

CDEV 101 –Health, Safety and Nutrition

Instructor: David Sheppard

Class Code: 10255

Academic Term: Fall, 2013

Time: 11:50-1:15 M/W

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Office: 2201

Office Hours: M 9-10, T 10:15-11:15, W 5-6, Thursday 10:15-11:15

Text: *Health, Safety and Nutrition for the Young Child, 8th Ed.*

Author: Lynn R. Marotz, Published by Thomson/Delmar, 2012.

Course Description:

Introduction to the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Focus on integrating the concepts into everyday planning and program development for all children. (CSU)

Student Learning Outcomes:

1. Assess strategies to maximize the mental and physical health of children and adults in programs for all children in accordance with culturally, linguistic and developmentally sound practice.
2. Identify health, safety, and environmental risks in children's programs.
3. Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.
4. Evaluate regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families.
5. Distinguish aspects of quality in programs for young children as related to health and safety, acknowledging the value of collaboration with families and community.

Course Objectives and Minimum Standards for a Grade of ‘C’:

- A. Demonstrate effective strategies for evaluating health and safety policies and procedures.
- B. Compare and contrast various methods of collaboration with teachers and families to promote health and safety in settings for children ages 0-5.
- C. Compare and contrast various health assessment tools and policies.
- D. Identify environmental health and safety risks for children ages 0-5.
- E. Identify symptoms of common communicable diseases and other health conditions that effect children young children.
- F. Identify and discuss common health and safety issues in early childhood settings.
- G. Identify characteristics of abuse and neglect and demonstrate knowledge of mandated child abuse reporting procedures.
- H. Differentiate the nutritional needs of various ages of children and plan economical and nutritional meals and snacks based on the individual needs of children.
- I. Write appropriate early childhood curriculum on the topics of health, safety, and nutrition appropriate for families and all children.
- J. Recognize a caregiver’s role and responsibility to model good health, safety and nutrition habits
- K. Research current health issues related to children and families.
- L. Review laws and regulations (e.g., Title 22, Title 5, Fire Code) supporting health, safety, and nutrition in children’s programs.

Disabled Student Programs and Services (DSP&S)

Any student with a documented disability who may need educational accommodations should notify the instructor and the Disabled Student Programs (DSP&S) office as soon as possible.

DSP&S (760) 355-6312, Room 2117, Health Sciences Building

Methods of Evaluation:

Grades will be based upon class participation, attendance and the completion of assignments, pop quizzes, quizzes and tests throughout the semester. All material presented in the text, study guide, videos and handouts will be part of the evaluation process.

All assignments should be typed or written legibly in blue or black ink.

No assignments or projects will be accepted late. They are due on the date assigned. Every student has the same chance to prepare for quizzes and tests. If you miss a quiz and have extra time to study, it is unfair to those students who took the quiz on time. In order to make up a test, quiz, or assignment you must show proof for the absence (doctors' note, hospitalization paperwork) and it must be approved by the instructor. Regardless of the reason for a missed quiz, all missed quizzes and tests must be made up within a week of when your class took the test or quiz. Make-ups are at my office during office hours. Please make sure you are here when tests are scheduled. If you are not here for a scheduled test, you will receive no points for the test. A missed assignment or test is considered an "F" and no points will be given. Plan a schedule to allow for ample study time so you will be prepared. There is no penalty for taking a quiz or test before the scheduled time.

Grading Policy

"When grades are given for any course of instruction taught in a community college district, the grade given to each student determined by the faculty member of the course, and the determination of the student's grade by the instructor, in the absence of a mistake, fraud, bad faith or incompetency, shall be final." California Education Code, Section 76224(a)

Everyone in each class can earn an "A" grade. There is no set number or percentage that limits how many A's can be earned in each class.

All assignments have a rubric by which the student can view what is required to receive the highest grade on that assignment.

Attendance and Class Policies

Regular attendance in all classes is expected of all students enrolled. Instructors are expected to take a student's attendance record into account in computing grades. A student may be excluded from further attendance in a class during a semester when absences after the close of registration have exceeded the number of class hours which the class meets per week.

An instructor will drop any student judged to be a disturbing element in class or lab.

The instructor has the right to ask any student to leave class or lab who is disrupting the education of others.

Each time a student is tardy, they will automatically have attendance points deducted from the total possible points for attendance.

Each absence will mean an automatic deduction of points from the total possible points.

It is the student's responsibility to complete a drop request if they are withdrawing from the class.

It is also the student's responsibility to make an appointment with the instructor if they have concerns about their progress in the class.

Cheating and plagiarism (using someone else's ideas or writing without acknowledgement or permission, or passing off someone else's work as your own) can result in any one of a variety of sanctions and will receive a zero on the assignment or test.

The use of cellular phones, smart phones, beepers, alarm watches, etc. is not permitted in class. Please be sure to turn off such devices upon arriving to class. Please contact the instructor about any special circumstances that might make it difficult for you to comply with this rule.

No food or drink is allowed in any classroom.

Class Schedule : CDEV 101 –Spring 2013 (Schedule is subject to change at the instructor's discretion. Student is responsible for changes. Last day to drop with a 'W' grade is Nov. 9

Week 1. 8/19-8/21- Intro and Chap. 1 – Children's Well Being

Week 2. 8/26-8/27 - Chap. 1 & Chap 2- Daily Health Observations

Week 3. 9/2 (OFF) 9/4- Chap. 3 – Assessing Children's Health

Week 4. 9/9-9/11- Chap. 4 – Common Chronic Medical Conditions

Week 5. 9/16-9/18 -Chap. 5 –The Infectious Process : Test 1-3 (9/16)

Week 6. 9/23-9/25, Chap. 6 – Communicable and Acute Illness: Identification

Disease Information Display Due 9/23

Week 7. 9/30-10/2: Chap. 7 –Creating High Quality Environments **TEST on 4-6**

Week 8. 10/7-10/9: Chap. 8 – Safety Management

Week 9. 10/14-10/16: Chap. 9- Management of Injuries and Acute Illness – **Title 22 due 10/16**

Week 10. 10/21-10/23: Chap. 10 – Maltreatment of Children: Abuse & Neglect

Week 11. 10/28-10/30: Chap. 11 – Planning for Children's Health & Safety Education

Week 12. 11/4-11/6: Chap. 12&13 – Nutritional Guidelines & Nutrients that Provide Energy
TEST on Chap 7-11 11/6 Parent Presentation Due

Week13. 11/11 (OFF) 11/13 Chap. 14& 15 – Nutrients that Promote Growth of Body Tissue
Nutrients that Regulate Body Functions

Week14. 11/18-11/20: Chap 16 & 17 Feeding Infants, Toddlers and Young Children- **TEST**
Test on Chapter 12-15 11/20 Menu Due 11/20

Week 15. 11/25-11/27: Chap 18 & 19 , Planning and Serving Meals &Food Safety

Week 16. 12/2: **Final Exam, Chapter 16-19**

Course Assignments:

Communicable Disease Info (PLO7,8) 25 points

Title 22 paper (PLO, 7) 25 points

Menu Planning (PLO 8) 50 points

Parent Brochure/Paper/Presentation (PLO8) 50 points

4 tests @40 points each 160 points

Final Exam 50 points

TOTAL 360 points

Grade Breakdown: 90 – 100% = A, 80 - 89 % = B , 70 - 79% = C , 60- 69% = D ,

59% and below = F