

COMMUNITY SCIENCE
(Earlier name was Home Science)
SYLLABUS FOR HIGHER SECONDARY FIRST YEAR COURSE

Community Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- i) Human Development and Family Studies
- ii) Food Science and Nutrition
- iii) Textile and Apparel Designing
- iv) Family Resource Management and Consumer Science
- v) Extension Education and Communication Technology

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

This would make them competent to meet challenges of becoming a responsible citizen.

Objectives:

The syllabus at Higher Secondary level develops the learners an understanding in the sense that, the knowledge and skills acquired through Community Science facilitates development of self, family and community. It endeavors to –

- ❖ acquaint learners with the basics of human development with specific reference to self and child.
- ❖ impart knowledge of nutrition and life styles to enable prevention and management of disease and also to inculcate healthy food habits.
- ❖ help to develop understanding of textile science and fabric construction.
- ❖ help to develop skill of judicious management of various resources.
- ❖ acquaint learners with concept of entrepreneurship development and communication technology

SYLLABUS FOR HIGHER SECONDARY FIRST YEAR COURSE

One Paper Time: Three Hours Total Marks-100 (Theory 70+Practical 30)

Unit wise Distribution of Marks and Periods:

Unit No.	Title	Marks	Periods
Unit-I	Introduction to Community Science	03	05
Unit-II	Human Development and Family Studies	15	35
Unit-III	Food, Nutrition, Health and Fitness	16	45
Unit-IV	Textile and Apparel Designing	16	45
Unit-V	Family Resource Management and Consumer Science	10	20
Unit-VI	Extension and Communication Technology	10	20
Total		70	170

Unit wise Distribution of Course contents:

Unit-I INTRODUCTION TO COMMUNITY SCIENCE

Total Marks - 03

Chapter-1 Introduction to Community Science (Marks- 03)

- ❖ Concept, definition and objective of Community Science
- ❖ Scope, areas and Importance of Community Science

UNIT-II HUMAN DEVELOPMENT AND FAMILY STUDIES

Total Marks- 15

Chapter- 2 Concept of Human Development and Family Studies (Marks -05)

- ❖ Characteristics during Infancy, Early Childhood and Middle Childhood

Chapter-3 Characteristics during Adolescence (Marks-07)

- ❖ Identity Development, Identity Crisis, Real vs Ideal Self
- ❖ Influences on Identity during Adolescence- Biological and Social Changes, Socio-cultural Context, Emotional Changes, Cognitive Changes

Chapter-4 Self Recognition during Adolescence (Marks-03)

- ❖ Self Recognition & Relationship to Peers, Parents, School & Community

Unit-III FOOD, NUTRITION, HEALTH AND FITNESS

Total Marks-16

Chapter-5 Food (Marks-07)

- ❖ Concept and Definition of food Nutrition and Nutrients
- ❖ Classification of Nutrients: Macro Nutrients - Carbohydrate, Protein and fat.
Micro Nutrients- Vitamin-A & D, B₁, B₂, B₃, Folic acid, Vitamin B₁₂ and C, Minerals, Calcium, Iron & Iodine

Chapter- 6 Balanced Diet (Marks-04)

- ❖ Balanced Diet- Concept & Definition
- ❖ RDA- Concept, Definition and RDA for adolescents

Chapter-7 Dietary Patterns in Adolescence (Marks-05)

- ❖ Irregular Meals and Skipping Meals, Snacking, Fast foods, Dieting
- ❖ Modifying Diet Related Behavior: Diet journal, Exercise, Substance Use and Abuse, Healthy Eating Habits, Snacks, Drinking Water
- ❖ Factors Influencing Eating Behavior
- ❖ Eating Disorders at Adolescence

Unit-IV **TEXTILE AND APPAREL DESIGNING** **Total Marks-16**
Chapter-8 **Textile Science** **(Marks-08)**

- ❖ Textile Fibre and Its Characteristics
- ❖ Classification of Textile fibre: Natural Fibre- Cotton, Silk, Wool,
- ❖ Man-made Fibre- Rayon, Polyester and Blended Fibre
- ❖ Introduction to Fibre Properties

Chapter-9 **Yarn and its Construction (Marks-03)**

- ❖ Concept and Types of Yarn
- ❖ Yarn Processing-Spinning : (Mechanical and Chemical)

Chapter-10 **Fabric Construction** **(Marks-05)**

- ❖ Weaving-Plain, Twill, Satin, Sateen
- ❖ Knitting
- ❖ Non woven Fabric-Felting
- ❖ Finishing: Importance and Classification
- ❖ Dyeing and Printing: Concept and Methods (Block Printing, Stencil Printing)

UNIT-V FAMILY RESOURCE MANAGEMENT AND CONSUMER SCIENCE **Total Marks- 10**

Chapter-11 **Concept of Resource and its Management (Marks -05)**

- ❖ Meaning, Definition & Types of Resource-Human, Non-human and Community Resources.
- ❖ Characteristics and Importance of Resources.

Chapter- 12 **Shared Resource and Management (Marks-05)**

- ❖ Concept of Shared Resources.
- ❖ Concept and Process of Management

Unit-VI : EXTENSION AND COMMUNICATION TECHNOLOGY **Total Marks-10**

Chapter-13 **Extension Education** **(Marks-05)**

- ❖ Meaning, Definition, Objectives and Philosophy of Extension Education
- ❖ Scope and Principles of Extension Education

Chapter-14 **Concept of Entrepreneur & Entrepreneurship** **(Marks-05)**

- ❖ Concept of Entrepreneur and Entrepreneurship
- ❖ Types of Entrepreneurship, Qualities of an Entrepreneur
- ❖ Development of Industry Through Community Science
- ❖ Concept of Communication Technology

Syllabus for Community Science Practical

Time: Three Hours

Marks-30

Unit wise Distribution of Marks & Periods:

Unit	Topics	Marks	Periods
Unit-I	Introduction to Community Science	--	--
Unit-II	Human Development and Family Studies	04	06
Unit-III	Food, Nutrition, Health and Fitness	06	12
Unit-IV	Textile and Apparel Designing	06	14
Unit-V	Family Resource Management and Consumer Science	04	08
Unit-VI	Extension and Communication Technology	03	10
	Practical Copy	05	--
	Viva	02	--
	Total	30	50

Unit wise Distribution of Course Contents:

Unit-II	Human Development and Family Studies	Marks	04
Suggested Activity	(a) Enumerate the various developmental changes during adolescence from your own experience (b) Interview five adolescence and report the following- (i) Problems faced during pubertal changes (ii) Health related problems		
Unit-III	Food, Nutrition, Health and Fitness	Marks	06
Practical (Any two)	(a) Record own diet for a day and find out the major nutrients present in the diet. (b) List out different healthy snacks for an adolescent suitable in his/ her context. (c) Plan a balanced diet for an adolescence		
Unit-IV	Textile and Apparel Designing	Marks	06
Practical (Any two)	(a) Collect different samples of natural fibres and man-made fibres (Cotton, Wool, Silk, Polyester, Rayon, Terry cotton) (b) Collect samples of different weaves and identify them (c) Make a sample of block printing (vegetable/wood)		
Unit-V	Family Resource Management and Consumer Science	Marks	04

Practical (a) Make a list of resources available at home and in your neighborhood
(b) Record the steps in the process of management while arranging a function

Unit-VI **Extension and Communication Technology** **Marks 03**

Practical (a) List out different communication media used for extension activities.
(b) Prepare any one social media based communication

Practical Copy/ Record Book **Marks 05**

Viva **Marks 02**

Prescribed Textbook: সামূহিক বিজ্ঞান, উচ্চতৰ মাধ্যমিক প্ৰথম বাৰ্ষিক
অসম উচ্চতৰ মাধ্যমিক শিক্ষা সংসদৰ দ্বাৰা প্ৰকাশিত
Community Science, H.S. 1st Year Published by AHSEC