

SYLLABUS CERTIFICATE COURSES

**S.M. Patel College of Home Science
Vallabh Vidyanagar**

Certificate Course in Interiors

Objectives:

- To cater the needs of the changing society.
- To provide the first hand experience in the field of interiors and prepare for better job prospects.
- To make students aware about trends in interiors.
- To sensitize the students about aesthetic aspects of interiors.

Course Scheme:

I Semester			
Paper No	Subject	Theory	Practical
UHC01INT01	Functional Aspects of Interiors and color	04	--
UHC01INT02	Practical based on Functional Aspects of Interiors and color	--	06
II Semester			
UHC02INT01	Careers in Interiors	02	
UHC02INT02	Project work/Workshop	--	08

UHC01INT01- Functional Aspects of Interiors

Credits: 4

Marks: 100

Objectives:

- To acquaint them with functional aspects of interiors.
- To familiarize them with types of design.
- To sensitive the students about aesthetic aspects of furnishings.
- To make the students aware of basics of color.
- To create awareness regarding meaning and impact of color.
- To develop ability of using color effectively.

Theory:

UNIT- I Design elements

20%

- a) Line -Types, characteristics and importance
- b) Form -Size, Shape and characteristics
- c) Color -Qualities, Color wheel
- d) Texture -Types and significance
- e) Pattern - Types and effects
- f) Light -Importance and characteristics

UNIT – II Design Principles

20%

- a) Harmony -Definition, Aspects of harmony
- b) Balance -Definition and types
- c) Proportion -Definition, Importance and scale relationship
- d) Rhythm -Definition and ways of achieving
- e) Emphasis - Definition and factors in emphasis

UNIT – III Design **10%**

- a) Definition and importance
- b) Types of design
 - Functional design
 - Aesthetic design

UNIT – IV Color **30%**

- a) Basic color structure
 - Color wheel
- b) Attributes of color
- c) Color harmonies
- d) Choosing color
- e) Application of principles of design and use of color.
- f) Impact of color on personality(Body and mind)

UNIT –V Aesthetic Aspects of Interiors **20%**

- a) Accessories
- b) Flower arrangement

References:

1. Interior Design & decoration-sanjeev sarkar
2. Interior Design-S.N.Chaudhari
3. Interior Design-Ahmed A.Kasu
 - An introduction to art, craft, science, technique & profession of interior design.
4. Home furnishing-Anna Ruth
5. Inside today's home-Ray Faulkner-Sarah Faulkner

Practicals based on (UHC01INT01)

Credits: 6

Marks:150

1. Familiarizing students with drawing materials and equipment.
2. Point and line, straight and curvilinear lines, lettering
3. Color wheel
4. Classes of color
5. Color Harmonies
6. Free hand drawing of -nature
-still life
7. Appreciation of composition
 - ❖ Visualization
8. Creation of composition
 - ❖ Application of elements and principles of design in creating composition
 - Furniture
 - Flower arrangement
 - Accessories

SECOND SEMESTER

UHC02INT01- Careers in Interiors

Credits: T2+P0

Marks: 50

Objectives:

- To develop entrepreneurship skills
- To make students aware of trends in interiors.
- To make them understand the process and procedure of setting up an Enterprise.
- To develop management skills for entrepreneurship development.

Theory:

UNIT-1 Interiors and Entrepreneurship 25%

- A. Definition, Concept, Characteristics and qualities
- B. Barriers to entrepreneurship

UNIT-2 Managing an Enterprise 30%

- A. Principles of management
- B. Functions of management

UNIT 3 (i) Creativity, Introduction & Entrepreneurship 25%

- A. The Creative Process
- B. The Process of innovation

(ii) Business requirements for product design/décor 20%

- A. What an entrepreneur needs to consider(What, How, Who)
- B. Government requirements to start an enterprise
- C. Marketing(4p's)
- D. Merchandising skills(Know your client, responding to request, Client feedback, Competition)

Reference Books:

1. MFN007-Entrepreneurship and food services Management; Indiragandhi National Open University, school of continuing education.
2. Khanna SS (2003) Entrepreneurship development, S Chand & Co. Ltd, Ramnagar New Delhi.
3. Dr. Gupta C.B., Entrepreneurship Development in India, Sultan Chand and Sons, New Delhi.
4. Desal Vasant, Dynamics of Entrepreneurship development.

UHC02INT02 Project /Workshop

Credits: 8

Marks: 200

Objectives:

- Understanding colors as an integral part of creation.
- Giving strong scientific base and generating sensitivity towards colors.
- To have firsthand experience in the field.
- To motivate them for self employment.

Practical experience:

- Types of paints and its use
- Working on dispensing Machine.
- Painting Process
- Color and its application
- Visits to visualize the latest trends in interiors.

**S.M.PATEL COLLEGE OF HOMESCIENCE
CERTIFICATE COURSE IN SPORTS NUTRITION
20 CREDITS**

COURSE NO	SUBJECT	NO OF PAPER		CREDIT /WEEK		CLASSES/ WEEK		DISTRIBUTION OF MARKS					DISTRIBUTION OF EXAM (HRS)	
		Theory	Practical	Theory	Practical	Theory	Practical	Theory Internal	Theory External	Practical Internal	Practical External	Total	Theory	Practical
SEMESTER - I														
UHC01SPN01	Concept and dietary management in sports	01	-	04	-	04	-	-	100	-	-	-	-	-
UHC01SON02	Project	-	06	-	06	-	06	-	-	150	-	-	03	-
TOTAL				04	06				100	150		250		
SEMESTER - II														
UHC02SPN01	Physiology of exercise and sports	01	-	02	-	02	-	-	50	-	-	-	03	-
UHC02SPN02	Sports training	-	08	-	08	-	08	-	-	200	-	-	-	-
TOTAL				02	08				50	200		250		

**CONCEPT AND DIETARY MANAGEMENT IN SPORTS NUTRITION
UHC01SPN01**

CREDIT: 4+0

MARKS:100

OBJECTIVES:

- 1. Introduce students to basics of sports nutrition.**
 - 2. Understand nutritional requirement for physical activities related to sports nutrition.**
 - 3. Apply knowledge to improve the performance of sports person.**
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- **UNIT- 1 An overview of nutrients functions requirements for sports person. 5%**
 - **UNIT- 2 Review of different energy systems for endurance and power activity 10%**
 - **UNIT- 3 Nutritional considerations for sports/exercising person. 15%**
 - **UNIT- 4 Dietary and commercial supplements and ergogenic aids. 10%**
 - **UNIT- 5 Meal Planning for regular training Pre and Post game. 10%**
 - **UNIT- 6 Introduction and dietary management in 50%**
 - **Badminton-basic knowledge.**
 - **Swimming-basic knowledge.**
 - **Cricket-basic knowledge.**
 - **Athletics-basic knowledge.**
 - **Yoga- different asanas and benefits**

 - **UNIT- 7 Dietary and commercial supplements and ergogenic aids. 10%**

PROJECT (UHC01SPN02)

CREDITS: 0+6

MARKS: 150

OBJECTIVES:

- **To enable students to access dietary pattern of sports person**
- **Plan and develop skills in diet planning.**
- **Take up sports nutrition a profession**
 1. **Select a sports person with background of swimming, tennis, badminton, athletics and cricket.**
 2. **Establish report and access nutritional status and diet history of sports person.**
 3. **Plan menu for the sports person according to the sports.**
 4. **Get feedbacks from sports person regarding diet.**
 5. **Consult with expert for modifications.**

REFERENCE:

1. **Nutrition for serious athletes Dan Banardot.2000 Human Kinetics.**
2. **Advance in sports and exercise science nutrition and sports (ED) Don McLaren Published by Churchill Elsevier.**
3. **Nutrition and exercise in sports by Era Volinski : CRC New York .**

PHYSIOLOGY OF EXERCISE AND SPORTS (UHC02SPN01)

CREDITS: 2+0

MARKS: 50

OBJECTIVES:

- ❖ To relate anatomical and physiological functions
- ❖ To understand basics of human environment
- ❖ Describe the physiological response to exercise and adaptations to environment

UNIT-1 Introduction to human body	20%
<ul style="list-style-type: none">• Body structure/ surface anatomy• Regulations of homeostasis• Planes and sections• Different organ system	
UNIT-2 Basic energy systems	20%
<ul style="list-style-type: none">• Energy sources• Energy expenditure and measurement• Fatigue and its causes	
UNIT- 3 Skeletal and muscular systems	20%
<ul style="list-style-type: none">• Introduction• Major muscles• Physiological response to exercise and adaptations to training	
UNIT- 4 Nervous systems, special senses and endocrine systems	20%
UNIT- 5 Cardiovascular and respiratory adaptations to training	20%
<ul style="list-style-type: none">• Introduction• Transport of Oxygen and carbon di oxide• Evaluation of cardio respiratory endurance capacity.	

SPORTS TRAINING (UHC02SPN02)

CREDITS: 0+8

MARKS: 200

OBJECTIVES;

- Provide continuing, comprehensive care for health problems related to sports and exercise
- Develop pre-participation examination programs, as well as conduct thorough pre-participation exams for organized athletes of a wide range of ages
- Maintain primary specialty skills
- Perform diagnostic musculoskeletal ultrasound and ultrasound guided procedures

UNIT- 1 Physical fitness test	20%
A.A.H.P.E.R. Youth fitness test	
UNIT- 2 Cardiovascular test	20%
HAWERD Step Test	
UNIT- 3 Muscular strength Test	20%
Kraus-Weber Test	
UNIT- 4 Motor ability test	20%
Johnson test	
UNIT- 5 Games skill test	20%
a) Lokhart and Me Pherson Badminton Skill test	
b) Mc Donald football Skills test	

REFERANCE:

1. **Genenral Anatomy by Chaurasia (latest edition).**
2. **Anatomy and Physiology by Mort and Mcdowell (latest edition).**
3. **The physiological basis of physical education and athletics –Fox and Mathews, Holt Saunders.**

UHC01FDN01
Credits: 4+0
:100

BASICS OF FASHION DESIGN
Hours/week: 4+0

Total marks

- Objectives: 1. Imparting insight about various fibres and fabrics used for apparels.
2. To make oneself equipped with garment production methods and its application
On fabric properties.
3. To have knowledge of basic elements & principles of fashion design.

UNIT	CONTENT
WEIGHTAGE	
I 20%	Different types of fabrics- its properties & uses
II 10%	Fashion design : terminologies Fashion cycle
III 20%	Garment production: steps involved in production Typicality, application and characteristics Of woven and knitted fabrics
IV 20%	Principles of dress design: Balance Proportion Rhythm Emphasis Harmony
V 20%	Elements of dress design: Line Color Texture Silhouette
VI 10%	Figure variations& dress design: short, tall, angular, heavy

UHC01FDN02 GARMENT DESIGN AND CONSTRUCTION (Practical)

Credits: 0+6
150

Hours/week: 0+6

Total marks:

- Objectives: 1. Develop sensitivity in dress design.
2. Enable students in achieving skills in clothing construction.
3. Make students aware of drawing and coloring tips in fashion design.

UNIT	CONTENT
I	drawing the fashion figure (Basic body form-building the frame-model drawing)
II	Drawing fabrics (poplin, denim, rascal knit, georgette, chiffon, Madras checks, satin, organza) Sketch different types of accessories (05 of each group- purses, belts, Shoes, scarves, gloves)
III	Sketching different types of sleeves, necklines, silhouettes
IV	Western Classic(frock)- Creating three styles of design Drafting anyone using flat pattern method technique Construction of the western classic
V	Indian Classic- Creating three styles of design i) Salwar/ Chudidar ii) Kameez/ Kurta Drafting any one salwaar & kameez/ chudidar & kurta using flat pattern method technique Construction of the Indian classics from the above

Note: Prepare portfolio of the above class work.

UHC02FDN01 TEXTILE AND APPAREL DESIGN

Credits: 2+0
50

Hours/week: 2+0

Total marks:

Objectives: 1. To gather knowledge and information of methods of getting surface and structural design on garments
2. To enable students for various fabric design of garments.
3. To have knowledge of common printing and finishing treatments of garments.

UNIT WEIGHTAGE	CONTENT	
I 20%	Surface design – meaning & application of Printing, Embroidery, Crocheting, Lace making Patchwork, Quilting, Braiding	
II 20%	Structural design – meaning & application of Frills, Belts, Tucks, Pockets, Collar etc	
III	Textile Finishes – Definition, Meaning & types (viz. bleaching, Mercerization, Creping, napping, crease resistance, Sanforization, wash & wear)	20%
IV 30%	Textile Printing – Block, Stencil, Screen, Roller, Tie & dye, Batik, discharge printing	
V 10%	Computer application in fashion design	

UHC02FDN02 PROJECT WORK (Practical)

Credits: 0+8

Hours/week: 0+8

Total marks:200

Objectives: 1. Develop skills in professional dress design.
2. Enable students in achieving skills in designing and marketing of Product developed.
3. Enable students to understand consumer dress design needs and fulfilling it.

UNIT	CONTENT
I	Project proposal – Based on three themes and 10 sketches(principle or element of design as theme
II	Finalizing & Documentation of any one theme
III	Execution – Designing, Drafting and Construction of 05 garments/ articles of Documented theme
IV	Report Writing