



CLUSTER UNIVERSITY OF SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)

UG- Ist to 3rd Semester (NEP)

Subject: Anthropology

Course Title: Human Growth and Development (Multi-Disciplinary)

Course Code: UGANT22D101

Contact Hrs: 45

Total Credits: 03

Max. Marks: 75

Theory External: 55

Internal (Continuous Assessment): 20

Course Objectives

- To enable students to learn about different aspects of human growth and development.
- To acquaint students with the different factors affecting human growth.
- To enable students to learn about the cultural dimensions of health.

Unit I	Introduction
	a) Concept of Human Growth and Development b) Stages of Human Growth c) Physical and Psychological Changes during Adolescence
Unit II	Factors Affecting Growth
	a) Factors Influencing Growth b) Food Preferences and Food Taboos c) Concept of Balanced Diet and Body Composition d) Adaptation to Environment: Heat, Cold, and Altitude
Unit III	Health and Healthcare
	a) Health and Illness b) Major Health Issues among Marginal Groups c) Traditional Medical Practitioners d) Culture Bound Syndromes

Suggested Readings:

- Basu and Gupta (eds). Human Biology of Asian Highland Populations in the global context.
- Bogin B. (1999) Patterns of human growth. Cambridge University Press.
- Cameron N and Bogin B. (2012) Human Growth and Development. Second edition, Academic press Elsevier.
- Frisancho R. (1993) Human Adaptation and Accommodation. University of Michigan Press.
- Harrison GA, and Howard M. (1998), Human Adaptation. Oxford University Press.
- Harrison GA, Tanner JM, Pibeam DR, Baker PT. (1988). Human Biology. Oxford University Press.
- Jurmain R, Kilgore L, Trevathan W. Essentials of physical anthropology. Wadsworth publishing.
- Malina RM, Bouchard C, Oded B. (2004) Growth, Maturation, and Physical Activity. Human Kinetics.
- Singh I, Kapoor AK. Kapoor S. (1989). Morpho-Physiological and demographic status of the Western Himalayan population. In
- Sinha R and Kapoor S. (2009). Obesity: A multidimensional approach to contemporary global issue. Dhanraj Publishers. Delhi.