

DEPARTMENT of Education

COURSE OUTLINE – Fall 2024

CD1020 Health, Nutrition and Safety - 2(2-0-0) 30 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Shelly Kelly

PHONE: 902-718-6910

OFFICE: Online

E-MAIL: shellylynnkelly@yahoo.com /
Skelly@nwpolytech.ca

OFFICE HOURS: Anytime by
appointment

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: Course notes and readings in Brightspace

Pimento, B. and Kernsted. D. (2025). Healthy Foundations in Early Childhood Settings, 7th Ed. Nelson

Students are responsible for all fees associated with ProctorU, a live proctoring service for online exams. Fees are paid when you schedule your exams through ProctorU.

Pricing per exam is as follows:

60 minutes or less - \$16 USD

61-120 minutes - \$25 USD

121 - 180 minutes - \$31 USD

DELIVERY MODE(S): Online

COURSE OBJECTIVES:

1. Identify the safety- related licensing requirements for childcare centres and nursery schools in Alberta.
2. Evaluate indoor and outdoor play spaces and equipment to ensure children's safety.
3. Apply injury prevention principles in a variety of settings.
4. Identify conditions which may affect children's health including genetic factors, environmental factors, chronic illnesses, and allergies.
5. Identify licensing requirements related to health issues in programs for young children.
6. Assess children's health using appropriate health records, screening procedures and community resources.
7. Identify signs and symptoms of communicable diseases.
8. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
9. Formulate health policies for early childhood programs.
10. Demonstrate a variety of methods which will assist children in developing good health practices.
11. Demonstrate an understanding of Canada's Food Guide.
12. Plan meals and snacks which meet the nutritional requirements of young children, and which also reflect cultural and ethnic diversity.
13. Describe diet related health problems and plan meals and snacks for children on restricted diets.
14. Describe strategies caregivers can use to promote healthy eating habits.
15. Describe the correct procedures for storing, handling, preparing, and serving food.
16. Select, plan and implement developmentally appropriate nutrition experiences for young children.

LEARNING OUTCOMES:

1. Assess general safety issues in the indoor and outdoor early childhood setting.
2. Explain practices that provide safe environments and prevent injury in early learning and childcare programs.
3. Implement policies and practices to ensure children's well-being.
4. Describe measures which caregivers can use to reduce the incidence/spread of communicable diseases.
5. Describe appropriate practices to promote nutritional and dental health.
6. 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.alberta.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:

All submitted work is graded according to the rubric found in myClass.

Discussion Questions	= 15% of your final grade
Learning Activities	= 40% of your final grade
Assignments	= 45% of your final grade

GRADING CRITERIA:

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	95-100	C+	2.3	67-69
A	4.0	85-94	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:

Evaluation	Due Date
Unit 1 Discussion	Sept 15
Learning Activities	Sept 22
Assignment	Oct 13
Unit 2 Discussion	Oct 20
Learning Activities	Nov 03
Assignment	Nov 17
Unit 3 Discussion	Nov 24
Learning Activities	Dec 01
Assignment	Dec 15

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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

Additional Information:
USING PROCTORU:

This course uses ProctorU Live for online exams. To utilize this service, you are required to complete the following steps:

- Create a ProctorU account by clicking the ProctorU link in the course.
- Download and install the Guardian Web Browser, Google Chrome, and the ProctorU extension.
- Schedule each exam at least 3 days (72 hours) in advance. If you miss this deadline, you cannot take the exam.
- Pay for the proctoring service. The fees are exclusively your responsibility and in no event shall be the responsibility of Northwestern Polytechnic.

For more detailed instructions [click here](#), and for video instructions [click here](#).

Before each exam, you must complete a room scan with your web camera, during which you will show your surroundings to a live proctor.

The invigilator will ask to view (but not collect or store) your student identification to verify your identity and will remotely access your computer to unlock the exam. When monitoring your actions via video streaming, the invigilator may possibly record your actions if they suspect academic integrity behavioural issues. You will be verbally notified if/when recording begins.

The collection of and access to the personal information listed above is permitted under subsection 33(c) of the *Freedom of Information and Protection of Privacy Act*, RSA 2000, c F-25, which states, “No personal information may be collected by or for a public body unless that information relates directly to and is necessary for an operating program or activity of the public body.” In addition, subsection 39(4) states, “A public body may use personal information only to the extent necessary to enable the public body to carry out its purpose in a reasonable manner.”

Records Retention: Any video records of you created by ProctorU will be kept by ProctorU for a maximum of 7 days in order to make a decision about any possible academic integrity infraction, after which time it shall be permanently deleted. All other personal information collected and stored by ProctorU within your profile account will be permanently deleted if the account has not been used after one year.

Consent to Store Personal Information Outside Canada

ProctorU is an American company. An agreement is in place between ProctorU and Northwestern Polytechnic by which ProctorU will take reasonable steps to protect your personal information from unauthorized access and disclosure. Information about how ProctorU protects your privacy can be found in their [Privacy Policy](#).

By using the ProctorU service via Northwestern Polytechnic, you consent to the storage of and access to your personal information outside of Canada.

This consent is in effect from the day you register with ProctorU and expires one year after completion of your exam.

Additional privacy and liability information regarding the use of ProctorU is available on the NWP website.

