



DEPARTMENT OF EDUCATION

COURSE OUTLINE – Spring 2023

CD 1020 A4: Health, Nutrition and Safety – 2 (3-0-0) 30 hours for 11 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: Desiree Klaus

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OFFICE: H228

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OFFICE HOURS: Mondays 1 p.m. – 2 p.m

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.

LOCATION/TIME: Room E302 Wednesdays and Fridays 1:00 pm - 2:20 pm
(April 12 – June 23)

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. 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:

20%	Assignment 1: Brochure	May 10, 2023
20%	Assignment 2: Nutrition Documentary	May 26, 2023
30%	Assignment 3: Safety Presentation	June 14/16, 2023
30%	Daily Work: Three Short Quizzes	May 3 & 24, 23, 2023

Assignment details and specific instructions will be discussed in class and provided on MyClass. Assignments must be submitted in the dropbox on MyClass by 11:59 p.m. on the due date. **ALL** assignments and tests **MUST** be completed and turned in to pass the course.

Unless arrangements have been made with the instructor prior to the due date, late assignments will be docked 2% per day. If the assignment is not received within 10 days of the due date, a grade of 0 will be given.

Last Day to withdraw from the course without penalty is June 13

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. A minimum grade of C- is required to pass this course.

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:

Class #	Date	Topic/Assignments/ Quizzes	Readings
1	April 12	Course Intro & Introduction to Health	Unit 1
2	April 14	Occupational Health	Unit 1
3	April 19	Illness Prevention	Unit 3
4	April 21	Illness Prevention	Unit 3
5	April 26	Illness Management	Unit 4
6	April 28	Illness Management	Unit 4
7	May 3	Quiz # 1 (Units 1-4)	
8	May 5	Nutrition	Unit 5
9	May 10	Nutrition Assignment #1 Due: Brochure	Unit 5
10	May 12	Nutrition	Unit 5
11	May 17	Nutrition	Unit 5

12	May 19	Nutrition	Unit 5
13	May 24	Quiz #2 (Unit 5)	
14	May 26	Healthy Active Living/Part 1 Assignment #2: Nutrition Documentary	Unit 6
15	May 31	Healthy Active Living/Part 2	Unit 6
16	June 2	Safety Promotion/Part 1	Unit 7
17	June 7	Safety Promotion/Part 2	Unit 7
18	June 9	Flex Class/ No Lesson / Work on Safety Presentations	
19	June 14	Safety Presentations Assignment #3: Safety Presentations	
20	June 16	Safety Presentations Assignment #3: Safety Presentations	
21	June 21	Quiz #3 (Unit 6 & 7)	
22	June 23	Last Day of Classes	

STUDENT RESPONSIBILITIES:

Northwestern Polytechnic expects students’ conduct to be in accordance with basic rights and responsibilities. Please refer to the NWP calendar regarding rights and responsibilities.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

DEPARTMENT OF EDUCATION 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 for classes

- Learning from other students' notes or from MyClass is not optimal.
- You must be present in class to write quizzes and tests, and to complete in-class assignments
- If you are late to a 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 MyClass or check in with another student.

Turn off cell phones and close other tabs/applications on your device

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

QUIZZES/EXAMS

Write quizzes 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 MyClass on the date indicated.

- 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 regularly review material, check MyClass frequently.