



**DEPARTMENT OF HUMAN SERVICES
EARLY LEARNING & CHILD CARE PROGRAM
COURSE OUTLINE – CD1020.
HEALTH, NUTRITION, AND SAFETY.
FALL 2010**

And when they played they really played. And when they worked they really worked.
-- Dr. Seuss

INSTRUCTOR: Theresa Suderman B.A.

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OFFICE HOURS: Mondays 9:00 – 11:00
Tuesdays 9:00 – 11:00

PREREQUISITE(S)/COREQUISITE(S): None.

REQUIRED TEXT/RESOURCE MATERIALS: Healthy Foundations in Early Childhood Settings (4th Edition), by Barbara Pimento and Deborah Kernsted.

*Students may incur grocery costs depending on assignment choices.

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.

COURSE LAYOUT: Classes will be comprised of lecture, independent and small group tasks and class discussions.

CREDIT/CONTACT HOURS: 2 (30 hours)

DELIVERY MODE(S): Classroom instruction.

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.

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

Alpha Grade	4-point Equivalence	Descriptor	Raw Score
A+	4.0	Excellent	90-100
A	4.0	Excellent	85-89
A-	3.7	First class standing	80-84
B+	3.3	First class standing	76-79
B	3.0	Good	73-75
B-	2.7	Good	70-72
C+	2.3	Satisfactory	67-69
C	2.0	Satisfactory	64-66
C-	1.7	Satisfactory	60-63
D+	1.3	Poor	55-59
D	1.0	Minimal pass	50-54
F	0.0	Fail	Less than 50

COURSE SCHEDULE/TENTATIVE TIMELINE: Attached.

EVALUATION:

Assignment 1	20%
Assignment 2	20%
Assignment 3	20%
Quiz 1	10%
Quiz 2	20%
Attendance / Participation	10%

*Assignment guidelines will be handed out in class.

Submit your assignments on time. On time means at the end of class or, at the latest, 4:30 on the due date.

- Late assignments will be penalized :
 - 1) An initial 5% a week for late assignments. After two weeks the student cannot hand in his/her assignment.
 - 2) Should a student be allowed to resubmit an assignment a grade of 60 % is the highest grade the student can receive.
 - 3) If a student lets the instructor know at least one week prior to the due date that it is not possible to have the assignment in on time a contract can be made with the instructor stating when you can submit the assignment.
 - 4) Any assignment turned in and considered not to be your own work will result in the assignment being graded "0" and no opportunity to make up the assignment or missed points.

STUDENT RESPONSIBILITIES: 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. The student must be familiar with the student handbook and student's rights and responsibilities found in the college calendar.

*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.

STATEMENT ON PLAGIARISM AND CHEATING: Please refer to the “Student Rights and Responsibilities” section of the College Calendar regarding plagiarism, cheating, and the resultant penalties.



"But, Mom, what do the fish do for thirty minutes after *they* eat?"