

**UGC Sponsored Add on Courses**

**Certificate Course on Child Care and Child Development**

**Paper I  
Fundamentals of Psychology**

**Semester I**

**Unit 1: Introduction to Psychology**

- a) Definition of psychology
- b) Schools of psychology
- c) Contemporary perspectives of psychology
- d) Research methods used to study human behaviour

**Unit 2: Consciousness**

- a) Definition
- b) Stages of sleep
- c) Importance of sleep
- d) Effects of sleep deprivation

**Unit 3: Learning**

- a) Classical conditioning
- b) Operant conditioning
- c) Observational learning

**Unit 4: Memory**

- a) The three stages of memory
- b) Forgetting and why it occurs
- c) Improving memory

**Semester II**

**Unit 5: Motivation**

- a) Definition
- b) Biological motives
- c) Psychological motives

**Unit 6: Personality**

- a) Definition
- b) Theories of personality (Sigmund Freud, Humanistic theory, Trait theory)
- c) Measurement of personality

**Unit 7: Health and coping**

- a) Types of conflicts
- b) Coping and types of coping
- c) Health related behaviours

**Unit 8: Thinking**

- a) Definition
- b) Theories of intelligence
- c) Intelligence tests
- d) Non-verbal intelligence tests

**Paper II**  
**Fundamentals of Child development**

**Semester I**

**Unit 1: Fundamentals of Child Development**

- a) Scope of child development
- b) Chief characteristics of developmental phases
- c) Principals of development

**Unit2: Prenatal Development**

- a) Fundamentals of prenatal development
- b) Three stages of prenatal development
- c) Factors affecting prenatal development
- d) Types of birth and consequences
- e) Prematurity and its consequences

**Unit 3: Neo natal Development**

- a) Characteristics of neonate
- b) Adjustments of neonate

**Unit 4: Physical Development**

- a) Meaning and importance of physical development
- b) Factors affecting physical development
- c) Growth cycle in physical development

**Semester II**

**Unit 5: Motor Development**

- a) Meaning and importance of motor development
- b) Sequence of motor development
- c) Skills – Hands and Legs skills
- d) Handedness

**Unit 6: Cognitive Development**

- a) Meaning and importance of cognitive development
- b) Theories of cognitive development

**Unit 7: Language Development**

- a) Meaning and importance of language development
- b) Factors affecting language development
- c) Language development from infancy to late childhood

**Unit 8: Social Development**

- a) Meaning and importance of social development
- b) Factors affecting social development
- c) Social development from infancy to late childhood

**Paper III (Practicum)**

**Paper III (100 marks)**

Report of three observations of teaching methods to be submitted by every student. The reports should be validated by the teacher of the respective school.

Preparation of two mock lesson plans.