Study units for Bachelor of Human Ecology and Masters of Human Ecology

(offers by the Department of Agriculture, Animal health and Human Ecology)

Telephone number 012 352 4255

**NB**
- All these modules offered for the Bachelor of Human Ecology and Masters in Human Ecology are offered as YEAR MODULES
- A selection of modules is also part of the specialisations in Human Ecology from Agricultural Science, Consumer Science, Business Management and Sociology

**FIRST-LEVEL MODULES**

See Study units for the Bachelor of Consumer Science and Honours Bachelor of Consumer Science – modules in Agricultural science, Foods, Nutrition and Business management

**SECOND-LEVEL MODULES**

**FO5501M Food behaviour**
*Purpose:* to enable students to use an ecosystem framework to study environmental, cultural, socio-economic and psychological influences as determinants of food behaviour and change, to use an ecosystem framework to analyse food behaviour and food patterns, to compare development of food behaviour in different contexts and its importance in accommodating indigenous knowledge and changing food patterns in the past and present.

**FO5502N Food security**
*Purpose:* to enable students to develop the ability to use an ecosystem framework to understand food security on national level, to study household food security on the meso- and micro-level: availability, accessibility and utilization of food by households and communities, the food systems in different communities, the factors interacting in allocating and managing household resources to promote healthy eating patterns and promote nutritional health.

**FO5503P Indigenous cuisine**
*Purpose:* to enable students to appreciate the indigenous food and cuisine traditions and lifestyles, as well as food preferences of the various cultures in South Africa; develop nutritionally balanced menus/on eating patterns typical to a region or cultural group as part of a food security and a nutrition project/programme; identify the influence of environmental factors and cultures in the development of the traditional cuisines in SA.

**FO5505Y Practical food security and behaviour**
*Purpose:* to enable students to gather data on food practices and food preparation techniques and interpretation thereof as influenced by the environment and its influence on nutritional value (data on storing, measuring techniques, cooking methods, developing and interpreting recipes and experiments applied to red meat, poultry and fish, vegetables, fruits and plant products, egg and milk product, cereals and flour mixtures, indigenous foods, processed, preserved and value-added food.

**RA5501P Ecosystems**
*Purpose:* to enable students to identify and allocate resources at household levels with reference to an ecosystems perspective to study eco-systems pertaining to individuals, households and communities; to critically reflect on responsible human interaction with the environment and resource allocation and use.

**RA5502Q Management as a process**
*Purpose:* to enable the student to apply resource management principles in studying household resource management strategies of individuals, families and communities. Management is studied as a process in decision-making and allocation of resources, needs, demands, goals, values standards. The role of decision-making and the management process when interacting with natural and human resources in the environment.

**RA5503R Development of resources**
*Purpose:* to enable the students to differentiate between families in different cultures in relation to the types and functions, family life-cycles and development tasks in the productive environment of families/ households and communities. Family theories and approaches in addressing critical issues: poverty, food security, family health, nutrition and well-being, and solutions through non-formal education, extension and management is studied as a process in decision-making and allocation of resources, needs, demands, goals, values standards and literacy programmes.

**RA5504S Resource allocation and gender**
*Purpose:* to enable the student to apply communication strategies in households and communities, identify developmental and deviant behaviour; decision-making and interaction between individuals and households taking into consideration their roles and their time allocated to household / community tasks, including gender roles, aspirations, change and cultural differences.

**THIRD-LEVEL MODULES**

**CN6001G Nutrition education**
*Purpose:* to enable the student to identify different development approaches and applications in the South African situation in health and nutrition including food security. Select approaches appropriate for human health and nutrition for sustainable development and its impact in the South African situation. The influence of gender approaches in health and nutrition, mainstreaming of gender roles for men and women, and its implication for relevant approaches to be used in Africa.
CN60029 Nutrition education and development
Purpose: to enable the student to identify and apply nutritional development (as for nutritional and food security) as an approach in community extension in agriculture, health and welfare within the RDP, IRDP and related policies; identify and reflect on possible relationships and linkages to the practice health and nutrition projects in government departments and / or non-governmental organizations.

CN6003J Nutrition education and extension
Purpose: to enable the student to involve adults in the learning process in non-formal health and nutrition education programmes, to adapt and apply the learning process according to needs and demands of the specific community and programme. The application of methodologies and use of the techniques suitable for adults, women, youth and school children in development and design of non-formal nutrition education programmes.

CN6004K The community nutrition facilitator
Purpose: to enable the student to identify the role of the community health / nutrition worker in different programmes; to develop competence as a facilitator in motivation, group dynamics, handling of conflict and practice leadership skills; to work in a multi-disciplinary team and to network with other professions.

CX60018 Development approaches
Purpose: to enable the student to develop the ability to reflect on the different development approaches, applications in the South African situation in Agriculture and integrated development including food security and its manifestation in Community Extension in agriculture. The influence of gender roles and its implications for empowerment and capacity building in South Africa. A critical evaluation of the present gender approaches in use and the principles and manifestation in the reconstruction and development policy and related policies and strategies.

CX60029 Community development
Purpose: to enable the student to apply community development as an approach in community extension in agriculture, nutrition and health and social development within the South African, SADC and Sub-Saharan policy environments, IRD and Integrated Food Security Strategy. Identify possible relationships and linkages to practice, community development as a process in extension in government departments and/or non-governmental organizations.

CX6003A Adult education and extension
Purpose: to enable the student to involve adults in the learning process in non-formal education programmes, adapt and apply the learning process according to needs and demands of the specific community and programme. The application of teaching and learning strategies suitable for use in the development and design of non-formal programmes for different target groups.

CX6004B Community facilitator
Purpose: to enable the student in community extension to identify with the role of a facilitator and develop facilitating competences: identify the role of the community development worker in different programmes; develop competence in motivation, group dynamics; handle conflict and practice leadership skills; work in a multi-disciplinary team and form linkages with other professions.

EG6001N Household and production environment
Purpose: to enable the student to manipulate space through the understanding of the human body, manipulate movement through the effect of natural forces on work and the human body in different situations, gravity momentum, leverage, anthropometry and space manipulation.

EG6003Q Appropriate technology
Purpose: to enable the student to identify contexts where labour and saving concerns are appropriate (includes gender), apply labour and time-saving principles to the buying, use, and care of equipment for the household and enterprise, apply labour and time-saving principles to the development of appropriate technology in the household and small enterprises.

EG6004R Personal management
Purpose: to enable the student to apply principles of task and time management to achieve personal goals, apply principles of task and time management to achieve family / and household goals in different situations. It includes the development of operational plans, schedules and diaries in managing ones personal and in the work situation; gender roles and implications for personal management

F06001A Food preservation
Purpose: to enable the student to apply the most applicable food preservation principles and techniques, prevent spoilage whilst retaining the quality characteristics of the food optimally. It includes food storage after harvesting, causes of food spoilage, preservation, advantages of food preservation, (focus on low technology), preservation equipment, suitable packaging materials, sanitation and hygiene.

F06005E Food processing
Purpose: to enable the student to add value using small scale food treatment processes whilst maintaining the nutritional value, to increase shelf-life and making food available throughout the year; reasons for processing, the effect on nutritional and eating quality of foods, scientific principles involved in food processing, small scale processing of agricultural products (using a production line). It includes planning of small scale processing plants, legal aspects, budgeting, marketing, food promotion, quality and financial control.

F0603J Food preservation (practical)
Purpose: to enable the student to apply the most applicable techniques and skills in food processing, plan a small scale processing plant for agricultural products, and value-adding (F05005E).
HU6001P Housing as shelter
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

HU6003R Basic housing and construction
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

HU6004S Interior finishes
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

HU6010P Soft furnishing
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM7002C Monitoring and evaluation
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM7002D Project programme management
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

FOURTH-LEVEL MODULES

CP7001W Designing a project
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

CP7002X Community project
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM70015 Health and nutrition policies
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM70038 Strategic MNGT in non-profit organisations
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM70049 Resource allocation and participation
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM7005A Monitoring and evaluation
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

PM7006D Project programme management
Purpose: to enable the student to develop competence in designing a project and present a project proposal: apply knowledge on needs assessment, planning and implementation, evaluation, and feedback. It includes the use of databases whilst assuring quality, performance and sustainability.

FIFTH-LEVEL MODULES
HE7501L Theory and Practice
Purpose: to enable the student to identify and select appropriate theories to the field of human ecology and professional specialization areas; apply theories to suitable situations, contexts and research designs; reflect on theories and relationships with mega theories of related disciplines, its appropriateness for research and outreach in Africa.

HE7502M Research methodology
Purpose: to enable the student to select methodologies relevant to the outcomes of the degree and the specialization of the student in his / her profession. It includes different qualitative and quantitative research methods and techniques for different purposes of research and nature of information. Reporting on methodologies selected.

HE7503N Programme Management
Purpose: to enable the student to interpret policy, research analysis and data, and develop a strategic, implementation and monitoring and evaluation plan in line with the specialization of the student in his / her profession. To apply the principles of management to achieve the goals of human development and the goals of the broader programme and identify relationship between different phases and elements of the programme cycle.

HE7504P Community resource management
Purpose: to enable the student to master the principles for participatory community and household resource management as it relates to the principles of management to achieve the goals of human development. The use of participatory action research and other as a research and development strategy. To measure the impact of policies on community-level, use research analysis and data to develop a strategic implementation plans and monitoring and evaluation plans.

HE7505Q Food behaviour
Purpose: to enable the student to conduct a behaviour survey and write a report on the food practices and eating patterns of a target group, geographical areas and cultural context; the use of the ecosystem framework to identify the environmental, cultural, socio-economic and psychological factors impacting on food behaviour and change; study the food practices and food preparation techniques as influenced by the environment and its influence on nutritional value; identification of the most applicable indigenous harvesting, storage, processing and preparation techniques to retain the nutritional value and the optimum quality characteristics of the food prepared.

HE7506R Nutrition Education
Purpose: to enable the student to identify indicators for integrated nutrition programme management and project implementation, monitoring and evaluation, to plan accordingly nutrition education programmes one or more levels for different target groups; the application of OBE principles for adult education, school children or relevant age groups; develop learner support material as part of the programme, as well as assessment and M&E criteria and instruments for QA.

HE7507S Household food security
Purpose: to enable the student to identify critical relationships for household food security and sustainable resource allocation in households and communities; the assessment of the availability, accessibility and utilisation of food and associated needs, demands and resources of communities and households; the effect of different relationships (including environmental) on the sustainable allocation of resources; the use of agricultural production pertaining to production: animal/crop/horticulture, value-adding and processing technology to improve the quality of food, as well as determining the impact of indigenous knowledge systems on household food security.

HE7508T Literature study
Purpose: to enable the student to do a literature research and communicate it in written format suitable for use in future research. It includes literature search methodology, filing and storage of data, making notes, produce a scientifically written literature study to an approved topic and framework.

HE7509M Food security and HIV/AIDS
Purpose: to enable the student to use appropriate frameworks in identifying the factors, vulnerability and associated risks such as unemployment, floods and drought, as well as the impact thereof on food security on a national, community and household level; identification of the relationships between HIV/AIDS, food security and nutritional health and coping strategies / mechanisms of households; the planning and implementation of action to address healthy eating patterns and improve the allocation and management of community and household resources.

SIXTH-LEVEL MODULES

HE80019 Research proposal
Purpose: to enable the student to develop a research proposal based on a relevant literature study. The content should be relevant to the degree and the specialization of the student in his / her profession. The proposal should adhere to the requirements for application for research funding.

HE8002A Dissertation
Purpose: to enable the student to develop the ability to produce a research dissertation adhering to the requirements of high quality research. The content should be relevant to the outcomes of the degree and the specialization of the student in / her profession. The dissertation should be appropriately planned, research conducted and scientifically communicated.

HE8003B Research paper
Purpose: To enable the student to produce a research paper accepted for publication or delivered at a conference. The content should be relevant to the outcomes of the degree and the specialization of the student in his / her profession. The paper should be appropriately planned, technically correct and scientifically communicated.