IMPERIAL VALLEY COLLEGE

Basic Course Information

Semester:	**Fall 2024**	Instructor Name:	**Cecile Richmond**
Course Title & #:	**HEALTH SAFETY AND NUTRITION CDEV 101**	Email:	**Cecile.richmond@imperial.edu**
CRN #:	**11169**	Webpage (optional):	
Classroom:	**On-Line**	Office #:	**203C**
Class Dates:	**08/12/24 to 10/04/24**	Office Hours:	**E-mail T-11AM TO 1PM W-1PM TO 3PM**
Class Days:	**On-Line**	Office Phone #:	**Cell phone 760-235-5441**
Class Times:	**On Line**	Emergency Contact:	**CFCS Secretary: 760-355-6232**
Units:	**3 Units**	Class Format:	**On-line**

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)

Course Prerequisite(s) and/or Corequisite(s)

None

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 early childhood settings. (ISLO1, ISLO2, and ISLO5)
2. Evaluate environments for both positive and negative impacts on children's health and safety. (ISLO2)
3. Identify and implement regulations, standards, policies and procedures related to health, safety, and nutrition in early childhood settings. (ISLO2, ISLO4, and ISLO3)

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 supporting health, safety, and nutrition in early childhood settings.
3. Identify health and safety risks in early childhood settings.
4. Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
5. Plan economical and nutritious meals and snacks based on the age and individual needs of children.
6. Plan learning experiences on the topics of health, safety, and nutrition.

Textbooks & Other Resources or Links

Marotz, Lynn R. (2020). *Health, Safety, and Nutrition for the Young Child* **10th. Cengage Learning ISBN: 978-035-704-0775**

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 and submitted through Canvas. 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 (doctor'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. Please see me to schedule make-ups. Please make sure you are available 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.

<u>It is expected that you have:</u>

· 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.

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.

What if I need to borrow technology or access to WIFI?

1. To request a loaner laptop, MYFI device, or other electronic device, please submit your request here: https://imperial.edu/students/student-equity-and-achievement/

2.If you'd like access the WIFI at the IVC campus, you can park in parking lots "I & J". Students must log into the IVC student WIFI by using their IVC email and password. The parking lots will be open Monday through Friday from 8:00 a.m. to 7:00 p.m.

Guidelines for using parking WIFI:
-Park in every other space (empty space BETWEEN vehicles)
-Must have facemask available
-For best reception park near buildings
-Only park at marked student spaces
-Only owners of a valid disabled placard may use disabled parking spaces
-Only members of the same household in each vehicle
-Occupants MUST remain in vehicles
-Restrooms and other on-campus services not available
-College campus safety will monitor the parking lot
-Student code of conduct and all other parking guidelines are in effect
-Please do not leave any trash behind
-No parking permit required
If you have any questions about using parking WIFI, please call Student Affairs at 760- 355-6455.

Course Grading Based on Course Objectives	
CLASS ASSIGNMENTS	POINT VALUE
Class discussions 10 @ 10 POINTS	100
Practice Assignments 2@10 points	20
Communicable Disease Info (PLO7 & 8)	25
Title 22 paper (PLO, 7)	25
Menu Planning (PLO 8)	50
3 tests @30 points each	90
Mid-term/Final 2@50 points each	100
Total Points	410 points

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

Discussion points include course discussion and small group discussions. **If you do not participate in the weekly discussions, you will not receive your discussion points for the week.** All assignments should be typed and submitted through Canvas.

Course Policies

◻ A student who fails to attend the first week of 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 absence 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. 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, August 29th
- Last day to withdraw from the course with "W" on your transcripts: Saturday, November 6th

◻ 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

- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- **What does it mean to "attend" an online/**(Synchronous) **class? Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:**
- Student submission of an academic assignment
- Student submission of an exam
- Student participation in an instructor-led Zoom conference
- Documented student interaction with class postings, such as an interactive tutorial or computer- assisted instruction via modules
- A posting by the student showing the student's participation in an assignment created by the instructor
- A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.

- Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

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.

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. When campus is open, The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them 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.

- **Student Health Center**. A Student Health Nurse is available on campus, but you must make

an appointment. In addition, Pioneers Memorial Healthcare District provides basic health services for students, such as first aid and care for minor illnesses. Contact the IVC Student Health Center at 760- 355-6128, or when campus reopens, visit Room 1536 for more information.

- **Mental Health Counseling Services**. Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or when campus reopens, in the building 1536 for appointments or more information.

Veteran's Center

The mission of the IVC Military and Veteran Success Center is to provide a holistic approach to serving

military/veteran students in three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie. The Center also serves as a central hub that connects military/veteran students, as well as their families, to campus and community resources. The goal is to ensure a seamless transition from military to civilian life. When campus reopens, the Center is in Building 600 (Office 624), telephone 760-355-6141.

Extended Opportunity Program and Services (EOPS)

The Extended Opportunity Program and Services (EOPS) offers services such as priority registration,book grants, transportation assistance, individualized counseling, tutoring, and community referrals to eligible students. Our staff is available to assist and support students in navigating personal, psychological, academic, and/or career-related issues through empathy, cultural-competence, and a commitment to equity and social justice. Also under the umbrella of EOPS is the CARE (Cooperative Agency Resources for Education) Program, designed to serve single parents and assist with addressing issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program. For additional information about the EOPS or CARE Programs please contact our Program Office 760.335-6407 and/or visit our Program website www.imperial.edu/students/eops for eligibility criteria and application procedures. We look forward to serving you! - EOPS/CARE Staff

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC Library Department provides numerous Information Literacy Tutorials to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
WEEK 1 8/12-8/18	MODULE ONE HEALTH • **Chap. 1** Children's Well Being • **Chap. 2**- Daily Health Observations • **Chap. 3** – Assessing Children's Health	• Read Pages 2-37 • Discussion 1 • Read Pages 39-54 • Discussion 2 • Read Pages 55-80 • Review for test chapters 1-3 • Discussion 3
WEEK 2 8/19-8/25	• **Chap. 4** – Caring for Children with Special Medical Conditions Module • **Chap. 5** –The Infectious Process and Environmental Control Module • **Chap. 6** – Childhood Illnesses: Identification and Management Module	• Read Pages 83-111 • **Complete TEST 1 Chapters 1-3** • Review Infectious DiseaseAssignment/ Presentation • Infectious Disease Assignment/ • Presentation Due
WEEK 3 8/26-9/1	MODULE TWO -SAFETY • **Chap. 7** –Creating High Quality Environments • **Chap. 8** – Safety Management • **Chap. 9**- Management of Injuries /Acute Illness and • **Chap. 10** – Maltreatment of Children: Abuse & Neglect Module	• Read Pages 114-134 • Discussion 4 • Read Pages 137-168 Review for test • chapters 4-6
Week 4 9/2-9/8	• **Chap. 11** – Planning for Children's Health & Safety Education and Nutrition	• Read Pages 172-205 • **Complete TEST 2** • **(Chapters 4-6)** • Review Title 22 • Assignment • Read Pages 208-237 • Discussion 5 • Read Pages 296-321 • Read Pages 489-511 • Title 22 Assignment Due • Discussion 6

Week 5 9/9-9/15	MODULE THREE NUTRITION Chap. 12 – Nutritional Guidelines Module Chap. 19- Nutrition Education: Rationale, Concepts, and Lessons Module	• Read Pages 239-294 • Review for Mid-Term test • Discussion 7 • Complete Mid-Term TEST Chapters 7-11 and 19
Week 6 & 7 9/16 – 9/29	• **Chap 13**- Nutrients that Provide Energy and • **Chap. 14** – Nutrients that Promote Growth and Regulate Body Functions Module • **Chap 15 & 16** Feeding Infants/ Feeding Toddlers and Young Children Module	• Read Pages 324-342 • Discussion 8 • Pages 344-382 • Review Menu Plan Assignment • Review for Test3 (Chapters12-14) • Practice Assignment Menu Plan • Read Pages 431-457 • Complete TEST 3 (Chapters 12-14) • Discussion 9 • Read Pages 384-429 • Review for Final
Week 8 10/2-10/4	• **Chap 17**-Planning and Serving Nutritious and Economical Meals Module	• Menu Plan Due • Discussion 10 • **Complete Final**

Subject to change without prior notice