

UNIVERSITY OF EDUCATION, WINNEBA
FACULTY OF SCIENCE
DEPARTMENT OF HOME ECONOMICS EDUCATION

4-YEAR B.Ed COURSE STRUCTURE

COURSE DESCRIPTION

YEAR I SEMESTER II

HEC 121: Food Commodities (3 Credits)

The course is designed to acquaint students with the various food commodities as regards their selection, utilization, nutritional value and, methods of cooking to conserve nutrients in Ghanaian and foreign dishes.

HEC 122: Family Clothing Management (2 Credit)

The course shall lay emphasis on the socio-psychological aspects of clothing and development of students skills for selecting appropriate clothing for different occasions. Student shall be able to plan clothing purchases in relation to resources, personal and family goals as well as plan the family's wardrobe.

HEC 123: Family Life Education (3 Credits)

The course exposes students to the concerns of Family Life Education and issues affecting the quality of life of family members and the society. The topics include family structures, roles of family members and functions of the family, the family life cycle, marriage and parenthood, traditional and civil laws relating to inheritance, social problems and their effect on the individual, the family and the community.

HEC 124 : Parenthood

The course is designed to expose students to concepts in Parenthood and Parenting. This is to enable them appreciate the need to prepare adequately for

parenthood, understand the processes involved in childbirth and development. It will also enable students develop appropriate skills for childcare and rearing.

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Topics include: Preparation for parenthood (difference between parenthood and parenting; controlling family size; male and female reproductive systems; conception and pregnancy); childbirth; STI'S/HIV/AIDS; parenting (roles of parents, specific parenting skills, challenges and rewards of parenting) and childcare

HEC 114 : Introduction to Clothing Construction2

The course shall in introduce students to techniques in assembling and finishing garments. Basic stitches and seams would be treated in this course. Students would also have knowledge on trimmings used in garment construction. Tools and equipment would b treated in this course. Students would also be introduced to health and safety issues in clothing construction.

HEC 126 : Introduction to Clothing and Textiles (2 Credits)

The course presents basic information on Clothing and Textiles. It covers common textile fibres and their fabrics; their uses and general care. It also exposes students to the history of clothing education in Ghana. Other topics treated in this course are careers in sewing and basic sewing equipment and notions.

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HEC 129: Introduction to Management in Living (2 Credits)

Students shall be introduced to management principles and resources available to the individual and the family. The course covers the scope and purpose of management, motivations in management, decision making and management processes. It also covers application of management principles to the use of time and energy.