

# COURSE SYLLABUS

<b>Course Title:</b>	Health, Safety and Nutrition		<b>Date submitted:</b>	May 2019 (AAC: 19-25)	
<b>Department:</b>	Social Sciences				
<b>Curriculum:</b>	Early Childhood Education				
<b>Course Descriptors:</b> Make certain that the course descriptors are consistent with college and Board of Trustees policies, and the current course numbering system.	<b>Course Code:</b> (eg. ACC 101)	ECE*176	<b>Prerequisites:</b> C- or better in in Integrated Reading and Writing I (ENG*065); or placement into Integrated Reading & Writing II (ENG*075) OR Introduction to College Reading & Writing (ENG*093) OR Introduction to College English (ENG*096) OR Reading & Writing I (ESL*162) OR Composition (ENG*101).		
	<b>Course Type:</b>	L/D			
	A: Clinical B: Lab D: Distance Learning I: Individual/Independent L: Lecture N: M: Seminar Internship P: Practicum U: Studio X: Combined Lecture/Lab Y: Combined Lecture/Clinical/Lab Z: Combined Lecture/Studio		<b>Elective Type:</b>	<b>Corequisites:</b> None	
			G		
	E: English FA: Fine Arts G: General HI: History HU: Humanities LAS: Liberal Arts & Sciences FL: Foreign Language M: Math S: Science SS: Social Science		<b>Credit Hours:</b>	<b>Other Requirements:</b> None	
			3		
	<b>Developmental:</b> (yes/no)		No		
	Lecture:		3		
	Clinical:		0		
	Lab:		0		
Studio		0			
<b>Contact Hours:</b>		Other:	<b>Other Requirements:</b> None		
		0			
TOTAL:		3			
<b>Class Maximum:</b>		35			
<b>Semesters Offered:</b>		F/S			
<b>Catalog Course Description:</b>	This course will help students realize the importance of the relationship between adequate health, safety, and nutrition practices and the young child's well-being. Development of age appropriate curriculum and activities to foster life-long favorable habits and attitudes will be addressed. Students will participate in creating healthy snacks and meal menus following the USDA "Guidelines for Meeting Nutrition Standards." Developmentally appropriate nutrition experiences, for young child, will also be created by students.				
<b>Topical Outline:</b> List course content in outline format.	<ol style="list-style-type: none"> <li>1. Safe Environments for Young Children in Early Care and Education Programs</li> <li>2. Safety Standards Currently Required by State Regulation for Child Care Programs</li> <li>3. Child Abuse (Physical, Emotional, Sexual) and Neglect</li> <li>4. Safety Curriculum and Activities for Young Children</li> <li>5. Sound, Developmentally Appropriate Health Practices for Center-Based and Family Home Programs</li> </ol>				

6. Communicable Illness and Disease Prevention
7. Criteria for Admission to Licensed Child Care Programs
8. Recording and Documenting Accidents and Incidents in the Child Care Setting
9. Policies Addressing Criteria for Admitting and Denying Child Participation in a Program on any Given Day
10. Health Curriculum and Activities for Young Children
11. Nutritional Needs of Birth to 8-Year-Old Population
12. Nutrition Curriculum and Activities for Young Children
13. Snack and Meal Planning for the Birth to 8-Year-Old Population

**Upon successful completion of this course, the student will be able to do the following:**

**COURSE:**

1. discuss the interrelationship of health, safety and nutrition in an early childhood education environment;
2. examine Connecticut State licensing regulations for child care programs;
3. examine, discuss, and understand Connecticut State Statutes for mandatory reporting for suspected child abuse, including physical, sexual and emotional;
4. identify, implement, and reinforce sound health practices, for both staff and children in the childcare setting, including illness prevention practices, with special emphasis on preventing the spread of contagious illness and disease;
5. explore various agencies, organizations and websites that can be utilized as resources and referrals for health, safety and nutrition issues for children, families and teachers;
6. understand the process for documenting an accident or incident involving children or staff members in an early childhood setting;
7. provide age and developmentally appropriate health, safety and nutrition experiences and activities for young children;
8. use the USDA "Guidelines for Meeting Nutritional Standards" in the planning process for healthy snacks and meals, including portion sizes, for children;
9. describe appropriate feeding of infants, toddlers and preschoolers, including the physical, social and temporal environment;
10. identify potential hazards to children, in both the indoor and outdoor environment of the childcare setting;

**Outcomes:**

Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.

**PROGRAM:** *(Numbering reflects Program Outcomes as they appear in the college catalog)*

1. knowledge of how children develop and learn in order to provide opportunities that support the physical, emotional, social, language, cognitive, and aesthetic development of all young children from birth through age 8
3. create and modify environments and experiences to meet the individual needs of all children, including children with disabilities, developmental delays, and special abilities
7. establish and maintain physically and psychologically safe and healthy learning environments for children
10. communicate effectively with other professionals concerned with children and with agencies in the larger community to support children's development, learning, and well-being
16. demonstrate awareness of, and commitment to, the profession's Code of Ethical Conduct

**GENERAL EDUCATION:** *(Numbering reflects General Education Outcomes as they appear in the college catalog)*

**10. Social Phenomena** - Students will develop an increased understanding of the influences that shape a person's, or group's attitudes, beliefs, emotions, symbols, and actions, and how these systems of influence are created, maintained, and altered by individual, familial, group, situational or cultural means.

**Demonstrates:** Accurately and sufficiently explains factors that influence and shape a person's or group's attitudes, beliefs, decisions, and actions.

**Does Not Demonstrate:** Inaccurately or insufficiently explains factors that influence and shape a person's or group's

	attitudes, beliefs, decisions, and actions.
<p><b>Evaluation:</b> List how the above outcomes will be assessed.</p>	<p><b>Assessment will be based on the following criteria:</b></p>
<p><b>Instructional Resources:</b> List library (e.g. books, journals, on-line resources), technological (e.g. Smartboard, software), and other resources (e.g. equipment, supplies, facilities) required and desired to teach this course.</p>	<p>Required: None Desired: None</p>
<p><b>Textbook(s)</b></p>	<p>Refer to current academic year printout.</p>