

**Grande Prairie Regional College
Early Learning and Child Care
Course Outline**

CD 1020 Health, Nutrition and Safety

Dates:	September 6, 2007 to December 14, 2007
Hours:	30
Credits:	2
Location:	H 135
Class Times:	Thursdays 1:00 – 2:50
Instructor:	Theresa Suderman, Child and Youth Work Diploma (Grant MacEwan Community College); Bachelor of Arts (University of Alberta).
Office:	H204
Office Hours:	TBA
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Course 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 will be explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children will be identified.

Prerequisites:	None
Required Texts:	Healthy Foundations in Early Childhood Settings (3 rd Edition), by Barbara Pimento and Deborah Kernsted.
Additional Materials:	Students may incur grocery costs depending on assignment choices.
Class Format:	Classes will be comprised of lecture, independent and small group tasks and class discussions.

Attendance: Attendance in this course is important as a significant amount of the course content is covered through in-class tasks and discussions. Students are strongly encouraged to regularly attend classes.

Course Objectives:

1. The learner will understand how to promote health in early childhood settings through appropriate illness prevention and management.
2. The learner will demonstrate an understanding of environmental health issues relevant to the early childhood setting.
3. The learner will understand and assess general safety issues in the indoor and outdoor early childhood setting.
4. The learner will understand how to provide for safe environments through practices that encourage injury prevention.
5. The learner will describe and provide for the nutrition needs of children from birth through early childhood.
6. The learner will understand appropriate practices to promote nutritional and dental health.
7. The learner will become acquainted with the role of modeling and its positive and negative influences on young children and their families.
8. The learner will be able to describe and develop health and safety policies essential to high quality early childhood settings.
9. The learner will know how to plan for developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

Class Conduct: It is the right of the student and of the instructor to experience a favorable learning/teaching environment. 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 being punctual.

Grading Policy: Refer to page 37 of the Academic Calendar.

Assignments:

Assignment One	Safety Checklist	20%
Assignment Two	Health Assignment	20%
Assignment Three	Nutrition Assignment	20%
Assignment Four	In Class Comprehensive Assignment	40%

Due Dates: Due dates are specified in the course schedule. Assignments will be normally docked 1% for each day they are late (on discretion of instructor). Penalties include weekends and holidays.

Course Schedule: The following course schedule is tentative and subject to revision.

Date	Topic	Readings	Assignment
September 8	Introduction / Health Promotion	Unit One Text	
September 15	Illness Prevention	Unit Three Text	
September 22	Illness Management	Unit Four Text	
September 29	Illness Management	Unit Four Text	Assignment One Due (20%)
October 6	Safety	Unit Six Text	
October 13	Safety	Unit Six Text	
October 20	Safety	Unit Six Text	
October 27	Nutritional Needs	Unit Five Text	Assignment Two Due (20%)
November 3	Nutritional Practices	Unit Five Text	
November 17	Nutritional Practices	Unit Five Text	
November 24	Child Abuse Prevention	Unit Seven Text	Assignment Three Due (20%)
December 1	Supporting Children's Development	Unit Eight Text	
December 8	Supporting Children's Development	Unit Eight Text	
December 15	In-Class Assignment		(40%)