

CURRICULUM

OF

BS HOME ECONOMICS

(Revised 2011)



HIGHER EDUCATION COMMISSION
ISLAMABAD, PAKISTAN

CURRICULUM DIVISION, HEC

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PREFACE

The curriculum of subject is described as a throbbing pulse of a nation. By viewing curriculum one can judge the stage of development and its pace of socio-economic development of a nation. With the advent of new technology, the world has turned into a global village. In view of tremendous research taking place world over new ideas and information pours in like of a stream of fresh water, making it imperative to update the curricula after regular intervals, for introducing latest development and innovation in the relevant field of knowledge.

In exercise of the powers conferred under Section 3, Sub-Section 2 (ii) of Act of Parliament No. X of 1976 titled “**Supervision of Curricula and Textbooks and Maintenance of Standard of Education**” the erstwhile University Grants Commission was designated as competent authority to develop review and revise curricula beyond Class-XII. With the repeal of UGC Act, the same function was assigned to the Higher Education Commission under its Ordinance of 2002 Section 10, Sub-Section 1 (v).

In compliance with the above provisions, the HEC undertakes revamping and refurbishing of curricula after regular intervals in a democratic manner involving universities/DAs, research and development institutions and local Chamber of Commerce and Industry. The intellectual inputs by expatriate Pakistanis working in universities and R&D institutions of technically advanced countries are also invited to contribute and their views are incorporated where considered appropriate by the National Curriculum Revision Committee (NCRC).

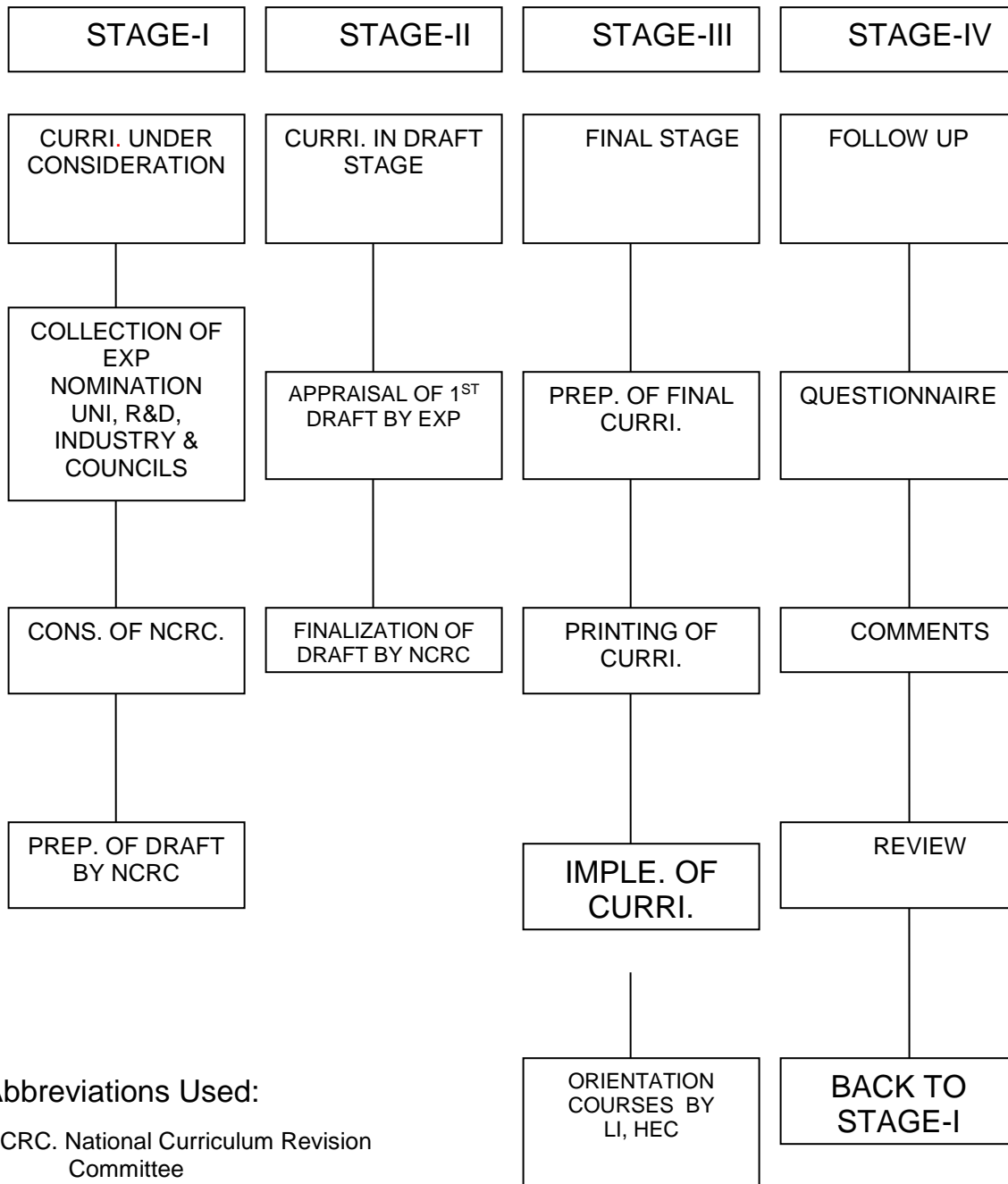
To bring international compatibility to qualifications held from Pakistani universities/DAs for promotion of students mobility and job seekers around the globe, a Committee comprising of Conveners of the National Curriculum Revision Committee of HEC met in 2009 and developed a unified template for standardized 4-year/8-semester BS degree programmes. This unified template was aimed to inculcate broader base of knowledge in the subjects like English, Sociology, Philosophy, Economics etc. in addition to major discipline of study. The Bachelor (BS) degree course requires to be completed in 4-year/8-semester, and shall require qualifying of 130-140 credit hours of which 77% of the curriculum will constitute discipline specific and remaining 23% will comprise compulsory and general courses.

In line with above, NCRC comprising senior university faculty and experts from various stakeholders and the respective accreditation councils has finalized the curriculum for BS 4-year in Home Economics. The same is being recommended for adoption by the universities/DAs channelizing through relevant statutory bodies of the universities.

MUHAMMAD JAVED KHAN
Adviser (Academics)

June, 2011

CURRICULUM DEVELOPMENT



Abbreviations Used:

- NCRC. National Curriculum Revision Committee
- VCC. Vice-Chancellor's Committee
- EXP. Experts
- COL. Colleges
- UNI. Universities
- PREP Preparation
- REC. Recommendations
- LI Learning Innovation
- R&D Research & Development Organization
- HEC Higher Education Commission

INTRODUCTION

The National Curriculum Revision Committee (NCRC) final meeting was held from March 28-30, 2011 at HEC Regional Centre, Lahore to finalize the draft Curriculum for 4-year BS in Home Economics. Following attended the meeting.

1. **Dr. Rubina Hakeem**
Professor & Principal,
Department of Nutrition
Rana Ishaq Ali Khan College of Home Economics
University of Karachi,
Karachi. **Convener**

2. **Mrs. Ghazala Pervez Zaman**
Associate Professor,
Department of Food and Nutrition
Govt. College of Home Economics
Gulberg, Main Boulevard,
Lahore. **Secretary**

3. **Dr. Samia Kulsoom**
Principal,
College of Home Economics
Gulberg, Lahore **Member**

4. **Dr. Ghazala Nizam**
Principal,
College of Home Economics
University of Peshawar,
Peshawar. **Member**

5. **Mr. Rasheed Siddiqui**
Assistant Professor,
Department of Art & Design
Mirpur University of Science & Technology
Mirpur Azad Jammu & Kashmir
Muzaffarabad. **Member**

6. **Ms. Azra Munawar Farooqi**
Assistant Professor,
Department of Art and Design
Rana Ishaq Ali Khan College of Home Economics
University of Karachi
Karachi. **Member**

7. **Ms. Umaira Bilal**
Lecturer,
Department of Home Economics
G.C University, Faisalabad Member
8. **Mrs. Samina Bukhari**
Associate Professor,
Department of Arts & Design
Govt. College of Home Economics Gulberg
Main Baulevard
Lahore Member
9. **Ms. Nuzhat Dar**
College of Home Economics
University of Peshawar
Peshawar Member
10. **Ms. Khair-un-Nisa Memon**
Lecturer & Head of Family Child Development Department
Govt. Dr.I.H.Zubari Girls College for Home Economics
Hyderabad Member
11. **Mrs. Tahira Rana**
Associate Professor
Department of Family and Child Development
Govt. College of Home Economics Gulberg,
Main Baulevard,
Lahore Member
12. **Ms. Nargis Irfan**
Assistant Professor,
Department of Family Relation and Child Economics
Rana Liaqat Ali Khan College of Home Economics
University of Karachi
Karachi. Member
13. **Ms. Mussarat Anwar**
College of Home Economics
University of Peshawar
Peshawar Member
14. **Prof. Dr. Nighat Bhatti**
Chairperson,
Department of Home Economics
GC University Faisalabad
Faisalabad Member

15. **Mrs. Mahjabeen**
Assistant Professor,
Department of Food & Nutrition
Govt. Dr.I.H. Zubari Girls College for Home Economics
Hyderabad Member
16. **Mrs. Azra Amjad**
College of Home Economics
University of Peshawar
Peshawar Member
17. **Ms. Uzma Khalid**
Lecturer,
Department of Home Economics
G.C University
Faisalabad Member
18. **Dr. Naghmana Akhter**
Department of Food and Nutrition
Federal Govt College of Home Economics & Mgt Sciences
Islamabad Member
19. **Ms. Hajra Ahmed**
Assistant Professor,
Department of Home & Health Sciences
Allama Iqbal Open University
Islamabad Member
20. **Ms. Tayyiba Gul**
Assistant Professor,
Department of Home Economics
MirpurUniversity of Science & Technology
Mirpur, Azad Jammu & Kashmir Member
21. **Mrs. Durdana Kazi**
Associate Professor
Department of Home Economics
Rana Liaqat Ali Khan College of Home Economics.
University of Karachi, Karachi Member
22. **Mrs. Khadija Soomro**
Associate Professor,
Govt. Dr.I.H. Zubari Girls College for Home Economics
Hyderabad Member

23. **Mrs. Asma Kamal**
Lecturer,
Department of Housing & Management
Govt. College of Home Economics Gulberg,
Main Baulevard,
Lahore
Member
24. **Dr. Nomana Anjum**
Associate Professor,
Department of Home & Health Sciences
Allma Iqbal Open University
Islamabad
Member
25. **Mrs. Shaheena Pervaiz**
Associate Professor,
Department of Textile & Clothing
College of Home Economics Gulberg,
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26. **Ms. Roohi Iqbal**
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House no 09, Street 38, Canal Park, Gulberg-II,
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Member

31. **Ms. Hina Fauzia**
Assistant Manager (Curriculum)
Curriculum Section
TEVTA Secretariat,
96-H, Gulberg-II
Lahore
Member
32. **Ms. Rehana Siddiq**
194-T, Phase-II, Defense Housing Authority,
Lahore.
Member
33. **Mrs. Naheed Abbas**
Assistant Professor,
Department of Rural Home Economics
University of Agriculture
Faisalabad
Member
34. **Mrs. Attiya Inam**
Lecturer,
Government College of Home Economics,
Main Boulevard, Gulberg, Lahore
Member
35. **Ms. Saira Hayat**
Associate Professor,
Government College of Home Economics
Main Boulevard, Gulberg, Lahore
Member
36. **Ms. Seema Sharjeel**
Assistant Professor,
Government College of Home Economics
Main Boulevard, Gulberg
Lahore
Member

Mr. Muhammad Javed Khan, Adviser (Academics), HEC Islamabad welcomed the participants and briefed about the obligations of the Higher Education Commission for review, revision and development of curricula. He informed the participants that the objective of the meeting is to review/revise and develop 4-year BS curriculum in Home Economics following semester system of examination. He informed the members that Government is striving hard to enhance the quality of education in public/private sector Universities/Institutions by developing curriculum and making it more compatible with international standards, job oriented and in line with the needs of the society. Dr. M. Tahir Ali Shah, Deputy Director (Curriculum) was also present on the occasion.

Dr. R. Hakeem, Principal Rana Liaqat Ali Khan College of Home Economics, Karachi acted as the convener and Mrs. Ghazala Pervez Zaman, Head of Food & Nutrition Department, Govt. College of Home Economics, Lahore as Secretary.

Comments received on the draft curriculum from the expatriate Pakistani expert were circulated amongst the members of NCRC for consideration.

After three days long deliberations the NCRC finalized curriculum for 4-year BS in Home Economics. Salient features of revised curriculum are as follows:

1. The curriculum has been designed for the semester system of examination.
2. Applicants who have passed the HSc Home Economics or equivalent exam would be eligible to get admission in the four year BS programme. However at the discretion of the head of the institution admission may also be given (with or without the requirement of doing remedial courses) to those applicants who have passed intermediate or equivalent examination in subjects other than home economics.
3. The revised curriculum is designed to fulfill the requirements for four year BS Home Economics and is based on the "Standardized Format/ Scheme of Studies For Four-Year Integrated Curricula For Bachelor Degree in Basic, Social, Natural And Applied Sciences" suggested by HEC.
4. The revised curriculum gives option for specializing in any one of the six areas of specialization for which courses are designed. It was decided that in line with international trends various institutions can offer specialization in one or more areas according to needs and feasibility.
5. It was decided that in spite of offering specialization in the home economics education must retain its focus on its core values and conform to International federation of home economics definition of home economics i.e. "Home Economics is a field of study and a profession that draws from a range of disciplines to achieve optimal and sustainable living for individuals, families and communities".
6. The first two years include all the Compulsory and Foundation courses and some General courses. The entire Major and Elective Major, and some General courses are in the last two years. In the last two years studies are focused towards specific areas of specialization that leads to more focused training for relevant professions. Students can choose any one field from the five areas and would study all the major and selected elective major courses from the relevant area. All the students besides being trained to work as teachers and researchers in the relevant field are also trained for working in other relevant professions (examples given below).

Areas of Specialization	Area Specific Relevant Professions
A. Art and Design	Consumer products designer, colour Consultant, Art and design educators, Mural Designers, Calligraphists, Ceramists, Fine Artists, Sculptors, Graphic Artists, Art Educators, Art Specialists, etc.
B. Food and Nutrition	Dietitians, Public Health Nutritionists, Food Quality Control Manager
C. Interior and Environmental Design	Interior Designer, Environmental Design Educators and consultants
D. Human Development and Family Studies	Early Childhood Educator, Family Counselor, Special Education
E. Resource and Facility Management	Housekeeping Managers For Hotels, Hospital, Lodges; Events And Project Mangers, Program Mangers For Rural Support And Education Extension Programmes
F. Textiles and Clothing	Quality Control consultants for textiles and clothing , Designing And Merchandiser For Apparel And Textile Industry

IFHE Position statement:

www.ifhe.org/fileadmin/ifhe_administrator/Members/General/General_Information/consultation_draft.pdf

List of home economics research journals and website is given at the end.

SCHEME OF STUDIES FOR SEMESTER 1-4

Semester	Name of Subject	Credits
First	ENGLISH-I	3
	PAKISTAN STUDIES	2
	MATH/STAT-1	3
	GENERAL-I Chemistry	2
	FOUNDATION-1 Introduction to Home Economics	2
	FOUNDATION-2 Introduction to Arts & Design I	2+1
	FOUNDATION-3 Clothing & consumer education	2+1
		18
Second	ENGLISH-II	3
	ISLAMIC STUDIES / ETHICS	2
	MATH/STAT-II / UNIV. OPTIONAL	3
	GENERAL-II Physics	2
	GENERAL-III Psychology	2
	FOUNDATION-4 Introduction to Arts & Design II	2+1
	FOUNDATION-5 Advanced clothing	2+1
		18
Third	ENGLISH-III	3
	INTRODUCTION TO COMPUTER	3
	GENERAL-IV Fundamentals of Economics	3
	FOUNDATION-6 Life span development	2+1
	FOUNDATION-7 Home Mgt & housing 1	2+1
	FOUNDATION-8 Fundamentals of F&N	2+1
		18
	Fourth	ENGLISH-IV / UNIV. OPTIONAL
GENERAL-V Bio-Chemistry		2+1
GENERAL-VI Sociology		2
FOUNDATION-9 Family and community Development		2+1
FOUNDATION-10 Home Mgt. & housing 2		2+1
FOUNDATION-11 Meal Mgt.		2+1
		17
		Total CH semester 1-4

ART AND DESIGN
SCHEME OF STUDIES FOR SEMESTER 5-8
According to area of specialization

ART AND DESIGN		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR-I Applied Art-I	3
	MAJOR-II Art Education-I	3
	MAJOR-III Essential of Interior Design-I	3
	MAJOR-IV Commercial Art	3
	Total credit hours	15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR-V Applied Art-II	3
	MAJOR-VI Art Education-II	3
	MAJOR-VII Essential of Interior Design-II	3
	MAJOR-VIII Islamic Art	3
		15
Seventh	MAJOR-XI INTERNSHIP/Research Project	4
	MAJOR-X Art Appreciation-I	3
	MAJOR-XI Drawing and Painting	3
	ELECTIVE-I Interior Design/ The Craft of Hand Weaving /Graphic Communication-I	3
	ELECTIVE-II Hand Built Pottery /Textile Designing-I / Methods of Art Education	3
		16
Eight	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Art Appreciation-II	3
	MAJOR-XIV Painting and Print making	3
	ELECTIVE-III Weaving / Method of Art Education-II/ Interior Design-II	3
	ELECTIVE-IV Graphic Communication-II /Ceramics / Textile Design & Printing/Internship	3
		16
	Total CH sm5-8	62
	Total CH sm1-8	133

B. FOOD AND NUTRITION		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR I Food Preservation	3
	MAJOR-II Experimental Foods	3
	MAJOR-III Advanced Nutrition	3
	MAJOR-IV Dietetics	3
		15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR V Physiological Aspects of Nutrition	3
	MAJOR-VI Nutritional Biochemistry 1	3
	MAJOR-VII Food Microbiology	3
	MAJOR-VIII Community Nutrition	3
		15
Seventh	MAJOR-IX INTERNSHIP (hospital/community/institution)	4
	MAJOR-X Nutritional Biochemistry 2	3
	MAJOR-XI Food Technology	3
	ELECTIVE-Ia Institutional Management/ELECTIVE-Ib/ Food Analysis	3
	ELECTIVE-IIa Life Cycle Nutrition/ELECTIVE-11b Nutritional Management in Disasters	3
		16
Eighth	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Applied Nutrition	3
	MAJOR-XIV Nutrition Health & Prevention	3
	ELECTIVE-III Sports Nutrition	3
	ELECTIVE-IV Food Allergies	3
		16
	Total CH sm5-8	62
	Total CH sm1-8	133

C. HUMAN DEVELOPMENT AND FAMILY STUDIES		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR-I DEVELOPMENT FROM PRENATAL TO INFANCY	3
	MAJOR-II CHILDHOOD CARE AND DEVELOPMENT	3
	MAJOR-III Adolescent Development	3
	MAJOR-IV Adulthood and Aging	3
		15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR-V Positive Psychology	3
	MAJOR-VIII Early Childhood and Guidance	3
	MAJOR-X Theories of Human Development	3
	MAJOR-XI Communication in Human and Family Relations	3
		15
Seventh	MAJOR-XI INTERNSHIP/Research Project	4
	MAJOR-VI Abnormal Psychology	3
	MAJOR-IX Elementary Education and Administration	3
	ELECTIVE-I E-I Counseling and Guidance / Human and Family Ecology	3
	ELECTIVE-II Exceptional Children / Family Dynamics	3
		16
	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Educational Psychology	3
	MAJOR-XVI Planning and Managing Human Services Programmes	3
	ELECTIVE-III Psychological Testing/Gerontology: Social Aspects	3
	ELECTIVE-IV Family Problems and Intervention Strategies/Day Care Management and Administration	3
		16
	Total CH sm5-8	62
	Total CH sm1-8	133

D. INTERIOR AND ENVIRONMENTAL DESIGN		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR I Interior Space Planning I	3
	MAJOR-II Fundamentals of Interior Architecture I	3
	MAJOR-III Designing the Furniture	3
	MAJOR-IV Interior Design Application (perspective Drawing/Studio)	3
		15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR V Environmental Aesthetics	3
	MAJOR-VI Fundamentals of Interior Architecture II	3
	MAJOR-VII Designing For Soft Furnishing	3
	MAJOR-VIII Interior Environment(Physical Aspect)	3
		15
Seventh	MAJOR-XI INTERNSHIP	4
	MAJOR-IX Interior Space Planning II	3
	MAJOR-X Interior Design Project 1	3
	ELECTIVE-I Environmental Management	3
	ELECTIVE-II Designing Functional Spaces For Special Needs./Environmental Psychology	3
		16
Eight	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Advance Computer Applications for Interior Design.	3
	MAJOR-XIV Interior Design Project II	3
	ELECTIVE-III Interior Design Professional Practice Management	3
	ELECTIVE-IV a. Consumer ,Marketing Strategies / b. Environmental Ethics	3
		16
0	Total CH sm5-8	62
	Total CH sm1-8	133

E. RESOURCES AND FACILITY MANAGEMENT		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR-I Essentials of Management	3
	MAJOR-II Entrepreneurship for home based industry	3
	MAJOR-III Mgt of household Affairs	3
	MAJOR-IV Fundamentals of Marketing	3
	Semester Total CH	15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR-V Essentials of Communication	3
	MAJOR-VI House Keeping Management	3
	MAJOR-VII Home Management & Supervision	3
	MAJOR-VIII Org behavior	3
	Semester Total CH	15
Seventh	MAJOR-IX INTERNSHIP/Research Project	4
	MAJOR-X Human Resource Management	3
	MAJOR-XI Consumer Economics	3
	ELECTIVE-I Project Management /Environmental mgt	3
	ELECTIVE-II Internship Family Finance / Mgt of institutions: Education & Health	3
		16
Eight	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Hotel Management	3
	MAJOR-XIV Human Resource Development	3
	ELECTIVE-III Small Business Management / Consumer Behavior	3
	ELECTIVE-IVI Money Banking and Finance / Internship	3
	Semester Total CH	16
	Total CH sm5-8	62
	Total CH sm1-8	133

F. TEXTILES AND CLOTHING		
Semester	Name of Subject	CH
Fifth	FOUNDATION-11 Home Economics Education, Administration & Supervision	3
	MAJOR I Advanced Textile	3
	MAJOR- II Pattern Making	3
	MAJOR-III Fashion Designing and Illustrations	3
	MAJOR-IV Textile Chemistry-I	3
		15
Sixth	FOUNDATION-13 Methods of Research in Home Economics	3
	MAJOR V Textiles Computer aided Design	3
	MAJOR-VI Textile Chemistry-II	3
	MAJOR-VII Textile Testing	3
	MAJOR-VIII Textiles Dyeing and Printing	3
		15
Seventh	MAJOR-IX INTERNSHIP/Research Project	4
	MAJOR-X Art of Draping	3
	MAJOR-XI Experiential Textile	3
	ELECTIVE-I a) Textile and Clothing Industrial Management b) Decorative Fabrics	3
	ELECTIVE-II a) Entrepreneurship/b) Historic costume c) Economic, Social and Psychological Aspects of Clothing and Textiles	3
		16
Eighth	MAJOR-XII RESEARCH Project	4
	MAJOR-XIII Applied Textile Designing	3
	MAJOR-XIV Dress Designing through Draping	3
	ELECTIVE-III a) Marketing and Merchandizing b) Structural Textile Designing c) Fashion Photography	3
	ELECTIVE-IV a) Fashion and Boutique Management b) Functional Designing For Special People	3
		16
	Total CH sm5-8	62
	Total CH sm1-8	133

DETAIL OF COURSES

GENERAL COURSES FOR SEMESTER 1-4

Note: Syllabi of these general courses are given as these courses need to synchronize with other subjects of home economics and are taught by home economists specializing in Human development and family studies (G3 and G6) or Facility and resource management (G4)

BASIC PSYCHOLOGY (G3)

Credit Hours: 2 (2+0)

PREREQUISITES: Nil

Course Objectives:

- Emphasize the biological/physiological foundations of behaviour
- Demonstrate the many ways an understanding of psychological principles and concepts can be applied in daily living.
- To promote professional development of psychologists in the present era of health care, including the interface of psychology with managed care, in terms of consultation, programme development and service delivery.

Course Outline:

- Introduction to Psychology, Definition, fields of psychology, Methods of Psychology
- Perception, Sensation and Perception, Development of Perception, Principles of Perception
- Motivation, Meaning and nature of motivation.
- .Emotions, Definitions, characteristics of emotions
- Theories of learning, what is learning? Classical conditioning, Operant conditioning, Cognitive learning
- Intelligence, Definitions, measuring intelligence
- Memory, Stages of memory, Short-term memory, Long-term memory.

Lab Outline:

- Nil

Reference Books:

1. Coon, D. (2000), Essentials of psychology, 8th edition, Wadsworth, USA.
2. Lefton, L. A., (1997) Psychology, 6th ed. USA. Allyn and Bacon.
3. Mgers, D. (1996) Psychology, USA. Wadsworth.
4. Mahmud, J. (2004), Introduction to Psychology, Pak Book Corporation, Queens Road, Lahore.

FUNDAMENTALS OF ECONOMICS (G4)

Credit Hours 3 (3+0)

Prerequisites: Nil

Course Objectives:

- Creating awareness among individuals regarding financial management, Consumption
- Economics and individual's role as a consumer in the development of a country.
- Students learn about the distinguishing characteristics and varied functions of banking
- Systems, Taxation and governing principles of Micro and Macro economics.

Course Outline:

- Definition of Economics
- Basic concepts of economics
- Micro economics Demand, Supply and Market
- Macro Economics Theory; Money banking and Taxation Consumer and the Market

Lab Outline:

- Nil

Reference Books:

1. Zelenak, J. M & Reibodt. W, (2008) *Consumer Economics; The Consumer in our Society*. 15th Ed McGraw Hill Companies.
2. Samuelson, Paul A, Nordhaus, W. D, (2001) *Economics*, 17th Ed McGraw Hill Company Singapore.
3. McConnell, C. (2001) *Economics*, 15th ed McGraw Hill Singapore.
4. Saeed, N. M. (2001), *Economics of Pakistan*, Imtiaz publisher, Lahore Pakistan.

SOCIOLOGY (G6)

Credit Hours: 2 (2+0)

Prerequisites:

Course Objectives:

- Understand and utilize basic principles and point of view of sociology which will allow students to gain insight into the behavior of people functioning in social groups
- Understand and better function within social institutions.
- Use foundational concepts to interpret their own lived experience
- Describe trends in ethnic, racial, religious, class, or gender changes

- To apply the “sociological perspective” to their own lives and to the social environment of which they are a part.

Course Outline:

- INTRODUCTION: Meaning and definition, Nature of sociology as a specialized discipline, Scope and significance
- SOCIAL INTERACTION: Nature and Basic of interaction
- SOCIAL ORGANIZATION: social organization, Social groups, Social institutions, Community
- SOCIAL NORMS, SANCTIONS, AND SOCIAL CONTROL: Social sanctions, Social control, Deviance and conformity.
- MASS COMMUNICATION: Effect of mass communication, Globalization of mass media
- SOCIAL PROBLEMS IN PAKISTAN: Over population, Poverty and unemployment, Child Lahore and child abuse, Addiction and mental health

Lab Outline:

- Nil

Reference Books:

1. John, J. Macionis. (2005). Sociology: A global introduction, 3rd edition, USA.
2. Kendall, D. (2010). Sociology in our times the essentials, 7th edition, Graphic world. Inc.
3. Schaefer, R. (2006). Sociology: A brief introduction, 6th edition, McGraw Hill Company. Inc.

FOUNDATION COURSES FOR SEMESTER 1-4

INTRODUCTION TO HOME ECONOMICS (F1)

Credit Hours 3 (3+0)

Prerequisites: Nil

Course Outline:

- Nature of Home Economics, Aims and Objective of Home Economics
- History of Home Economics
- Home Economics in Pakistan
- Home Economics as a profession, Scope of Home Economics as a profession
- Method of teaching with special books recommended to Home Economics
- Lecture. 'Demonstration' Laboratory 'field trips 'Role playing' Group Discussion.'
- Role and Responsibilities of Home Economist towards family, Community and Profession.

Lab Outline:

- Nil

Reference Books:

1. Sarah Stage, Virginia B. Vincenti Rethinking Home Economics: Women and the History of a Profession; Cornell University Press (1997).
2. Barbara McAlvay Ferrar: The history of home economics education in America and its implications for liberal education Michigan State University (1964).
3. Stephanie Heatwole Cooney; The first 50 years in service to home economics educators: A history of the Home Economics Education Association, 1927-1977; Home Economics Education Association (1977)
4. Rhea Shields, Rhea Shields PhD, Anna Williams Opportunities in Home Economics Careers; McGraw-Hill; 1 edition (2000).
5. Henrietta Christina Fleck, Top of Form; Fleck's Toward better teaching of home economics: 3rd Edition: 1980 Macmillan; 3rd Edition (1980).

INTRODUCTION TO ART AND DESIGN-I (F2)

Credit Hours: 3 Semester 1

Pre-Requisites

Course Objectives:

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

Course Outline:

- 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 Art
- Definition
- Application to interior, clothing and painting
- Appreciation of Art:
- Cave Art
- Indus valley Civilization

Lab Outline:

- Two practical Exercises based on all the Elements and Principles of design
- Preparation of portfolio

Reference Books:

1. Art in Everyday Life by Harriet Goldstein (Jan 1, 1960) , The Macmillan Company, New York.
2. Inside Today's Home by Luann Nissen, Ray Faulkner, and Sarah Faulkner (Jan 2, 1994), Holt, Rinehart and Winston, Alnc.
3. Art of Calligraphy by David Harris (Jun 20, 2005), A Practical Guide to the Skills and Techniques, Dorling Kindersley.
4. 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).
5. 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).
6. Living with Art Paperback (Oct. 13, 2009) by Mark Getlein McGraw Hill.
7. Forgotten Cities on the Indus Paperback (Oct. 17, 1996) by Michael Jansen, Maire Mulloy, and Gunter Urban, Verlag Phillipp Von Zabern.
8. Folk motifs of Pakistan - Unknown Binding (1990) by Mahrukh Yousuf, Lok Virsa.

CLOTHING AND CONSUMER EDUCATION (F3)

Credit Hours 3 (2+1) Semester 1

Prerequisites

Course Objectives:

- These courses is designed for students to identify textile fibres, learn the production and performance characteristics of natural and manmade fibres, understand the importance of fabric designing and finishes and learn yarn manufacturing and production techniques.

Course Outline:

- Introduction to Textiles and clothing
- Attributes essential for quality clothing
- Values, attitudes and behavior towards clothing, in the cultural milieu.
- Consumer Requirements:
- Consumer rights and responsibilities, Consumer problems related to clothing, textiles and accessories (bed linen, towels).
- Advertisements, different types of advertisements, advantages & disadvantages, Media of advertisement.
- Different kind of labels.
- Characteristics of three basic weaves
- Plain, twill and satin, comparative properties of knitted and woven fabrics.
- Methods for care and storage of clothing.
- Principles of storage such as cleanliness, neatness, orderliness and protection from wrinkling, dust, dampness & insects.
- Daily, weekly and seasonal care of clothes.

Lab Outline:

- Portfolio based on theory

Reference Books:

1. Jamila, & Brijbushan, B. (1995). The costumes and Textiles of India . Delhi India: Dob. Tava Porewala Sons and Co. Private Ltd.
2. Joyce, C. (2001). Textile Design. New York USA: Watson Cliphill Publishers.
3. Lewis, D. S et. (1989). Clothing Construction and Wardrobe Planning . New York: The Macmillan Company.
4. Liddell, L. (1991). Clothes and Your Appearance . South Holland: Good heart will-Cox Company .
5. Loing, R. (2002). Clothing Textile and Human Performance . New York. USA: Allyn and Balcon Pub. Co.

INTRODUCTION TO ART AND DESIGN-2 (F4)**Credit Hours: 4****Course 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.

Course Outline:

- 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:
 - Mesopotamian Art
 - Egyptian Art

Lab Outline:

- 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.

Reference Books:

1. Art in Everyday Life by Harriet Goldstein (Jan 1, 1960) , The Macmillan Company, New York.
2. Inside Today's Home by Luann Nissen, Ray Faulkner, and Sarah Faulkner (Jan 2, 1994), Holt, Rinehart and Winston, Alnc.
3. Art of Calligraphy by David Harris (Jun 20, 2005) A Practical Guide to the Skills and Techniques, Dorling Kindersley.
4. Janson's History of Art: The Western Tradition (8th Edition) (My Arts Lab Series) by Penelope J. E. Davies, Walter B. Denny, Frima Fox Hofrichter, and Joseph F. Jacobs (Jan 13, 2010).
5. 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).
6. Living with Art Paperback (Oct. 13, 2009) by Mark Getlein McGraw Hill.
7. Forgotten Cities on the Indus Paperback (Oct. 17, 1996) by Michael Jansen, Maire Mulloy, and Gunter Urban, Verlag Phillipp Von Zabern.
8. Folk motifs of Pakistan Unknown Binding (1990) by Mahrukh Yousuf, Lok Virsa.

ADVANCED CLOTHING (F5)

Credit Hours 3 (2+1) Semester 2

Course 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

Course Outline:

- Principles of pattern making; Pattern adoption for different types of figure. Standardization of sizes
- Flat pattern design:
- Methods of controlling fullness in bodice darts, tucks, pleats and gathers.
- Creating styles through dart manipulation
(a) Pivot method (b) slash and spread method.
- Different styles of yokes, sleeves, collars and bodice sleeve combinations.
- Principles of fitting (Ease, Grain, Line, Balance, Set).
- Current fashion trends in dress.

Lab Outline:

- Construction of formal dress
- Construction of a garment cut on bias.
- Construction of Blouse and Petticoat/skirt/trouser.
- portfolio

Reference Books:

1. Erwin, B. Practical Dress Design. New York: The Macmillan Co.
2. Hillhouse, M., & Mansfield, E. (1953). Dress design (1st ed.). USA: Houghton Mifflin Co.
3. Strickland, G. A. (1964). A Tailoring manual (5th ed.). New York: The Mac-Millan Co.
4. Tanus, H. (1951) Designing your own Dress Pattern (1st ed.). Illinois chas A. Bennet Co. Inc:
5. The Encyclopedia of Sewing Techniques.

HUMAN DEVELOPMENT (F6)

Credit Hours: 3 Semester 3

Course 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.

Course Outline:

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

Lab Outline:

Not Applicable

Reference 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, 6th Edition, Belmont, CA: Wadsworth Cengage Learning.
5. Phillip T. Slee (2002) Child, Adolescent and Family Development; 2nd Edition, Cambridge University Press.

HOME MANAGEMENT (F7)

Credit Hours: 3 (2+1) Semester 3

PREREQUISITES:

Course Objectives

- To develop understanding of issues relevant to home management and enhance skills for managing house and homes.

Course Outline:

- Management; Definition of Management; Management Process; Motivations for Management
- Decision Making; Importance; Relationship to Home Management
- 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; Saving Importance and Methods
- Management of Time And Energy; Concept of Management Applied to Time and Energy; Guides to Time Management and Time Planning; Ways of Controlling Energy and Fatigue; Work Simplification in Relation to Making Task
- Kitchen and Storage; Type of Kitchen; Principle of Storage; Importance of Functional Storage

Lab Outline:

- Designing an ideal house plan on given area.
- Making time and activity plan for oneself.
- Make money budget for a group of five of six members of Low Income and Middle Income Families.

Reference Books:

1. Irma Hannah Gross, Management for Modern Families Prentice Hall College Div; 4th Edition (1980).
2. Paulena Nickell, Jean Muir Dorsey, Ann Rice, Management in Family Living; John Wiley & Sons Inc; 5th Rev Edition (1976).
3. Thomas J. A. Jones, Professional Management of Housekeeping Operations Wiley; 5th Edition (2007).

FUNDAMENTALS OF FOOD & NUTRITION (F8)

Credit Hours: 3 (2+1) Semester 3

Course 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.

Course Outline:

- 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.

Lab Outline:

- 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 food groups
- Milk, egg, meat, vegetable, cereal cookery:
- Snacks and beverages.
- Maintenance of practical record book

Reference Books:

1. Bansal S. (2008). Food and Nutrition. (1st Ed). AITB. Publishers and distributors, New Delhi.
2. Cheney, M. S. and Ross, M. L. (2007). Nutrition, (4th Ed), New York Houghton.
3. Geissler C. A and Powers H. J. (2005). Human Nutrition. (11th Ed.). Elsevier Churchill Livingstone, Edinburgh, UK.
4. Mufflin Co., Huges, O, and Bennion, M. (2009). Introductory Foods, (13th Ed), London Collier Macmillan Co.
5. Whitney, E. N., E. M. N. Hamilton and S. R. Rolfes, (2002). Understanding Nutrition. (9th Ed). Thomson Learning Inc. USA.

FAMILY AND COMMUNITY DEVELOPMENT (F9)

Credit Hours: 3 Semester 4

PREREQUISITES:

Course 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.

Course Outline:

- Sociology of The Family and community: Family and community as social institutions, Review of latest research in this field.

- 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

Lab Outline:

- 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.

Reference 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.
4. Community (Cambridge Studies in Population, Economy and Society in Past Time); Cambridge University Press; New Edition (2002).
5. Dr. Mazhar U. Kazi (2002). Family & Social Obligations in Islam; Cambridge University Press.

HOME MANAGEMENT & HOUSING-2 (F10)

Credit Hours 3 (2+1) Semester 4

PREREQUISITES:

Course Objectives:

Course Outline:

- 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.
- Home furnishings, utensils, equipments and electrical appliances:-
- Selection, care and arrangement of furniture, furnishing and accessories

- Selection care and maintenance of utensils, equipments and electrical appliances.

Lab Outline:

- Living in home Management residence house for 2-3 weeks or
- Experiment With One Work Simplification Project
- Evaluate some major electrical appliances being used in Pakistan homes in relation to care, design, function use and efficiency.

Reference Books:

1. Katherine Salant, 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 (2001).
2. Fernando Pages Ruiz Building An Affordable House: A Smart Guide to High-Value, Low-Cost Construction: Taunton (2005).
3. Patricia Poplar Wilson; Household equipment: Selection & management Houghton Mifflin (1976).
4. Carolyn L. Garrison; Modern Household Equipment; Prentice Hall College Div (1982).

MEAL MANAGEMENT (F11)

Credit Hours: 3 (2-1) Semester 4

Course 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.

Course Outline:

- 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.

Lab Outline:

- 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 occasions at different income levels.

- Market visits for cost and quality and enforcement of food marketing regulations.

Reference Books:

1. Bogert, D. J. (2001) Nutrition and Physical Fitness, W.B. Saunders Co. Philadelphia, London.
2. Kinder, F., Green, N. R. (1984). Meal Management, (5th Ed), MacMillan Publishing co., Inc.
3. Kneck, L. A. Menus, (1984), Analysis and Planning, (2nd Ed).
4. McWilliams, M. (2008). Fundamentals of Meal Management. (5th Ed).

COURSES OF SEMESTER 5-8

A: Foundation Courses (to be taken for all the students)

ADMINISTRATION AND SUPERVISION OF HOME ECONOMICS EDUCATION (F12)

PREREQUISITES: (F1)

Course Outline:

- Education: Concepts and Aims of education. Brief review of history and development of education. Early Muslim Education, British Education in the sub-continent. Brief review of major Educational policies of Pakistan.
- Administration: 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, working effectively with non-academic staff.
- Human Relation: Significance of human relation in school administration, Communicational skills, Leadership, Techniques of effective contact and professional growth, Relationship of teachers to parents and the community in the school programme.
- Supervision: Concepts and nature of supervision, Aims and objectives of supervision, Bases of needs for supervision (social, psychological, professional
- Philosophical etc); Major functions of supervision (co ordination, Leadership, professional growth etc)Planning according to the nature of the program, Knowledge of students, Staff and community, Pedagogical skills. Evaluation of supervision, Major purposes of evaluation of supervision, Basic principles in evaluation of supervision, Types of evaluation in supervision.

- Organization Of Department Of Home Economics: Planning and equipping the building of all department, Managing the budget, Handling problems of purchasing, inventory and maintenance organizing and managing the Home Economics office Planning guidance services for the welfare of all students.

Lab Outline:

Nil

Reference Books:

1. Barbara A. Miller Assessing Organizational performance in Higher education Oct, 27,2006) Jossey-Bass
2. Adam Curle Planning for education in Pakistan (Jun, 2001). Replica Books
3. Qureshi R and Ane Rarieya Gender and Education in Pakistan (2007) Oxford University Press
4. Neagley and Evans. Handbook of effective supervision in instruction prentice Hall Inc. NJ USA
5. Saividian K. S Iqbal Educational Philosophy (1993) Kazi Pubns Inc; Reprint edition
6. Herbert A. Simon Administrative Behavior (1997) 4th edition Free Press;

RESEARCH METHODS IN HOME ECONOMICS (F13)

Credit Hours 3 (3+0)

PREREQUISITES: Nil

Course Outline:

- The nature of Research; Basic and Applied Research; Functions of Research.
- Types of Research; Historical and documentary; Experimental; Descriptive
- Planning the Research Project; Purposes of Scientific research in Home Economics; Purpose of specific research studies; Selection of the problem; Formulating and testing Hypothesis.
- Techniques and Tools of Data Collection; Observation; Interview; Questionnaire; Other Techniques; Organization of personal
- Research agencies Conducting Research in Pakistan
- Research in Home Economics
- Writing the Research project; General rules for writing, format and style; Revising and rewriting the project; Thesis in Research

Lab Outline:

Nil

Reference Books:

1. Keith F Punch Introduction to Social Research: Quantitative and Qualitative Approaches Sage Publications Ltd; 2nd Edition (2005).
2. Cohen Louis Research Methods in Education Routledge Falmer; 5th edition (2000).
3. Best John W, Kahn. JV, Research in Education Allyn & Bacon; 10th Edition (2005).
4. W. M. Zaki Doing Research.
5. John Touliatos, Norma H. Compton Research Methods in Human Ecology/Home Economics Iowa State Press; 1st edition (1988).
6. International Journal of Consumer Studies Blackwell synergy Journal of Home Economics. Home Economics Research.

B: MAJOR & ELECTIVE COURSES TO BE TAKEN ACCORDING TO AREA OF SPECIALISATION

1: MAJOR & ELECTIVE COURSES FOR ART AND DESIGN

APPLIED ART - I (M1-AD)

Credit Hours: 3 (Semester 5/Year 3)

Course 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.
- It also helps to promote an appreciation of art and facilitate students to refine their creative ability and expressions through designing.
- To strengthen the understanding of art and its movements in various civilization.

Course Outline:

- Meaning and application of aesthetics
- Appreciation of ancient art:
- Greek
- Gandhara
- Crafts of Pakistan

Lab Outline:

- Development of design
- Produce design for textiles, tiles and borders
- Preparation of portfolio of the above

Reference Books:

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

3. J. E. Davies Penelope, Denny Walter B., Hofrichter Frima Fox, Jacobs Joseph F, Janson's History of Art: The Western Tradition (8th Edition) (2010) MyArtsLab Series.
4. Gardner Helen, Gardner's Art Through the Ages: A Global History, Volume I & II (Gardner's Art Through the Ages: A Concise History) 2008.
5. Jansen Michael, Mulloy Maire, and Urban Gunter, Von Zabern Verlag Phillipp; Forgotten Cities on the Indus - Paperback (1996).
6. Yousuf Mahrukh Folk motifs of Pakistan - (1990) by, Lok Virsa Printers.
7. Swagula, Howard J.; Creative Drawing. 2002, Lawrence King Publishing Limited.

ART EDUCATION - 1 (M2-AD)

Credit Hours: 3 (Semester 5/Year 3)

Course Objectives:

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

Course Outline:

- Philosophy of art
- The meaning of Art Education
- Free expression in art or play
- Personality Development
- Assimilation and Projection
- The importance of creativity and its prospects in education.
- Importance of Art for creativity

Lab Outline:

- Students to observe and evaluate the art work of school age children.
- As a student teacher, observe the art work of students at schools. Assess the suitability of art techniques, processes, media and material usage by children.

Reference Books:

1. Barnes, R. (2002). Teaching art to young children 4-9 years. (3rd Ed.). Biddies Ltd. Guild Ford and King's Lynn. U.K.
2. Forsyth, L., Jolliffe, A. & Steven, D. (1999). Delivering a course, practical strategies for their, lecturers and trainers. (2nd Ed). Stylus Publications Inc. USA.
3. Freedman, K. (2003) Teaching visual culture curriculum, aesthetics and social life of art. Teacher's College, Columbia University. USA.
4. Freedman, K. & Hernandez, F. (1998). Curriculum culture and art education, comparative perspective. State University of New York. USA.

5. Reuther, B. M. & Fogler, D.E. (2001), Art curriculum activities kit. New Jersey: Parker Publishing Co.
6. Sharma, O.P. (1994), Art in ar. New Delhi: Abhinav Publications, India.
7. Chapman, Laura H, "Approaches to Art in Education Published by Harcourt Brace Jovanovich 1978 digitized on 9th April, 2008.
8. Lowenfeld, Victor/Brittain, W.Lambert, Creative and Mental Growth. The Macmillan Company 866 Third Avenue, New York New York 10022 digitized on 2nd October, 2009.
9. Getlein, Mark. Gilbert's Living with Art. 2002 6th Edition. The McGraw Hill Company Inc. New York.
10. Bersson Robbert. Responding to Art. Form Content and Context 2004. McGraw Hill Company Inc. New York.
11. Read, Herbert. Staff, H. Read; The meaning of art published by Faber & Faber 2004.
12. Chapman Laura H.; Approaches to Art & Education published by Harcourt Brace Jovanovich 1978 digitized on 9th April, 2008.

ESSENTIALS OF INTERIOR DESIGN – I (M3-AD)

Credit Hours: 3 (Semester 5/Year 3)

Course 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.

Course Outline:

- Elements and principles of art and relation to 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

Lab Outline:

- Applications of elements and principles of design in the interior planning of living space in different shapes and sizes:
- Bedroom
- Drawing Room/Living Room
- Dining Room
- Kitchen

- Preparation of portfolio (5 floor plans on graph paper)

Reference Books:

1. Nissen Luann, Faulkner Ray, Faulkner Sarah; Inside Today's Home, (1994), Holt, Rinehart and Winston, Alnc.
2. Feisner Edith Anderson; Colour: How to use Color in Art and Design- Paperback (Jan. 15, 2001) Lawrence King Publishing, London.
3. Kilmer Rosemary and W. Otie; Construction Drawings and Details for Interior: Basic Skills- Paperback (Apr. 13, 2009) published by Wiley.
4. Whiton Sherrill; Elements of Interior Design and Decoration (paperback 2010) Published by J. B. Lippincott Comp. New York.
5. Graves Maitland; Color Fundamentals with 100 Colour Schemes- McGraw Hill Book Company.

COMMERCIAL ART (M4-AD)

Credit Hours: 3 (Semester 5/Year 3)

Course 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.

Course Outline:

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

Lab Outline:

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

Reference Books:

1. Garden. B: Opportunities In Commercial Art & Graphic Design Careers. 2004, The McGraw- Hill Companies, Printed in the USA.
2. Harris, Devid. Art of Calligraphy- A Practical Guide to skills and techniques. 2005. Doling Kinders Publishers.
3. Fiell, Charlotte & Peter; Contemporary Graphic Design, 2008. Taschen Publishers
4. Wiedemann, Julius & Taborda, Felipe (editors); Latin American Graphic Design, 2008, Taschen Publishers.

5. Fredrick, E. Giesecke, Mitchel, Alva, Spencer, Henry C, Dygdon, Jhon Thomas; Modern Graphic Communication 4th Ed. 2009. Prentice Hall Publishers.
6. Lupton. E, & Philips J.C.; Graphic the New Basics, 2008, Princeton Architectural Press, 37 East Seventh Street New York.

APPLIED ART - 2 (M5-AD)

Credit Hours: 3 (Semester 6/Year 3)

Course Objectives:

- This course focus on contemporary, figurative and objective drawing and painting using both classical and modernist aesthetics. To increase understanding about art its movements through various civilization.

Course Outline:

- Appreciation of art:
- Roman
- Early Christian
- Byzantine

Lab Outline:

- Introduction to contemporary, figurative and objective drawings
- Preparation of portfolio

Reference Books:

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

ART EDUCATION - 2 (M6-AD)

Credit Hours: 3 (Semester 6/ Year 3)

Course Objectives:

- This course is designed to gain teaching skills based on the philosophy of Art Education. This course will enable students to design lesson plans for art subject in view of children needs and abilities.

Course Outline:

- Art in education& its importance
- Meaning of integration in art education
- Teaching methods in Art

- The Teachers role in the art class room
- The developmental stages in art education for children
- The beginning of self expression scribbling stage 7-9 years
- The pre-schematic stage: 4-7 Years;
- The achievement of a form concept in schematic stage 7-9 years
- The age of dawning realism the gang age 9-12 years
- The age of reasoning the pseudo naturalistic stage 12-14 years
- The period of decision: 13 years and onwards.

Lab Outline:

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

Reference Books:

1. Barnes, R. (2002). Teaching art to young children 4-9 years. (3rd Ed.). Biddies Ltd. Guild Ford and King's Lynn. U.K.
2. Forsyth, L., Jolliffe, A. & Steven, D. (1999). Delivering a course, practical strategies for their, lecturers and trainers. (2nd Ed). Stylus Publications Inc. USA.
3. Freedman, K. (2003) Teaching visual culture curriculum, aesthetics and social life of art. Teacher's College, Columbia University. USA.
4. Freedman, K. & Hernandez, F. (1998). Curriculum culture and art education, comparative perspective. State University of New York. USA.
5. Reuther, B. M. & Fogler, D. E. (2001), Art curriculum activities kit. New Jersey: Parker Publishing Co.
6. Sharma, O.P. (1994), Art in ar. New Delhi: Abhinav Publications, India.
7. Chapman, Laura H, "Approaches to Art in Education Published by Harcourt Brace Jovanovich 1978 digitized on 9th April, 2008.
8. Lowenfeld, Victor/Brittain, W.Lambert, Creative and Mental Growth. The Macmillan Company 866 Third Avenue, New York 10022 digitized on 2nd October, 2009.
9. Getlein, Mark. Gilbert's Living with Art. 2002 6th Edition. The McGraw Hill Company Inc. New York.
10. Bersson Robbert. Responding to Art. Form Content and Context 2004. McGraw Hill Company Inc. New York.
11. Read, Herbert. Staff, H. Read; The meaning of art published by Faber & Faber 2004.

ESSENTIALS OF INTERIOR DESIGN - 2 (M7-AD)

Credit Hours: 3 (Semester 6/Year 3)

Course Objectives:

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

Course Outline:

- Planning and designing of 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

Lab Outline:

- Applications of elements and principles of design in the interior planning of:
 - Master bed room
 - Nursery bed Room
 - Teenager's bed room
- Preparation of portfolio (5 floor plans)

Reference Books:

1. Nissen Luann, Faulkner Ray, Faulkner Sarah; Inside Today's Home, (1994), Holt, Rinehart and Winston, Alnc.
2. Feisner Edith Anderson; Colour: How to use Colour in Art and Design- Paperback (Jan. 15, 2001) Lawrence King Publishing, London.
3. Kilmer Rosemary and W. Otie; Construction Drawings and Details for Interior: Basic Skills- Paperback (Apr. 13, 2009) published by Wiley.
4. Whiton Sherrill; Elements of Interior Design and Decoration (paperback 2010) Published by J. B. Jippincott Comp. New York.
5. Graves Maitland; Colour Fundamentals with 100 Colour Schemes- McGraw Hill Book Company.

ISLAMIC ART (M 8-AD)

Credit Hours: 3 (Semester 6/Year 3)

Course Objectives:

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

Course Outline:

- Islamic Art
- Ummayyads
- Abbasids
- Islamic Art in Persia
- Ilkhanids
- Taimurids
- Muslim Art in the Sub Continent
- Mughal
- Contemporary Art in Pakistan
- Islamic Calligraphy
- Development of Islamic Calligraphy
- Origins of Arabic Script
- Cursive and Angular Script Styles
- Contributions of Ibn-e-Muqla & Ibn-e-Bawwab
- Calligraphy in Pakistan.

Lab Outline:

- Preparation of portfolio of calligraphic work.

Reference Books:

- Blair Sheila and Bloom Jonathan M.; The Art and Architecture of Islam, 1250-1800 (The Yale University Press Pelican History) (Sep 25, 1996), Yale: University Press.
- Bloom Jonathan and Blair Sheila S.; Islamic Arts (Art & Ideas) (Apr 24, 1997). New York: Phaidon Press Inc.
- Khan A. N. and Wheeler R. E. Mortimer; Islamic Architecture in South Asia: Pakistan-India-Bangl. : Oxford University Press. (USA 2003).
- Ettinghausen Richard, Grabar Oleg, and Jenkins-Madina Marilyn; Islamic Art and Architecture 650-1250 (2003) Oxford University Press.
- Islamic Art and Architecture: From Isfahan To The Taj Mahal; Thames & Hudson (04/11/2002).
- Rice David Talbot; Islamic Art (Jan, 1975). The Yale University Press.
- Blair Sheila S.; Islamic Calligraphy, Paperback edition 2008, Edinburgh University Press Limited.
- Safadi, Yasin Hamid; Islamic Calligraphy, 1979 Publisher. Shambhala, digitized on 26 Jan, 2010.

ART APPRECIATION - I (M10-AD)

Credit Hours: 3 (Semester 7/Year 4)

Course Objectives:

- This course is design to educate students to analyze a work of art and be able to place it in historical context. To understand that the work of art are the products of a creative, intelligent and skillful human beings who were nurtured in a specific historical and cultural milieu, hence to know enough about art periods, to recognize specific styles to make an informed aesthetic judgments.

Course Outline:

- Early Medieval
- Romanesque art
- Gothic
- Renaissance

Lab Outline:

N/A

Reference Books:

1. Janson's History of Art: The Western Tradition (8th Edition) (MyArtsLab Series) by Penelope J.E.
2. A quantum Book. The Great Masters. 2004 Quantum Publishing Ltd. 6 Blunded Street, London, N 7 9 BH.
3. Gardner's; Art through the Ages; A Global History, Vol-I & II, 11th Ed. Harcourt College Publishers 2001.
4. Gardner, Helan; Art through the Ages; A Concise History, 2008, Harcourt College Publishers 2001.

DRAWING & PAINTING (M11-AD)

Credit Hours: 3 (Semester 7/Year 4)

Course Objectives:

- Focus of this course is to enhance the creativity of students in the area of drawing and painting with different mediums.
- Further, this course focuses on printing using assorted material, media and surface.

Course Outline:

- Painting
- Introduction to drawing and painting still life, landscape, figure drawing using following mediums:
- Charcoal, pastels, pen & ink, water colour and gouche.

Lab Outline:

- Prepare portfolio of art work.

Reference Books:

1. Simmons Seymour and Winer Marc S. A.; Drawing: The Creative Process (A Spectrum book) - Hardcover (Mar. 1978) by Prentice Hall, Inc.
2. Camp Jeffery and Hockney David; Draw: How to Master the Art (Mar 15, 1994).
3. Getlein, Mark. Gilbert's Living with Art. 2002 6th Edition. The McGraw Hill Company Inc. New York.
4. A quantum Book. The Great Masters. 2004 Quantum Publishing Ltd. 6 Blunded Street London, N 7 9 BH.
5. A quantum Book; Techniques of the Great Masters of Art, 2000, Grange Books Plc. The Grange Kingsnorth Industrialist Estate Hoo, Near Rocheter, Kent ME3 9 N D.

THE CRAFT OF HAND WEAVING (Ela-AD)

Credit Hours: 3 (Semester 7/Year 4)

Course 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.

Course Outline:

- History of weaving:
- The great centers in Italy: 13th century
- Renaissance (Lucca, Florence, France, Venice)
- The Baroque and Rococo in France
- Types of Hand Looms
- Primitive loom
- Draw loom
- Horizontal Loom
- Types of weaves
- Plain weave
- T will weave
- Over short weave
- Combination weaves
- Tapestry and its designing

Lab Outline:

- Preparation of portfolio (one art piece of size 8"x10" or 10"to 12")
One tapestry designed and woven

Reference Books:

1. Cox, D. and Warrcu, B. Creative Hands John Wiley and Sons, New York 1999.
2. Gertrude, G.G. Advertised in Weaving, Thas A. Bennet C. Inc. Publishers Peoria, Illinois. 1959.
3. Berta, F. Designing and drafting for Hand Weavers a division of Macmillan Publishing Company Inc. New York. Collier Macmillan Publishers, London 1979.
4. Crankshaw, William P.; Weaving, Published by Pitman 1924, digitized on Nov 6, 2010.
5. Held, Shirley A.; Weaving a handbook for Fiber Craftsmen, 1973 publisher: Holt, Rinehart and Winston.
6. Balow Alfred; The History and Principles of Weaving by hand and by power, published by Read Books 2010.

INTERIOR DESIGN-I (Ela-AD)

Credit Hours: 3 (Semester 7/Year 4)

Course Objectives:

- This course is designed to teach students to enhance the quality and function of interior spaces, responding to all of the needs of human beings leading to the improvement in the quality of life.

Course Outline:

- Study of 17th and 18th century's with a focus on interior designing.
- Introduction to perspective drawing
- One point, two points and three points perspective drawings
- Planning of Interiors:
- Walls and their treatments including windows, doors and fire places.
- Colour and Colour schemes of interiors
- Light fixtures
- Drapery and upholstery
- Furniture.

Lab Outline:

- Preparation of portfolio (5 pieces of art work on perspective drawing)

Reference Books:

1. De Chiara Joseph, Panero Julius, and Zelnik Martin; Time-Saver Standards for Interior Design and Space Planning, 2nd Edition (Jun 13, 2001). McGraw Hill Inc.
2. Fiell Charlotte and Peter; Modern Furniture Classics: Postwar to Postmodern - Paperback (Oct. 2001) by London: Thames and Hudson.

3. Pile John F.; A History of Interior Design by (Feb 24, 2009): Calmana A. Kind. Ltd.
4. Pile John F.; Interior Design (3rd Edition) (Apr 1, 2003) New York: Harry N. Abrams Inc. Publications Adobe alter cast integration with Document UN 4i WCM Edition by Adobe Systems, Publisher: Adobe Systems.

GRAPHIC COMMUNICATION I (Ela-AD)

Credit Hours: 3 (Semester 7/ Year 4)

Course 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.

Course Outline:

- The fundamental elements of typographic design
- Concepts, Ideas and making of images
- Colour and communication
- Introduction to photography in graphic design
- Software's used for Graphic Communication
- Designing Promotional Graphics

Lab Outline:

- 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.

References Books:

1. Adobe alters cast integration with Document UN 4i WCM Edition by Adobe Systems, Publisher: Adobe Systems.
2. Giesecke Frederick E., Mitchell Alva, Spencer Henry C., Dygdon John Thomas et. al. Modern Graphic Communications (4th Edition) paper back. 784 pg (Jan.17, 2009) Publisher: Prentice Hall: 4th Edition.
3. Bertoline Gary, Wiebe Eric, Hartman Nathan, Ross William; Fundamentals of Graphic Communication 2010. Publisher: McGraw-Hill Science/Engineering/maths; 6th Edition (Jan 13, 2010). 800pgs.
4. Adobe (R) Photoshop 7.0 classroom in a book by (Author) Adobe Creative Team (July 5, 2002). Publisher Adobe Press.
5. Lupton. E, and Philips. J. C, 'Graphic Design The new Basics.' 2008, Published by Princeton Architectural Press 37 East Seventh Street, New York.

6. Blair Sheila S.; Islamic Calligraphy, Paperback edition 2008, Edinburgh University Press Limited.
7. Safadi, Yasin Hamid; Islamic Calligraphy, 1979 Publisher. Shambhala, digitized on 26 Jan, 2010.

HAND BUILT POTTERY (E2a-AD)

Credit Hours: 3 (Semester 7/ Year 4)

Course Objectives:

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

Course Outline:

- Types of Clay:
- Methods of preparing Clay
- Techniques of Decorations
- Techniques of Glazing
- Basic Firing Techniques to turn Clay into Ceramics

Lab Outline:

- Make a pottery piece

Reference Books:

1. Mills Mavreen; "Surface Design for Ceramics". Publisher Lark Books (July 1. 2008) 144 pgs.
2. Quinn Anthony; "Ceramics Design Course: Principles, Practice & Techniques: A complete course for Ceramicist". Publisher: Barron's Educational Series (Oct1, 2007) 144 pgs.
3. "Hand built Pottery Techniques Revealed": The secrets of hand building shown in unique cutaway Photography. Publisher: Barron's Educational Series, First Edition (Nov18, 2005). 160 Pgs.
4. Barsoum M. W; Fundamental of Ceramics, Pub: 2003, Institute of Physics.
5. Speight Charlotte F. Toki John.; Hand in Clay, Publisher: Mc Graw-Hill, 2003.
6. Pierson Stacey; Chinese Ceramics., Victoria and Albert Museum, Pub V&A, 2009.
7. Cusentino Peter; the Encyclopedia of Pottery Techniques. A Comprehensive Visual Guide to Traditional & Contemporary Techniques, Publisher: Sterling Publishing, 2002. Pg192.
8. Rahaman M. N.; Ceramics Processing... Publisher: CRC/ Taylor & Francis, 2007. pg 473.
9. Mills Maureen; Surface Design For Ceramics. A Lark Ceramics Book. Publisher: Sterling Publishing Company, Inc; 2008. 144pgs.

10. Quinn. A, "Ceramic Design Course." 2007, Published By Barron's Educational Series, Inc, New York.
11. Minogue. C, "Slab- built Ceramics." 2008, published by The Crowood Press Ltd. Rambury, Marlborough Wiltshire SN8 2HR.

TEXTILE DESIGNING & PRINTING METHODS-I (E2a-AD)

Credit Hours: 3 (Semester 7/ Year 4)

Course 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.

Course Outline:

- History of Printing
- Textile design
- Design Inspirations; Types of Design; The Croquis; Repeat; The Importance of Colour
- Techniques and media of textile decoration
- Fabric treatment prior to printing
- Block printing
- Tie and dye
- Batik

Lab Outline:

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

Reference Books:

1. Fish June; Designing & Printing Textiles: Publisher Crowood Press (July 1, 2005) 160 pgs.
2. Watson William; Advanced Textile Design. Pub: Read Book, 2010.
3. Chipkin Frederick L.; GIMP for Textile Design, Publisher: Origin inc, 2008.
4. Bowles Melanie & Isaac Ceri; Digital Textile Design: Portfolio Skills (Portfolio Skills: Fashion &Textiles). Publisher: Laurence King Publishers (May 6, 2009).
5. Corwin Lena; Printing by Hand: A Modern Guide to Printing with Handmade Stamps, Stencils, and Silk Screens.
6. Pettit Florence Harvey; Block Printing on Fabric, Published by Hastings House 1952 but digitized on 15 Nov, 2007.
7. Clark W.; An Introduction to Textile Printing, Published by: Wiley 1974, digitized on 28th Jan, 2010.

METHODS OF ART EDUCATION-I (E2a-AD)

Credit Hours: 3 (Semester 7/ Year 4)

Course Objectives:

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

Course Outline:

- Designing and developing an art programme
- 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

Lab Outline:

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

Reference Books:

1. Parents as Partners in Schooling, 1997-Printed by O. E. C. D. Centre for Education Research and Innovation.
2. Gaitebell Charles D. Children and their Art: Methods for the Elementary School- H. B. J. Inc.
3. Lowenfeld, Victor/Brittain, W. Lambert, Creative and Mental Growth. The Macmillan company 866 Third Avenue, New York 10022 digitized on 2nd October, 2009.
4. Hurwitz, AL; Day Micheal; Children and their Art: Methods for elementary Schools 8th Ed. Published by Cengage Learning 2006

ART APPRECIATION - 2 (M13-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course 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.

Course Outline:

- The Renaissance
- Baroque

- Rococo
- Modern Art

Lab Outline:

- Choose a piece of art and present a report on it (1000 words).

Reference Books:

1. Janson's History of Art: The Western Tradition (8th Edition) (MyArtsLab Series) by Penelope J.E.
2. A quantum Book. The Great Masters. 2004 Quantum Publishing Ltd. 6 Blunded Street London, N 7 9 BH.
3. Gardner's; Art through the Ages; A Global History, Vol-I & II, 11th Ed. Harcourt College Publishers 2001.
4. Gardner, Helan; Art through the Ages; A Concise History, 2008, Harcourt College Publishers 2001.

PAINTING & PRINT MAKING (M14-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course Objectives:

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

- Further, this course focuses on printing using assorted material, media and surface.

Course Outline:

- Painting in Acrylic and oils
- Still Life, Landscape, Figure, using the given media,
- Printing
- Wood Cut
- Other Creative printing Techniques

Lab Outline:

- Prepare portfolio of art work

Reference Books:

1. Simmons Seymour and Winer Marc S. A.; Drawing: The Creative Process (A Spectrum book) - Hardcover (Mar. 1978) by Prentice Hall, Inc.
2. Camp Jeffery and Hockney David; Draw: How to Master the Art (Mar 15, 1994).
3. A quantum Book. The Great Masters. 2004 Quantum Publishing Ltd. 6 Blunded Street London, N 7 9 BH.

4. A quantum Book; Techniques of the Great Masters of Art, 2000, Grange Books Plc. The Grange Kingsnorth Industrialist Estate Hoo, Near Rocheter, Kent ME3 9 N D.
5. Smagula, Howard J.; Creative Drawing 2002, Lawrence King Publishing Limited.

METHODS OF ART EDUCATION-2 (E3-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course Objectives

- This course aims to develop students as art teachers and art education researchers. It prepares students to develop and teach art subject to children including children with special needs and gifted children.

Course Outline:

- Identifying children with special needs
- Identifying gifted children
- Designing the art curriculum
- Key factors in planning the art program
- Role of the teacher for gifted and children with special needs
- Focus on developing creativity and aesthetic sense
- Expression of ideas and sentiments through art work

Lab Outline:

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

Reference Books:

1. Parents as Partners in Schooling, 1997-Printed by O.E.C.D. Centre for Education Research and Innovation.
2. Gaitebell Charles D.; Children and their Art: Methods for the Elementary School- H.B.J. Inc.
3. Lowenfeld, Victor/Brittain, W.Lambert, Creative and Mental Growth. The Macmillan company 866 Third Avenue, New york New york 10022 digitized on 2nd October, 2009.
4. Hurwitz, AL; Day Micheal; Children and their Art: Methods for elementary Schools 8th Ed. Published by Cengage Learning 2006.

INTERIOR DESIGN-2 (E3-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course Objectives:

- This course is designed to teach students to enhance the quality and function of interior spaces, responding to all of the needs of human beings leading to the improvement in the quality of life.

Course Outline:

- Study of 19th and 20th century's with a focus on interior designing,
- Historic Modification and Adaptation of Modern Movement
- Raj Period and Pakistan today
- Planning of Interiors:
- Walls and their treatments including windows, doors and fire places
- Colour and Colour schemes of interiors
- Light fixtures
- Drapery and upholstery
- Furniture

Lab Outline:

- Preparation of portfolio of art work on perspective drawing

Reference Books:

1. De Chiara Joseph, Panero Julius, and Zelnik Martin; Time-Saver Standards for Interior Design and Space Planning, 2nd Edition (Jun 13, 2001). McGraw Hill Inc.
2. Fiell Charlotte and Peter; Modern Furniture Classics: Postwar to Postmodern - Paperback (Oct. 2001) by London: Thames and Hudson.
3. Pile John F.; A History of Interior Design by (Feb 24, 2009): Calmana A. Kind. Ltd.
4. Pile John F.; Interior Design (3rd Edition) (Apr 1, 2003) New York: Harry N. Abrams Inc. Publications Adobe alter cast integration with Document UN 4i WCM Edition by Adobe Systems, Publisher: Adobe Systems.

WEAVING (E3-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course 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.

Course Outline:

- History of weaving:
- English – 17th and 18th Century
- American Weaves and Patterns
- Indo-Pakistan 2500 B.C. 20th Century
- Types of Looms:
- Jacquard loom
- Power loom
- Computerized loom

- Lace weave
- Non loom Processes

Lab Outline:

- Preparation of portfolio (one art piece of size 8"x10" or 10"to 12")
One tapestry designed and woven

Reference Books:

1. Cox, D and Warrcu, B. Creative Hands John Wiley and Sons, New York 1999.
2. Gertrude, G. G. Advertised in Weaving, Thas A. Bennet C. Inc. Publishers Peoria, Illinois. 1959.
3. Berta, F. Designing and drafting for Hand Weavers a division of Macmillan Publishing Company Inc. New Your. Collier Macmillan Publishers, London 1979.
4. Held, Shirley A.; Weaving a handbook for Fiber Craftsmen, 1973
Publisher: Holt, Rinehart and Winston.

GRAPHIC COMMUNICATION-2 (E4-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course 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.

Course Outline:

- Corporate design, Visual, Expression Identity
- Promotional graphics, Design Concepts for promotional literature (Publicity Design)
- Editorial design/information design, Creative synthesis of text and images
- Critical studies, Historical analysis of visual culture
- Software's used for graphic Communication:

Lab Outline:

- 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.

References Books:

1. Adobe alters cast integration with Document UN 4i WCM Edition by Adobe Systems, Publisher: Adobe Systems.
2. Giesecke Frederick E., Mitchell Alva, Spencer Henry C., Dygdon John Thomas et.al.; Modern Graphic Communications (4th Edition) paper back. 784 pg (Jan.17, 2009) Publisher: Prentice Hall: 4th edition.
3. Bertoline Gary, Wiebe Eric, Hartman Nathan, Ross William; Fundamentals of Graphic Communication 2010. Publisher: McGraw-Hill Science/ Engineering/math; 6th Edition (Jan 13, 2010). 800pgs
4. Adobe (R) Photoshop 7.0 classroom in a book by (Author) Adobe Creative Team (July 5, 2002). Publisher Adobe Press.
Lupton. E and Philips. J. C, 'Graphic Design The new Basics.' 2008, Published by Princeton Architectural Press 37 East Seventh Street, New York.
5. Blair Sheila S.; Islamic Calligraphy, Paperback edition 2008, Edinburgh University Press Limited.
6. Safadi, Yasin Hamid; Islamic Calligraphy, 1979 Publisher. Shambhala, digitized on 26 Jan, 2010.

CERAMICS (E4-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course Objectives:

- To enable the students to teach the various Ceramic Techniques and use them in a creative and professional manner

Course Outline:

- History of Pottery and Ceramics
- Early Islamic Pottery
- Pottery in Mesopotamia, Egypt and Persia
- Contemporary Ceramic of Pakistan
- Methods of preparations
- Alternative methods
- Mold Making
- Slip Casting

Lab Outline:

- Make a pottery piece

Reference Books:

1. Britt John; The Complete guide to High-Fire Glazing (A Lark Ceramics book), 1st Ed. 2007.

2. Martin Andrew; The Essential Guide to Mold Making and Slip Casting (A Lark Ceramics Book) 2007.
3. Mills Mavreen; "Surface Design for Ceramics". Publisher Lark Books (July 1. 2008) 144 pgs.
4. Quinn Anthony; "Ceramics Design Course: Principles, Practice & Techniques: A complete course for Ceramicist". Publisher: Barron's Educational Series (Oct1, 2007) 144 pgs.
5. Barsoum M. W; Fundamental of Ceramics, Pub: 2003, Institute of Physics.
6. Pierson Stacey; Chinese Ceramics., Victoria and Albert Museum, Pub V&A, 2009.
7. Rahaman M. N.; Ceramic Processing. Publisher: CRC/ Taylor & Francis, 2007. pg 473.
8. Mills Maureen; Surface Design for Ceramic. A Lark Ceramics Book. Publisher: Sterling Publishing Company, Inc; 2008. 144.pgs.
9. Quinn. A, "Ceramic Design Course." 2007, Published By Barron's Educational Series, Inc, New York.

TEXTILE DESIGNING & PRINTING METHODS-2 (E4-AD)

Credit Hours: 3 (Semester 8/ Year 4)

Course 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.

Course Outline:

- Industrial printing processes
- Textile marketing
- Computer aided design
- Techniques and media of textile decoration
- Fabric treatment prior to printing
- Silk Screen; Mix Media; Hand Painting; Dye and dyestuff; treatment of fabric

Lab Outline:

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

Reference Books:

1. Fish June; Designing & Printing Textiles: Publisher Crowood Press (July 1, 2005) 160 pgs.
2. Watson William; Advanced Textile Design. Pub: Read Book, 2010.

3. Chipkin Frederick L; GIMP for Textile Design, Publisher: Origin inc, 2008.
4. Bowles Melanie & Isaac Ceri; Digital Textile Design: Portfolio Skills (Portfolio Skills: Fashion &Textiles). Publisher: Laurence King Publishers (May 6, 2009).
5. Corwin Lena; Printing by Hand: A Modern Guide to Printing with Handmade Stamps, Stencils, and Silk Screens.
6. Clark W.; An Introduction to Textile Printing, Published by: Wiley 1974, digitized on 28th Jan, 2010.
7. Green David; Fabric Printing and Dying, A Practical Handbook, Publisher. Mac Gibbon & Kee 1972, digitized on 17th Dec, 2007, Google.

EXPERIMENTAL FOODS (M2- FN)

Credit Hours: 3 (2-1) Semester 5

Course 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.

Course Outline:

- 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.

Lab Outline:

- 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
- Different Fats and Oils
- Leavening agents
- Report writing.

Reference Books:

1. Griswold, R. M. (1986). The Experimental Study of Foods, Norfolk, Lowe & Brydon Ltd. · McWilliams M. Foods. (2011). Experimental Perspectives. (7th Ed).
2. Marjorie PP. Adam M and Cambell. Experimental Food Service. (3rdEd). Academic Press Inc. Publishers.

3. Wearer, C. Daniel, J. (2003). The Food Chemistry Laboratory: (2nd Ed). A Manual for Experimental Foods, Dietetics, and Food Scientists.

ADVANCED NUTRITION (M3- FN)

Credit Hours: 3 (2-1) Semester 5

Course Objectives:

- To develop advanced understanding of the role of nutrients in prevention of malnutrition.
- To study the process of digestion, absorption and metabolism.
- To understand the significance of nutrition in life cycle.

Course Outline:

- Advance study of macronutrients, micronutrients and water.
- Digestion, absorption, and metabolism of various nutrients and their interaction.
- Nutrition in life cycle: Pre and post natal; infancy, adolescence, elderly.
- Methods of assessment of Nutritional Status
- A brief study of current food related health issues, organic foods and eating disorders.

Lab Outline:

- Planning and delivery of nutrition education on nutritional problems of Pakistan
- Assessment of nutritional status Anthropometry, Biochemical, Clinical and Dietary and comparison with standards
- Calculation of energy and protein requirement for self and for the family
- Practical note book.

Reference Books:

1. Ahmad. M. (2009). Essentials of Medical Bio-chemistry, (8th Ed)... Vol.1 &11. Merit Publishers, Multan, Pakistan.
2. Berbanier C. D and Zempleni L. (2009). Advanced Nutrition: Macronutrients, micronutrients and Metabolism. CRC Press. Taylor and Francis Group. Boca. Raton FL, USA.
3. Ellie. W, Kathyran P and Rolfes SR. (2008). Understanding Normal and Clinical Nutrition, (8th Ed). Thomson Wads Worth. UK.
4. Krause, M. V. Nutrition and Diet Therapy (Latest Ed.). Philadelphia: W.B. Saunders Co.
5. Mclead and Taylor, Foundation of Nutrition (Latest Ed.). New York: Mac Millin Publishing Co.

DIETETICS (M15-FN)

Credit Hours: 3 (2-1) Semester 5

Course 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.

Course Outline:

- Introduction to Diet Therapy, Nutrition care Process and Modified Diets
- 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
- Surgical Conditions
- Diabetes Mellitus
- Cardiovascular diseases
- Renal Diseases
- Introduction to feeding routes (Enteral and Parenteral Feeding).

Lab Outline:

- Planning of diets for various Chronic and acute Conditions
- Practical file

Reference Books:

1. Krause, M. V. Mahan, L.K. Kraus. (2007). Food, Nutrition and Diet Therapy, (11th Ed). Sytria Escott-Stump.
2. Robinsons, C.H. and Lawler, M. R. (1992) Normal and Therapeutic Nutrition, (20th Ed.) Mac Millan, Pub. Co. New York.
3. Robinsons, C.H. (1992) Basic Nutrition and diet Therapy, Mac Millan, Pub. Co. New York.
4. Staci Nix, Williams (2008). Basic Nutrition and Diet therapy, (12th Ed). Mosby-Year Book.
5. Turner, D.(1996) Hand book of Diet Therapy, (9th Ed) University of Chicago Press, Chicago
6. Williams, S. R. (2010) Essentials of Nutrition and Diet Therapy. (10th Ed.) Times Mirres Masby Pub. St. Louis.

PHYSIOLOGICAL ASPECTS OF NUTRITION (M5- FN)

Credit Hours: 3 (2-1) Semester 6

Course Objectives:

- To study the physiological approach to nutrition.

Course Outline:

- Cell physiology
- Composition of the body
- Enzymes
- Digestion and absorption
- Nutrient exchange and homeostatic control
- Blood and circulatory system
- Hormones
- Inborn Errors of metabolism.

Lab Outline:

- Blood and Urine Analysis

Reference Books:

1. Bender DA. (2007). Introduction to Nutrition and Metabolism. (4th Ed) CRS Press.
2. Sareen SG and Smith JL. (2009). Advanced Nutrition and Human Metabolism . (5th Ed.) Cengage learning.
3. Stipanuk M. (2006). Biochemical, Physiological & Molecular Aspects of Human Nutrition – (2nd Ed).

NUTRITIONAL BIOCHEMISTRY – 1 (M6- FN)

Credit Hours: 3 (3-0) Semester 6

Course Objectives:

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

Course Outline:

- Introduction to Energy units
- Calorimetry
- Measurement for energy production & expenditure.
- Energy requirements, balance and regulation
- Biochemical aspects of Macro- nutrients

Lab Outline:

- None

Reference Books:

1. Ahmad. M. (2009). Essentials of Medical Bio-Chemistry, (8th Ed.). Vol. I & 11. Merit Publishers, Multan, Pakistan.
2. Chattergea M. N and Shinde R. (2007). Text Book of Medical Biochemistry. (7th Ed.) Jaypee Brothers, New Dehli, India.
3. Duncan A. W. (2007). The Chemistry of Food and Nutrition. The Echo Library. 131 high St. Teddington, Middlesex TW11 8HH.
4. Sareen SG. (2000). The Biochemistry of Human Nutrition: A Desk Reference (Health Science). (2nd Ed). Words worth/Thomson learning.

FOOD MICROBIOLOGY (M7- FN)

Credit Hours: 3 (2-1) Semester 6

Course Objectives:

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

Course Outline:

- Introduction to Food Microbiology
- Classification of microorganism important in food
- Morphological. Biochemical and physiological characteristics of Microorganisms
- Water microbiology
- Milk microbiology
- General Principles of microbiological activity

Lab Outline:

- Study of micro-organism under microscope.
- Preparation of media. Culture Media. Gram staining. Determination of microbial load on different foods, personnel, working surfaces.
- Dilution Techniques, Plating techniques, Manufacture of various microbiological oriented food products. Examination of foods for spoilage.

Reference Books:

1. A. J. Sales, Fundamental principles of Bacteriology McGraw-Hill Book Co. Inc. New York.
2. Butts R. An introduction to the biology of Micro Organisms Edward Arnold Publisher.

3. Frazier, W. C. Food Microbiology, McGraw-Hill Book Co. Inc. New York.
4. M. J. Pelosar & R. D-Ried, Microbiology. McGraw Hill book Co Inc, New York.
5. A. H. Rose, Industrial Microbiology, London.

COMMUNITY NUTRITION (M 8- FN)

Credit Hours: 3 (2-1) Semester 6

Course 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.

Course Outline:

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

Lab Outline:

- Field work and report

Reference Books:

1. Lenore Arab, John M. Kearney, Barrie M. Margettes (2004). Public Health Nutrition (Nutrition Society Text Book) Blackwell Publishing Limited.
2. Owen, A. Y. and Frank, R. (1986) Nutrition in the Community. Mosby Pub Co.
3. Richard D. Semba, Martin W. Bloem, (2001), Nutrition and Health in Developing countries (Nutrition and Health) (1st Ed) Humna Press;
4. Thompson J and Manore M. (2011). Nutrition: An Applied Approach. (3rd Ed).
5. WHO report (1986) Assessment of Nutritional status of the community.

NUTRITIONAL BIOCHEMISTRY- 2 (M9- FN)

Credit Hours: 3 (2-1) Semester 7

Course Objectives:

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

Course Outline:

- Digestion, absorption, metabolism of macronutrient
- Biochemical aspects of micronutrients
- Absorption and metabolism of micronutrients

Lab Outline:

- Research project report based on Nutrient Analysis.

Reference Books:

1. Chattergea M. N and Shinde R. (2007). Text Book of Medical Biochemistry. (7th Ed). Jaypee Brothers, New Dehli, India.
2. Ahmad. M. 2009. Essentials of Medical Bio-chemistry, (8th Ed). Vol.I & 11. Merit Publishers, Multan, Pakistan.
3. Duncan A. W. (2007). The Chemistry of Food and Nutrition. The Echo Library. 131 high St. Teddington, Middlesex TW11 8HH.
4. Groff JL and Sareen SG. (2000). Advanced Nutrition and Human Metabolism, (3rd Ed) Wads Worth Thomson Learning USA.

FOOD TECHNOLOGY (M10- FN)

Credit Hours: 3 (2-1) Semester 7

Course Objectives:

- To understand the concept of food technology and its scope.
- To develop an understanding of food products, their composition and processing techniques.

Course Outline:

- Introduction and Scope of Food Technology
- Composition of food and effect of processing techniques
- Cereal technology
- Meat, poultry and fish technology
- Fruits & vegetable technology
- Dairy technology
- Fat and oil technology
- Sugar and confectionary technology

Lab Outline:

- Report based on Visit to any Food Industry

Reference Books:

1. Charley H and Weaver CM (1997). Foods: A Scientific Approach. 3rd Edition.
2. Vaclavik V. A and Elizabeth EW. (2007). Essentials of Food Science (Food Science Text Series). 3rd Edition, Springer.
3. Potter N. N and Hotchkiss J. H (1999). Food Science (Food Science Text Series). 5th edition.
4. Brnnan J. G, 2006. Food Processing Handbook. Wiley-Vch Verlag GmbH & Co. KGaA, Weinheim, Germany

INSTITUTIONAL MANAGEMENT (Ela-FN)

Credit Hours: 3 (2-1) Semester 7

Course Objectives:

- To learn the management and institutional principles implemented by organizations offering food services.
- To practice menu planning for different occasions and institutions/ organizations.

Course Outline:

- Meal planning in Institutions and menu planning for different income levels
- Types and organization of food services
- Organization of Food Services:
- Management of canteens, hostels, hospitals, nursery schools, homes with paying guests and other establishments.

Lab Outline:

- Practice in Menu Planning: Menus for three days may be planned for a hospital, canteen, nursery school and hostel. Nutritive value of menu and price should be worked out for each case.

Developing standardized quantity recipes:

- Common recipes of meat.
- Common recipes of vegetables. (Fresh vegetable pulses and legumes)
- Common cereal recipes.
- Common desserts.

Field trips:

- Four to six trips to different types of institutions. (Report on trip will be recorded in the file)
- Offices and Government hostels.
- College/School hostels.
- Bakeries.
- Hospitals
- College, University and other Cafeterias etc.

Reference Books:

1. Robert, G. H (1996) Food preparation for Hotels, restaurants and cafeterias 2nd Edition Macmillan Co.
2. Kotscherar, L H and Tarvel, M E. (2001) Food Service layout and equipment planning 2nd Edition Milton and Roy Co.
3. West B. B. Wood, C. and Harger V.F. (1992) Food service in institutions. 3rd Ed. John Wiley and Sons New York.
4. West B.B. Fowler S.F. (1982) Food in fifty. 2nd Ed. John Willey Sons New York.
5. Smith E.E. (1999). A hand book on Quantity food management. Burgees Pub Co; Minnesota, USA.

FOOD ANALYSIS (Eib-FN)

Credit Hours: 3(2-1) Semester 7

Course Objectives:

- To study the importance and methods of food analysis

Course Outline:

- Introduction and importance of food analysis
- Characteristics of Food quality
- International Food laws and standards
- Implementation of food laws in Pakistan
- Sample preparation (Methods of sample preparation)
- Chemo-metrics :Tools, procedures and validation
- Optical Properties of Food :Measurements and instruments for color detection
- Principles and techniques of proximate analysis: Moisture, crude proteins, fat extraction, ash, crude fibre.
- Spectrometry

Lab Outline:

- Preparation of samples for food analysis. Determination of crude nutrients in food samples by proximate analysis technique. Detection of adulteration in foods.

Reference Books:

1. Nollet, L. M. L Handbook of Food Analysis. Vol. 1. Basel Publishers NY. (2001).
2. Winton A and Winton KB. (2006). Techniques of Food Analysis. Agrobios. India.
3. Pomeranz Y and Meloan CE. (2000). Food Analysis: Theory and practice. CBS Publishers. New Delhi. .
4. Owusa-Apenteu RK. Food Protein Analysis. Marcell Dekker Inc. (2002).
5. Belitz H, Grosh W and Schibererle P. (2009). Food Chemistry. 4th Ed. Springer Verlag. Heidelberg. Germany. Life cycle nutrition EI

NUTRITIONAL MANAGEMENT IN DISASTERS (E2b-FN)

Credit Hours: 3(3-0) Semester 7

Course Objectives:

- Nutrition management in natural and man-made disasters

Course Outline:

- 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

Lab Outline:

- None

Reference Books:

1. Pan American Health Org. A guide to emergency health management after disasters
2. WHO Tech report. Prevention and treatment of severe malnutrition in times of disaster (vol. 45).
3. Frankenburg, FR. (2009) Vitamin discoveries and disasters: History, science and controversies. (1st Ed) Praeger Pub.
4. Suskind RM.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. Briggs J, Maguire P, Sherman P, Davis B, Barrett A, Mahon J, and Doucette J. (2007). Final report on development of an emergency food products, product and packaging specifications, shelf life study and drop test synopsis. USAID. USA.

APPLIED NUTRITION (M13- FN)

Credit Hours: 3 (2-1) Semester 8

Course Objectives:

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

Course Outline:

- Food and Population: World population perspective with special reference to Pakistan. Social, economic and environmental factors
- Application of methods of nutritional assessment.
- Planning of nutritional surveys.
- Nutrition Intervention Strategies and Planning of Nutrition Programs.
- Human Nutrition and Food Toxicology.

Lab Outline:

- Literature Review report

Reference Books:

1. Clinando, M. A. (1999) Nutrition and the world food crisis. MacMillan Pub. Co.
2. Insel, P and Turner, R.E (2002) Nutrition update ADA Jones and Bartlett Pub.
3. Gibson R. S. (2005). Principles of Nutritional Assessment 2nd Ed. Oxford University Press Inc. Meddison Avenue, New York, USA.
4. Shibamoto T and Bjehdanes L. (2009). Introduction to Food Toxicology. 2nd Ed Academic Press. London, UK
5. Omayya ST. (2004). Food and Nutritional Toxicology. CRC Press, Boca Raton London, New York, USA.

NUTRITION: HEALTH AND PRE5ENTION (M14 – FN)

Credit Hours: 3 (3-0) Semester 8

Course Objectives:

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

Course Outline:

- 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)
- Diabetes Mellitus.
- HIV/ AIDS

Lab Outline:

- None

Reference Books:

1. Shubhangini A. J. (2010). Nutrition and Dietetics. 3rd Ed. Tata McGraw-Hill, New Delhi, India.
2. Ellie W, Kathyran P and Rolfes SR (.2008). Understanding Normal and clinical Nutrition. Thomson Wads Worth. UK.
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, Elsevier Publishers, New Delhi, India.

SPORTS NUTRITION (E3-FN)

Credit Hours: 3 (3-0) Semester 8

Course Objectives:

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

Course Outline:

- 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 and uses. Use & Misuse
- Eating Disorders in Sports

- Healthy Physical Activities and Safe Weight Management. Post exercise meal

Lab Outline:

Reference 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.

FOOD ALLERGIES (E4-FN)

Credit Hours: 3 (3-0) Semester 8

Course Objectives:

- To learn about the food allergens and Immune system

Course Outline:

- 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.

Lab Outline:

- None

Reference Books:

1. Lucjan J. C 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 FM (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.

- Whitney, EN and Sizer F. (2006) Nutrition concepts and controversies. 10th Edition. www.wadsworth.com).

3. MAJOR & ELECTIVE COURSES FOR HUMAN DEVELOPMENT AND FAMILY STUDIES

DEVELOPMENT FROM PRENATAL TO INFANCY: (M1-HD)

Credit Hours: 3 Semester 5

PREREQUISITES:

Course 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.

Course Outline:

- 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.

Lab Outline:

Reference Books:

- Decker, C. A. (1990) Children: The Early Years. Good Heart Co. USA.
- Bornstein, Lamb, & Teti (2002). Development in Infancy: An Introduction. 4th Ed. Lawrence Erlbaum Associates. NJ.
- Algate (2006).The Developing World of the Child. Jessica Kingsley. London.
- Santrock (2010). Life-Span Development. McGraw-Hill.
- Sears and Sears (2005).two. Harper Thorsons.
- Odent, M., (1986/2002). Primal health: Understanding the critical period between conception and the first birthday (2nd Rev. Ed.) East Sussex: Clair view Books.

CHILDHOOD CARE AND DEVELOPMENT (M2-HD)

Credit Hours: 3 (2+1) Semester 5

PREREQUISITES:

Course Objectives:

- To stimulate healthy integrated early childhood development
- To promote the development of positive social skills.

- To understand the importance of encouraging children developmental growth by providing an environment that encourages learning through action, inquiry and exploration.
- 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
- Aware of the research methods used to study child development and able to understand them.

Course Outline:

- 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

Lab Outline:

- Observations at the early childhood stage
- Preparation of observation reports for parents and teachers.

Reference Books:

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

ADOLESCENT DEVELOPMENT (M3-HD)

Credit Hours: 3 (3+0) Semester 5

PREREQUISITES:

Course 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.

Course Outline:

- 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 Behavioural Problems.
- Guidance and Counseling for adolescents.

Lab Outline:

- Evaluating the research literature related to Adolescent Psychology

Reference Books:

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

ADULTHOOD AND AGING (M4-HD)

Credit Hours: 3 Semester 5

PREREQUISITES:

Course 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

Course Outline:

- 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.

Lab Outline:

- Survey related to issues of aging.

Reference Books:

1. Cavanaugh, J. (2006). Adult development and aging, 5th Edition. Graphic World Inc.
2. 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
6. Blackburn and Dalmus (2007). Handbook of gerontology: evidence-based approaches. John Wiley & Sons Inc.

POSITIVE PSYCHOLOGY (M5-HD)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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

Lab Outline:

Reference Books:

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

EARLY CHILDHOOD EDUCATION AND GUIDANCE (M8-HD)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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 centres: indoor and outdoor activity areas, Health and safety factors.
- Guidance of the child: Importance Techniques and Principles of child guidance

Lab Outline:

- Planning & presenting experiences for the development of
- Pre-academic skills
- Science general knowledge
- OR
- Creative experience Art/Music
- Planning for activity areas and room organization in the pre-school.

- Developing enrichment materials for under-privileged pre-school children.

Reference Books:

1. Adams and Baronberg (2005). Promoting positive behaviour: 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.

THEORIES OF HUMAN DEVELOPMENT (M10-HD)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course 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.

Course Outline:

- 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.

Lab Outline:

- NA

Reference 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.

COMMUNICATION IN HUMAN AND FAMILY RELATIONS (M11-HD)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course 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.

Course Outline:

- 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.

Lab Outline:

- Collecting, compiling, analysis, synthesis and reporting of events regarding communication problems
- Seminar presentation of report
- Preparation of journal

Reference 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
5. Noller, Patricia and Fitzpatrick (1992). Communication in Family Relationships. USA: Allyn & Bacon

ABNORMAL PSYCHOLOGY (M9-HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

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

Course Outline:

- The psychoanalytic perspective, the trait perspective, The Humanistic perspective, The Social Cognitive Perspective.
- The different sources of Behaviour - personality trait VS. situational influence, Social Influence and Group Behaviour, 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

Lab Outline:

- Clinical Attachment

Reference Books:

1. Lefton L. A. (1997) Psychology, 6th Ed, USA: Allyn and Bacon.
2. Corner, R. J. (2009) Abnormal psychology, Worth Publishers.
3. Carr, A. (2001) Abnormal; Psychology, Psychology press.
4. Mangal S. K. (2008) Abnormal psychology, Sterling Publisher.

ELEMENTARY EDUCATION (M9-HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course 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.

Course Outline:

- 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

Lab Outline:

- 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.

Reference 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.
4. Walter, P. 2008. Social studies in elementary education (with my education lab.) 13th Ed.

GUIDANCE AND COUNSELING (EI-HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

- The students will be able to provide counseling service for people with personal problems great or small
- They will be able to advice and guide on career planning, financial matter etc

Course Outline:

- Concept and the process of Guidance and Counseling
- Objectives of Guidance.
- Principles of Guidance
- Area of Guidance.
- Personal Guidance
- Vocational Guidance
- Social guidance
- Activities of Guidance Program.
- Orientation Science
- Educational and vocational service
- Testing service
- Counseling Service
- Placement service
- Follow-up service
- Research and Evaluation Service
- Techniques of Guidance: Observation, Case Study, Interview, Anecdotal Record
- Ethics of Guidance: Meaning of confidentiality in Guidance, Principles of Confidentiality
- Evaluation of Guidance Program: Use of Evaluation in guidance program, Principles of Evaluation.

Lab Outline:

- Internship in a clinical setting

Reference Books:

1. Fathom, C., (2005) Good counseling in Psychology London: Sage Publication.
2. Kocchar, S.K, (2005) Guidance in College New Delhi: Steliming Publications
3. Mendoza, E. (2003). Guidance and counseling today'. (1st Ed.). Quezon City. Rex Printing Company

4. Kapunan, R. R. (2004). Fundamentals of guidance and counseling. Quezon City. Rex Printing Company
5. Gibson, R. L. & Mitchell, M. (2007). Introduction to counseling and guidance. (7th Ed.) Steliming Publications.

HUMAN AND FAMILY ECOLOGY (EI- HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course 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.
- Course Outline:
- 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

Lab Outline:

Reference 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.

EXCEPTIONAL CHILDREN (E2-HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

- To give the participants an understanding of the exceptional child and the implications of teaching for this population of students.
- Explore the identifying characteristics of students with disabilities and their distinct exceptionalities.
- To enable them to understand the best practices techniques of teaching these students in regular class.

Course Outline:

- Introduction to Exceptionality: Definition and Classification of Exceptional Children
- Rehabilitation of children with learning disability children.
- Sensorial disability: types and rehabilitation.
- Physical disability: classification, and rehabilitation program.
- Gifted children: who are gifted? How they can be identified? Some basic strategies for the intellectually superiors.
- Role of family and community in the rehabilitation of special children.

Lab Outline:

Reference Books:

1. Bui, Y & Meyen, E. (2007). Exceptional children in today's schools. What teachers need to know? (4th Ed.)Denver: Love Publishing.
2. Heward, W. L. (2008). Exceptional Children: An introduction to special education (7th Ed.).Prentice Hall.
3. Heward, W. L. (2008). Exceptional Children: An introduction to special education (with My Education Lab) (9th Ed.). Prentice Hall.
4. Allen, K. L., & Cowdery G. E. (2008). The exceptional child: inclusion in early childhood education [Paperback] Wadsworth Publishing. Eileen Allen (Author)
5. Visit Amazon's K. Eileen Allen Page
6. Find all the books, read about the author, and more.
7. See search results for this author
8. Are you an author? Learn about Author Central
9. Nilswroth J. & Smith (1998) Retardation, Mc Graw Hill Book Co. New York.

FAMILY DYNAMICS (E2-HD)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course 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.

Course Outline:

- 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

Lab Outline:

Reference Books:

1. Mueller (1993). Family dynamics and children at risk: a study of how social and economic conditions in low-income families affect children. Amherst H. Wilder Foundation, Wilder Research Centre.
2. Turner, L.H. and West, R. L. (2006). The family communication sourcebook. University of California. USA.
3. Crawford, C. J. (2010). The Power of Love: Improving Family Dynamics. Create Space. USA.
4. Crawford, C. (2003). Embracing the family: achieving a loving balance in family dynamics. Cynthymedia Corp., Sterling House Publisher, 2003.S

EDUCATIONAL PSYCHOLOGY AND MEASUREMENT TECHNIQUES (M13-HD)

Credit Hours: Semester 8

PREREQUISITES:

Course 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.

Course Outline:

- 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, Waschler's intelligence scale).

Lab Outline:

- Learning to administer any two of the following
16 P. F, S. P. M., Weschler, TAT
- Collecting evidences through audio visual aids to confirm the theories
Planning Curriculum for various grades

Reference Books:

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

PLANNING AND MANAGING HUMAN SERVICE PROGRAMME (MX6-HD)

Credit Hours:3 Semester 8

PREREQUISITES:

Course 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.

Course Outline:

- 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.

Lab Outline:

- Case study of a maladjusted family. Presentation of the finding

Reference Books:

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

PSYCHOLOGICAL TESTING (E3a-HD)

Credit Hours:3 Semester 8

PREREQUISITES:

Course Objectives:

- After taking this course, you would: understand the basic principles of psychological testing;
- Be able to evaluate psychological tests;
- Be able to construct and validate a simple psychological test;
- Know some current issues in intelligence testing, personality testing, and educational testing.

Course Outline:

- Basic psychometric concepts: Reliability, Validity, Item analysis
- Tests of a standard battery: Wechsler Intelligence Scale (WAIS, WISC), Minnesota Multiphasic Personality Inventory, Rorschach, Thematic Apperception Test (TAT), Bender-Gestalt
- Interpreting a test battery
- Test Construction: Explain the steps in test development, Create a simple test
- Measures of cognition, personality, behavior and aptitude test.

Lab Outline:

- Test construction & Standardization, adaptation, translation

Reference Books:

1. Cohen, R.J., & Swerdlik, M.E. (2005). Psychological testing and assessment: An introduction to test and measurement (6th Ed.). New York, NY: McGraw Hill.
2. Robert, M. (2005). Psychological testing: Principles, Applications and Issues. 7TH Edition. Cengage learning Inc.
3. Domino, G. Domino, M. L. (2006) Psychological testing: an Introduction, Ed. 2, Cambridge university.
4. Robert, M., Domino, M.L (2008). Psychological testing: Principles, Applications and Issues. 7th Edition. Cengage learning Inc.
5. Aiken LR., Groth-Marnat G. (2009) Psychological Testing and assessment, Ed. 12., Pearson Education, India.

GERONTOLOGY: SOCIAL ASPECTS (E3b -HD)

Credit Hours: 3 Semester 8

PREREQUISITES:**Course 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.

Course Outline:

- 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

Lab Outline:

Reference 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.

FAMILY PROBLEMS AND INTERVENTION STRATEGIES: (E4-HD)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course Objectives:

- Explore gender, race and cultural issues in family therapy.
- Examine the influence of previous generations on current family issues and dynamics.
- Discuss the importance of life transitions and changes across the family life cycle.
- Describe the effect of individual experience (attachment, self-esteem) on family functioning.
- Recall and describe first, second, and third generation family therapy models.

Course Outline:

- Central concepts in analysis of family problems.
- Family life cycle vs. individual life cycle.
- Lifecycle stages associated with separation and divorce.
- The stages of family therapy.
- Stage 1 – planning, Stage 2 – assessment Stage 3 – treatment, Stage 4 - disengaging or reconstructing
- Three organizing themes: behavior patterns, beliefs, and contexts.
- Preparing to begin family therapy, including engagement, assessment, and goal setting, Approaches to intervention with families, Working with families coping with life-stage, health, and mental health

Lab Outline:

Reference Books:

1. Sanders, M. R. & McFarland, M. (2000). Treatment of depressed mother with disruptive children: A controlled evaluation of cognitive behavioral family intervention. *Behavior Therapy*, 31, 89-112.
2. Lane, K.L. Gresham F.M. & O'Shaughnessy, T.E. (2001). *Interventions for children with or at-risk for emotional and behavioral disorders*. Allyn Bacon.

3. Morey, B. & Mueser, K. T. (2007). The family intervention guide to mental illness. Allyn Bacon.
4. Sherman, R. & Dinkmeyer, D.C. (1987). Therapy. New York. Brunner Routledge.
5. Quinn, W. H. (2004) Family solutions for youth at risk: applications to juvenile delinquency. New York. Brunner Routledge.

DAY CARE MANAGEMENT AND ADMINISTRATION (E4- HD)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course 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.

Course Outline:

- 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 Programmes for Young Children; Schools and Programs; The Programme and Environment of Planning; Setting Programme 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.

Lab Outline:

- Your Child Care Business Plan: develop and report

Reference 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.

4. MAJOR & ELECTIVE COURSES FOR INTERIOR DESIGNING AND ENVIRONMENTAL MANAGEMENT

INTERIOR SPACE PLANNING – I (M1-ID)

Credit Hours: 4 (2+2) Semester 5

PREREQUISITES:

Completion of Semester IV

Course 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 (commercials out lets health care units etc.)

Course Outline:

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

Lab Outline:

- Space planning activity based on residential interior.
- Report on the area planned.

Reference Books:

1. Colernan. C. (2002.) Interior Design Handbook. Professional Practice: McGraw Hill.
2. Kubba. S. (2003.) Space Planning for Commercial and Residential Interior. Amazon.com.
3. Malkin. J. (2002.) Medical and Dental Space Planning. A comprehensive Guide. Amanon.com.
4. Maureen. M. (2007.) Residential Interior Designing: A Guide to Planning Spaces. John Wiley & Sons.
5. Karlen. M. (2004) Space Planning Basics. John Wiley & Sons.

FUNDAMENTALS OF INTERIOR ARCHITECTURE – I (M2-ID)

Credit Hours 3 (2+1) Semester 5

PREREQUISITES

Completion of semester IV

Course 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.

Course Outline:

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

Lab Outline:

- Portfolio covering the content of course

Reference Books:

1. Ball, V. K. (2002). Opportunities in interior Design and decorating Careers. McGraw Hill U.S.A.
2. Button, A. D. 2006. The Architecture of Happiness .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

DESIGNING THE FURNITURE (M3-ID)

Credit Hours 3 (2+1) Semester 5

PREREQUISITES

Completion of semester IV

Course 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.

Course Outline:

- 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.

Lab Outline:

- Developing a proto type of a furniture
- Project inspired through nature

Reference Books:

1. Crochet, T. Vieck, D. (2003). Designer's Guide to Furniture Styles (2nd Ed.) Prentice Hall Publishers.
2. Godsey. L. (2007). Interior Design: Materials and Specifications, Fairchild Books.
3. Kilmer. W. O. and Kilmer, R. 2001. Construction drawings and Details for Interiors basic skills. John Wiley.
4. Litchfield. F. (2010.) A History of Furniture. Europaeischen Hochsbnuerlag Gmbit & Co. K G. Breman, Germany. ,
5. Miller. J. 2005. Furniture world Styles from Classical to Contemporary dK Adult Publisher. Amazon.com.

INTERIOR DESIGN APPLICATION (PERSPECTIVE DRAWING) (M4-ID)

Credit Hours 3 (1+2) Semester 5

PREREQUISITES

Completion on semester IV

Course Objectives:

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

Course Outline:

- Introduction to Perspective drawing.
- Different types of Perspective drawing
- Basic principles of floor planning

Lab Outline:

- Elementary drawings
- Interior Design proposals for residential areas
- Interior Design proposals for commercial areas
- Presentations on latest trends in different areas of interior design.

Reference Books:

1. Chaiara, D. J. & Panero, J. & Zelink, M. Time Saver Standard for Housing and Residential Development. McGraw Hill inc. Us.
2. Doyle, M. E. Colour Drawing; Design drawing skill and techniques for Architects, Land Landscape Architects and Interior Designers. Amazon.com.
3. Pile, F. J. Perspective for Interior Designer. Amazon.com
4. Sampson. A. C. Estimating for Interior Designer. Amazon.com.

ENVIRONMENTAL AESTHETICS (M5-ID)**Credit Hours: 4 (2+2) Semester 6****PREREQUISITES:****Completion of Semester V****Course Objectives:**

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

Course Outline:

- 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

Lab Outline:

- Evaluation of building aesthetics (project base)
- Portfolio

Reference 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. Edinburgh University Press.
3. Carison. A (2009). Nature and Landscape: An Introduction to Environment. Columbia University Press.
4. Envir Porteous. 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 Cambridge University Press.
7. Winchip. M. Susan. 2007. Sustainable Design for Interior environments. Fairchild Books & visuals Publishers

FUNDAMENTALS OF INTERIOR ARCHITECTURE – 2 (M6-ID)

Credit Hours 3(2+1) Semester 6

PREREQUISITES

Completion of semester V

Course 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.

Course Outline:

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

Lab Outline:

- Presentations on the effects of colour and light in interior environment through multimedia and other visual aids.

Reference Books:

1. Ball, V. K. (2002). Opportunities in interior Design and decorating Careers. McGraw Hill, U.S.A.
2. Button, A. D. (2006). The Architecture of Happiness Pantheon Press.
3. Gordon. G. (2003). Interior Lighting for Designers (4th Ed.) John Wiley & Sons.
4. Hampton. A. (2010). The Language of Interior Design. Clarkson Potter. Amazon.com
5. Jairazbhoy. R. A. (2002). Islamic Architecture Lahore.
6. Pile, J. (2009). A History of Interior Design. (3rd Ed.) Wiley. Publisher. Amazon.com.

DESIGNING FOR SOFT FURNISHINGS (M7-ID)

Credit Hours 3(2+1) Semester 6

PREREQUISITES

Completion of semester V

Course 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.

Course Outline:

- 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.

Lab Outline:

- Portfolio on motifs and designs studied in course content.

Reference Books:

1. Binggeli, Corky. (2003). Building System for interior designers, 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, Textiles for Residential and Commercial Interiors (2nd Ed.) Fairchild 2000.
6. Yeager, T. J. & Lourak, (2010). Textiles for Residential and Commercial Interiors (3rd Ed.) Fairchild Publisher.

INTERIOR ENVIRONMENT: PHYSICAL ASPECTS (M8-ID)

Credit Hours: 3 (2+1) Semester 6

PREREQUISITES:

Completion of semester V

Course 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.

Course Outline:

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

Lab Outline:

- Mini project of interior environment evaluation.

Reference Books:

1. Hyde. R. (2000). Climate Responsive Design (1st Ed.) Taylor & Francis.
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 Pubns.
5. Winchip S. (2005). Designing Quality Lighting Environmental.

INTERIOR SPACE PLANNING - 2 (M9-ID)

Credit Hours: 4 (2+2) Semester 7

PREREQUISITES:

Completion of semester VI

Course Objectives:

- Inculcating special design requirements for different interior spaces.
- Propagating the special design features of specialized interior environment, Health clubs, leisure centre, gym centres, beauty parlours etc.
- Propagating the special design feature of specialized interior environments (workspaces, restaurants schools).

Course Outline:

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

Lab Outline:

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

Reference Books:

1. Abercrombie, S. and Whiton S. Elements of Interiors Design and Decoration. J. B. Lippincott Company.
2. Colernan. C. 2002. Interior Design Hand book Professional Practice McGraw Hill.
3. Karlen. M. 2009. Space Planning Basics. 3rd Ed. Wiley Publishers, Amazon.com
4. Marmot. A. & Joanna. 2000. Office Space Planning: Design for tomorrow's Workplace McGraw Hill.
5. Maureen. M. (2007.) Residential Interior Designing: A Guide to Planning Spaces. John Wiley & Sons.

INTERIOR DESIGN PROJECTS – I (M10-ID)

Credit Hours 4 (0+4) Semester 7

PREREQUISITES

Completion of semester VI

Course 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 behaviour.

Course Outline:

- Not Applicable

Lab Outline:

- 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.

Reference 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. 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. Pile John. Wiley & Sons.

ENRONMENTAL MANAGEMENT (EI-ID)

Credit Hours 4 (3+1) Semester 7

PREREQUISITES

Completion of semester VI

Course 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.

Course Outline:

- 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.

Lab Outline:

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

Reference Books:

1. Hussain Mumtaz, 2010. Environmental Degradation: Feroze Sons Pvt. Ltd. Lahore.
2. Michelson William, 1997. Environmental Choice, Human behaviour, residential satisfaction. New York, Oxford University Press.
3. Shakur Tasleem. 2001. Unsustainable environment the cities of developing world Karachi city press
4. Winship. M. S. (2007) Sustainable Design for Interior Environments. Fairchild Books & Visuals Publishers.

DESIGNING FUNCTIONAL SPACES FOR SPECIAL NEEDS (E2-ID)

Credit Hours: 4 (2+2) Semester 7

PREREQUISITES:

Completion of semester VI

Course 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.

Course Outline:

- 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.

Lab Outline:

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

Reference Books:

1. K, H. E Kroemer, H, B. Kroemer & K, E. Kroemer (1993). Ergonomics: How to Design for Ease and Efficiency. Practice Hall.
2. Maureen Mition, Courtney Nystuen (2007). Residential Interior Design: A guide to Planning Space. John Wiley & sons, Canada.
3. Robert, S. Bridger (2003). (3rd Ed) Introduction to Ergonomics. Taylor & Francis, New York.
4. Salk. S. (2010) Room for Children Stylish spaces for sleep and play. Rizzoli
5. Spencer. C. (2006). Children and their environments: Learning, Using and Designing Spaces Cambridge University Press

ADVANCE COMPUTER APPLICATION FOR INTERIOR DESIGN (M13-ID)

Credit Hours: 4 (1+3) Semester 8

PREREQUISITES:

Completion of Semester VII

Course Objectives:

- Using CAD effectively to create floor plans, elevation etc.

- Creating standard symbols and details
- Developing complete computer generated set of drawings.
- Course Outline:
- Computer generated floor plans
- Symbols of furniture & fittings
- Furniture plan
- Section and details of partitions
- Various finishing and equipment plans.

Lab Outline:

- Portfolio design
- Computer generated set of drawings.

Reference Books:

1. Auto CAD 2008 for Interior Design and Space Planning by Beverly L. Kirkpatrick.

INTERIOR DESIGN PROJECTS – 2 (M14-ID)

Credit Hours 4 (0+4) Semester 8

PREREQUISITES

Completion of semester VII

Course 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.

Course Outline:

- Not Applicable

Lab Outline:

- Planning / conception, execution of a commercial project through conception of an idea full scale drawing model ¼ scale of a project, construction and application of various techniques learned through the academic years.
- Conceiving and planning of a space and presenting ideas through varied visual techniques
- Feasibility report.

Reference 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. 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. Pile John. Wiley & Sons.

INTERIOR DESIGN PROFESSIONAL PRACTICE MANAGEMENT (E3-ID)

Credit Hours: 3 (2+1) Semester 8

PREREQUISITES:

Completion on Semester VII

Course 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.

Course Outline:

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

Lab Outline:

- Report Based on course contents.
- Multimedia presentations.

Reference Books:

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

CONSUMER, MARKETING STRATEGIES (E4-ID)

Credit Hours 3 (2+1) Semester 8
PREREQUISITES

Completion on semester VII

Course Objectives:

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

Course Outline:

- 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; what is a product? Product objective. An analysis of competition position; Trends and market.

Lab Outline:

- Report on market trends and product analysis.

Reference Books:

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

5. MAJOR & ELECTIVE COURSES FOR RESOURCE AND FACILITY MANAGEMENT

ESSENTIALS OF MANAGEMENT (M1- RFM)

Credit Hours: 3 Semester 5

PREREQUISITES:

Course Objectives:

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

Course Outline:

- The Necessity of Management; Scope of Management; The setting for Modern Management; Scientific management, movement, management and changes.
- Patterns of Management Analysis: The empirical approach; The behaviour 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

Lab Outline:

Reference Books:

1. Peter F. Drucker, The Practice of Management; by: Collins (2006).
2. People-Focused Knowledge Management: How Effective Decision Making Leads to Corporate Success; by Karl Wiig: Butterworth-Heinemann (2004).
3. Human Resource Management Applications: Cases, Exercises, Incidents, and Skill Builders; by Stella M. Nkomo, Myron D. Fottler, R. Bruce McAfee; South-Western College Pub; 6 edition (2007).

ENTREPRENEURSHIP OF HOME BASED INDUSTRY (M2- RFM)

Credit Hours: 3 (2+1) Semester 5

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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 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.

Lab Outline:

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

Reference Books:

1. Sandra L. Fielden, Marilyn Davidson. International Handbook of Women and Small Business Entrepreneurship, (2006), Edward Elgar Publishing.

MANAGEMENT OF HOUSEHOLD AFFAIRS (M3- RFM)

Credit Hours: 3 (2+1) Semester 5

PREREQUISITES:

Course Objectives:

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

Course Outline:

- Home Management in operation; Definition, 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 and their management
- Critical analysis of Pakistani families; Values, Goals and Resources of families
- Work simplification: Definition; Classes/levels of change to simplify work
- 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.

Lab Outline:

- 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.

Reference Books:

1. Gross, I. H: Crandall, E. W and Knoll, M. M. Management for Modern Families. (latest edition) Appleton Century crofts, New York.
2. Nickell, P. Rice, A. S. and Tucker, S. P. Management in Family Living. (latest edition) New York: John Wiley and Sons, Inc.
3. Deacon, R. E. and Firebaugh, F. M. Home Management Context and Concepts. (1992/latest edition): Houghton Mifflin Company. Boston, USA.
4. Batra P. Simple ways to manage Stress; (2003) Golden Book Centre, Kuala Lumpur.
5. Batra P. Keep your family happy; (2003) Golden Book Centre, Kuala Lumpur.

FUNDAMENTAL OF MARKETING (M4- RFM)

Credit Hours: 3 Semester 5

PREREQUISITES:

Course Objectives:

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

Course Outline:

- Marketing: Definition of marketing; Marketing functions; Target market and marketing mix.
- Marketing Information System; Marketing Research Process.
- Marketing Segmentation; Marketing matching strategies; the mars-market strategy; The 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: What is product!; The product life cycle; The adoption and diffusion process; Product mix and product line. The new product development process; Brands packaging
- Marketing Channels: What are 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

Lab Outline:

Reference Books:

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

ESSENTIALS OF COMMUNICATION 2 (M5- RFM)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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.

Lab Outline:

Reference Books:

1. Marsha J. Ludden: Effective Communication Skills: Essential Skills for Success in Work and Life 2nd Edition Jist Publishing; 2nd Edition (2001).
2. Chris Roebuck: Effective Communication pages; American Management Association; 1st Edition (1999).

HOUSEKEEPING MANAGEMENT (M6- RFM)

Credit Hours: 3 (2+1) Semester 6

PREREQUISITES:

Course Objectives:

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

Course Outline:

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

Lab Outline:

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

Reference Books:

1. Matt A. Casado Housekeeping Management; Wiley (1999).
2. Housekeeping; Management, 2nd Edition; Margaret M. Kappa HTM338; Aleta Nitschke; Patricia B. Schappert, Educational Inst of the Amer Hotel; 2nd Edition (1997).
3. Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5th Edition (2007).

HOME MANAGEMENT SUPERVISION (M7- RFM)

Credit Hours: 3 (2+1) Semester 6

PREREQUISITES:

Course Objectives:

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

Course Outline:

- Development of the concept, purpose. Organization of experiences. Supervision and communication. Group living; Decision making. Planning and its execution, 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: College practice house as an educational factor of importance.
- 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.

Lab Outline:

- Students must live in the Home Management Residence for purpose of observation and supervision for a specific period and work closely with the Home Management Supervisor.

Reference Books:

1. Irma Hannah Gross; Management for Modern Families Prentice Hall College Div; 4th Edition (1980).
2. James A. Bardi Hotel Front Office Management; Wiley; 3rd Edition (2002).
3. Alan T. Stutts, James Wortman Hotel and Lodging Management: An Introduction; Wiley; 2nd Edition (2005).
4. Matt A. Casado Housekeeping Management; Wiley (1999)
5. Margaret M. Kappa; Aleta Nitschke; Patricia B. Schappert, Housekeeping; Management, Second Edition; Educational Inst of the Amer Hotel; 2nd Edition (1997).
6. Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5th Edition (2007).

ORGANIZATIONAL BEHAVIOUR (M8- RFM)

Credit Hours: 3 Semester 6

PREREQUISITES:

Course Objectives:

- To develop understanding about importance and determinants of organizational behaviour

Course Outline:

- Introduction: What is organizational behavior? Application to organizational behaviour; Cognitive framework; Behaviorist, Social & Organizational framework
- Perception: The nature and importance of perception;
- Personality
 - a. The meaning of Personality: The self-concept, self-esteem and Self-efficiency
 - b. The development of personality: Adult life stages; Immaturity to maturity
 - c. 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 Behaviour and Conflicts: Intro-individual conflicts; Interpersonal conflicts; Inter group behaviour 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 behavioural 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.

Lab Outline:

Reference Books:

1. Luthans Fred; Organizational Behavior. Singapore, McGraw Hill, Inc. 1992
2. Richard M. Hodgetts; Management Theory, Process & Practice; Harcourt Brace Jovanovich Publishers, 1985
3. Koontz, Harold; Management. Singapore, McGraw Hill.

HUMAN RESOURCES MANAGEMENT (M10- RFM)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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: human resource planning. 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

Lab Outline:

Reference Books:

1. Shaun Tyson & Alfred York, Essentials of HRM, 4th Ed., Replika Press Pvt. Ltd., Delhi- India, 2001.
2. William B. Werther & Keith Davis, Human Resource & Personnel, McGraw Hill, 1997.
3. Wayne F Cascio, Managing Human Resource, 4th International Edition, 1996.

CONSUMER ECONOMICS (M11-RFM)

Credit Hours: 3 (2+1) Semester 7

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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
- National income accounting Consumption function, Saving function, Investment, Two-sector economy
- Three sector economy, Circular flow for three sector economy
- Role of demand in price formation; Perfect competition, Role of demand in price formation under perfect competition. Monopoly, Role of demand in price formation under Monopoly, Oligopoly, Role of demand in price formation under Oligopoly
- Consumer information problems Non-price factors in choice decision, Advertising. Producers and Consumers information problems, Government and consumers information problems.

Lab Outline:

- The students will submit and present a Research Report at the end of the year.

Reference Books:

1. Elizebeth, B. Goldsmith, Elizebet C. Goldsmith; Consumer Economics; Issues & Behaviors (2009).
2. Prentice hall, Soderlind, S. D.; Consumer Economics: Practical Overview (2001), M. E. Sharpe, USA.

ENVIRONMENTAL MANAGEMENT (E2-RFM)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

- To develop understanding of issues relevant to Environmental mgt and enhance skills for Environmental mgt.

Course Outline:

- An introduction to environmental management; Definition and scope; Relation of environment and management; Responsibilities of public, private and social sector
- Population, growth and urbanization; Man in his ecological settings; Growth in population and urbanization; Population, growth and its effect on environment
- Environmental degradation; Concept of technology and environment; Land pollution, causes and remedies; Air and water pollution, causes and remedies; Destruction of forest and its effect on environment; Waste disposal
- Environmental aesthetics; Definition and scope; Aesthetic qualities of environment; Ways and means to work towards environmental aesthetics
- Environment and management; Scope of management and environment
- Health and environment; Socio-psychological effects of environment

Lab Outline:

Reference Books:

1. C. J. Barrow; Environmental Management: Principles and Practice Routledge; 1st Edition (1999)
2. Michael Brower, Warren Leon The Consumer's Guide to Effective Environmental Choices:
3. Practical Advice from the Union of Concerned Scientists Three Rivers Press; 1st Edition (1999) Elective 3.

FAMILY FINANCE (E2-RFM)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives

Course Outline:

- Consumers in a changing world
- The consumer movement
- Buying process, brand, and product development

- Decision making and the influence of advertising
- Saving, banking, debt and credit issues
- Insurance and investment basics
- 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.
- A global perspective.

Lab Outline:

- Not applicable.

Reference Books:

1. Goldsmith consumer Economics: issues and Behaviour. Prentice Hall 2004
2. Ross E. Lowe, Charles A. Malouf, Annette L. Jacobson; consumer Education & Economics, Student Edition Glenco / McGraw Hill 6th Ed.
3. Norman Myers, Jennifer Kent, The New consumers: the Influence of Affluence on the Environment Islands Press 1st Ed. 2004.

MANAGEMENT OF INSTITUTIONS: EDUCATIONAL AND HEALTH (E2- RFM)

Credit Hours: 3 Semester 7

PREREQUISITES:

Course Objectives:

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

Course Outline:

- Educational Institutions:
Concept of school/college organization, meaning, scope and principles
Organization 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 et)
- Health Care Institutions (Hospitals, clinics, Healthcare Centres)

Health Organization and Management; Concept of health organization, meaning, scope and principles; Organization of health and Community partnership; Basic elements of management. Process of management; Resource Management; Human Resources; Physical Resources; Financial Resources; Information resources; Health Policies; Rules regarding appointment, leaves, pay and allowances; Efficiency and Discipline rules; Health Record; Attendance Register; Leave Register; Stock Register; Cash Register (fee, different kind of funds)

Lab Outline:

Reference Books:

1. K. B. Everard, Geoff Morris, Ian Wilson Effective School Management; Paul Chapman Educational Publishing; 4th Edition (2004).
2. Edmund T. Emmer, Carolyn M. Evertson, Murray E. Worsham: Classroom Management for Middle and High School Teachers (7th Edition); Allyn & Bacon; 7th Edition (2005).
3. Richard L. Miller, Earl S. Swensson : Hospital and Healthcare Facility Design; Allyn & Bacon; 7th Edition (2005).
4. Liz Haggard: Healing the Hospital Environment: Design, Maintenance and Management of Healthcare Premises; Taylor & Francis; 1st Edition (1999).
5. Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5th Edition (2007).

HOTEL MANAGEMENT (M13- RFM)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course Objectives:

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

Course Outline:

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

Lab Outline:

Reference Books:

1. James A. Bardi Hotel Front Office Management; Wiley; 3rd Edition (2002).
2. Alan T. Stutts, James Wortman Hotel and Lodging Management: An Introduction Wiley; 2nd Edition (2005).
3. Matt A. Casado Housekeeping Management; Wiley (1999).
4. Housekeeping; Management, 2nd Edition; Margaret M. Kappa HTM338; Aleta
5. Nitschke; Patricia B. Schappert, Educational Inst of the Amer Hotel; 2nd Edition (1997).
6. Thomas J. A. Jones Professional Management of Housekeeping Operations Wiley; 5th Edition (2007).

HUMAN RESOURCE DEVELOPMENT (M14- RFM)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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 Programme; Career Development Program for Special Groups; Personal Career Development.
- Performance Appraisal: Purposes & uses of performance appraisal; Choosing appraisal criteria; Performance Evaluation Programmes & 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.

Lab Outline:

Reference Books:

1. Shaun Tyson & Alfred York, Essentials of HRM, 4th Edition, Replika Press Pvt. Ltd., Delhi- India, 2001.

2. William B. Werther & Keith Davis, Human Resource & Personnel, McGraw Hill, 1997
3. Wayne F. Cascio, Managing Human Resource, 4th International Edition, 1996.
4. Bernardin & Russell, Human Resource Management, 2nd Edition, McGraw Hill
5. Robert E. Callahan & C. Patrick Fleenor, Managing Human Relations; Merrill Publishing Company, London, 1990. Elective 1

SMALL BUSINESS MANAGEMENT (E3-RFM)

Credit Hours: 3 (2+1) Semester 8

PREREQUISITES:

Course Objectives:

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

Course Outline:

- 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.

Lab Outline:

- 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.

Reference Books:

1. William D. Bygrave, Andrew Zacharakis The Portable MBA in Entrepreneurship Wiley; 3rd Edition (2003).
2. Jeremy Kourdi; Business Strategy: A Guide to Effective Decision-Making (The Economist Series); Format: Published On: Wednesday, October 29, 2003; Viva Books.
3. Martha Shirk, Anna S. Wadia, Kitchen Table Entrepreneurs: How Eleven Women Escaped Poverty and Became Their Own Bosses Basic Books; New Edition (2004).

CONSUMER BEHAVIOUR (E3-RFM)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course Objectives:

- To develop understanding related to consumer behavior

Course Outline:

- The Diversity of Consumer Behaviour. Meaning and Importance of Consumer Behaviour, 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 Behaviour. 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.

Lab Outline:

- NA

Reference Books:

1. Frank R. K, Consumer Behaviour and Managerial Decision-Making, 2nd Edition (2002), New York, Prentice-Hall.
2. John C. M, Michael S. M Consumer Behaviour. A Framework. (2001) Prentice Hall, USA.

MONEY BANKING & FINANCE (E4-RFM)

Credit Hours: 3 Semester 8

PREREQUISITES:

Course Objectives:

- To develop understanding of consumer banking

Course Outline:

- 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

Lab Outline:

- NA

Reference Books:

1. Mishkin, Frederics (1992). "The Economics of Money Banking and Financial Markets", 3rd edition. Harper Collins Publishers.
2. Ritter, Lawrence. S and Williams, L. Silber (1993). "Principles of Money, Banking and Financial Markets". 8th edition. Basic Books Inc.
3. Thomas, Lioyd. B (1997). "Money, Banking and Financial Markets". The McGraw Hill Companies.
4. Journal of Institute of Bankers in Pakistan. An IBP Quarterly Publication.

6. MAJOR & ELECTIVE COURSES FOR TEXTILE AND CLOTHING

ADVANCED TEXTILE (M1-TC)

Credit Hours 3 (2+1)Semester 5

Prerequisites

Course Objectives:

- These courses is designed for students to identify textile fibres, learn the production and performance characteristics of natural and manmade fibers, understand the importance of fabric designing and finishes and learn yarn manufacturing and production techniques

Course Outline:

- Fiber identification using technical methods: Microscopic and Chemical
- Production and performance characteristics of fibres both natural and man-made.
- Yarn classification and manufacturing: Production of yarn;

- S and Z Twist; in relation to the appearance of the fabric; Blend varieties; Effect or varying blend components in fabrics available in the market; Novelty yarn:
- Fabrics construction: Fabrics made without films and paper fabrics etc.
- Fabrics made from fibre felts; bounded fabrics, etc; Fabrics make from yarn: Braiding, netting, lacing, knitting and weaving.
- Fabrics Designing: Processes by which color and design are applied to fabric;
- Fabric finishes in relation to appearance and end use. Pressing, shirking,
- Napping, water proofing embossing, flame resistance, crease resistance.

Lab Outline:

- Fiber Analysis File
- One project based on theory

Reference Books:

1. Billie, J. C., & Phyllis, G. T. (2000). Understanding Textiles (6th Ed.). Understanding Textiles: Prentice Hall.
2. Boer J, D. (1987). Dyeing for Fibers and Fabrics (revised ed.). Kangaroo Press.
3. Corbman, B. (1985). Textiles Fibers to Fabric, New York: McGraw Hill Book Co.
4. Sara, J. K., & Ana, L. L. (2006). Textiles (10th Ed.). Prentice Hall.
5. Smith, B., & Fand, B. (1982). Textiles in Perspective. London.: Prentice Hall Inc.

PATTERN MAKING (M 2- TC)

Credit Hours 3(1+2) Semester 5

PREREQUISITES

Course 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.

Course Outline:

- 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
- Basic Pajama trouser foundation Crotch line garments:-Crotch line chart;
- Block; Foundation block for Panties; Foundation block for trousers.
- Types of figures: Figure differences: Neck size; Shoulder line position

Lab Outline:

- Preparation of 6 patterns for the following groups:
- Woman,
- Children
- Man
- Stitch any one garments from the prepared patterns.
- Portfolio based on practical work.

Reference Books:

1. Rosen S. A comprehensive reference for Fashions design (July 1, 2003) Prentice Hall. USA.
2. Armstrong H. J. Patternmaking for Fashion Design (February 10, 2005) Prentice Hall, 4th Edition USA. Donald H. Mc Cunn, Robin Lew, (November 1, 1977) Design Enterprises of San Francisco.
3. Norma R. Hollen, Carolyn J. Kundel, Pattern Making by the Flat Pattern Method (August 20, 1998), 8th Edition. Prentice Hall. USA.
4. Gross L. How to Draft Basic Patterns (September 1991) Fairchild Books & Visuals 4th Edition. USA.

FASHION DESIGNING AND ILLUSTRATIONS (M 3-TC)

Credit Hours 3 (1+2) Semester 5

PREREQUISITES

Course Objectives:

- This course is designed to enhance the creativity of the students in implementing their skills in fashion designing. It enables students to manipulate darts and pleats in fashion apparel.

Course Outline:

- Figure drawing
- Construction of figure using block form
- Proportions of ideal figure
- Fleshing out the figure
- Movement in the figure
- Dressing of the figure
- Designing with different necklines, darts, yokes and gores
- Designing Dresses with pleats
- Designing different types of sleeves, collars, coats and jackets, trousers and pants of different lengths
- Designing through source of inspiration

Lab Outline:

- Portfolio based on practical work.
- Research board
- Mood board
- Color board
- Profile board
- Development sheets of six informal and formal dresses
- Presentation sheets of two informal and formal dresses

Reference Books:

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

TEXTILES CHEMISTRY – I (M4-TC)

Credit Hours 3 (2+1) Semester 5

PREREQUISITES

Course Objectives:

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

Course Outline:

- The Chemistry of Fibers
- Polymerization
- Addition Polymers; Condensation; Crystalline Structure of Polymers; Conditions for Crystalline ; Principles of packing of Polymer chain;
- Fine Structure; Orientation and Crystalline ; Chain length and molecular slip; Effect of stretch on crystalline and amorphous regions;
- Properties due to crystalline and amorphous regions.
- Chemistry of Cellulose: Purification of Cellulose materials; Chemical constitution of cellulose e.g. Structures of the molecule and groups, degree of polymerization; Derivatives of Cellulose (Cellulose Esters, Cellulose Ethers, Reactivity of Hydroxyl groups); Hydrolysis of cellulose (Hydrocellulose, Rate of Attack, Determination of the degradation; viscosity method, and group analysis); Oxidation of cellulose, Attack of cellulose by alkali.

Lab Outline:

- Practical will be based on theory topics.

Reference Books:

1. David, J. W., & Philip, J. L. (2001). Polymers. USA: Oxford University Press.
2. Greaves, P. H. (1995). Microscopy of Textile Fibers. N Garland Science.
3. Menachem, L. (2006). Handbook of Fiber Chemistry. Taylor & Franics.
4. Qinguo, F. (2005). Chemical Testing of Textiles. CRC.
5. Reymond, H. P. (1967). Textile Chemistry Impurities in Fibers. Elsevier Science Ltd.

TEXTILES COMPUTER AIDED DESIGN (TEXTILES CAD) (M5-TC)

Credit Hours 3 (1-2) Semester 6

Course 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.

Course Outline:

- Introduction to CPU, keyboard and mouse.
- Graphic design and drawing 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

Lab Outline:

- Develop designs using any four software:
- Software evaluation: (latest)
- Coral Draw
- Adobe Photoshop
- Adobe image editor
- Illustrator
- Super paint
- Mac Draw
- Studio Max.
- Fashion illustrations: formal wear, evening wear, children wear, men's wear,
- Textile designs for printing, applied designs, structural designs.

Reference Books:

1. Fiell, Charlotte & Peter (Editors). Contemporary Graphic Design. Taschen Publishers, 2008.
2. Wiedemann, Julius & Taborda, Felipe (Editors). Latin-American Graphic Design. Taschen Publishers, 2008.

TEXTILE CHEMISTRY – 2 (M6-TC)

Credit Hours 3(2+1) Semester 6

PREREQUISITES

Course Objectives:

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

Course Outline:

- The Chemistry of Fibres
- Chemistry of Wool: Occurrence; Histology; Bilateral Structure; Chemical composition, Cross linkages of wool; Chemical Reactions of wool (with acids, with alkali, Treatment with water,)
- Chemistry of Silk: Occurrence, histology, chemical structure; Chemical reactions of silk with acids, alkalis and oxidizing agents.
- Chemistry of Manmade Fibres: Production of fibre, Wet spinning, Dry spinning, Melt spinning.
- Functional and Aesthetic Fabric Finishes
- Wet Processing: singeing, desizing, scouring, bleaching, mercerization and causticization.

Lab Outline:

- Practical will be based on theory topic.

Reference Books:

1. David, J. W., & Philip, J. L. (2001). Polymers. USA: Oxford University Press.
2. Karmakar, S. R. (1999). Chemical Technology: The Pre-Treatment Processes of Textiles (Textiles Science And Technology). Elsevier Science.
3. Menachem, L. (2006). Handbook of Fiber Chemistry. Taylor & Franics.
4. Menachem, L. (1983). Handbook of Fiber Science And Technology. Marcel Dekker Publisher.
5. Reymond, H. P. (1967). Textile Chemistry Impurities In Fibers. Elsevier Science Ltd.

TEXTILE TESTING (M7-TC)

Credit Hours 3 (2+1) Semester 6

PREREQUISITES

Course Objectives:

- This course is designed to acquire basic knowledge about the 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.

Course Outline:

- 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

Lab Outline:

- Testing various kinds of textiles to identify fibre, construction, dimension and durability. Practical will be based on theory topics.

Reference Books:

1. AATCC. (1969). Technical Manual of the American Association of Textile Chemists and Colourists (Vol. 45). Pocket Textile Testing & Quality Expert.
2. Billie, J. C., & Helen, H. E. (1998). Textile Testing and Analysis (1st Ed.). Prentice Hall.
3. Booth. (1969). Principles of Textile Testing. New York: Chemical Publishing Inc.
4. Burkhard, W., Thomas, G., & Dieter, V. (2006). Textile Technology (1st Ed.). Hanser Gardner Publication.
5. Chamot, & Mason. (1958). Handbook of Chemical Microscopy (1st Ed.). New York: John Wiley and Sons. Inc.

TEXTILES DYEING AND PRINTING (M8-TC)

Credit Hours 3 (1+2) Semester 6

PREREQUISITES

Course Objectives:

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

Course Outline:

- Colour Theory
- Pre-Treatment of Fabrics for Dyeing and Printing.
- Printing Hand and machine methods
- Resist printing batik and shibori
- Block Printing.
- Weaving as a means of giving pattern and design.
- Dyeing of Fabrics
- Classification of Dyes – Basic dyes, acid dyes, direct dyes, naphthol dyes, vat dyes.
- Properties of dyes selection of dyes, cost of dyeing
- Methods of dyeing
- Application of dyes on natural / man made /blends

Lab Outline:

- Block printing
- Crating and printing suitable designs (a minimum of Three samples)

- Dyeing Techniques –
- Shibori 3 Samples & 1 Project
- Batik:
- Use of T- Janting tool
- T-Jap method
- Brush method
- Portfolio based on practical work.

Reference Books:

1. Clark, & Newness, B. W. (1980). An Introduction to Textile printing.
2. June, F. (2006). Designing and Printing Textiles: Product Dimensions: 10.2x8.8x0.8 inch. Crowood Press.
3. Meda, P. J. Design on Fabrics. Van Nostrand Renhold Co.
4. Nancy, B. (1992). Batik and Tie Dye Techniques (3rd revised ed.). Dover Publication.
5. Karmakar, S. R. (1999). Chmical Technology: The Pre-Treatment Processes of Textiles (Textiles Science and Technology). Elsevier Science.

ART OF DRAPING (M10-TC)

Credit Hours 3 (1+2) Semester 7

Course 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.

Course Outline:

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

Lab Outline:

- 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

Reference 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 (Essentia.: Loft publications.
4. Nunnally, C. A. (2009). The Encyclopedia of Fashion Illustration Tec.

EXPERIMENTAL TEXTILES (M11-TC)

Credit Hours 3 (2+1) Semester 7

Prerequisites

Course Objectives:

- To provide knowledge about objectives of textile testing.
- Study the qualitative and quantitative fabric analysis.
- Enabling students to acquire basic knowledge about the fibre, yarn and fabrics dimensions and properties.
- To acquaint the students with the methods of testing of fabrics using various instruments.

Course Outline:

- Yarn dimensions
- Fabric Dimensions and Properties: Fabric thickness; Count of the cloth; Crimp of yarn in fabric; Air permeability; Fabric stiffness, handle and rape; Crease resistance and crease recovery; Serviceability, wear, and abrasion resistance; Flammability; Water and fabric relationships.
- Tensile testing of Textiles: Stress-strain mechanisms of textile fibres and fabrics.

Lab Outline:

- Practical will be based on theory topics.

Reference Books:

1. 1AATCC. (1969). Technical Manual of the American Association of Textile Chemists and Colourists (Vol. 45). AATCC.
2. Billie, J. C., & Helen, H. E. (1998). Textile Testing and Analysis (1st Ed.). Prentice Hall.
3. Booth. (1969). Principles of Textile Testing. New York: Chemical Publishing Inc.
4. Burkhard, W., Thomas, G., & Dieter, V. (2006). Textile Technology (1st Ed.). Hanser Gardner Publication.

5. Chamot, & Mason. (1958). Handbook of Chemical Microscopy (Vol. 1). New York: John Wiley and Sons Inc.

TEXTILES AND CLOTHING INDUSTRIAL MANAGEMENT (Ela-TC)

Credit Hours 3 (3+0) Semester 7

PREREQUISITES

Course Objectives:

- To create an understanding of basic principles of industrial management.
- To encompass various subject matter of consumption production and its usefulness in industry.

Course Outline:

- The staff of textile mills and clothing factories (with special reference to female worker)
- The recruitment and training of Juveniles
- Problems & possible solution
- Regulations governing employment and wages
- Factories acts
- Trade union
- ISO (latest regarding industry)
- Selection. Arrangements and adoption of machinery for different types of products
- Material handling
- Maintenance routines
- Process of quality control
- Purchase and sales
- International aspect or textile import & export
- Textile & ready made garment industry o Pakistan. Its structure and organizations.
- Role of research for improving working condition and efficient output.

Lab Outline:

Reference Books:

1. Harold, K., & Hein, R. (1990). Management. McGraw Hill Book Co. Ltd.
2. Tony, H., Margaret, & Bruce. (2007). Fashion Marketing: Contemporary issues (2nd Ed). Butterworth – Heineman.
3. A.J. Chuter Introduction to clothing production management, 1995.
4. Thomas J, vogal and Lowry W. Barbra, 1889, The Textile Industry.

DECORATIVE FABRICS (E1b-TC)

Credit Hours 3 (2+1) Semester 7

PREREQUISITES

Course Objectives:

- This course is designed to develop knowledge and competence in fabric embellishment.
- Enhance the creativity of students by offering opportunities to produce fabric embellishment using assorted materials and processes. To develop appreciation for quality and suitability of embellished fabrics.

Course Outline:

- Fabric Embellishment, Significance of Embellishment, Prevailing techniques of fabric embellishment.
- Different Techniques of Embellishment:
- Sewing embellishment
- Embroidered embellishment
- Traditional embellishment with gold and silver
- Beading
- Painting
- Smocking
- Laces and trims
- Quilting
- patch work
- 4- Market value of Embellished fabrics

Lab Outline:

- Preparation of commercial project based on above learnt techniques.

Reference Books:

1. Latest Embroidery/embellishment Books.

ENTREPRENEURSHIP (E2a-TC)

Credit Hours 3 Semester 7

PREREQUISITES

Course Objectives:

- Upon successful completion of this course, the student will be able to:
- Assess the reciprocal relationship between certain business practices and the elements and forces that drive our free market economic system.
- Evaluate strategies for identifying, resolving and avoiding legal and ethical dilemmas in the business environment.
- Analyze the entrepreneurial process for identifying and exploiting potential business opportunities.

Course Outline:

- Introduction
- Understanding entrepreneurship
- The entrepreneurial profile
- Traits of successful entrepreneurs
- Timing and funding availability
- Common myths about entrepreneurs
- Development of business concept
- Why business planning is important
- Analyzing the project
- Defining product
- Dissecting the product
- The product life cycle
- New uses or images for old products
- Branding
- Researching the industry and the market
- Market research defined
- Defining industry
- Describing the industry
- Regional market feasibility study
- Strategic planning
- Entry strategies
- Exit strategies
- Valuation methods
- Becoming an entrepreneur
- History and future projections' web demographics
- Benefits and limitations of going On-line
- Building a business plan for E-commerce
- E-models
- Customer relationship management
- Security and marketing
- E-commerce challenges and concerns

Lab Outline:

- Research/report writing and presentations on building a business plan and implementation prospects.

Reference Books:

1. Paul Burns and Jim Dew Hurst: Small Business and Entrepreneurship
Publisher: Palgrave Macmillan Published: 23 Nov 2006.
2. Peter F. Drucker: Innovation and Entrepreneurship Peter F. Drucker
Publisher: Harper Paperbacks Published: May 9, 2006
3. The Young Entrepreneur's Guide to Starting and Running a Business by
Steve Mariotti
4. Publisher: Turtleback Published: March 1, 2000

6. Entrepreneurship Strategies and Resources 3rd Edition; Marc J. Dollinger –
7. Pearson Education.
8. New Venture Creation: Entrepreneurship for the 21st Century 5th Edition;
9. Jeffrey A. Timmons – McGraw Hill

HISTORIC COSTUMES (E2 b-TC)

Credit Hours 3 (3+0) Semester 7

PREREQUISITES

Course Objectives:

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

Course Outline:

- 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, Balochistan and N.W.F.P.
- Hand Woven textiles of Pakistan. Cotton (khaddar, Sussi, lungi, khes etc) Woolen (blankets, patti cloth, curtain cloth and Kashmiri Shawls) Silk (lungis, lachas, gulbadan, banarsi silk etc)

Lab Outline:

Reference Books:

1. Ethel Lewis, Romance of Textiles N. 1953. Macmillan Company.
2. Christine Hatt, Jane Tattersfield, Cloths of the Ancient World (Pre-history to 500Ad). January 12, 2001, Chryslis Books.
3. Marry G. Houston, Ancient. Greek, Roman & Byzantine Costume, August 5, 2003, Dover Publication.
4. Alon wilkins, Romon Dress Accessories, July 2003, Shire Books.
5. Aileen Ribiero, Fashion, the French Revolution (Costume and civilization) December 1988 Holmes & Meier Publishers.

6. Ann Bahar, Historic French Costumes Paper Doll Book, September 1991, Hobby House Press.

ECONOMIC, SOCIAL AND PSYCHOLOGICAL ASPECTS OF CLOTHING AND TEXTILES (E2c-TC)

Credit Hours 3(3+0)Semester 7

PREREQUISITES

Course Objectives:

- This course is designed to teach students about the history and the economic, sociological and psychological aspects of clothing and textile. Students will learn about the latest development of clothing and textile industry in Pakistan.

Course Outline:

- A study of clothing behaviour the impact of clothing on the social and psychological security of the adolescent and adult
- Interrelationship of Clothing and Culture: Patterns of culture, Relation to the material culture
- Folkways, mores and customs; Conformity and individuality in dress; Social change and fashion change
- Clothing and Human Behaviour: Clothes and the self-concept; Clothing symbolism; Clothes
- Role and Status; Conformity and individuality in Dress; Social change and Fashion change
- Clothing in the Economy: Clothing consumption patterns
- The Pakistan clothing industry; Textiles, clothing and the International Market.

Lab Outline:

Reference Books:

1. Catherine, R. (2004). Clothing Culture (The History of Retailing and Consumption). USA: Ashgate Publishing.
2. Hoebel. (1966). Anthropology: the study of Man. McGraw Hill Book Co.
3. Susanne, K. (2005). Clothing as material Culture. USA: Berg publisher, Daniel Miller.

APPLIED TEXTILE DESIGNING (M13-TC)

Credit Hours 3 (1+2) Semester 8

PREREQUISITES

Course Objectives:

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

Course Outline:

- Printing of fabrics
- Silk screen printing flat bed and rotary screen printing
- Discharge printing
- Direct printing
- Roller printing,
- Photographic printing
- After treatment of printed fabrics
- Development of design (both manually and on CAD)
- Research board
- Mood board
- Colour palette
- Product presentations

Lab Outline:

- Development of textile designs for apparel and upholstery (both manually and on CAD).
- Screen printing
- Creating manual and computer aided designs for apparel and upholstery
- Portfolio based on practical work.

Reference Books:

1. Susan Meller, Joost Elffers Thames & Hudson Texting compile designs 1989.
2. Nicholas Barnard Thames & Hudson Decorative Textiles 1989.
3. Susan Louise Moyer Silk Painting Watson Guptill Publication 1991.
4. DR Adrian Durate, The craft and Textile of Sindh and Baluchistan, 1982.

DRESS DESIGNING THROUGH DRAPING (M14-TC)

Credit Hours 3 (1+2) Semester 8

PREREQUISITES

Course Objectives:

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

Course Outline:

- Draping Qameez (or its variations) on the dress form
- 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).

Lab Outline:

- 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.

Reference Books:

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

TEXTILE MARKETING AND MERCHANDISING (E3a-TC)

Credit Hours 3 (3+0) Semester 8

PREREQUISITES

Course 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 merchandizing.

- To understand the problems faced by the manufactures regarding consumers demand.

Course Outline:

- Management: Scope of management; Management hierarchy; Management aids; Management Organization
- Merchandizing: Definition and importance of merchandizing; Concept of durability, style, attractiveness, comfort & general marketing.
- Problems faced by the manufacturers to meet specifications of consumers and vice versa.
- Research and Development: Scope of research and Development; Research requirements of a company; Research associations.
- Marketing: Definition and scope; The societal marketing concepts; Functions and policies related to textile industry of Pakistan
- Role of advertisements in promotion of textile merchandize.

Lab Outline:

Reference Books:

1. Jeremy A. Rosenau, David L. Wilson; Apparel Merchandising: the line Starts Here; Fairchild Books & Visuals; 2nd Ed. 2006.
2. Cynthia L. Regan; Apparel Product Design and Merchandising Strategic; Prentic Hall; 1st Ed. 2007.
3. Toney Hines, Margaret Bruce Fashion Marketing, 2nd Ed. Contemporary issues; Butterworth-Heinemann; 2nd 2007.
4. Dorothy D. Prisco, Fashion Merchandise to information 1986, Willey Publisher.
5. Patrica Rath, Jacqueline Peterson, Phylis Greensley, Penny, Introduction to Fashion merchandising, January 2 , 1994, Thomson Delmer learning; 1st Edition.

STRUCTURAL TEXTILE DESIGNING (E3b-TC)

Credit hours 3 (1-2) Semester 8

Course Objectives:

Course Outline:

- Introduction to Fabric formation: Methods of fabric formation, Weaving and woven fabrics, History of weaving, Weaving machines, Woven fabrics
- Woven fabric design and construction, 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.

Lab Outline:

- Portfolio based on theory

Reference Books:

1. Cox, D and Warrcu, B. Creative Hands John Wiley and Sons, New York 1999.
2. Gertrude, G. G. Advertised in Weaving, Thas A. Bennet C. Inc. Publishers Peoria, Illinois. 1959.
3. Berta, F. Designing and drafting for Hand Weavers, A division of Macmillan Publishing Company Inc. New Your. Collier Macmillan Publishers, London 1979.

FASHION PHOTOGRAPHY (E3c-TC)

Credit hour 3 (1-2) Semester 8

Course Objectives:

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

- Expose and develop his/her coloured negatives and be able to make prints from those negatives.
- Demonstrate an understanding of the basic elements of photographic composition and the relationship of light to photographic aesthetics in relation to fashion modeling
- Describe and evaluate photographs with special emphasis on fashion photography.

Course Outline:

- Camera Operation and Film Development: Basic Exposure, The Lens, The Shutter, Basic Methods of Exposure
- Advance Printing and Mounting: Contact Sheets, Enlarging, Contrast Control, Burning and Dodging. Mounting the Print
- Spotting
- Nature of Light for fashion photography, Type and quality of light, Light modulators, Hard edge-soft edge, Exposure controls (negative), Flash
- Nature of Space for fashion photography: Object - as related to space and background
- Line - convergence - vanishing point - perspective without the use of the horizon
- Lenses as they pertain to scale change within the frame
- Surface texture and visual contrast as a function of distance

- Emptiness, Interval, Juxtaposition, Compositions, Alternative Techniques, High Contrast, Negative Prints, Sandwiching Negatives, Constructing Photographs
- Portfolio Design, Creatively conceptualizing a consistent body of work, Consistency in idea, Consistency in idea and image, Presenting photographs and photographic materials, Evaluation / Critiques

Lab Outline:

- Portfolio based on practical work.

Reference Books:

1. Digital Fashion Photography by Chris (Chris Tarantino) Tarantino
Publisher: Course Technology PTR; 001 edition (July 8, 2005).
2. Fashion Photography: A Complete Guide to the Tools and Techniques of the Trade by Bruce Smith Amphoto Books (October 28, 2008).
3. Fashion Photography Course: Principles, Practice, and Techniques: An Essential Guide by Eliot Siegel Barron's Educational Series (September 12, 2008).

FASHION AND BOUTIQUE MANAGEMENT (E4a-TC)

Credit hours 3 (2+1) Semester 8

Course Objectives:

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

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

Course Outline:

- Introduction to fashion, Fundamental of fashion, concept, terminology and forecast.
- Types of fashion: Haute Couture, Ready to wear
- Introduction to Contemporary Visual Merchandising
- Introduction to marketing
- Product definition and life cycle
- Analyzing consumer buying habits and finding marketing “gaps”
- Inventory purchasing, Inventory control, pricing
- Location and marketing

- Promotional budgets (methods of evaluation), In-store display, Personal selling, advertising
- Display Accessories and Tool Box
- Developing a Design and Budget
- Taking Down Fashion Show and Store Displays
- Evaluation with Store Owner/Manager/supervisor

Lab Outline:

- Setting Up Store Display With Help from Other Students (group activity).

Reference Books:

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

FUNCTIONAL DESIGNING FOR SPECIAL PEOPLE (E4b-TC)

Credit Hours: 3 (2+1) Semester 8

PREREQUISITES

Course Objectives:

- To understand special recruitment for physically restricted people.
- To develop functional feature according to physical restriction requirements.

Course Outline:

- Understanding the requirements of physical restriction
- Understanding the requirement of functional and ease features in dress designing for special people
- Dress designing with special features for crutch users, wheel chair users, people with Amputee arms, people with Amputee legs, person suffering from various level of cerebral palsy, person suffering from arthritics, and for blind person.
- Health safety and comfort requirement for special people.
- Methods of measuring body dimension
- Importance of designing functional features for physical restricted individuals.

- Crutch users, Wheel chair users, Amputee arms, Amputee legs , Cerebral palsy , Arthritis , Blindness , Understanding psychological requirements for physically restricted people

Lab Outline:

- Dress designing for physically restricted people
- Development of dress pattern with special functional feature for any two types of physical restriction
- Construction of one dress with the help of the developed pattern.

References Books:

1. Akhtar. A. 1994 Study of Designs Clothes for physically handicapped women retrieved March 2011.
2. Ahmed K. Quake Victims reach help too late to save crushed limbs. Bull World health organ 2005.
3. Meulenbelt HE. & Geertzen JH, Dijkstra PU, Jonkman MF. Skin Problems in lower limb amputees: an overview by case reportsL J. Eur Acad Dermatol Venereol 2007.
4. Skin Care & Stump Hygiene National Amputee Centre. @ e-zeeaccess. Retrieved on March 2011.
5. Hachisuka K., Nakamura T, Ohmine s, Shitma H, Shinkoda K, Hygiene Problem of residual limb and silicone liners in transtibial amputees wearing the total surface bearing socket. Arch Phys Med Rehab. 2001.
6. Sood A, Taylor JS, Billock JN. Contact Dermatitis to limb Prosthesis Am J contact Derm 2003.
7. M. Mallick. J. K, Aurakzai, K. M. Bile, and N. Ahmad, Large scale disabilities and their management in the aftermath of 2005 earthquake in Pakistan, Retrieved March, 2001.

HOME ECONOMICS RESEARCH JOURNALS

GENERAL HOME ECONOMICS:

Brazilian Journal Of Home Economics

<http://www.revistaoikos.ufv.br/html/>

Canadian Home Economics Journal

<http://www.chef-fcef.ca/journal/index.htm>

Caribbean Journal Of Home Economics

<http://caribbeanhomeeconomist.org/publications/journals/>

Consumer Sciences Today

<http://www.institute-consumer-sciences.co.uk/cst.html>

Family And Consumer Sciences Research Journal

<http://fcs.sagepub.com/>

Home Care Provider

<http://www.sciencedirect.com/science/journal/1084628X>

Human Ecology Review

<http://www.humanecologyreview.org/>
Huw - Hauswirtschaft Und Wissenschaft (Home Economics and Science)
<http://www.dghev.de/index.php?arg=Zml=>
International Journal Of Consumer Studies
<http://www.wiley.com/bw/journal.asp?ref=1470-6423&site=1>
International Journal Of Human Ecology
<http://www.khea.or.kr/eng/IJHE-0.html>
Journal Of Consumer Culture
<http://joc.sagepub.com/>
Journal Of Family And Consumer Sciences (official publication of the American Association of Family & Consumer Sciences (AAFCS)).
<http://aafcs.org/Resources/Journal.asp>
Journal Of Family Ecology And Consumer Sciences
<http://www.up.ac.za/saafecs>
Journal Of Home Economics (1909 Until 1993)
<http://hearth.library.cornell.edu/h/hearth/browse/title/4732504.html#1980>
Journal Of Human Ecology
www.krepublishers.com/...Journals/.../JHE-00-0-000-000-1990-1-Cover.htm
Journal Of The Home Economics Institute Of Australia
<http://www.heia.com.au/>
Kappa Omicron Nu Forum - Publication Archive
http://www.kon.org/archives/forum/forum_archives.html
Korea Consumer Agency - Korea Consumer Newsletter
http://www.cpb.or.kr/front/english/info_01.jsp
Nurture - Journal Of Pakistan Home Economics Association
www.chek.edu.pk/indexnurture
Rhw Management - Rationelle Hauswirtschaft
<http://www.rationelle-hauswirtschaft.de/>
The Journal Of Asian Regional Association For Home Economics (ARAHE)
http://www.arahe-web.com/html/menu_jour.html
The Journal Of Home Economics Of Japan
<http://www.jstage.jst.go.jp/browse/jhej>
The Journal Of Korean Home Economics Association And International Journal Of Human Ecology (IJHE)
<http://www.khea.or.kr/eng/IJHE-0.html>
THESA - Teachers Of Home Economics Specialist Association
<http://bctf.ca/THESA/>

ART AND DESIGN

Color Research And Application
<http://www.blackwellpublishing.com/journal.asp?ref=0361-2317&site=1>
Creative Quarterly
<http://www.cqjournal.com/>
The International Journal Of Art & Design Education
<http://www.wiley.com/bw/journal.asp?ref=1476-8062>
Visual Arts Research
<http://www.press.uillinois.edu/journals/var.html>

FOOD AND NUTRITION

Aktuelle Ernährungsmedizin - Journal For Metabolic Research, Clinical Nutrition And Dietetics

<http://www.thieme.de/akternmed/>

American Journal Of Clinical Nutrition

<http://www.ajcn.org/>

Annual Review Of Nutrition

<http://arjournals.annualreviews.org/loi/nutr?cookieSet=1>

Appetite

<http://www.sciencedirect.com/science/journal/01956663>

Asia Pacific Journal Of Clinical Nutrition

<http://apjcn.nhri.org.tw/>

British Journal Of Nutrition

<http://journals.cambridge.org/action/displayJournal?jid=bjn>

Ernährung Im Fokus

<http://www.aid.de/fachzeitschriften/eif/eif.php>

European Journal Of Clinical Nutrition

<http://www.nature.com/ejcn/index.html>

European Journal Of Nutrition

<http://www.springer.com/steinkopff/journal/394>

Family Economics And Nutrition Review

<http://www.cnpp.usda.gov/FamilyEconomicsandNutritionReview.htm>

Food Service Technology

<http://www.wiley.com/bw/journal.asp?ref=1748-0140&site=1>

Food/Nahrung

<http://www.wiley->

[vch.de/publish/dt/journals/alphabeticalIndex/7716/?sID=ivdiqjnb2evjmsk58070155631](http://www.wiley-vch.de/publish/dt/journals/alphabeticalIndex/7716/?sID=ivdiqjnb2evjmsk58070155631)

Journal of the American Dietetic Association

<http://www.adajournal.org/>

Journal Of Human Nutrition And Dietetics

<http://www.wiley.com/bw/journal.asp?ref=0952-3871&site=1>

Journal Of Nutrition Education & Behavior

<http://www.jneb.org/>

Nutrition - The International Journal Of Applied And Basic Nutritional Sciences

http://www.elsevier.com/wps/find/journaldescription.cws_home/525614/description#description

Nutrition Bulletin

<http://www.wiley.com/bw/journal.asp?ref=1471-9827&site=1>

Nutrition Research - The International Medium For Rapid Publication Of Communications In The Nutritional Sciences

http://www.elsevier.com/wps/find/journaldescription.cws_home/525483/description#description

Pakistan Journal Of Nutrition

www.pjbs.org/pjnonline/index.htm

Skandinavian Journal Of Nutrition

<http://www.snf.se/>

HUMAN DEVELOPMENT

Australian Journal Of Rural Health

<http://www.wiley.com/bw/journal.asp?ref=1038-5282&site=1>

Child & Family Social Work

<http://www.wiley.com/bw/journal.asp?ref=1356-7500>

Child Development

<http://www.wiley.com/bw/journal.asp?ref=0009-3920>

Families International

<http://www.viennafamilycommittee.org/>

Family & Community Health: The Journal Of Health Promotion & Maintenance

<http://journals.lww.com/familyandcommunityhealth/pages/default.aspx>

Family Practise

<http://fampra.oupjournals.org/>

Family Process

<http://www.familyprocess.org/>

Family Relations/National Council On Family Relations

<http://www.wiley.com/bw/journal.asp?ref=0197-6664&site=1>

Family Relations: Interdisciplinary Journal Of Applied Family Studies

http://www.ncfr.org/journals/family_relations/home.asp

Family Science Review

<http://www.familyscienceassociation.org/FSR142009.php>

Family, Systems & Health

<http://www.apa.org/pubs/journals/fsh/index.aspx>

Gender, Work And Organization

<http://www.wiley.com/bw/journal.asp?ref=0968-6673&site=1>

Geriatric Nursing

<http://www.gnjournal.com/>

Geriatrics And Gerontology International

<http://www.wiley.com/bw/journal.asp?ref=1444-1586&site=1>

Health And Social Care In The Community

<http://www.wiley.com/bw/journal.asp?ref=0966-0410&site=1>

International Family Studies - Developing Curricula And Teaching Tools

[http://www.routledgenursing.com/books/International-Family-Studies-
isbn9780789029249](http://www.routledgenursing.com/books/International-Family-Studies-isbn9780789029249)

International Journal Of Law, Policy And The Family

<http://lawfam.oxfordjournals.org/>

International Journal Of Life Cycle Assessment

<http://www.springer.com/environment/journal/11367>

International Journal Of Sociology Of The Family

<http://www.yorku.ca/irjs/>

JHQ - Journal For Healthcare Quality

<http://www.wiley.com/bw/journal.asp?ref=1062-2551&site=1>

Journal of Adolescence

http://www.elsevier.com/wps/find/journaldescription.cws_home/622849/description
Journal Of Family History
<http://jfh.sagepub.com/>
Journal Of Family History: Studies In Family, Kinship, Gender And Demography
<http://jfh.sagepub.com/>
Journal Of Family Nursing
<http://jfn.sagepub.com/>
Journal Of Family Psychology
<http://www.apa.org/pubs/journals/fam/>
Journal Of Family Theory & Review
<http://www3.interscience.wiley.com/journal/122282802/home>
Journal Of Human Ecology
<http://www.krepublishers.com/02-Journals/JHE/JHE-00-0-000-000-1990-Web/JHE-00-0-000-000-1990-1-Cover.htm>
Journal Of Marriage And Family
<http://www.wiley.com/bw/journal.asp?ref=0022-2445&site=1>
Journal Of Family Issues
<http://jfi.sagepub.com/>
Marriage And Family Review
<http://www.informaworld.com/smpp/title~content=t792306931~db=all>
Population And Development Review
<http://www.wiley.com/bw/journal.asp?ref=0098-7921&site=1>
Social Politics
<http://sp.oupjournals.org/>
Social Science Quarterly
<http://www.wiley.com/bw/journal.asp?ref=0038-4941&site=1>
Social-Economic Review
<http://ser.oupjournals.org/>
Studies In Family Planning
<http://www.jstor.org/journals/00393665.html>
The British Journal Of Social Work
<http://bjsw.oupjournals.org/>
The Family Journal
<http://tfj.sagepub.com/>
The Forum For Family And Consumer Issues (FFCI)
<http://ncsu.edu/ffci/>
The History Of Family
<http://www.sciencedirect.com/science/journal/1081602X>
Vienna NGO Committee On The Family - Quartely Bulletin
<http://www.viennafamilycommittee.org/>

INTERIOR DESIGN

Journal Of Environmental Management
http://www.elsevier.com/wps/find/journaldescription.cws_home/622871/description#description

Journal Of Environmental Planning Andmanagement
<http://www.tandf.co.uk/journals/carfax/09640568.html>
Journal Of Housing Economics
http://www.elsevier.com/wps/find/journaldescription.cws_home/622881/description#description
Journal Of Housing Research
<http://business.fullerton.edu/finance/jhr/>
Journal Of Interior Design
<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-JOID.html>

RESOURCES AND FACILITY MANAGEMENT

Advances In Consumer Research
<http://www.acrwebsite.org/volumes/>
Ccn (Consumer Citizenship Network)
<http://www.hihm.no/concit/>
Der Facility-Manager (I)
<http://www.facility-manager.de/adwords/dfm.php?gclid=CJlmpnh-JwCFcgSzAodOglgaQ>
Family Economics News
<http://www.csrees.usda.gov/newsroom/newsletters/familyeconnews/familyeconnews.html>
Family Resource Management
<http://www.uk.sagepub.com/booksProdDesc.nav?prodId=Book228870&currTree=Subjec>
Health & Consumer Voice: Newsletter On Food Safety, Health And Consumer Policy/European Commission
http://ec.europa.eu/dgs/health_consumer/dyna/consumervoic/consumervoic.e.cfm
Home Health Care Management & Practice
<http://hhc.sagepub.com/>
Huishoudstudies: Tijdschrift Voor Huishoud - En Consumentenrvraagstukken En Facilitiar Management
<http://library.wur.nl/consumer/tvh.html>
International Journal Of Consumer Studies
<http://www.wiley.com/bw/journal.asp?ref=1470-6423&site=1>
International Social Science Journal
<http://www.wiley.com/bw/journal.asp?ref=0020-8701&site=1>
Journal Of Consumer Behaviour
<http://www3.interscience.wiley.com/journal/110483937/home>
Journal Of Consumer Culture
<http://joc.sagepub.com/>
Journal Of Consumer Marketing
<http://www.emeraldinsight.com/info/journals/jcm/jourinfo.jsp>
Journal Of Consumer Policy
<http://www.springer.com/sgw/cda/frontpage/0,,4-10017-70-35644567-0,00.html>
Journal Of Consumer Psychology

http://www.elsevier.com/wps/find/journalbibliographicinfo.cws_home/713950/description#bibliographicinfo
Journal Of Consumer Research
<http://www.journals.uchicago.edu/toc/jcr/current>
Journal Of Consumer Studies And Home Economics
<http://www.ingentaconnect.com/content/bsc/jcshe>
Journal Of Family & Consumer Sciences
<http://www.aafcs.org/Resources/Journal.asp>
Journal Of Family And Consumer Sciences Education
<http://www.natefacs.org/JFCSE/jfcse.htm>
Journal Of Family And Economics Issues
<http://www.springer.com/west/home/psychology?SGWID=4-10126-70-35547836-0>
Journal Of Financial Counseling And Planning
<http://www.afcpe.org/publications/>
Journal Of Research For Consumers
<http://www.jrconsumers.com/>
Journal For Family Ecology And Consumer Sciences
<http://www.up.ac.za/saafecs>
Malaysian Journal Of Consumer And Family Economics
<http://www.scimagojr.com/journalsearch.php?q=19700176606&tip=sid&clean=0>
Practice Oriented Quality Management For Non-Profit-Organisations (S - P)
http://shop.strato.de/epages/61404068.sf/de_DE/?ObjectPath=/Shops/61404068/Products/978-3-937346-43-4
Qualitätsmanagement In Klinik Und Praxis
<http://www.pmi-verlag.de/index.php?sub=zeit&id=10>
Review Of Development Economics
<http://www.wiley.com/bw/journal.asp?ref=1363-6669&site=1>
Review Of Economics Of The Household
<http://www.springerlink.com/content/109451/>
Review Of Economics Of The Household
<http://www.kluweronline.com/issn/1569-5239>
Review Of Income And Wealth
<http://www.wiley.com/bw/journal.asp?ref=0034-6586&site=1>
The Journal Of Consumer Affairs
<http://www.blackwellpublishing.com/journal.asp?ref=0022-0078>
The Journal Of Consumer Education
<http://www.cefe.illinois.edu/JCE/>
The Journal Of Sustainability Education (JSE)
<http://www.journalofsustainabilityeducation.org/wordpress/>

TEXTILES AND CLOTHING

Clothing And Textiles Research Journal
<http://ctr.sagepub.com/>
International Textile And Apparel Association
<http://www.itaaonline.org/>

Pakistan Textile Journal
<http://www.ptj.com.pk/Web-2010/01-10/Sumit-Mandal.htm>
Research Journal Of Textile And Apparel
http://www.rjta.org/about_aim.php
Textile Research Journal
<http://trj.sagepub.com/>
The Costume Research Journal
<http://www.costumes.org/computer/crj/1index.htm>

JOURNALS RELATED TO HOME ECONOMICS OBJECTIVES

Annual Review Of Public Health
<http://arjournals.annualreviews.org/loi/publhealth>
Berufsbildung In Wissenschaft Und Praxis (Vocational Training in Research and Practice)
<http://www.bibb.de/de/32108.htm>
Curriculum Leadership
http://cmslive.curriculum.edu.au/leader/about_this_site,63.html
European Journal Of Education
<http://www.wiley.com/bw/journal.asp?ref=0141-8211>
International Journal For Quality In Health Care
<http://intqhc.oupjournals.org/>
Journal Of Public Health
<http://pubmed.oupjournals.org/>
Learning In Health And Social Care
<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-LHS.html>
The European Journal Of Public Health
<http://www3.oup.co.uk/eurpub/>

Websites of Home Economics Organizations / Institutions

AFRICA

Nigeria

Home Science Association
(<http://www.homescienceassociation.org/>)

South Africa

WSU Walter Sisulu University
(<http://www.wsu.ac.za/>)

Swaziland

University of Swaziland
(<http://www.uniswa.sz/>)

ASIA

ARAHE - Asian Regional Association for Home Economics
(<http://arahe-web.com/>)

Hong Kong

HKHEA - Hong Kong Home Economics Association

(<http://www.chek.edu.pk/phea>)
Pakistan Home Economics Association
Pakistan Home Economics Association
(<http://www.hkhea.org/>)

Japan

JAHEE - The Japan Association of Home Economics Education
(<http://wwwsoc.nii.ac.jp/jjhee/index.html>)
JSHE - The Japan Society of Home Economics
(<http://wwwsoc.nii.ac.jp/jshe/english/>)

Korea

KHEA - The Korean Home Economics Association
(<http://www.khea.or.kr/eng/Home.html>)
Yonsei University - College of Human Ecology
(<http://che.yonsei.ac.kr/eng/>)

Philippines

PHEA - Philippine Home Economics Association
(<http://sirpats.com/phea/main/>)

Singapore

Association of Home Economists Singapore
(<http://www.ahes.org/>)

Thailand

Sukhotai Thammathirat Open University - School of Human Ecology
(<http://www.stou.ac.th/Eng/>)
Ministry of Agriculture & Cooperatives - Department of Ag. Extension
(Home Economics Section)
(<http://www.moac.go.th/builder/moac/eng/index.htm>)

EUOROPE

Denmark

The Danish University of Education, Department of Curriculum Research
(<http://www.dpu.dk/>)
Hjemkundskabsl rerforeningen - Association for Home Economics Teachers

(<http://www.hjemkundskab.nu/>)

Finland

Kotitalousopettajien Liitto Hushallsl amasf rbund RY - Federation of Home
Economics Teacher
(<http://www.kotitalous.org/liitto/english.htm>)
Kuluttajaekonomistit La Teknologit Ry. COTES/COTES - The Society for
Consumer Economists and Technologists
(<http://www.agronomiliitto.fi/yhdistykset/cotes/index.php?y=3&m=8&id=1234&sm=588>)
Kuluttajatutkimuskeskus - National Consumer Research Centre
(<http://www.ncrc.fi/en/>)
The Martha Organization
(http://www.martat.fi/in_english/)

University of Helsinki - Department of Economics and Management/Consumer Economics

(<http://www.helsinki.fi/economics-management/index.html>)

University of Helsinki - Faculty of Behavioural Sciences - Department of Teacher Education/Home Economics and Craft Science

(<http://www.helsinki.fi/teachereducation/>)

Laurea Polytechnic

(<http://www.laurea.fi/internet/fi/>)

Germany

BHF - Berufsverband Hauswirtschaft e.V.

(<http://www.berufsverband-hauswirtschaft.de/>)

BMELV - Bundesministerium für Ernährung, Landwirtschaft und Verbraucherschutz

(<http://www.bmelv.de/>)

dgh - Deutsche Gesellschaft für Hauswirtschaft e.V.

(<http://www.dghev.de/>)

DHB - Netzwerk Haushalt - Berufsverband der Haushaltsführenden

(<http://www.dhb-netzwerk-haushalt.de/>)

DLV - Deutscher LandFrauenverband e.V.

(<http://www.dlv-online.de/>)

HaBiFo - Haushalt in Bildung und Forschung e.V.

(<http://www.habifo.de/>)

MdH - Bundesverband hauswirtschaftlicher Berufe MdH e.V.

(<http://www.verband-mdh.de/>)

VDOE - Verband der Oecotrophologen e.V.

(<http://www.vdoe.de/>)

vlb - Verband der Lehr- und Beratungskräfte für Haushalt und Verbrauch im ländlichen Raum e.V.

(<http://www.vlbnet.de/>)

Nestlé Deutschland AG

(<http://www.nestle.de/>)

Greece

Ministry for Rural Development and Food, Directorate of Rural Extension/Home Economics

(<http://www.minagric.gr/en/index.html>)

Ireland

ATHE - Association of Teachers of Home Economics

(<http://athe-ireland.com/athe/>)

CDVEC

(Curriculum Development Unit Ireland), Dublin

(<http://www.cdvec.ie/>)

HEIB - Home Economists in Business Ireland

(<http://www.stcatherinespsu.com/Home%20Economics.html>)

CCEA - Northern Ireland Council for the Curriculum Examination and Assessment

(<http://www.ccea.org.uk/>)

St. Angela's - College of Education/Home Economics

(<http://www.stacs.edu.ie/>)

St. Catherine's College - Past Students Union

(<http://www.stcatherinespsu.com/>)

Malta

(HEiA) Home Economists in Action

(<http://www.wix.com/heiamalta/home>)

Consumers' Association Malta

(<http://www.camalta.org/>)

Netherlands

Wageningen University and Research Center

(<http://www.wur.nl/uk/>)

KLV - Kring Consumentenstudies

(<https://www.klv.nl/en/Pages/home.aspx>)

Norway

Utdanningsforbundet

(<http://www.utdanningsforbundet.no/>)

Landslaget for Laerere Heimkunnskap - National Association for Home Economics Teachers

(http://utdanning.no/laering/vis.php?pid=uno:skolenettet_no_29363)

Slovenia

University of Ljubljana - Faculty of Education

(<http://www.adults-mentoring.eu/?pid=14>)

Spain

INSEDNetwork

(International Network for Service Enterprise and Education Development)

(<http://www.insednetwork.org/en/>)

Sweden

Läraryrket - Swedish Teachers' Union

Swedish Committee for Home Economics - Svenska kommittén för hushållsvetenskap

(<http://www.skhv.org/>)

Högskolan Kristianstad - Sektionen för hälsa och samhälle - School of Health and Society

University of Gothenburg - Department of Food, Health and Environment

(<http://www.mhm.gu.se/>)

University of Gothenburg - Department of Home Economics

(<http://www.gu.se/english/>)

Umea University - Department of Food and Nutrition

(<http://www.kost.umu.se/english/?languageId=1>)

Switzerland

Facility Management Schweiz, Hauswirtschaft und Gastronomie

(<http://www.fmschweiz.ch/>)

Oda Hauswirtschaft Schweiz - Economie Familiale Suisse
(<http://www.hauswirtschaft.ch/>)

Hochschule Wädenswil - Institute of Facility Management
(<http://www.ifm.zhaw.ch/en/lsvm/ifm.html>)

United Kingdom

Council for the Curriculum Examinations and Assessment
(<http://www.ccea.org.uk/>)

DATA - The Design & Technology Association
(<http://www.data.org.uk/>)

Birmingham College of Food, Tourism and Creative Studies
(<http://www.bcftcs.ac.uk/>)

Liverpool John Moores University - School of Education and Community Studies

(<http://www.livjm.ac.uk/>)

Whisk - a fresh approach to Home Economics
(<http://www.whisk.biz/>)

Australia

HEIA Inc. - Home Economics Institute of Australia Inc.
(<http://www.heia.com.au/>)

HEIA

(Qld) Inc. - Home Economics Institute of Australia - Queensland Division Inc.
(<http://www.heia.com.au/heiaq/>)

world family organization
(<http://www.worldfamilyorganization.org/>)

AMERICAS

Canada

AHEA - Alberta Human Ecology and Home Economics Association
(<http://www.ahea.ab.ca/>)

MAHE - Manitoba Association of Home Economists
(<http://www.mahe.ca/>)

NBHEA - New Brunswick Home Economics Association
(<http://personal.nbnet.nb.ca/dosat/english.htm>)

OFSHEEA - Ontario Family Studies Home Economics Educators' Association
(<http://www.ofsheea.ca/>)

OHEA - Ontario Home Economics Association
(<http://www.ohea.on.ca/>)

Brescia University College
(<https://www.uwo.ca/brescia/>)

Caribbean

CAHE - Caribbean Association of Home Economists Inc.
(<http://www.caribbeanhomeeconomist.org/>)

USA

IFHE-US - International Federation for Home Economics-US
(<http://www.ifhe-us.org/>)

AAFS - American Association of Family and Consumer Sciences

(<http://www.aafcs.org/>)
Alabama Association of Family & Consumer Sciences
(<http://www.aces.edu/neafcs/>)
California Association of Family & Consumer Sciences
(<http://www.aafcs-ca.org/ca/>)
FAFCS - Florida Association of Family & Consumer Sciences
(<http://www.coloradoafcs.org/>)
IAFS - Illinois Association of Family & Consumer Sciences
(<http://ilafcs.org/>)
INAFCS - Indiana Association of Family & Consumer Sciences
(<http://www.doe.in.gov/octe/facs/INAFCS/index.html>)
MAFCS - Minnesota Association of Family & Consumer Sciences
(<http://www.doe.in.gov/octe/facs/INAFCS/index.html>)
New York State AFCS - New York State Association of Family & Consumer Sciences
(<http://www.nysafcs.org/>)
OAFCS - Ohio Association of Family & Consumer Sciences
(<http://www.oafcs.org/>)
SCAFCS - South Carolina Association of Family & Consumer Sciences
(<http://www.scafcs.org/>)
VAFCS - Virginia Association of Family & Consumer Sciences
(<http://www.vafcs-aafcs.org/>)
WAFCS - Washington Association of Family and Consumer Sciences
(<http://www.wafcs.net/>)
West Virginia Association of Family & Consumer Sciences
(<http://www.wvafcs.org/>)
Wisconsin Association of Family & Consumer Sciences
(<http://www.wafcs.org/>)
American Cleaning Institute - Washington, DC, formerly Soap & Detergent Association
(<http://www.cleaning101.com/>)
Iowa State University - College of Human Sciences
(<http://www.hs.iastate.edu/>)
University of Arkansas - School of Human Environmental Sciences
(<http://hesc.uark.edu/index.htm>)
University of Georgia - College of Family and Consumer Sciences
(<http://www.fcs.uga.edu/>)
University of Minnesota
(<http://www1.umn.edu/twincities/index.php>)
Texas Tech University - College of Human Sciences
(<http://www.hs.ttu.edu/>)
The Ohio State University - College of Education & Human Ecology
(<http://ehe.osu.edu/>)
Virginia Tech - Department of Human Nutrition, Foods & Exercise
(<http://www.hnfe.vt.edu/>)
Washington State University - College of Agricultural, and Natural Resource Sciences/Academic Programs

(<http://cahe.wsu.edu/>)
Council of Administrators of Family & Consumer Sciences
(<http://www.cafcs.org/>)

**COMPULSORY COURSES IN ENGLISH FOR BS
(4 YEAR) IN BASIC & SOCIAL SCIENCES**

English I (Functional English)

Objectives: Enhance language skills and develop critical thinking.

Course Contents

Basics of Grammar
Parts of speech and use of articles
Sentence structure, active and passive voice
Practice in unified sentence
Analysis of phrase, clause and sentence structure
Transitive and intransitive verbs
Punctuation and spelling

Comprehension

Answers to questions on a given text

Discussion

General topics and every-day conversation (topics for discussion to be at the discretion of the teacher keeping in view the level of students)

Listening

To be improved by showing documentaries/films carefully selected by subject teachers

Translation skills

Urdu to English

Paragraph writing

Topics to be chosen at the discretion of the teacher

Presentation skills

Introduction

Note: Extensive reading is required for vocabulary building

Recommended books:

1. Functional English

a) Grammar

1. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 1. Third edition. Oxford University Press. 1997. ISBN 0194313492
2. Practical English Grammar by A.J. Thomson and A.V. Martinet. Exercises 2. Third edition. Oxford University Press. 1997. ISBN 0194313506

- b) Writing
1. Writing. Intermediate by Marie-Christine Boutin, Suzanne Brinand and Francoise Grellet. Oxford Supplementary Skills. Fourth Impression 1993. ISBN 0 19 435405 7 Pages 20-27 and 35-41.
- c) Reading/Comprehension
1. Reading. Upper Intermediate. Brain Tomlinson and Rod Ellis. Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 453402 2.
- d) Speaking

English II (Communication Skills)

Objectives: Enable the students to meet their real life communication needs.

Course Contents:

Paragraph writing

Practice in writing a good, unified and coherent paragraph

Essay writing

Introduction

CV and job application

Translation skills

Urdu to English

Study skills

Skimming and scanning, intensive and extensive, and speed reading, summary and précis writing and comprehension

Academic skills

Letter/memo writing, minutes of meetings, use of library and internet

Presentation skills

Personality development (emphasis on content, style and pronunciation)

Note: documentaries to be shown for discussion and review

Recommended books:

Communication Skills

- a) Grammar
1. Practical English Grammar by A. J. Thomson and A. V. Martinet. Exercises 2. Third edition. Oxford University Press 1986. ISBN 0 19 431350 6.

- b) Writing
1. Writing. Intermediate by Marie-Christine Boutin, Suzanne Brinand and Françoise Grellet. Oxford Supplementary Skills. Fourth Impression 1993. ISBN 0 19 435405 7 Pages 45-53 (note taking).
 2. Writing. Upper-Intermediate by Rob Nolasco. Oxford Supplementary Skills. Fourth Impression 1992. ISBN 0 19 435406 5 (particularly good for writing memos, introduction to presentations, descriptive and argumentative writing).
- c) Reading
1. Reading. Advanced. Brian Tomlinson and Rod Ellis. Oxford Supplementary Skills. Third Impression 1991. ISBN 0 19 453403 0.
 2. Reading and Study Skills by John Langan
 3. Study Skills by Richard York.

English III (Technical Writing and Presentation Skills)

Objectives: Enhance language skills and develop critical thinking

Course Contents:

Presentation skills

Essay writing

Descriptive, narrative, discursive, argumentative

Academic writing

How to write a proposal for research paper/term paper

How to write a research paper/term paper (emphasis on style, content, language, form, clarity, consistency)

Technical Report writing

Progress report writing

Note: Extensive reading is required for vocabulary building

Recommended books:

Technical Writing and Presentation Skills

- a) Essay Writing and Academic Writing
1. Writing. Advanced by Ron White. Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 435407 3 (particularly suitable for discursive, descriptive, argumentative and report writing).

2. College Writing Skills by John Langan. Mc=Graw-Hill Higher Education. 2004.
3. Patterns of College Writing (4th edition) by Laurie G. Kirszner and Stephen R. Mandell. St. Martin's Press.

b) Presentation Skills

c) Reading

The Mercury Reader. A Custom Publication. Compiled by norther Illinois University. General Editors: Janice Neulib; Kathleen Shine Cain; Stephen Ruffus and Maurice Scharon. (A reader which will give students exposure to the best of twentieth century literature, without taxing the taste of engineering students).

Pakistan Studies (Compulsory)

Introduction/Objectives:

- Develop vision of historical perspective, government, politics, contemporary Pakistan, ideological background of Pakistan.
- Study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.

Course Outline

1. Historical Perspective

- a. Ideological rationale with special reference to Sir Syed Ahmed Khan, Allama Muhammad Iqbal and Quaid-e-Azam Muhammad Ali Jinnah.
- b. Factors leading to Muslim separatism
- c. People and Land
 - i. Indus Civilization
 - ii. Muslim advent
 - iii. Location and geo-physical features.

2. Government and Politics in Pakistan

Political and constitutional phases:

- a. 1947-58
- b. 1958-71
- c. 1971-77
- d. 1977-88
- e. 1988-99
- f. 1999 onward

3. Contemporary Pakistan

- a. Economic institutions and issues
- b. Society and social structure
- c. Ethnicity
- d. Foreign policy of Pakistan and challenges
- e. Futuristic outlook of Pakistan

Books Recommended:

1. Burki, Shahid Javed. *State & Society in Pakistan*, The Macmillan Press Ltd 1980.
2. Akbar, S. Zaidi. *Issue in Pakistan's Economy*. Karachi: Oxford University Press, 2000.

3. S.M. Burke and Lawrence Ziring. *Pakistan's Foreign policy: An Historical analysis*. Karachi: Oxford University Press, 1993.
4. Mehmood, Safdar. *Pakistan Political Roots & Development*. Lahore, 1994.
5. Wilcox, Wayne. *The Emergence of Banglades.*, Washington: American Enterprise, Institute of Public Policy Research, 1972.
6. Mehmood, Safdar. *Pakistan Kayyun Toota*, Lahore: Idara-e-Saqafat-e-Islamia, Club Road, nd.
7. Amin, Tahir. *Ethno - National Movement in Pakistan*, Islamabad: Institute of Policy Studies, Islamabad.
8. Ziring, Lawrence. *Enigma of Political Development*. Kent England: WmDawson & sons Ltd, 1980.
9. Zahid, Ansar. *History & Culture of Sindh*. Karachi: Royal Book Company, 1980.
10. Afzal, M. Rafique. *Political Parties in Pakistan*, Vol. I, II & III. Islamabad: National Institute of Historical and cultural Research, 1998.
11. Sayeed, Khalid Bin. *The Political System of Pakistan*. Boston: Houghton Mifflin, 1967.
12. Aziz, K.K. *Party, Politics in Pakistan*, Islamabad: National Commission on Historical and Cultural Research, 1976.
13. Muhammad Waseem, *Pakistan Under Martial Law*, Lahore: Vanguard, 1987.
14. Haq, Noor ul. *Making of Pakistan: The Military Perspective*. Islamabad: National Commission on Historical and Cultural Research, 1993.

**ISLAMIC STUDIES
(Compulsory)**

Objectives:

This course is aimed at:

- 1 To provide Basic information about Islamic Studies
- 2 To enhance understanding of the students regarding Islamic Civilization
- 3 To improve Students skill to perform prayers and other worships
- 4 To enhance the skill of the students for understanding of issues related to faith and religious life.

Detail of Courses:

Introduction to Quranic Studies

- 1) Basic Concepts of Quran
- 2) History of Quran
- 3) Uloom-ul -Quran

Study of Selected Text of Holly Quran

- 1) Verses of Surah Al-Baqra Related to Faith (Verse No-284-286)
- 2) Verses of Surah Al-Hujrat Related to Adab Al-Nabi (Verse No-1-18)
- 3) Verses of Surah Al-Mumanoon Related to Characteristics of faithful (Verse No-1-11)
- 4) Verses of Surah al-Furqan Related to Social Ethics (Verse No.63-77)
- 5) Verses of Surah Al-Inam Related to Ihkam (Verse No-152-154)

Study of Selected Text of Holly Quran

- 1) Verses of Surah Al-Ihzab Related to Adab al-Nabi (Verse No.6,21,40,56,57,58.)
- 2) Verses of Surah Al-Hashar (18,19,20) Related to thinking, Day of Judgment
- 3) Verses of Surah Al-Saf Related to Tafakar,Tadabar (Verse No-1,14)

Seerat of Holy Prophet (SAW) I

- 1) Life of Muhammad Bin Abdullah (Before Prophet Hood)
- 2) Life of Holy Prophet (SAW) in Makkah
- 3) Important Lessons Derived from the life of Holy Prophet in Makkah

Seerat of Holy Prophet (SAW) II

- 1) Life of Holy Prophet (SAW) in Madina
- 2) Important Events of Life Holy Prophet in Madina
- 3) Important Lessons Derived from the life of Holy Prophet in Madina

Introduction To Sunnah

- 1) Basic Concepts of Hadith
- 2) History of Hadith
- 3) Kinds of Hadith
- 4) Uloom –ul-Hadith
- 5) Sunnah & Hadith
- 6) Legal Position of Sunnah

Selected Study from Text of Hadith

Introduction To Islamic Law & Jurisprudence

- 1) Basic Concepts of Islamic Law & Jurisprudence
- 2) History & Importance of Islamic Law & Jurisprudence
- 3) Sources of Islamic Law & Jurisprudence
- 4) Nature of Differences in Islamic Law
- 5) Islam and Sectarianism

Islamic Culture & Civilization

- 1) Basic Concepts of Islamic Culture & Civilization
- 2) Historical Development of Islamic Culture & Civilization
- 3) Characteristics of Islamic Culture & Civilization
- 4) Islamic Culture & Civilization and Contemporary Issues

Islam & Science

- 1) Basic Concepts of Islam & Science
- 2) Contributions of Muslims in the Development of Science
- 3) Quranic & Science

Islamic Economic System

- 1) Basic Concepts of Islamic Economic System
- 2) Means of Distribution of wealth in Islamic Economics
- 3) Islamic Concept of Riba
- 4) Islamic Ways of Trade & Commerce

Political System of Islam

- 1) Basic Concepts of Islamic Political System
- 2) Islamic Concept of Sovereignty
- 3) Basic Institutions of Govt. in Islam

Islamic History

- 1) Period of Khlaft-e-Rashida
- 2) Period of Ummayyads
- 3) Period of Abbasids

Social System of Islam

- 1) Basic Concepts Of Social System Of Islam
- 2) Elements Of Family
- 3) Ethical Values Of Islam

Reference Books:

- 1) Hameed ullah Muhammad, "Emergence of Islam" , IRI, Islamabad.
- 2) Hameed ullah Muhammad, "Muslim Conduct of State".
- 3) Hameed ullah Muhammad, 'Introduction to Islam.
- 4) Mulana Muhammad Yousaf Islahi,".
- 5) Hussain Hamid Hassan, "An Introduction to the Study of Islamic Law" leaf Publication Islamabad, Pakistan.
- 6) Ahmad Hasan, "Principles of Islamic Jurisprudence" Islamic Research Institute, International Islamic University, Islamabad (1993).
- 7) Mir Waliullah, "Muslim Jrisprudence and the Quranic Law of Crimes" Islamic Book Service (1982).
- 8) H. S. Bhatia, "Studies in Islamic Law, Religion and Society" Deep & Deep, Publications, New Delhi (1989).
- 9) Dr. Muhammad Zia-ul-Haq, "Introduction to Al Sharia Al Islamia" Allama Iqbal Open University, Islamabad (2001).

Note: One course will be selected from the following six courses of Mathematics.

**COMPULSORY MATHEMATICS
COURSES FOR BS (4-YEAR)**

**(FOR STUDENTS NOT MAJORING IN
MATHEMATICS)**

1. MATHEMATICS I (ALGEBRA)

PREREQUISITE(S): Mathematics at secondary level

Credit Hours: 3 + 0

Specific Objectives of the Course: To prepare the students, not majoring in mathematics, with the essential tools of algebra to apply the concepts and the techniques in their respective disciplines.

Course Outline:

Preliminaries: Real-number system, complex numbers, introduction to sets, set operations, functions, types of functions.

Matrices: Introduction to matrices, types, matrix inverse, determinants, system of linear equations, Cramer’s rule.

Quadratic Equations: Solution of quadratic equations, qualitative analysis of roots of a quadratic equations, equations reducible to quadratic equations, cube roots of unity, relation between roots and coefficients of quadratic equations.

Sequences and Series: Arithmetic progression, geometric progression, harmonic progression.

Binomial Theorem: Introduction to mathematical induction, binomial theorem with rational and irrational indices.

Trigonometry: Fundamentals of trigonometry, trigonometric identities.

Recommended Books:

Dolciani MP, Wooton W, Beckenback EF, Sharron S, *Algebra 2 and Trigonometry*, 1978, Houghton & Mifflin.

Boston (suggested text).

Kaufmann JE, *College Algebra and Trigonometry*, 1987, PWS-Kent Company, Boston.

Swokowski EW, *Fundamentals of Algebra and Trigonometry* (6th edition), 1986, PWS-Kent Company, Boston.

2. MATHEMATICS II (CALCULUS)

PREREQUISITE(S): Mathematics I (Algebra)

Credit Hours: 3 + 0

Specific Objectives of the Course: To prepare the students, not majoring in mathematics, with the essential tools of calculus to apply the concepts and the techniques in their respective disciplines.

Course Outline:

Preliminaries: Real-number line, functions and their graphs, solution of equations involving absolute values, inequalities.

Limits and Continuity: Limit of a function, left-hand and right-hand limits, continuity, continuous functions.

Derivatives and their Applications: Differentiable functions, differentiation of polynomial, rational and transcendental functions, derivatives.

Integration and Definite Integrals: Techniques of evaluating indefinite integrals, integration by substitution, integration by parts, change of variables in indefinite integrals.

Recommended Books:

Anton H, Bevens I, Davis S, *Calculus: A New Horizon* (8th Edition), 2005, John Wiley, New York.

Stewart J, *Calculus* (3rd Edition), 1995, Brooks/Cole (suggested text)

Swokowski EW, *Calculus and Analytic Geometry*, 1983, PWS-Kent Company, Boston.

Thomas GB, Finney AR, *Calculus* (11th edition), 2005, Addison-Wesley, Reading, Ma, USA.

3. MATHEMATICS III (GEOMETRY)

PREREQUISITE(S): Mathematics II (Calculus)

Credit Hours: 3 + 0

Specific Objectives of the Course: To prepare the students, not majoring in mathematics, with the essential tools of geometry to apply the concepts and the techniques in their respective disciplines.

Course Outline:

Geometry in Two Dimensions: Cartesian-coördinate mesh, slope of a line, equation of a line, parallel and perpendicular lines, various forms of equation of a line, intersection of two lines, angle between two lines, distance between two points, distance between a point and a line.

Circle: Equation of a circle, circles determined by various conditions, intersection of lines and circles, locus of a point in various conditions.

Conic Sections: Parabola, ellipse, hyperbola, the general-second-degree equation

Recommended Books:

Abraham S, *Analytic Geometry*, Scott, Freshman and Company, 1969.

Kaufmann JE, *College Algebra and Trigonometry*, 1987, PWS-Kent Company, Boston.

Swokowski EW, *Fundamentals of Algebra and Trigonometry* (6th Edition), 1986, PWS-Kent Company, Boston.

4. COURSE FOR NON-MATHEMATICS MAJORS IN SOCIAL SCIENCES

<i>Title of subject:</i>	MATHEMATICS
<i>Discipline</i>	: BS (Social Sciences).
<i>Pre-requisites</i>	: SSC (Metric) level Mathematics
<i>Credit Hours</i>	: 03 + 00
<i>Minimum Contact Hours:</i>	40
<i>Assessment</i>	: written examination;
<i>Effective</i>	: 2008 and onward

Aims : To give the basic knowledge of Mathematics and prepare the students not majoring in mathematics.

Objectives : After completion of this course the student should be able to:

- Understand the use of the essential tools of basic mathematics;
- Apply the concepts and the techniques in their respective disciplines;
- Model the effects non-isothermal problems through different domains;

Contents :

1. *Algebra*: *Preliminaries*: Real and complex numbers, Introduction to sets, set operations, functions, types of functions. *Matrices*: Introduction to matrices, types of matrices, inverse of matrices, determinants, system of linear equations, Cramer's rule. *Quadratic equations*: Solution of quadratic equations, nature of roots of quadratic equations, equations reducible to quadratic equations. *Sequence and Series*: Arithmetic, geometric and harmonic progressions. *Permutation and combinations*: Introduction to permutation and combinations, *Binomial Theorem*: Introduction to binomial theorem. *Trigonometry*: Fundamentals of trigonometry, trigonometric

identities. *Graphs*: Graph of straight line, circle and trigonometric functions.

2. *Statistics* : *Introduction*: Meaning and definition of statistics, relationship of statistics with social science, characteristics of statistics, limitations of statistics and main division of statistics. *Frequency distribution*: Organisation of data, array, ungrouped and grouped data, types of frequency series, individual, discrete and continuous series, tally sheet method, graphic presentation of the frequency distribution, bar frequency diagram histogram, frequency polygon, cumulative frequency curve. *Measures of central tendency*: Mean, median and modes, quartiles, deciles and percentiles. *Measures of dispersion*: Range, inter quartile deviation, mean deviation, standard deviation, variance, moments, skewness and kurtosis.

Books Recommended:

1. Swokowski. E. W., '*Fundamentals of Algebra and Trigonometry*', Latest Edition.
2. Kaufmann. J. E., '*College Algebra and Trigonometry*', PWS-Kent Company, Boston, Latest Edition.
3. Walpole, R. E., '*Introduction of Statistics*', Prentice Hall, Latest Edition.
4. Wilcox, R. R., '*Statistics for The Social Sciences*',

5. MATHEMATICS FOR CHEMISTRY

Credit Hours: 3

PREREQUISITES: Mathematics at Secondary level

Specific Objectives of Course: To prepare the students not majoring in mathematics with the essential tools of Calculus to apply the concepts and the techniques in their respective disciplines.

Course Outline:

Preliminaries: Real Numbers and the Real Line, *Functions and their graphs*: Polynomial Functions, Rational Functions, Trigonometric Functions, and Transcendental Functions. Slope of a Line, Equation of a Line, Solution of equations involving absolute values, Inequalities. *Limits and Continuity*: Limit of a Function, Left Hand and Right Hand Limits, Continuity, Continuous Functions. *Derivatives and its Applications*: Differentiation of Polynomial, Rational and Transcendental Functions, Extreme Values of Functions. *Integration*

and Indefinite Integrals: Integration by Substitution, Integration by Parts, Change of Variables in Indefinite Integrals. Least-Squares Line.

Recommended Books:

1. Thomas, Calculus, 11th Edition. Addison Wesley Publishing Company, 2005.
2. H. Anton, I. Bevens, S. Davis, Calculus, 8th Edition, Jhon Wiley & Sons, Inc. 2005.
3. Hughes-Hallett, Gleason, McCallum, et al, Calculus Single and Multivariable, 3rd Edition. John Wiley & Sons, Inc. 2002.
4. Frank A. Jr, Elliott Mendelson, Calculus, Schaum's Outline Series, 4th edition, 1999.
5. E. W. Swokowski, Calculus and Analytic Geometry PWS Publishers, Boston, 1983.
6. John H. Mathews, Numerical Methods for Mathematics Science and Engineering, Prentice-Hall, Second Edition 1992.

6. MATHEMATICS FOR PHYSICS

Contents

1. Preliminary calculus.

- **Differentiation**

Differentiation from first principles; products; the chain rule; quotients; implicit differentiation; logarithmic differentiation; Leibnitz' theorem; special points of a function; theorems of differentiation.

- **Integration**

Integration from first principles; the inverse of differentiation; integration by inspection; sinusoidal function; logarithmic integration; integration using partial fractions; substitution method; integration by parts; reduction formulae; infinite and improper integrals; plane polar coordinates; integral inequalities; applications of integration.

2. Complex numbers and hyperbolic functions

- **The need for complex numbers**

- **Manipulation of complex numbers**

Additions and subtraction; modulus and argument; multiplication; complex conjugate; division

- **Polar representation of complex numbers**

Multiplication and division in polar form

- **de Moivre's theorem**

Trigonometrical identities; finding the nth roots of unity; solving polynomial equations

- **Complex logarithms and complex powers**

- Applications to differentiation and integration
- Hyperbolic functions

Definitions; hyperbolic-trigonometric analogies; identities of hyperbolic functions; solving hyperbolic equations; inverses of hyperbolic functions; calculus of hyperbolic functions

3. Series and limits

- Series
- Summation of series

Arithmetic series; geometric series; arithmetico-geometric series; the difference method; series involving natural numbers; transformation of series

- Convergence of infinite series

Absolute and conditional convergence; convergence of a series containing only real positive terms; alternating series test

- Operations with series
- Power series

Convergence of power series; operations with power series

- Taylor series

Taylor's theorem; approximation errors in Taylor series; standard Maclaurin series

- Evaluation of limits

4. Partial differentiation

- Definition of the partial derivative
- The total differential and total derivative
- Exact and inexact differentials
- Useful theorems of partial differentiation
- The chain rule
- Change of variables
- Taylor's theorem for many-variable functions
- Stationary values of many-variable functions
- Stationary values under constraints

5. Multiple integrals

- Double integrals
- Triple integrals
- Applications of multiple integrals

Areas and volumes; masses, centers of mass and centroids; Pappus' theorems; moments of inertia; mean values of functions

- Change of variables in multiple integrals

Change of variables in double integrals;

6. Vector algebra

- Scalars and vectors
- Addition and subtraction of vectors
- Multiplication by a scalar
- Basis vectors and components
- Magnitude of a vectors
- Multiplication of vectors

Scalar product; vector product; scalar triple product; vector triple product

- Equations of lines and planes

Equation of a line; equation of a plane

- Using vectors to find distances
- Point to line; point to plane; line to line; line to plane
- Reciprocal vectors

7. Matrices and vector spaces

- Vectors spaces

Basic vectors; the inner product; some useful inequalities

- Matrices
- The complex and Hermitian conjugates of a matrix
- The determinant of a matrix

Properties of determinants

- The inverse of a matrix
- The rank of a matrix
- Simultaneous linear equations

N simultaneous linear equations in N unknowns

- Special square matrices

Diagonal; symmetric and antisymmetric; orthogonal; Hermitian; unitary normal

- Eigen vectors and eigen values

Of a normal matrix; of Hermitian and anti-Hermitian matrices; of a unitary matrix; of a general square matrix

- Determination of eigen values and eigen vectors
- Degenerate eigen values

8. Vector calculus

- Differentiation of vectors

Composite vector expressions; differential of a vector

- Integration of vectors
- Space curves
- Vector functions of several arguments
- Surfaces
- Scalar and vector fields
- Vector operators

Gradient of a scalar field; divergence of a vector field; curl of a vector field

- Vector operator formulae

Vector operators acting on sums and products; combinations of grad, div and curl

- Cylindrical and spherical polar coordinates

Cylindrical polar coordinates; spherical polar coordinates

RECOMMENDATIONS

The NCRC HE also strongly recommended that following actions should be taken supported by HEC for the emancipation of the field of Home economics

1. Home economics is a professional field and should be recognized and treated as such by HEC and all relevant institutions.
2. As home economics is a multidisciplinary professional field, in all relevant universities it should be governed by faculty of home economics.
3. If for any reason there are problems in forming a faculty of home economics this field should be under the faculty of science.
4. All affiliated colleges that have been providing exclusive home economics education at postgraduate level must be made constituent colleges or departments of relevant universities and other colleges should be linked to these parent institutions for guidance, support and supervision and to follow the policies set by parent institution.
5. Exclusive funds should be allocated for scholarships, lab up gradation, books, journals, faculty development and exchange programs in the field of home economics.
6. Support should be provided to home economists in education and research regardless of the status of the institution where they study or work.
7. Digital versions of all required books and journals must be made available to all home economists directly through HEC so that scholars not having required resource in their situation also benefit.
8. In view of dearth of opportunities and support for home economist in the last 60 years criteria for promotion and recruitment in higher grades should be relaxed for home economist.
9. For the reason mentioned above criteria for establishment of faculty and department of home economics in universities should also be relaxed for home economics.
10. Opportunities for studying home economics should be available for males also in the universities.
11. Opportunities for studying home economics or its component subjects should be available in large number of colleges so that anyone who wants to study is not deprived.
12. Opportunities for higher education in home economics through distance learning should be available at all levels and most importantly at doctorate.