

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS OF COMPETITIVE EXAMINATION FOR THE POST OF LECTURER (SCHOOL EDUCATION) HOME SCIENCE

PAPER – II

Part I: Senior Secondary Level

Unit I-

- Home Science education- meaning, definition, scope, objectives and history.
- Changing concept of different areas of Home Science.
- Entrepreneurship - Definition, importance, qualities of good entrepreneur, entrepreneurial process.

Unit II-

- Foods- definition, functions and classification.
- Nutrients- Classification, composition, sources and functions.
- Balanced diet.
- Methods of cooking.

Unit III-

- Home management- definitions and concepts.
- Motivating factors- value, goals and standard.
- Resources- classification and characteristics only.
- Income- definition, meaning and types.
- Budget- types and steps of budget planning.
- Saving and Investment.

Unit IV-

- Fibre- classification, properties & Identification.
- Yarn construction.
- Stain- Classification & methods of stain removal
- Soaps & detergents
- Finishes- Types and functions
- Storage and care of garments
- Dyeing and Printing- Classification & methods

Unit V-

- Meaning, definition and importance of Human Development.
- Meaning of growth & development-.
- Principles of development.
- Factors affecting development.
- Pregnancy-signs & symptoms of pregnancy, stages of Pregnancy, factors affecting Prenatal development.

- Care of pregnant lady & Neonate, Neonate reflex actions.
- Development from infancy to Childhood - Physical, social, cognitive, language, emotional and personality development.
- Immunization schedule
- Common diseases related to Children.

Part II: Graduation Level

Unit I-

- Formal, non-formal and informal education.
- Programme planning, implementation and evaluation.
- Meaning, definition, principles and basic elements of extension education.
- Extension teaching methods and learning.
- Communication- definition, meaning, process, models, elements and barriers in communication.
- Audio-Visual aids- types, advantages and limitations.

Unit II-

- Recommended dietary allowances and deficiencies.
- Nutritive value of important cereals, pulses, vegetables, fruits, milk and milk products, eggs, meat and fish.
- Selection, purchase and storage of foods.
- Food spoilage.
- Food preservation- importance, principles and methods.
- Food adulteration- causes, identification, preventive and control measures, food laws and standards, labels, etc.
- Changing trends in food consumption- fast foods, junk foods etc.
- Principles of meal planning.
- Diets of normal individual of different ages, sex, profession and physiological condition.
- Dietary management during different diseases.

Unit III-

- Management process- planning, controlling, evaluation and decision making.
- Management of resources- time, money and energy.
- Elements and principles of art and design.
- House planning/space designing: according to various activities and family needs.
- Financial and legal consideration for housing.
- Interior designing.
- Consumer- definition, meaning, rights, aids and Protection Act.
- Wills and trusts.
- Family: - function, types, stages of family life cycle.

Unit IV-

- Children with special need- classification, causes and characteristics.
- Early identification, treatment, prevention and rehabilitation of each category of children with special needs.
- Early childhood care and Education- meaning, importance and objectives.
- Different types of early childhood care and education centers.
- Anthropometry measurements of new born in India.
- Adolescence-physical, motor, genital, social, emotional and cognitive development, characteristics, stages and problems.
- Marriage- meaning, definition, types, functions and factors of mate selection.

Unit V-

- Types of weaves and other methods of fabric construction. Appearance, durability and maintenance of garments.
- Different types of finishes.
- Selection, care and storage of different types of clothes including readymade garments.
- Importance of clothing, social and psychological aspects of clothing.
- Functions of clothing construction drafting and making of paper patterns.
- Body measurement- importance of taking body measurements and its relation to sizes and different types of garments.
- Preparation of fabric cutting- layout, pinning, marking and cutting.
- Selection of fabrics and garments for toddler, adolescent, men and women.
- Selection and buying fabrics for various users.
- Elements, principles of design in clothing.
- Traditional textile of India.

Part III: Post Graduation Level

Unit I-

- Extension management and administration- Principles & functions.
- Adoption and diffusion of homestead technologies- process, attributes, elements adopter categories, leadership.
- Participating extension approaches – RRA, PRA and PLA.
- Women empowerment: meaning, importance, ways and schemes.
- Rural development programme in India.
- Role of KVK, ICAR, SAU and NGO in rural Development.

Unit II-

- Different methods of enhancing the nutritive value of foods.
- BMR and its affecting factors, SDA, BMI.
- Digestion, absorption and utilization of major nutrients.
- Genetically modified food, nutraceuticals, organic foods, pre-biotic and pro-biotic foods.
- Yoga for GIT health.

- Nutrition Policy in India.
- Basics of Sports Nutrition.
- Concept, type and health implication of community health and nutrition.
- Nutrition problems of community.
- Nutritional status, assessment and surveillance.
- Nutrition and health Programmes in India.

Unit III-

- Different organizations /programmes working for children with special needs.
- Theories of Child Development: Jean Piaget's Theory of Cognitive Development, Freud's Theory of Psycho-Sexual Development.
- Need of guidance and counseling at each life span stage of development.
- Marital adjustment, legal aspects of marriage, role of mother and father in the family, functions (traditional and modern) of the family and factors affecting family functions.
- Family welfare organizations (Government and Non- Government) in India.
- Parenting styles and impact of these styles on the children.
- Family planning measures and reproductive health.
- Family disorganization.

Unit IV-

- Decision making: Types & process.
- Factors influencing residential planning.
- Kitchen – types and storage ergonomics.
- Illumination – purpose and types.
Lightening– types, unit of measurement and glare.
Fixtures – types & selection.
- Selection and types of furniture and furnishing.
- Work simplification- Ergonomics:- meaning, importance and its application in various household activities, fatigue, types of fatigue and ways to overcome fatigue.
- Work physiology – introduction, definition & types of work static and dynamic, physiological factors influencing working environment.

Unit V-

- Fashion terminology, sources, fashion cycle and season.
- Factors favouring of fashion cycle and season, consumer demand and fashion marketing and fashion change.
- Paper pattern – basic designing.
- Readymade garment's need and selection criteria.
- Future trends in fashion technology.
- Traditional embroideries of India.
- Looms- types and its parts.
- Dyes and their effects.
- CAD.

Part – IV (Pedagogy, Teaching Learning Material, Use of Computers and Information Technology in Teaching Learning)

I. Pedagogy and Teaching Learning Material (Instructional Strategies for Adolescent Learner)

- Communication skills and use of various verbal and non verbal classroom communication strategies.
- Teaching models- advance organizer and inquiry training (information processing) Group Investigation (Social Interaction) Non-Directive model (Personal development).
- Preparation and use of teaching-learning material during teaching.
- Cooperative learning.

II. Use of Computers and Information Technology in Teaching Learning

- Concept of ICT and Digital learning
- E-learning and Virtual Classroom.
- Technology integration in teaching-learning and assessment

For the competitive examination for the post of **School Lecturer: -**

The question paper will carry maximum **300 marks**.

1. Duration of question paper will be **Three Hours**.
2. The question paper will carry **150 questions** of multiple choices.
3. Negative marking shall be applicable in the evaluation of answers. For every wrong answer one third of the marks prescribed for that particular question shall be deducted.
4. Paper shall include following subjects: -
 - (i) Knowledge of Subject Concerned: Senior Secondary Level
 - (ii) Knowledge of Subject Concerned: Graduation Level.
 - (iii) Knowledge of Subject Concerned: Post Graduation Level.
 - (iv) Pedagogy, Teaching Learning Material, Use of Computers and Information Technology in Teaching Learning.