



**DEPARTMENT OF HUMAN SERVICES**

**COURSE OUTLINE – Winter 2020**

**CD 1020 (Section A3): Health, Nutrition and Safety – 2 (3-0-0) 30 Hours**

**INSTRUCTOR:** Kirsten Clark

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**OFFICE:** H131

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**OFFICE HOURS:** By appointment

**TIME:** Monday and Wednesday 10:00 am - 11:20 am (January 6 - March 18)

**LOCATION:** J 226

**CALENDAR DESCRIPTION:** This course provides the knowledge, skills and attitudes required to provide for the basic health, safety and nutritional needs of young children. Requirements for healthy and safe early childhood environments will be identified. The nutritional needs of young children will be established and appropriate menu planning strategies explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children are also included.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** Pimento, B. & Kemested, D. (2009). Healthy Foundations in Early Childhood Settings. Toronto, ON: Nelson Education.

**ADDITIONAL COSTS:**

Costs may also be incurred by the students for the following:

- Photocopying/printing resources
- Purchasing food for nutrition assignment

**DELIVERY MODE(S):** Lecture in addition to interactive learning opportunities presented in class. Audio-visual materials and additional readings will supplement the textbook.

**COURSE OBJECTIVES:** This course introduces students to:

- occupational standards for individuals working in this field
- basic knowledge and skills necessary to provide for the health, safety and nutritional needs of young children

- licensing requirements for healthy and safe early childhood environments
- nutritional needs of young children including appropriate menu planning for an early childhood program
- developmentally appropriate practices and experiences for establishing healthful attitudes in young children.

**LEARNING OUTCOMES:** As a result of taking this course, students will gain the ability to:

- explain the occupational standards relevant to working in this profession
- assess general safety issues in the indoor and outdoor early childhood setting
- explain practices that provide safe environments and prevent injury in early learning and child care programs
- implement policies and practices to ensure children's well-being
- describe measures which caregivers can use to reduce the incidence/spread of communicable diseases
- describe appropriate practices to promote nutritional and dental health
- plan and implement developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

**TRANSFERABILITY:**

Early Learning and Child Care diploma graduates may be eligible for admission to a number of degree programs. Students interested in pursuing degree opportunities are advised to consult directly with the appropriate College or University as transfer agreements vary from one institution to another. Please refer to [www.gprc.ab.ca](http://www.gprc.ab.ca) Early Learning and Child Care or the GPRC calendar.

**EVALUATIONS:**

Quizzes:	30%
Assignments:	60%
Attendance:	10%

*Assignment details will be discussed in class and provided on Moodle. Assignments must be submitted in the dropbox on Moodle. ALL assignments MUST be completed and turned in to pass the course.*

**HUMAN SERVICES EXPECTATIONS FOR STUDENT LEARNING**

It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and the instructor to engage in appropriate adult behaviors that positively support learning. This includes treating others with dignity and respect and following the expectations outlined below.

## **CLASSROOM**

### **Regular, PUNCTUAL attendance**

- Learning from other students' notes or from Moodle is not optimal.
- If you are late to class, you miss important information about assignments, homework and quizzes. It is also disruptive to other students' learning.
- If you miss a class, refer to Moodle or check in with another student.

*Children are not considered to be part of the classroom learning environment, please make alternate arrangements for your child(ren).*

### **Turn off cell phones**

- Studies indicate that cell phones not only interfere with your learning, but also the students around you.

## **QUIZZES/EXAMS**

### **Write in-class quizzes/exams on the date and time they are scheduled.**

- If an emergency arises that causes you to be unable to write the quiz, please call or email your instructor to leave a message BEFORE the exam begins.

## **ASSIGNMENTS**

Hand in assignments via Moodle on the date indicated, by 12 midnight unless otherwise specified.

- Instructors reserve the right to make exceptions to this rule in extenuating circumstances on a case by case basis.
- ALL assignments will be typed, double-spaced (or follow the provided template) and will include a cover page with your name, course number and assignment name.

## **OUTSIDE OF CLASS**

- Complete assigned readings and assignments, participate in group projects, check Moodle.

**GRADING CRITERIA:** A minimum grade of C- is required to pass this course.

Grande Prairie Regional College uses the **ALPHA** grading system as described in the table below:

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		F	0.0	0-59
B	3.0	73-76				
B-	2.7	70-72				

**STUDENT RESPONSIBILITIES:** The College expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the GPRC College calendar regarding rights and responsibilities.

**STATEMENT ON PLAGIARISM AND CHEATING:**

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/](http://www.gprc.ab.ca/about/administration/policies/)\*\*

*\*\*Note: all Academic and Administrative policies are available on the same page.*

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Please complete the textbook and additional supplied readings prior to class. Additional readings may be assigned throughout the course and will be on Moodle or handed out in class.

**Schedule: M/W Class (Section A3)**

Date	Topic	Reading	Assignments/Quizzes
January 6	Introduction	Unit 1	
January 8 & 13	Health Promotion Occupational Health	Unit 2	
January 15 & 20	Illness Prevention	Unit 3	
January 22 & 27	Illness Management	Unit 4	
January 29 & February 3	Nutrition	Unit 5	Take Home Quiz 1 (Units 1-4): Due Jan. 29  Assignment 1 (Childhood Illness Brochure): Due Feb. 3
February 5 & 10	Nutrition	Unit 5	

February 12	Nutrition	Unit 5	
February 17 & 19	Winter Break	N/A	N/A
February 24	Nutrition	Unit 5	Take Home Quiz 2 (Unit 5): Due Feb. 24
February 26 & March 2	Healthy Living	Unit 6	Assignment 2 (Nutrition Assignment): Due Feb. 26
March 4 & 9	Safety Promotion	Unit 7	
March 11 & 16	Safety Promotion	Unit 7	Take Home Quiz 3 (Units 6 & 7): Due March 16
March 18	Safety Presentations		Assignment 3 (Safety Assignment Presentation)