human Resource Development
Course Code: RFM-627
Credit Hours: 3(3-0)

Aims & Objectives:

To develop understanding of issues relevant to Human Resource Development and enhance skills for Human Resource Development .

THEORY:

Training Employees: Definition: The foundation for effective practice; Training Programs & policy; Identifying training needs & objectives; Psychological Principles of Learning; Training managers & non-managerial Employees; Training providers, methods & location Career Development: Phases of a Career Development Program; Career Development Program for Special Groups; Personal Career Development. Performance Appraisal: Purposes & uses of performance appraisal; Choosing appraisal criteria; Performance Evaluation Programs & Methods; Process & problems of performance appraisal; Motivating Employees to Work: Motivation: Definition & techniques of motivation; Need-want-satisfaction chain; Maslow's hierarchy of needs; Herberg's two-factor theory.

RECOMMENDED BOOKS:

1. Shaun Tyson & Alfred York, 2001, Essentials of HRM, 4th edition, published by Replika Press Pvt. Ltd., Delhi- India.
2. Bernardin & Russell, 2000, Human Resource Management, 2nd Edition, published by McGraw Hill.
3. Robert E. Callahan & C. Patrick Fleenor, 2000, Managing Human Relations; Merrill Publishing Company, London.

NOT REVISED

SEMESTER VII

(Elective) Course (Resources and Facility Management)

Course Title: Management of Institutions Education And Health
Course Code: RFM-629
Credit Hours: 3(3-0)

Aims & Objectives:

To develop understanding of issues relevant to Management of institutions and enhance skills for Management of institutions.

THEORY:

Educational Institutions: Concept of school/ college organization, meaning, scope and principles of School, College and Community partnership. Basic elements of management; Process of management in educational institutions; Resource Management In Educational Institutions; Human Resources; Physical Resources; Financial Resources; Information and learning resources (library, AV Aids and instructional resources); Policies Of Educational Institutions; Rules regarding appointment, leaves, pay and allowances; Efficiency and Discipline rules; Records Of Educational Institutions; Attendance Register; Leave Register; Stock Register; Cash Register (fee, different kind of funds); Personal files of teachers and other staff; Other academic record (students result, staff meetings etc). Health Care Institutions (Hospitals, clinics, Healthcare Centers) Health Organization and Management; Concept of health organization, meaning, scope and principles of health organization.

RECOMMENDED BOOKS:

1. K.B. Everard, Geoff Morris, Ian Wilson,2004, Effective School Management; 4th edition Educational Publishing.
2. Edmund T. Emmer, Carolyn M. Evertson, Murray E. Worsham ,2005 Classroom Management for Middle and High School Teachers ,7th Edition,published by Allyn & Bacon.
3. Richard L. Miller, Earl S. Swensson ,2005, Hospital and Healthcare Facility Design, published by Allyn & Bacon.

REVSIED

SEMESTER VII

Major Course (Resources And Facility Management)

Course Title: Human Resource Management
Course Code: RFM-631
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to Human Resource Management and enhance skills for Human Resource Management.

THEORY:

The development of human resources management: the concept of human resources management; early stages in development; human resources management as a profession. The contemporary environment changes and challenges: elements of an organization's environment; changes that challenge managers of human resources. Organizational considerations in managing human resources: the organization as a system & organizational structure; responsibility and authority within the organization; the human resources department in an organization Job requirements:, job design, job analysis & competency approach, job description. Human resource planning and requirement. Determining vacancies; recruiting from within & outside the organization; preparing & publishing information. Processing & assessing application; notifying the applicants; EEO/AA in recruitment. Analyzing the qualifications of job candidates & selection of employees; matching people and jobs; sources of information about job candidates; process & instruments of selection: interview, & tests Making selection decisions: validation and the selection process; reaching a selection decision; legal requirements that shape selection policies

PRACTICAL:

The students will submit and present a Report on Human Resource Management of any organization. Report topics are levels of management an organization, management skills and responsibilities, employees nature and description of a job and job specification. Training programs establish for the employees.

RECOMMENDED BOOKS:

1. Shaun Tyson & Alfred York, 2001, Essentials of HRM, 4th edition, published by Replika Press Pvt. Ltd., Delhi- India.
2. William B. Werther & Keith Davis, 2000, Human Resource & Personnel, published by McGraw Hill.
3. Wayne F Cascio, 2001, Managing Human Resource, 4th International Edition, published by McGraw Hill.

REVISED

SEMESTER VII

Major Course (Resources And Facility Management)

Course Title: Consumer Economics
Course Code: RFM-633
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to consumer economics and enhance skills for consumer economics

THEORY:

Definition of Consumption Economics, Consumption Vs Production ,Scope of Economics of Consumption. Basic Concepts; Income, Real income Vs Nominal income, Personal income, Disposable personal income, Wants, Social want, physiological wants, Price, Price level, Measurement of Price level, Index number. Markets- Perfect competition, Monopoly and Monopolistic competition, National income, GNP, NNP, GDP. Utility Solution; Definition of Utility, Average utility, Total utility and Marginal utility; Law of diminishing marginal utility, Definition, Assumptions, Utility Schedule, Limitations, Law of equi-marginal utility, Definition, Assumption, Explanation, Limitations Indifference curve, Subjective Vs Objective satisfaction, Indifference curve, Indifference map. Properties of indifference curve. Consumer equilibrium. Budget line, Consumer equilibrium, Income consumption curve, Price consumption curve.

PRACTICAL:

The students will submit and present a research report at the end of semester. Report topics are; economic analysis of Pakistan, present per capita income, tax rate, and inflation rate.

RECOMMENDED BOOKS:

1. Elizebeth, B.,2009, Consumer Economics; published by Gold smith company.
2. Soderlind,S.D.2001,Consumer Economics:Practical Overview,published by prentice hall USA.
3. Thomas J. A. Jones,2007, Professional Management of Housekeeping Operations 5th edition ,published by Wiley.

New Course

SEMESTER VII

Major Course (Resources and Facility Management)

Course Title: Consumer Behavior
Course Code: RFM-635
Credit Hours: 3(3-0)

Aims & Objectives:

To develop understanding related to consumer behavior

THEORY:

The Diversity of Consumer Behavior. Meaning and Importance of Consumer Behavior, Role of Consumer Research, Ethics in Marketing. Consumer Research History. Process and conduct of Consumer Research. The Consumer as an Individual .Motivation: Definition, Dynamic Nature, Types of Needs. Systems of Needs / Measurement of Motives, Motivational Research. Personality and Consumer Behavior. Meaning of Personality. Theories of Personality. Personality and Understanding Consumer Diversity. Self and self images The Family., Family Defined. Family Decision-Making. The Family Life Cycle. Consumer Decision-Making. Decision Defined. Four Views of Consumer Decision making. Model of Consumer Decision-Making. Beyond the Decision: Using and possessing Relationship marketing

RECOMMENDED BOOKS:

1. Frank R. K, 2002, Consumer Behavior and Managerial Decision-Making, 2nd edition published by New York, Prentice-Hall.
2. John C. M, Michael S. M, 2001, Consumer Behavior. A Framework. Published by Prentice Hall, USA

New Course

SEMESTER VII

Major Course (Resources and Facility Management)

Course Title: Family Finance
Course Code: RFM-637
Credit Hours: 3(3-0)

THEORY:

Consumers in a changing world, The consumer movement in buying process, brands, and product development. Advertising, Saving, banking, debt and credit issues Insurance and investment. Consumer responsibilities, and law Ownership, safety, and repairs. Government protection, nongovernmental pro-consumer groups Identity theft, privacy protection, emerging consumer issues, at risk consumers, and developing a global perspective.

RECOMMENDED BOOKS:

1. Goldsmith ,2004,consumer Economics: issues and Behaviour.published by Prentice Hall.
2. Ross E. Lowe, Charles A. Malouf, Annette L. Jacobson,2002 consumer Education & Economics, 6th edition published by McGraw Hill.
3. Norman Myers, Jennifer Kent, 2004,The New consumers,1st edition ,published by Islands Press.

Revised

SEMESTER VIII

Compulsory Course Title: Internship
Course Code: HEC-626
Credit Hours: 6(0-6)

PRACTICAL:

Every student will undertake practical training in an approved hospital or research organization or industry. The student will maintain a daily diary, presentations, and assignments under the observation of supervisor. At the end of the internship, the students will submit a written report. Student will be evaluated by internship supervisor on the basis of performance in the hospital / research organization. Industry. Final report and oral presentation / viva.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VIII

Major Course (Food And Nutrition)

Course Title: Nutrition Health And prevention
Course Code: FAN-628
Credit Hours: 3(3-0)

Aims & Objectives:

To study the role of nutrients in the prevention of chronic diseases and disorders.

THEORY:

Health and Dietary Fiber, Obesity and Health risks, Hypertension, Cardiovascular diseases, Hyperlipidemias: prevention and treatment. Osteoporosis; prevention and treatment. Dental Health, Cancer and nutrition, Infantile Diarrhea Nutritional disorders with lasting effects: Nutritional anemia and Iron overload Eating disorders (anorexia nervosa, bulimia nervosa). HIV/ AIDS, Liver diseases.

RECOMMENDED BOOKS:

1. Shubhangini AJ. 2010. Nutrition and Dietetics. 3rd Ed. Tata McGraw- Hill, New Delhi, India.
2. Rolfes, Pinna and Whitney. 2012. Understanding normal and clinical nutrition. Thomson and Wads-Worth. Publishers, USA.
3. Linda K, Bruyne D, Pinna K, Whitney EN. 2008. Nutrition and Diet Therapy. Wadsworth/ Thomson Learning. CA. USA.
4. Nix S. 2008. William's Basic Nutrition and Diet Therapy. 12th Ed. Elsevier Publishers, New Delhi, India.
5. Coulston, A. and C.J. Boushey. 2008. Nutrition in the prevention and the treatment of disease, 2nd Ed. Academic press, London.

SEMESTER VIII

Major Course (Food And Nutrition)

Course Title: Sports Nutrition
Course Code: FAN-630
Credit Hours: 3(3-0)

Aims & Objectives:

To study the principles of sports nutrition . To develop understanding of healthy nutrition practices in sports nutrition

THEORY:

Introduction to sports nutrition. Goals of nutritional fitness. Nutrition Principles and requirements applied to Fitness & Sports. Stress Management and Physical Fitness. Sports and supplements; types, uses and misuses. Eating Disorders in Sports. Healthy physical activities and safe weight management. Post exercise meal.

RECOMMENDED BOOKS:

1. Brown S.F. 2002. Essentials of Sports Nutrition. 2nd ed. Willey Co
2. Wildman, R. Miller, B. 2004. Sports & Fitness Nutrition. Ward Worth.
3. Williams, M.H. 2002. Nutrition for Health, Fitness & Sports. 6th ed. McGraw Hill.
4. Linda, K., D. Bruyne, K. Pinnas E.N. Whitney. 2008. Nutrition and diet therapy. Wadsworth. Thomosn Learning, CA. USA.

SEMESTER VIII

Major Course (Elective) (Food and Nutrition)

Course Title: Food Allergies
Course Code: FAN-632
Credit Hours: 3(3-0)

Aims & Objectives:

To learn about the food allergens and Immune system.

THEORY:

Immune System: An introduction, Historical Progress in immunology Immunity: Innate and Adaptive Immune cells: T and B cells, differentiation and interactions, antibodies, antibody-antigen interactions, macrophages, phagocytes. Immunization and vaccines Immunization principles Immunization types Vaccines Allergy, etiology, symptoms, diagnosis and prevention. Food Allergens Foods that improve immunity Nutrients and immune system Types of Food Allergens (Egg, meat and Fish, milk, honey, cereals and beans) Food Intolerance: lactose, fructose, gluten and nutritional support.

RECOMMENDED BOOKS:

1. Lucjan JC and Harry JW .2010. Chemical and Biological properties of Food Allergens. CRC Press. Taylor and Frances Group. New York. USA.
2. Singh, B. 2006. Immunology. Pointer Publishers. Jaipur India
3. Awan, J.A. and Anjum, F.M. 2010. Food Toxicology. Unitech Communication, Faisalabad.
4. Suskind RM.and Tontisirin, K. 2001. Nutrition, Immunity and Infection in infants and children. Vol 45 Lippincott's Williams and Wilkins.
5. Frances, S. and E. Whitney. 2007. Nutrition concepts and controversies. 11th ed. Thomason Wadsworth, UK.

New Course

SEMESTER VIII

Major Course (Textiles And Clothing)

Course Title:	Traditional Textile of Pakistan
Course Code:	TAC-628
Credit Hours:	3(3-0)

Aims & Objectives:

Importance of cultural significance of clothing. To familiarize the students with the dress of different eras.

THEORY:

A brief review of history of textiles in the sub-continent region. Increase awareness of a variety of fiber crafts that can be used to create apparel or an accessory. Through the use of samples and demonstration, introduce a number of fiber crafts: create and evaluate a personal textile application project. Traditional textile of household and clothing. Provisional clothing. Cultural and traditional perspective reflection in dressings. Occasional clothing. Evolution of textile arts through different civilizations divided into six groups. 1st group Bronze Age 3500- 2500BC (in N.W.F.P, and Quetta) and Indus Valley Civilization 2500BC-1500BC Aryan Civilization 1500-500BC. Age of foreign invasion (covering Buddhism and Gandhara art, links with China and Central Asia) 500BC- 500AD Islamic and Arab influence, Turks, Mongols (8th to 15th century) Mughals from 15th -17th century British Period in India Post independence era. Pakistan and its four provinces Different crafts will be seen in context to different regions of Pakistan. Embroidery of Punjab, Sindh, Baluchistan and N.W.F.P. Hand Woven textiles of Pakistan. Cotton (khaddar, Sussi, lungi, khesetc) Woolen (blankets, patti cloth, curtain cloth and Kashmiri Shawls) Silk (lungis, lachas, gulbadan, banarsi silk etc

RECOMMENDED BOOKS:

1. Ethel Lewis, Romance of Textiles N. 2013. Macmillan Company.
2. Christine Hatt, Jane Tattersfield. 2007. Cloths of the Ancient World (Pre-history to 500AD). Chryslis Books.
3. Marry G. Houston. 2003. Ancient. Greek, Roman & Byzantine Costume. Dover Publication.
4. Alonwilkins. 2003. Roman Dress Accessories. Shire Books.
5. Aileen Ribiero. 2008. Fashion, the French Revolution (Costume and civilization) Holmes & Meier Publishers.
6. Ann Bahar. 2005. Historic French Costumes Paper Doll Book, Hobby House Press.

Not Revised course

SEMESTER VIII

Course Title: Historic Costume
Course Code: TAC-630
Credit Hours: 3(3-0)

Major Course (Textiles And Clothing)

Aims & Objectives:

Importance of cultural significance of clothing. To familiarize the students with the dress of different eras.

THEORY:

A brief review of history of textiles in the sub-continent region. Evolution of textile arts through different civilizations divided into six groups. 1st group Bronze Age 3500- 2500BC(in N.W.F.P, and Quetta) and Indus Valley Civilization 2500BC-1500BC Aryan Civilization 1500-500BC. Age of foreign invasion (covering Buddhism and Gandhara art, links with China and Central Asia) 500BC- 500AD Islamic and Arab influence, Turks, Mongols (8th to 15th century) Mughals from 15th -17th century British Period in India Post independence era. Pakistan and its four provinces Different crafts will be seen in context to different regions of Pakistan. Embroidery of Punjab, Sindh, Baluchistan and N.W.F.P. Hand Woven textiles of Pakistan. Cotton (khaddar, Sussi, lungi, khesetc) Woolen (blankets, patti cloth, curtain cloth and Kashmiri Shawls) Silk (lungis, lachas, gulbadan, banarsi silk etc

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1. Ethel Lewis, Romance of Textiles N. 2013. Macmillan Company.
2. Christine Hatt, Jane Tattersfield. 2007. Cloths of the Ancient World (Pre-history to 500Ad). Chryslis Books.
3. Marry G. Houston. 2003. Ancient. Greek, Roman & Byzantine Costume. Dover Publication.
4. Alonwilkins. 2003. Romon Dress Accessories. Shire Books.
5. Aileen Ribiero. 2008. Fashion, the French Revolution (Costume and civilization) Holmes & Meier Publishers.
6. Ann Bahar. 2005. Historic French Costumes Paper Doll Book, Hobby House Press.

New Course

SEMESTER VIII

Major Course (Textiles And Clothing)

Course Title: Textile Application
Course Code: TAC-632
Credit Hours: 3(2-1)

Aims & Objectives:

To understand the awareness of the factors that determines the appropriateness of successful design in apparel and textile products. This course will provide a sound technical knowledge, as well as management concept, to real situations in the professional areas.

THEORY

Industrial textile; definition and scope, market scenario. Future trends of industrial textiles. Factor that reflect clothing: culture, economic, political, and social conditions of the times. Application of textile in different area. Textile explore entrepreneurial opportunities. Ways to start small textile business. Determine selling prices of textile. Issues in the professional textile field; production parameters and end use. Wide ranging textile market. Current interest in textiles. Structure of the global fiber/textile/apparel complex and its distribution patterns with an overview of political, economic and technological factors that are changing these industries and their markets. Textile and apparel industries including fashion theory, production, distribution, and consumption of textile goods.

PRACTICAL:

Creating Business Plans for a Textiles Business.

RECOMMENDED BOOKS:

1. R. Senthikumar. 2013. Textiles for Industrial Applications. CRC Press.
2. Meg Mateo Ijasco. 2011. Craft inc. revised edition.
3. Kari Chapin. 2009. The Handmade Marketplace: How to Sell your Crafts Locally, Globally. Paperback
4. Chapin K J. 2007. Grow your Handmade Business. CRC Press.

SEMESTER VIII

Major Course (Applied Art And Design)

Course Title: Art Appreciation
Course Code: AAD-628
Credit Hours: 3(2-1)

Aims & Objectives:

This course focuses on the artistic achievement of previous ages and its relationship to society and culture. The architecture, sculpture and painting produced by a civilization provide an important key to the understanding of that civilization's role in art history.

THEORY:

Renaissance; earlier period , high period, late period, baroque; luxury art, architecture, sculpture, rococo; French taste , taste of natural , revival of classicism, neoclassicism, romanticism , stylish architecture , modern Art ; art of late 19 century, early and late 20th century.

PRACTICAL:

Select a piece of art and present a report on it (1000 words)

RECOMMENDED BOOKS:

1. Goldstein Harriet. 2007. Art in Everyday Life, The Macmillan Company, New York USA.
2. Getlein Mark. 2009. Living with Art - Paperback by McGraw Hills, New York USA.
3. J.E. Davies Penelope, Denny Walter B.2010. History of Art, The Western Tradition (8th Edition) My Arts Lab Series.
4. Gardner Helen. 2008. Gardner's Art Through the Ages: A Global History; Volume I & II (Gardner's Art Through the Ages: A Concise History)

SEMESTER VIII

Major Course (Applied Art And Design)

Course Title: Painting
Course Code: AAD-630
Credit Hours: 3(1-2)

Aims & Objectives:

Focus of this course is to enhance the creativity of students in the area of painting with different mediums.

THEORY:

Introduction of painting, history of painting, techniques of painting ; encaustic, fresco, tempera, oil, water color , gouache , acrylic, styles of painting; still Life, landscape, figure. painters.

PRACTICAL:

Prepare portfolio of painting art work

RECOMMENDED BOOKS:

1. A quantum Book. 2004. The Great Masters. Quantum Publishing Ltd. London.
2. A quantum Book. 2000. Techniques of the Great Masters of Art, Grange Books Plc. The Grange Kingsnorth Industrialist Estate Hoo, Near Rocheter.
3. Goldstein Harriet. 2007. Art in Everyday Life, The Macmillan Company, New York USA.
4. Getlein Mark. 2009. Living with Art - Paperback by McGraw Hills, New York USA.

Scheme of Studies BS Honors Home Economic
Revised Course

SEMESTER VIII

Major Course (Applied Art And Design)

Course Title: Hand Built Pottery
Course Code: AAD-632
Credit Hours: 3(1-2)

Aims & Objectives:

This course is designed to learn about the traditional techniques of pottery making such as hand-building, wheel, slip casting, glazing and firing.

THEORY:

Introduction of pottery , history of pottery, types of clay, methods of preparing clay, techniques of hand build pottery ,glazing, basic firing ,

PRACTICAL:

Make pottery pieces on the hand build technique

RECOMMENDED BOOKS:

1. Speight Charlotte F. Toki John. 2003. Hand in Clay, Publisher: Mc Graw-Hill.
2. Cusentino Peter., the Encyclopedia of Pottery Techniques. A Comprehensive Visual
3. Mills Maureen. 2008. Surface Design for Ceramics;A Lark Ceramics Book. Publisher: Sterling Publishing Company, Inc.

SEMESTER VIII

Major Existing Courses (Human Development And Family Studies)

Course Title: Educational Psychology And Measuring Techniques
Course Code: HDF- 628
Credit Hours: 3(2-1)

Aims & Objectives:

To promote and maintain high standards of professional education and training within the specialty, and to expand appropriate scientific and scholarly knowledge and the pursuit of scientific affairs; to increase effective and efficient conduct of professional affairs, including the practice of psychology within the schools, among other settings, and collaboration/cooperation with individuals, groups, and organizations in the shared realization of Division objectives. Demonstrate knowledge of effective educational practices and the skills necessary to deliver psychological services in school settings.

THEORY:

Educational Psychology: An Introduction and Contribution of educational psychology
Contribution of School of Psychology in Education: Structuralism, Functionalism, Behaviorism, Psychoanalysis, and Gestalt School of Psychology. Educational Implications of Developmental Theories: Piaget, Erickson, Vygotsky, and Kohlberg. Theories of Learning: Meaning of learning, Implication of learning for teachers, Motivation and class room learning: Definition and importance of motivation, Types of motivation Function of motivation. Intelligence and class room learning: Definition and types of intelligence, Theories of Intelligence, Multifactor theory (two factor theory, Guilford's theory), Measuring intelligence (Binet's intelligence scale, Washler's intelligence scale).

PRACTICAL:

Learning to administer any two of the following; 16 PF, S.P.M., Weschler, TAT. Collecting evidences through audio visual aids to confirm the educational theories in the schools.

RECOMMENDED BOOKS:

1. Berryman, J.C. Development Psychology and You, Londer Blackwell Publishers, 2ndEd.2003
2. Woolfolk, A.E. (2007). Educational Psychology, 4th Edition, Prentice hall, U.K. Thorndike, E. L (2007). Educational Psychology. (7th Ed.). Prentice hall, U.K.
3. Winne, P.H. (2006). Handbook of educational psychology.
4. Sharma, P. (2007). Educational Psychology. New Dehli. APH publishing Corporation.

SEMESTER VIII

Major Existing Course (Human Development And Family Studies)

Course Title:	Planning and Management Human Services Programmes
Course Code:	HDF-630
Credit Hours:	3(2-1)

Aims & Objectives:

Demonstrate understanding of the purpose and processes of human services program development and administration Apply principles of effective management to real life problems in human services Settings Develop effective human services program goals and objectives based on needs assessment and linked to program design and evaluation. Critically evaluate and propose solutions to current challenges and opportunities facing human service organization.

THEORY:

The concept of human services: the integrated concept, generic concept. Human service workers: agents of change. history of helping: early human services, the golden age, the dark ages, age of reasoning, recent history Human services: defining boundaries, problems, and causes. Defining problem behavior / deviance, causality of problem behavior / deviance. Planning Techniques: Needs Assessment, Data Collection and Analysis, Budgeting and Evaluation. Managing skills: decision making management, organizational behavior, personal motivation, accountability, financial management.

PRACTICAL:

Conduct case study of a maladjusted family in local settings. Presentation of planning and management techniques to address the family issues

RECOMMENDED BOOKS:

1. Weinbach RW. (2007), the social worker as manager: A practical guide to success, Pearson, India
2. Brody, R. (2005).Effectively managing human service organizations, Ed. 3, Sage.
3. Patti RJ(2000) the hand book of social welfare management, Sage publications
4. Schmid, H(2004), Organizational and Structural Dilemmas in Nonprofit Human Service Organizations, Routledge- Business & Economics
5. Mehr, J., (1980), Human Services: concepts and intervention strategies, Allyn and Bacon, Inc.

SEMESTER VIII

Major Existing Course (Human Development And Family Studies)

Course Title: Day Care Management And Administration
Course Code: HDF-632
Credit Hours: 3(2-1)

Aims & Objectives:

To learn and understand the fundamentals of this important Child Day Care Management To comprehend all aspects of child day care management from business start-up to administrative management.

THEORY:

Child Day Care Management: An Introduction; The Role of the Child Care Worker; Interacting with Child Care Workers; Fostering Self-Esteem and Showing Approval; Changes in Children: 12 Months to 10 Years; Financial Statements and the Business Plan Administration of Programs for Young Children; Schools and Programs; The Program and Environment of Planning; Setting Program Goals; Planning for Infants and Toddlers and Preschool-Age Children; Communication Styles and Listening Skills; Sharing Unpleasant Information with Parents. Planning and Staff Decision Making; Staff Selection; Personnel Policies; Staff Supervision and Training; Student Teachers/Volunteers. Management Issues; Budget Management; Maintenance, Health, and Safety; Food and Nutrition Services; Including Families and the Community; Maintaining the Quality of Child Care; Computerized Center Administration. Planning for Profit in Your Child Care Business; Setting Your Professional Goals; Contracts and Policies; Rates, Fees, and Collection; Financial Determination; Marketing Strategies.

PRACTICAL:

Plan and develop a child care centers in the local settings

RECOMMENDED BOOKS:

1. Jack, G.H. (2004). The Business of Child Care: Management and Financial Strategies. 1st Edition. Wadsworth Publishing. USA.
2. Sciarra, D.J. Dorsey, A.G., and Lynch, E. (2009). Developing and Administering a Child Care and Education Program. 7th Ed. Wadsworth Publishing; USA.
3. Gonzalez-Mena, J. (2004). Diversity in Early Care and Education Programs: Honoring Differences. 4th Ed. McGraw-Hill Humanities /Social Sciences/Languages.

SEMESTER VIII

Major Existing Course (Interior and Environmental Design)

Course Title: Advance Computer Application for Interior Design
Course Code: IED-628
Credit Hours: 3(1-2)

Aims & Objectives:

Using CAD effectively to create floor plans, elevation etc. Creating standard symbols and details .Developing complete computer generated set of drawings.

THEORY:

Computer generated floor plans Symbols of furniture & fittings Furniture plan Section and details of partitions. Various finishing and equipment plans.

PRACTICAL:

Portfolio design Computer generated set of drawings.

RECOMMENDED BOOKS:

1. Beverly L.kirkpatrick ,2008,Auto CAD 2008 for interior Design and space Planning,published by McGraw Hills company.

SEMESTER VIII

Major Existing Course (Interior and Environmental Design)

Course Title: Interior Design Professional Practice Management
Course Code: IED-630
Credit Hours: 3(2-1)

Aims & Objectives:

Developing the managerial skills for interior design practice Understanding the financial management requirements for interior design practice. Familiarizing with legal and ethical codes and standards associated with interior design practice.

THEORY:

Business Procedure associated with interior design practice. Financial management. Legal liabilities. Ethical practices Specification & codes Writing proposal & contracts Contract schedule. Contract negotiation Project administration

PRACTICAL:

Report Based on course contents.

RECOMMENDED BOOKS:

1. Coleman, C. 2001. Interior Design Hand Book of Professional Practice. Published by McGraw Hill Professional.
2. Maurer T.L. & Katie. W.2007, Design in Practice: Case studies of successful Interior business models. Amazon.com,published by Piotrowski C. M.

Scheme of Studies BS Honors Home Economic
SEMESTER VIII

Major Existing Course (Interior and Environmental Design)

Course Title: Consumer, Marketing Strategies
Course Code: IED-632
Credit Hours: 3(2-1)

Aims & Objectives:

Defining market and marketing strategies in modern economic activities. To prepare students in client dealing. Teaching individual strategic planning marketing techniques.

THEORY:

Definition and Scope; marketing function; who perform the marketing function; Definition of consumer; Role and responsibilities Management and marketing; Definition and scope of management and market; Strategic planning; meaning importance and step of strategic planning; Developing a target market strategy The product development; Product objective. An analysis of competition position; Trends and market.

PRACTICAL:

Report on market trends and product analysis.

RECOMMENDED BOOKS:

1. Eppinger.S. Uirich. K. 2003. Product Design and Development,3rd edition published by McGraw Hill.
2. Hawkins Del. Mothers Bough, L. David 2010, Consumer Behavior: building marketing strategy, published by McGraw Hill Irwin. Boston.
3. John. CM. & Michael S.M. 2001. Consumer Behavior. A framework. Published by New York, Prentice Hall.
4. Kotler.P.Keller.K. 2011, Marketing Management. Amazon .com
5. Schiffman.l.Kanuk.l ,2009,Consumer Behavior.Amazon.com.

Scheme of Studies BS Honors Home Economic
SEMESTER VIII

Major Existing Course (Resources and Facility Management)

Course Title: Hotel Management
Course Code: RFM-628
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to Hotel Management and enhance skills for Hotel Management

THEORY:

Hotel management; The application of management theories to the hotel management; Business policies in hotel management; Procedures of hotel management; Management and financial activities Office management; Front office movement; Front office management including guest cycle; Reservations; procedures. Basic principles of quantity food production. Food service production and service systems; Food markets; Regulation of food services; Production and distribution of food. Basic principles of sanitation and safety in food and beverage. Management of housekeeping, maintenance. Management and maintenance of lodging facilities.

RECOMMENDED BOOKS:

1. James A. Bardi, 2002, Hotel Front Office Management; 3rd edition published by Wiley.
2. Alan T. Stutts, James Wortman, 2005, Hotel and Lodging Management: An Introduction, 2nd edition, published by Wiley.
3. Thomas J. A. Jones, 2007, Professional Management of Housekeeping Operations, 5th edition, published by Wiley.

SEMESTER VIII

Major Existing Course (Resources and Facility Management)

Course Title: Small Business Management
Course Code: RFM-630
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of issues relevant to Small Business Management and enhance skills for Small Business Management.

THEORY:

Basic Business Decisions; Defining assessing and choosing options; Lay the foundations; Market Research; Understanding and reaching customers Cost and Profit Analysis; Finances and Assets; Competitors and Constraints; Writing a business plan; Running your business; Selling techniques and business Promotion E-marketing and online selling; Customer Satisfaction; Price and Budgeting; Cash flow and Book-keeping; Negotiating Legal aspects of small business.

PRACTICAL:

Identify business opportunities and Make a business plan for small scale business. Make a plan for a small business project of 1-7 days duration; and implement and evaluate the plan.

RECOMMENDED BOOKS:

1. William D. Bygrave, Andrew Zacharakis ,2003, The Portable MBA in Entrepreneurship,3rd edition,published by Wiley.
2. Jeremy Kourdi;2003,Business Strategy: A Guide to Effective Decision-Making (The Economist Series); Format: Published Viva Books
3. Martha Shirk, Anna S. Wadia,2004, Kitchen Table Entrepreneurs: How Eleven Women Escaped Poverty and Became Their Own Bosses,new edition.published by Basic Books.

SEMESTER VIII

Major Existing Course (Resources and Facility Management)

Course Title: Money Banking And Finance
Course Code: RFM-632
Credit Hours: 3(2-1)

Aims & Objectives:

To develop understanding of consumer banking and finance.

THEORY:

Money and its evolution Definition, Functions and characteristics of Money. Evolution of Payment system. Theories of Demand for Money, Quantity Theory of Money by Irving Fisher, Quantity. Theory of Money by Cambridge version. Liquidity Theory of Money by J.M.Keynes., Modern Quantity Theory of Money by Milton Friedman. Monetary Policy, Meaning and Objectives of Monetary Policy, Tools and Instruments of Monetary policy, Effectiveness of Monetary Policy in Boom and Recession. Effectiveness of Monetary and Fiscal Policies in the IS-LM framework. Commercial Banking, Meaning and Evolution of Commercial Banks. Functions of Commercial Banks. Essentials of sound Commercial Banking. Portfolio Management Theories. Credit Creation. Role of Commercial Banks in Developing Countries. Central Banking Meaning and Characteristics of Central Banks. Functions of Central Bank. Role of Central bank in Economic Development

Practical:

Make a report on different schemes of banks.

RECOMMENDED BOOKS:

1. Ritter, Lawrence. S and Williams, L. Silber 2003. Principles of Money, Banking and Financial Markets. 8th edition. Published by Basic Books Inc.
2. Thomas, Lloyd. B ,2002, Money, Banking and Financial Markets. Published by The McGraw Hill Companies.
3. Journal of Institute of Bankers in Pakistan. An IBP Quarterly Publication.

The End