

**Shivaji University, Kolhapur**  
**B.A. (Part II) Semester IV (CBCS Pattern)**  
Revised Course Syllabus to Be Implemented From June, 2019 Onward  
**Modern Human Development (IDS)**  
**Paper- II**

**Module –I Adolescence**

**1.1- Physical Changes**

- a. Puberty
- b. The Brain
- c. Adolescent Sexuality

**1.2- Adolescent Health**

- a. Nutrition and Exercise
- b. Substance Use and Abuse
- c. Eating Disorders

**1.3- Families Relationship**

- a. Parental Monitoring
- b. Autonomy and Attachment
- c. Parent- Adolescent Conflict

**1.4- Adolescent Problems**

- a. Juvenile Delinquency
- b. Depression and Suicide
- c. The Interrelation of Problems and Intervention Programs

**Module-II Adulthood**

**2.1- Physical Development**

- a. Physical Performance and Development
- b. Health
- c. Eating and Weight
- d. Regular Exercise

**2.2- Attraction, Love and Close Relationship**

- a. Attraction
- b. Faces of Love
- c. Falling Out of Love

**2.3- Marriage and Family**

- a. Making Marriage Work
- b. Becoming a Parent
- c. Dealing with Divorce

**Module- III Middle Adulthood**

**3.1- Physical Development**

- a. Sensory and Psychomotor Functioning

- b. Sexuality
- 3.2- **Health in Middle Adulthood**
  - a. Health Status
  - b. Health Problems
- 3.3- **Works in Middle Adulthood**
  - a. Occupational Patterns
  - b. Occupational Stress
  - c. Unemployment
- 3.4- **Personal Relationships**
  - a. Marriage and Divorce
  - b. Relationships with Siblings
  - c. Relationships with Maturing Children
  - d. Relationships with Aging Parents

#### **Module- IV Late Adulthood (Old Age)**

- 4.1- **Physical Development**
  - a. Longevity and the Aging Process
  - b. Life Expectancy
  - c. Why People Age?
- 4.2- **Physical Changes**
  - a. Sensory and Psychomotor Functioning
  - b. Other Physical Changes
  - c. Reserve Capacity
- 4.3- **Health**
  - a. Influences on Health and Fitness
  - b. Health Care and Health Problems
- 4.4- **Work and Retirement**
  - a. Why People Retire?
  - b. How People Feel about Retirement?
  - c. Making the Most of Retirement