

Syllabus For Uchcha Madhyamic Paper II STET 2023

UNIT I Subject ----- Home Science 100 Marks

Unit-1

• Food Science :-

- Food- Classification of food, Structure, Composition, Nutritive value of cereals, Pulse, Vegetable, Fruits, Milk Products, Fats and Oils, Meal, Fish, Eggs, beverages, Condiments and Spices.
 - Cooking method – their effect on nutritive value of foods.
 - Food storage
 - Food spoilage, food poisoning, food preservation
 - Food adulteration

Unit-2

• Nutrition :-

- Nutrients – Composition, classification, functions, deficiency symptoms, sources, daily allowance of carbohydrates, fats, proteins, vitamins, minerals and Water,
- Digestion, absorption and metabolism of carbohydrates, fats and proteins,
- Calorie – Definition, Factors affecting calorie requirements.

Unit-3

• Child Development :-1

- Child development – Introduction, nature and scope
- Fundamental concept of Child Development – concept of heredity, environment, maturation, learning, health and nutrition as factors determining development. Developmental areas, developmental milestones, developmental tasks.
- General Principles of Growth and Development, life in womb, birth process and neonatal period.
- Breast feeding and its importance for mother and baby.

Unit-4

• Child Development: -2

- Physical growth, Motor development and Health care
- Milestone in Motor development – Gross and Fine Muscles Skills.
- Prevention and Management of common Childhood Illness
- Immunization
- Language Development and factors affecting language development,

- Cognitive Development – Characteristics, cognitive development in childhood, factors affecting cognitive development.

Unit-5

• DIETEICS: -1

- Diet in Health and Disease – Concept of adequate diet.
- Balanced diet for adult men and women, pregnant women, lactating mothers, preschool, adolescents, old age.
- Modification of normal diet into liquid and soft diet, Principles involved in planning diets

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• DIETEICS: -2

- Low Calorie and High Calorie diets – Underweight and Overweight.
- Fever – Typhoid
- High Fibre Diet – Constipation
- Bland Diet – Peptic Ulcer
- Moderate Fat Diet – Hepatitis

Unit-7

• Family Resource Management: -1

- Management Process – Planning, controlling and Evaluation.
- Management of family resources – Definition, classification and Characteristics of Resources, Factors affecting the use of resources.
- Decision making – Decision making, group and individual decision making, steps of decision making.
- Energy Management – Definitions, Types of fatigue, Causes of fatigue, Removal of fatigue, Work simplification through principles of body mechanics, Mendel's laws of change.

Unit-8

• Family Resource Management:-2

- Time Management.
- Money Management – Money as a resource, Family income, Sources and types of Family Budget, Engle's Law, Account keeping.
- Interior Decoration – Elements and Principles, Introduction to colour, Colour Theory and Colour Schemes.

Unit-9

• Clothing and Textile: -

- Need of Textile in daily living for protection, comfort
- Yarn Construction – Simple, Complex and fancy yarn.
- Fabric construction weaving, knitting and felting.
- Finishes – Basic and special finishes – Mercerizing, Sanforizing, fleecing, shrinking, mothproof, fireproof, waterproof, crease resistant, types of dyes Methods of dying.
- Selecting fabrics for dress materials and household articles.
- Traditional textiles of India. Care and storage of clothes.

Unit-10

• Child Psychology: -1

- Definition, Scope and Objectives of Child Psychology
- Method of Child Study –Biographical method, Case History method, Clinical method, Observation method, Experimental method, longitudinal method and Cross Sectional method.
- Play –Importance and types of play, theories of play, work and play
- Learning – definition and importance of learning, factors affecting learning. Theories of learning-Trial and error, Conditioning, Social learning theory. Development of language, thinking and reasoning (Pavlov, Erikson, Albert, Bandura)

Unit-11

• Child Psychology: - Intellectual Development

- Intellectual Development – meaning and nature of Intelligence, factors affecting Intelligence, measurement of intelligence and values of intelligence Tests. Intellectual deviations- Subnormal, Normal and Subnormal, Normal and Superior
- Personality Development – Definition, types, Traits of personality, factors affecting personality development, Problems during adolescence. Counselling- Educational and vocational guidance for the development of right personality.
- Moral Development – Definition of morality, moral behaviours, factors affecting moral development, standard of moral development

Unit-12

• Communication & Extension Education :-1

- Extension Education- Meaning, scope, objectives, needs and importance. Philosophy and principles of Extension Education
- Extension Teaching Methods – classification, merits and limitations of Methods. Factors affecting choice and use of methods

- Introduction to Communication- Meaning, nature, process of Communication, types, barriers to Communication

Unit-13

• Communication & Extension Education:-2

- Audio-visual Aids- classification, detailed study of aids, factors affecting choice and use of various aids
- Rural Sociology and its importance for Extension Workers, Characteristics of Rural Life, Scope of Rural upliftment.
- Leadership- Qualities of a Leader, Identification of leaders, functions and role of a leader.

Unit-14

• Family Dynamics :-1

- Family as a basic social institution – Definition, types of family, Family in past and present, Functions and motives of the family. Joint and nuclear families
- Marriage- Mate selection, late marriage, types of marriage, advantages of arranged and self choice marriage, functions and motives of marriage.
- Marital adjustments, Husband- Wife relationship, Relation with other family members for harmonious life
- Parent child relation ship

Unit-15

• Family Dynamics :-2

- Old age- Developmental tasks, problems of the aged, Role of family member, government and non-governmental organizations in solving their problems
- Mental health – Meaning and importance, aetiology of mental health, ways of adjustment, role of psychotherapy and counselling to cure mental problems.
- Problems of Women – Violence against women, Separation and single motherhood and their coping strategies

Syllabus for Art of Teaching and Other Skills STET 2023

Unit II Art of Teaching, Other skills

Marks 50

(A) Art of Teaching

Marks 30

(B) Other skills

Marks 20

A. Art of Teaching

1. Teaching & Learning:- Meaning, Process & Characteristics.
2. Teaching Objectives and Instructional objectives: Meaning & Types, Blooms Taxonomy.

3. Teaching Methods: - Types and its Characteristics, Merit, and demerits of Methods.
4. Lesson Plan: - Types and Format & Various Model.
5. Microteaching & Instructional analysis.
6. Effective ecosystem of Classroom.
7. Textbook and library
8. Qualities of Teacher.
9. Evaluation & Assessment for learning.
10. Curriculum.
11. Factors affecting teaching and learning.
12. Teaching Aids and Hands on learning.

B. Other skills

1. General Knowledge,
2. Environmental Science
3. Mathematical aptitude,
4. logical Reasoning