

### Basic Course Information

Semester	<b>Fall 2016</b>	Instructor Name	<b>David Scott Sheppard</b>
Course Title & #	<b>Health, Safety, and Nutrition</b>	Email	<b>david.sheppard@imperial.edu</b>
CRN #	<b>10661-day / 11057-eve</b>	Webpage (optional)	
Room	<b>Room. 202</b>	Office	<b>Room 2201</b>
Class Dates	<b>(10061) 8/16-12/6 (11057) 8/17-12/7</b>	Office Hours	<b>M/T/R: 12:00-1:00, W: 4:00-5:00</b>
Class Days	<b>(10061) Tues. / Thurs. (11057) W</b>	Office Phone #	<b>760-355-6397</b>
Class Times	<b>(10061) 9:40-11:05 (11057) 6:00-9:00</b>	Office contact if student will be out or emergency	<b>Lency Lucus 760-355-6232</b>
Units	<b>3 units</b>		

### Course Description

Introduction 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 every day planning and program development for all children. (C-ID ECE 220) (CSU)

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

Assess strategies to maximize the mental and physical health of children and adults in programs for all young children in accordance with culturally, linguistic and developmentally sound practice. (ILO2, ILO3, ILO5)

Identify health, safety, and environmental risks in children's programs. (ILO2, ILO3, ILO5)

Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.(ILO2, ILO4)

Evaluate regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families. (ILO2, ILO4, ILO5)

Distinguish aspects of quality in programs for young children as related to health and safety, acknowledging the value of collaboration with families and the community. (ILO2, ILO4)

### Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate effective strategies for evaluating health and safety policies and procedures.
2. Compare and contrast various methods of collaboration with teachers and families to promote. health and safety in settings for children ages 0-5.
3. Compare and contrast various health assessment tools and policies.
4. Identify environmental health and safety risks for children ages 0-5.
5. Identify symptoms of common communicable diseases and other health conditions that effect children young children.
6. Identify and discuss common health and safety issues in early childhood settings.
7. Identify characteristics of abuse and neglect and demonstrate knowledge of mandated child abuse reporting procedures.

8. Differentiate the nutritional needs of various ages of children and plan economical and nutritional meals and snacks based on the individual needs of children.

9. Write appropriate early childhood curriculum on the topics of health, safety, and nutrition appropriate for families and all children.

10. Recognize a caregiver's role and responsibility to model good health, safety and nutrition habits

11. Research current health issues related to children and families.

12. Review laws and regulations (e.g., Title 22, Title 5, Fire Code) supporting health, safety, and nutrition in children's programs.

### **Textbooks & Other Resources or Links**

Lynn R. Marotz (2011). Health, Safety, and Nutrition for the Young Child , 8<sup>th</sup> Ed., New York, Wadsworth Publishing. ISBN: 978-1111298371

### **Course Requirements and Instructional Methods**

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. If you feel that you have extenuating circumstances, please see me before the project is due. If you have permission to turn the project in late, you will not earn higher than a letter grade of 'C' for your effort.

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's 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.

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

### **Grading Policy**

"When grades are given for any course of instruction taught in a community college district, the grade given to each student shall be the grade determined by the faculty member of the course, and the determination of the student's grade by the instructor, in the absence of 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.

**Out of Class Assignments:** The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

### Course Grading Based on Course Objectives

#### Course Assignments and Points:

In class participation 5 @ 2 points	10 points
Communicable Disease Info (PLO7 & 8)	25 points
Title 22 paper (PLO, 7)	20 points
Menu Planning (PLO 8)	50 points
Safety Assignment (PLO8)	25 points
4 tests @35 points each	140 points
Final Exam 40 points	<b>TOTAL=</b> 270 points

**Grade Breakdown:** 90–100% = A, 80-89 % = B, 70 -79% = C, 60 -69% = D, 59% and below = F

### Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

### Classroom Etiquette

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- **Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### Academic Honesty

- Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to 'cite a source' correctly, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

#### **Additional Help – Discretionary Section and Language**

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Study Skills Center (library). Please speak to the instructor about labs unique to your specific program.
- Library Services: There is more to our library than just books. You have access to tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources.

#### **Disabled Student Programs and Services (DSPS)**

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313, if you feel you need to be evaluated for educational accommodations.

#### **Student Counseling and Health Services**

: Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

#### **Student Rights and Responsibilities**

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities, please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

#### **Information Literacy**

: Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

Imperial Valley College Course Syllabus – Course Title and number

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**Anticipated Class Schedule / Calendar**

The instructor will provide a tentative, provisional overview of the readings, assignments, tests, or other activities for the duration of the course. The faculty may find a table format useful for this purpose.

**Class Schedule : CDEV 101 –Fall 2016**

Week	Content	Due
Week 1 T/R: 8/16-18; W: 8/17	intro	
Week 2 T/R: 8/23-25; W: 8/24	Chap. 1 – Children’s Well Being Chap 2- Daily Health Observations	
Week 3 T/R: 8/30-9/1; W: 8/31	Chap. 3 – Assessing Children’s Health	
Week 4 T/R: 9/6-8; W:9/7	Chap. 4 – Common Chronic Medical Conditions	
Week 5 T/R: 9/13-15; W:9/14	Chap. 5 –The Infectious Process	TEST on 1-3
Week 6 T/R: 9/20-22; W:9/21	Chap. 5 –The Infectious Process Chap. 6 – Communicable and Acute Illness: Identification	Disease Information Due
Week 7 T/R: 9/27-9/29;W:9/28	Chap. 7 –Creating High Quality Environments	TEST on 4-6
Week 8 T/R: 10/4-6; W:10/5	Chap. 8 – Safety Management	
Week 9 T/R: 10/11-13; W:10/12	Chap. 9- Management of Injuries /Acute Illness	Title 22 paper due
Week 10 T/R: 10/18-20; W:10/19	Chap. 10 – Maltreatment of Children: Abuse & Neglect	
Week 11 T/R: 10/25-27; W:10/26	Chap. 11 – Planning for Children’s Health & Safety Education	Safety Assignment
Week 12 T/R:11/1-3; W:11/2	Chap. 12&13 – Nutritional Guidelines & Nutrients that Provide Energy	TEST on 7-11
Week 13 T/R: 11/8-10; W:11/9	Chap. 14& 15 – Nutrients that Promote Growth of Body Tissue /Nutrients that Regulate Body Functions	

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Week 14 T/R:11/15-17; W:11/16	Chap 16 & 17 Feeding Infants, Toddlers and Young Children	TEST on Chapters: 12-15
<b>November 20-26</b>	<b><i>Thanksgiving Break</i></b>	
Week 15 T/R: 11/30-12/1; W:11/31	Chap. 18 & 19 Planning & Serving Meals	Menu Plan Due
Week T: 12/6; W:12/7	Final Exam	Chapters ( 16-19)

**Schedule is subject to change at the instructor's discretion. Student is responsible for changes.**