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Revised: October 2017
Text update: May 26, 2016
C & G Ed approved: December 5, 2017
Board Approved: January 10, 2018
Semester Effective:

Early Care, Education and Family Studies (ECE) 1590 Health, Safety, and Nutrition (3 Units) (DS7)
CSU:UC

[formerly Early Childhood Education 1590; Early Childhood Education 12]

Advisory: Eligibility for English 1500 strongly recommended

Hours and Units Calculation: 48 hours lecture + 96 Outside of class hours (144 Total Student Learning Hours) = 3 Units

Catalog Description: This course is a study of health and safety as related to children from birth through adolescence. Content includes information to enable the teacher and the parent to become more fully aware of their role in developing the overall well-being of the children in their care. Laws, regulations, standards and policies, procedures and early childhood curriculum related to health, safety and nutrition are studied at an introductory level. C-ID: ECE 220

Type of Class/Course: Degree Credit

Text: Marotz, L. *Health, Safety and Nutrition for the Young Child*. 8th ed. Florence, KY: Delmar Thomson Learning, 2013.

Hendricks, Charlotte. *Hip on Health*. New York: Redleaf P, 2015.

Course Objectives:

By the end of the course, a successful student will be able to:

1. Identify health, safety, and environmental risks in children's programs,
2. Recall regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families,
3. Design strategies to maximize the mental and physical health of children and adults in programs for young children in accordance with culturally, linguistic and developmentally sound practice,
4. Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition, and
5. Define collaboration with families and the community around issues and roles for supporting healthy and safe environments for children

Course Scope and Content:

Unit I Preventive Health Care

- A. Immunizations
 - B. Daily Health Check
 - C. Health, Safety, and Nutrition Education
 - D. Reducing Stress and the Importance of Exercise
- Unit II Creating Safe Environments
- A. Unintentional Injury
 - B. Risk Management: Preventable Measures
 - C. Implementing Safe Practices
 - D. Legal Implications
 - E. Observations
- Unit III Foods and Nutrients
- A. Nutritional Guidelines
 - B. Nutrients that Provide Energy, Promote Growth of Body Tissues, and Regulate Body Functions
 - C. Feeding Children
 - D. Planning and Serving Economical Meals
 - E. Food Safety
- Unit IV Health Issues
- A. Common Childhood Illnesses
 - B. Accidents
 - C. Acute Health Impairments
 - D. Chronic Health Impairments
 - E. Health Screening
- Unit V Emergency and Medical Procedures
- A. First Aid
 - B. Cardio-Pulmonary Resuscitation (CPR)
 - C. Identification and Use of Medicines
- Unit VI Health and Safety Facilities and Resources
- A. National, State, and Local Resources
- Unit VII Child Abuse and Neglect
- A. Discipline vs. Punishment
 - B. Reporting Laws
 - C. Protective Measures for Programs and Teachers
 - D. Understanding the Dynamics of Abuse and Neglect
- Unit VIII Designing Curriculum to Include Health and Safety
- A. The Teachers Role in Implementing Health Curriculum
 - B. Curriculum Design
 - C. Activity Plans
 - D. Parent Involvement
- Unit IX Developmentally Appropriate Practices (DCLAP)
- A. Definition of developmentally appropriate practices
 - B. Determining developmentally appropriate practices

- Unit X Considerations for Infants and Toddlers, Children with Special Needs, Medical Needs and Interventions
- A. Considerations for infants and toddlers
 - B. Considerations for children with special needs
 - C. Considerations for medical needs
 - D. Interventions
- Unit XI Collaboration with Health Care Professionals
- A. Considerations for collaboration with health care professionals

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Skill practice
3. Completing required reading
4. Written work

Methods of Instruction:

1. Lectures
2. Class discussion
3. Guest_Speakers
4. Media Recordings

Methods of Evaluation:

1. Substantial writing assignments, including:
 - a. essay exams
 - b. written homework
 - c. journaling
 - d. group writing projects
 - e. observations
2. Computational or non-computational problem-solving demonstrations, including:
 - a. exams
 - b. homework problems
 - c. quizzes
3. Skill demonstrations, including:
 - a. class performance
 - b. group presentations/demonstrations
4. Other examinations, including:
 - a. multiple choice
 - b. matching items
 - c. true/false items

Supplemental Data:

TOP Code:	130500: Child Development/Early Care a
SAM Priority Code:	C: Clearly Occupational
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	E: Credit By Exam
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE