



DEPARTMENT of Human Services

COURSE OUTLINE – Winter 2021

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

INSTRUCTOR: Theresa Suderman **PHONE:** 780 539-2787
OFFICE: H204 **E-MAIL:** tsuderman@gprc.ab.ca
OFFICE HOURS: By appointment

WINTER 2021 DELIVERY:

Remote Delivery. This course is delivered remotely. There are no face-to-face or onsite requirements. Students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca

Note: GPRC reserves the right to change the course delivery.

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. Healthy Foundations in Early Childhood Settings. Toronto, ON: Nelson Education.

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:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Quizzes: 30% (10% each)

Assignments: 70% (20% assignment 1 / 20% assignment 2 / 30% assignment 3)

ALL assignments MUST be completed and turned in to pass the course.

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE: See separate document

STUDENT RESPONSIBILITIES:

It is the right of the student and of the instructor to experience a favorable learning/teaching environment. It is the responsibility of the student and of the instructor to engage in appropriate adult behavior that positively supports learning. This includes, but is not limited to, treating others with dignity and being punctual.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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