

## **COURSE OUTLINE**

### **Child Development 138 (C-ID Number ECE 120) Health, Safety and Nutrition (C-ID Title: Health, Safety and Nutrition)**

#### **I. Catalog Statement**

Child Development 138 introduces the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health, safety and nutrition. The characteristics of good health and the recognition of the symptoms of communicable diseases are examined. The habits and attitudes essential for physical and mental health of teachers, parents and children are identified. This course is intended to examine the current concepts in the field of health, safety and nutrition and their relationship to the young child and program planning. Emphasis is given to the components of quality care for young children and the importance of collaboration with families and health care professionals.

Units: 3.0

**Total Course Units: 3.0**

Lecture Hours: 48.0

**Total Faculty Contact Hours: 48.0**

#### **II. Course Entry Expectations**

Skills Level Ranges: Reading 6; Writing 6; Listening/Speaking 6; Math 2.

#### **III. Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

1. identify the responsibilities of home, school and community for health protection of young children;
2. identify characteristics of good health and recognize the symptoms of communicable diseases;
3. identify the habits and attitudes essential for physical and mental health for teachers, children and parents;
4. identify health safety and environmental risks in children's programs and understand the interrelationships between health, safety and nutrition including the laws, regulations, standards, policies and procedures related to each content area;
5. use appraisal strategies and tools appropriate for teachers to use in assessing environmental risks associated with health, safety and nutrition of young children in group care settings;

6. identify (and establish contact with) local, state and federal agencies designed to support the health, safety and nutrition of young children;
7. recognize, understand and implement current nutrition standards and guidelines;
8. understand the basics of first aid and cardiopulmonary resuscitation for infants and young children.

**IV. Course Content**

**Total Faculty Contact Hours = 48 Hours**

A.	The Interrelationship of Health, Safety and Nutrition	4 hours
B.	Health of the Young Child	8 hours
	1. Promoting good health	
	2. Health appraisals	
	3. Health assessment tools	
	4. Conditions affecting children's health	
	5. The infectious process and environmental control	
	6. Communicable and acute illness: identification and management	
C.	Safety for the Young Child	12 hours
	1. Creating quality environments	
	2. Safety management	
	3. Management of injuries and acute illnesses	
	4. Maltreatment of children: Abuse and Neglect	
	5. Planning for Children's Health and Safety Education	
D.	Foods and Nutrition: Basic Concepts	12 hours
	1. Nutritional guidelines	
	2. Nutrients that provide energy	
	3. Nutrients that promote growth of body tissues	
	4. Nutrients that regulate body functions	
E.	Nutrition and the Young Child	12 hours
	1. Infant feeding	
	2. Feeding the Toddler and Preschool Child	
	3. Planning and serving nutritious and economical meals	
	4. Food safety	
	5. Nutrition education concepts and activities	

**V. Methods of Presentation**

The following instructional methodologies may be used in the course:

1. lecture/discussion;
2. demonstration;
3. modeling appropriate strategies & techniques;
4. media/oral presentation;
5. web-enhanced, hybrid, or online.

**VI. Out of Class Assignments**

1. Reading in preparation for class discussion (e.g. prepare notes on assigned readings on Nutrition Concepts and prepare to discuss this in class.);
2. Essays (e.g. Special Topics Assignment: summarize online research about vegetarian diets and discuss how such diets can meet the specific nutritional needs of young children);
3. Research Paper (e.g. prepare an examination of causes and consequences of childhood obesity using current research).

**VII. Methods of Evaluation**

1. Special Topics Essays;
2. Application of Concepts in Practice (demonstration of knowledge);
3. Quizzes;
4. Final Examination.

**VIII. Textbook**

Marotz, Lynn R. *Health, Safety, and Nutrition for the Young Child*, (8th edition).  
Belmont: Cengage Publishing 2012.  
14th Grade Textbook Reading Level. ISBN: 101428320709.

**IX. Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

1. assess strategies to maximize the mental and physical health of children and adults in accordance with culturally, linguistic and developmentally sound practice;
2. identify health, safety and environmental risks in children's programs;
3. analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition;
4. evaluate regulations, standards, policies and procedures related to health, safety and nutrition in support of young children, teachers and families;
5. discuss the value of collaboration with families and the community.