



DEPARTMENT OF HUMAN SERVICES

COURSE OUTLINE – WINTER 2015

CD 1020 Health Nutrition and Safety A3 - 2(3-0-0) 30 HOURS

INSTRUCTOR: Theresa A. Suderman. **PHONE:** 780 539-2041
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OFFICE HOURS: Mondays 10:00 – 12:00

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Pimento, B. & Kemested, D. (2009). Healthy foundations in early childhood Settings. Toronto, ON: Nelson Education.

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.

CREDIT/CONTACT HOURS: 2 credits (30 hours)

DELIVERY MODE(S): Lecture in addition to interactive learning opportunities presented in class. Audio-visual materials and additional readings will supplement the textbook.

ADDITIONAL COSTS:

Costs may also be incurred by the students for the following:

- Photocopying/printing resources.
- Purchasing food for nutrition assignment.

OBJECTIVES: On completion of this course the student will be able to:

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 child care 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:

**** 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**

Grande Prairie Regional College uses the **ALPHA** grading system. This system is described in the table below.

GRADING CRITERIA:

A final grade of C- must be obtained to pass this course. Final grades are based on the following 4-point system:

Alpha Grade	4-point Equivalence	Percentage
A+	4.0	90-100
A	4.0	85-89
A-	3.7	80-84
B+	3.3	76-79
B	3.0	73-75
B-	2.7	70-72
C+	2.3	67-69
C	2.0	64-66
C-	1.7	60-63
F		59-0

Please check the GPRC Calendar for course withdrawal dates.

EVALUATION:

Quizzes:	30%
Assignments:	60%
Attendance/Participation:	10%

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

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 with 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. My preference is that assignments are submitted electronically.

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.

Use of Mobile Devices, Laptops, etc. during Class

As research on learning shows, unexpected noises and movement automatically divert and capture people's attention, which means you are affecting everyone's learning experience if your cell phone, pager, laptop, etc. makes noise or is visually distracting during class.

For this reason, I ask you to turn off your mobile devices during class. If there is a specific reason you need to have your mobile device turned on in class you may request permission in writing (i.e. sick child).

STATEMENT ON PLAGIARISM AND CHEATING:

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.

COURSE SCHEDULE/TENTATIVE TIMELINE

Date	Topic	Reading	Assignments/Quizzes
Jan 8	Intro / Occupational Health	Unit One and Two	
Jan 15	Illness Prevention	Unit Three	
Jan 22	Illness Management	Unit Four	Brochure Due
Jan 29	Nutrition	Unit Five	Quiz on Units 1 through 4
Feb 5	Nutrition	Unit Five	
Feb 12	Nutrition	Unit Five	Nutrition Assignment Due
Feb 26	Healthy Living	Unit Six	Quiz on Unit 5
Mar 5	Safety Promotion	Unit Seven	
Mar 12	Safety Promotion	Unit Seven	Presentations Due
Mar 19	Safety Promotion	Unit Seven	Quiz on Units 6 & 7