



DEPARTMENT of Human Services

COURSE OUTLINE – Winter 2019

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

INSTRUCTOR: Valerie Ostara **PHONE:780-539-2041**
OFFICE: H133 **E-MAIL: vostara@gprc.ab.ca**
OFFICE HOURS: Tuesdays 10:00 – 12:00

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:

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** 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%

Assignments: 60%

Attendance/Participation: 10%

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-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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		59-0
B	3.0	73-76				
B-	2.7	70-72				

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date	Topic	Reading	Assignments/Quizzes
Jan 3	Introduction	Unit One	
Jan 7 & 9	Health Promotion Occupational Health	Unit Two	
Jan 14 & 16	Illness Prevention	Unit Three	
Jan 21 & 23	Illness Management	Unit Four	Take Home Quiz (1-4) Due Jan 23
Jan 28 & 30	Nutrition	Unit Five	Illness Brochure Due Jan 30th
Feb 4 & 6	Nutrition	Unit Five	
Feb 11 & 13	Nutrition	Unit Five	Take Home Quiz (5) Due Feb 13
Feb 18-22	Winter Break	No Classes	
Feb 25 & 26	Healthy Living	Unit Six	Nutrition Assignment Due Feb 26
Mar 4 & 6	Safety Promotion	Unit Seven	
Mar 11 & 14	Safety Promotion	Unit Seven	Take Home Quiz (6&7) Due Mar 14
Mar 18 & 20	Safety Presentations		Safety Presentations

STUDENT RESPONSIBILITIES: It is the right of the student and instructor to experience a favourable learning/teaching experience. 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 respect. The student must be familiar the student rights and responsibilities outlined in the College calendar.

Students are responsible for missed class time, including the gathering of resources handed out during class.

Students are responsible to keep an additional copy of all submitted assignments.

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

Submit your assignments on time. On time means by 11:59 p.m. on the due date, if electronically submitted, or by 4:00 p.m. on the due date if physically submitted. Your instructor will inform you of the way each assignment is to be submitted.

If you are unable to write a quiz on the scheduled date, you may make arrangements with the instructor PRIOR to the quiz to set up an alternative time.

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 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/**

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