



## Basic Course Information

Semester:	Spring 2023	Instructor Name:	Rebecca Laff
Course Title & #:	CDEV 101 Health, Safety, & Nutrition	Email:	Rebecca.Laff@imperial.edu
CRN #:	20646	Webpage:	N/A
Classroom:	206	Office #:	203
Class Dates:	February 13th - June 9th	Office Hours:	1-2pm M&W 4-5 pm T&Th
Class Days:	Monday & Wednesday	Office Phone #:	760-355-6233
Class Times:	940 - 1105 am	Emergency Contact:	Alexiss Castorena 760-355-6232
Units:	3	Class Format:	Face-to-Face

## Course Description

Introduction to the laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children from birth through middle childhood. This course includes the teacher's role in prevention strategies, nutrition and meal planning, integrating health, safety and nutrition experiences into the daily routines, and overall risk management to ensure physical health, mental health and safety for both children and staff. (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:

1. Describe strategies used to promote health (mental and physical), safety, and nutrition of children and adults in care and education settings.
2. Evaluate environments for both positive and negative impacts on children's and adults' health and safety.
3. Identify regulations, standards, policies and procedures related to health, safety, and nutrition in care and education settings.

## Course Objectives

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

1. Define the broad concepts of health, safety, and nutrition.
2. Identify laws and regulations related to health, safety, and nutrition.
3. Identify health and safety risks, and prevention strategies in care and education settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
6. Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.



7. Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
8. Explore community resources available to support children and families.

## Textbooks & Other Resources or Links

The textbook for this course is available for FREE online. The book is an Open Educational Resource (OER). The book will be posted chapter by chapter in the modules in Canvas. You can print the textbook yourself. If you need a printed copy and cannot access a place to print it, reach out to me.

## Course Requirements and Instructional Methods

### THE STRUCTURE OF THIS COURSE

This course has been divided into two-week modules. The modules begin on Mondays. You are assigned two chapters of material in each module.

During the first week of the module, you will read, watch videos, post and reply to the discussion board (s), complete the parts of the learning activity, and take the quiz over the first assigned chapter of the module. These are due by 11:59 p.m. on the 1<sup>st</sup> Sunday of the module

During the second week of the module, you will read, watch videos, post and reply to the discussion board (s), complete the parts of the learning activity, and take the quiz over the second assigned chapter of the module. reply These are due by 11:59 p.m. on the 2<sup>nd</sup> Sunday of the module.

The deadlines for the modules are stable even when there are school holidays to provide consistency. Please plan to complete your work early if you have travel plans or will not have access to the course on deadlines.

### IMPORTANT EARLY DEADLINES

To ensure that all registered students are going to participate in the class and are fully prepared to succeed (and to clear the roster of non-participating students as required by law, which also allows room for waitlisted students to take the place of non-participating students), please be sure to:

- Log into Canvas by **Tuesday, February 14th**
- Complete the Start Here work on Canvas by **Friday, February 17th**

**If you encounter difficulties with this, please contact me immediately.**

### TIME COMMITMENT

This course is 3 units. Past students have shared how important time management is to online learning success. To help you manage your time, please understand that this course requires a time commitment of approximately **9 hours per week**.

- 3 hours per week of class time
- 6 hours per week on assignments, homework, reading text, etc. (equivalent of 2 hours of out of class work per hour of class)



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## TECHNOLOGY REQUIREMENT

It is expected that you have:

- Regular access to a computer (cell phones and tablets may work well with aspects of Canvas and certain assignments).
- Regular access to the internet.
- The ability to open PDFs. You can download [Adobe Reader](#) for free.
- A word processing program for your assignments.
- You have access to Microsoft Office 365 as part of your student email account.
- You can download free opensource software such as Libre Office
- You can use Google Docs for free (be sure to download work to submit if you use this)
- Give yourself enough time to deal with any technical issues that arise (don't wait until the deadline to complete your work).

## Course Work

Short descriptions and the point values for assignments are listed below. Evaluation criteria and lengthier descriptions will be available throughout the course for each assignment. Assignments are subject to change to meet the objectives of the courses, needs of the students, or scheduling issues.

Assignments should be submitted by the deadline. Students experiencing extenuating circumstances should reach out to the instructor. Missing assignments will affect your grade and may keep you from earning the grade you would like, and you will lose out on valuable opportunities to apply your knowledge and show your understanding.

## **QUIZZES**

Quizzes are open-book and open-note and provide you an opportunity to check your understanding of the course content. You will be able to complete the quiz more than one time and will keep your highest score. Each quiz will also include a written reflection from the pause & reflect choices (5pts) contained within each chapter, in addition to providing a web resource (5pts) from the assigned chapter.

75 points and 15% of your grade

## **LEARNING ACTIVITIES**

During each module, you will be given specific learning activities to complete and questions to respond to that relate to the course content.

50 points and 10% of your grade

## **DISCUSSION FORUMS**

Timely, active, and respectful participation. To build community with me and with your peers, I expect all students to participate actively in class discussions, respond to others' posts, and complete tasks on time. Please be prepared to log in to the course at least two times a week to read, post, and reply to the discussion forums.



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You will receive full credit for participation if (a) your postings reflect thoughtful and substantive comments that relate to the readings for that week and (b) you thoughtfully respond to at least two other students' comments.  
50 points and 10% of your grade

## **SELF-EVALUATION**

Reflect on your work with children or a teacher you had in your Pre-K through 12th grade educational experience. Think about how teachers influence the nutrition and fitness habits of the children they work with. What was role modeled by teachers regarding words, choices, and behaviors around nutrition and fitness. Write a 2-page reflection and comment on 1) why is personal nutrition and/or diet important in our work with children 2) why is fitness and exercise important in our work with children and 3) provide suggestions for how you could improve your overall health and wellness on a daily basis because as an Early Childhood Education professional you are an active participant in children's development and learning.

75 points and 15% of your grade

## **FACT FINDING PAPER**

Prepare a paper that summarizes your health, safety and nutrition topic. You will have 1-2 pages for each of the 3 topics (several cited paragraphs for each of the 3 separate topics) and 1 page that contains a reflection for each of the three topics. Your paper will be 5-8 pages (3-5 content pages, 1 reflection page, and 1 separate page for references).

75 points and 15% of your grade

## **ACTIVITY PLAN**

The Activity Plan/ Presentation will give you the opportunity to create an activity plan on health, safety and/or nutrition. Students will take photos and/or upload videos of their activity plan implementation. An activity plan form and grade rubric will be provided. All activities need to be approved by your instructor.

75 points and 15% of your grade

## **FINAL ASSIGNMENT**

Your final assignment will measure the Student Learning Outcome: Analyze the impact of health, safety, and nutritional regulations on children's programs. You will demonstrate your understanding of health, safety, and nutrition for young children by creating a brochure, newsletter or pamphlet for parents and caregivers. A complete assignment description and grade rubric will be provided. Information and resources for this final assignment will be discussed and presented throughout the semester.

100 points and 20% of your grade



## Course Grading Based on Course Objectives

### KEEPING TRACK OF YOUR GRADE

Grading Scale:	5 Point Assignments	10 Point Assignments	20 Point Assignments	50 Point Assignments	Total Points
A = 90 - 100%	4.5-5 points	9-10 points	18-20 points	45-50 points	450-500 points
B = 80 - 89%	4-4.4 points	8-8.9 points	16-17.9 points	40-44 points	400-449 points
C = 70 - 79%	3.5-3.9 points	7-7.9 points	14-15.9 points	35-39 points	350-399 points
D = 60 - 69%	3-3.4 points	6-6.9 points	12-13.9 points	30-34 points	300-349 points
F = below 60%	0-2.9 points	0-5.9 points	0-12.9 points	0-29 points	0-299 points

\*These point values are approximate, as scores are rounded.

## Course Policies

### DROP POLICY AND IMPORTANT DATES

Your attendance for this course will be evident each time you log in to participate. **If you do not log on AND complete your work for two weeks, the instructor reserves the right to drop you from the course**

**Don't Forget!** - Remember to withdraw or drop the course by the college's deadlines if you choose not to finish the course and/or do not want a failing grade on your transcript.

- **Last day to drop the course with no record of enrollment: Sunday, February 25th**
- **Last day to withdraw from the course with "W" on your transcripts: Saturday, May 13th**

**Attention Students Receiving Financial Aid:** If you are receiving financial assistance, please be aware that if you do not complete the course, you will have to pay back unearned financial aid.

### ACADEMIC INTEGRITY POLICY

Ethical behavior is not just critical in the professional world. It is a cornerstone of your academic experience and it ensures that each student gets appropriate credit for the work they complete and have the optimal opportunities to learn. Please become familiar with the academic integrity and plagiarism policy of the College

Here are some helpful guidelines:

- If you use information from any source, online or in print, in your own writing, be sure to acknowledge the source within the content AND in a reference at the end of your work/assignment.
- If you take more than one printed line of words consecutively from the source, put quotation marks around them, put the author's name in the parentheses, and provide a full reference.
- Complete original work for this class. Avoid reusing your own work (without permission) or using the work of another student.

If you are unclear about this, please contact me for clarification. If you submit or post work that violates the academic integrity and plagiarism policy, you will not receive credit for that work. Serious or repeat violations could result in being reported to the college, failing this course, and/or expulsion.

## THE MANY FORMS OF SUCCESS

While most students have a desire to see a certain grade on their transcripts at the end of the course, it's important to note that success happens in many ways. Success happens when we are the first in our families to go to college because we represent not just ourselves, but also our families. Success happens when we create new identities for ourselves – identities that lie in contrast to the words and actions of others who tell us that we do not belong in college, that we are at risk, or that we are not capable of succeeding in college classes. Success happens every time we notice a classmate who needs and advocate or a friend, and we act on their behalf through support, encouragement, and kindness. Recognize what success means to you and celebrate your efforts and accomplishments (even when others don't).

## WHAT YOU CAN EXPECT FROM ME

- To prepare the modules and open them by their start date. They will be opened a bit early for those students ready to move on early.
- To create a collaborative environment in which the learning of the group can thrive.
- To stay in regular contact throughout the course by grading, emailing, videos, and announcements.
- To respect your time by having a purpose for all content and work within the course.
- To be as transparent about the purpose of the work being completed as possible.
- To be clear with expectations and directions. But know some work may be very open-ended, without one “right” way.
- To be approachable, respectful, open-minded, and willing to be called out on my mistakes (I am human, and I do make mistakes).
- To help you develop a plan for your success if you are struggling.
- To grade your work in a timely manner (within the next module, unless otherwise stated).
- To provide constructive feedback and be willing to explain how you earn your points for the class.
- To protect our learning environment by responding to any disrespect or inappropriate behavior or reports of such behavior.

## MY EXPECTATIONS OF YOU

### **BE RESPONSIBLE**

Please be responsible for your learning and success by:

- Logging into Canvas each week.
- Attending class
- Working through the content and assigned work before the due dates.
- Reaching out to each other and me as needed.

If you fall behind, it may be very difficult for you to catch up and you may not be able to earn enough points to pass the class.

### **COMMIT YOUR TIME AND EFFORT**

Time management is going to be vital to your success in this class. Here are some tips:

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- You might find it useful to build time to work on the course into your schedule.
  - Complete and submit all work.
  - Meet (or beat) deadlines and due dates.
  - Procrastination is not your friend; don't wait until the last minute.

## **SEE ME AS A RESOURCE AND AS A SUPPORTER**

I know that life happens and that sometimes it can be a struggle to balance it all.

- If you find yourself falling behind and missing deadlines for your work, reach out to me.
- Don't wait to get in contact with me (or your options may be very limited and have irreversible consequences).
- If the cause of your delays is temporary, you can create a plan to get back on track.
- If you consistently find yourself without enough time (or energy) to complete your work, you may have overextended yourself.

## **USE THE TECHNOLOGY**

In order to complete your work for this course, you will be using a variety of technologies

- Within Canvas (discussion boards, blogs, assignments, and quizzes).
- Google Docs/Slides/Forms (you do not have to create an account).

Contributions you make to the course (through Discussion Boards, Google Docs, Google Slides, etc.) are not made available to anyone outside of our course. If you ever have concerns about sharing, please contact me directly.

## **CREATE A CULTURE OF RESPECT**

This course must be a safe place to allow people to fully engage and share.

- Please be open-minded, respectful, and non-judgmental of diverse practices and views.
- If you need further guidance, refer to the Ground Rules or reach out to me.
- Please let me know immediately if you see or experience anything that is inappropriate, offensive, or confrontational.

## **BE A COURSE QUALITY ADVOCATE**

- While I would prefer that my course be error-free and close to perfect, it won't be.
- You may find issues in Canvas that I miss.
- Please contact me when you see an error, or if something is not working correctly.
- If the first student who finds such a thing lets me know, it can be fixed before it affects anyone else.

## **YOUR PRESENCE MATTERS**

The learning that takes place in this course is a group effort.



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- Everyone must be responsible for their actions in the course and recognize their importance and impact on everyone's learning.
  - The learning environment for everyone is negatively impacted when students are not participating.
  - Your presence is important!

### **IVC Student Resources**

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.



## Anticipated Class Schedule/Calendar

### Course Schedule

THIS SCHEDULE AND ASSIGNMENTS ARE SUBJECT TO CHANGE TO MEET THE NEEDS OF THE COURSE AT THE DISCRETION OF THE INSTRUCTOR

Module	Topics	Readings	Work Due in First Week of Module	Work Due in Second Week of Module
1	Welcome to the Course (Start Here) Children's Well Being Mental Health	Ch. 1  Ch. 11	Start Here work Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey
<p>Log in by <b>Tuesday, February 14th</b> &amp;            Complete Start Here work by <b>Friday, February 17th</b>  <b>Drop Deadline is Sunday, February 25th</b></p>				
2	Preventing Injury & Protecting Children's Safety  Creating Safe Indoor Environments	Ch. 2  Ch. 3	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey
3	Creating Safe Outdoor Environments  Caring for Minor Injuries and Preparing for and Managing Emergencies	Ch. 4  Ch. 5	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey
4	Child Maltreatment  Promoting Good Health and Wellness	Ch. 6  Ch. 7	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey Self-Evaluation



Module	Topics	Readings	Work Due in First Week of Module	Work Due in Second Week of Module
5	Prevention of Illness Supportive Health Care	Ch. 8 Ch. 9	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey Fact Finding Paper
6	Children with Special Health Care Needs	Ch. 10	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey Activity Plan
Important Date Reminder: Withdrawal Deadline is <b>Saturday, May 14th</b>				
7	Basic Nutrition for Children  Protecting Good Nutrition and Physical Wellness	Ch. 12 Ch. 13	Learning Activity Quiz Discussion Post	Discussion Replies Reflection Survey
8	Final Assignment  Providing Good Nutrition	Ch. 14	Learning	Final Assignment
Important Date Reminder: The last day to submit work is <b>Friday, June 9th</b>				