



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Humanities, Fine Arts, and Social Sciences

COURSE: ECE 1005 Health, Safety and Nutrition

Date: Fall 2021

Credit Hours: 3

Prerequisite(s): None

Delivery Method:

<input checked="" type="checkbox"/> Lecture	3 Contact Hours (1 contact = 1 credit hour)
<input type="checkbox"/> Seminar	0 Contact Hours (1 contact = 1 credit hour)
<input type="checkbox"/> Lab	0 Contact Hours (2-3 contact = 1 credit hour)
<input type="checkbox"/> Clinical	0 Contact Hours (3 contact = 1 credit hour)
<input checked="" type="checkbox"/> Online	
<input type="checkbox"/> Blended	
<input type="checkbox"/> VCM	

Offered: Fall Spring Summer

CATALOG DESCRIPTION and IAI NUMBER (if applicable):

This course provides an overview of the health, safety and nutritional needs of young children and early childhood practices to ensure children's well-being in group settings. Content includes roles and responsibilities of adults in meeting children's needs, the promotion of healthy lifestyle practices, understanding common childhood illnesses and injuries, meeting health, nutrition and safety standards, and planning nutritionally appropriate meals.

ACCREDITATION STATEMENTS AND COURSE NOTES:

None

COURSE TOPICS AND CONTENT REQUIREMENTS:

Interrelationship of Health, Safety and Nutrition

Health of the Young Child: Maximizing the Child's Potential; Promoting Good Health; Health Appraisals; Health Assessment Tools; Conditions Affecting Children's Health; The Infectious Process and Effective Control; Communicable and Acute Illness: Identification and Management

Safety for the Young Child: Creating Quality Environments; Safety Management; Management of Injuries and Acute Illness; Child Abuse and Neglect; Planning for Children's Health and Safety Education

Foods and Nutrients: Basic Concepts; Nutritional Guidelines; Nutrients That Provide Energy; Nutrients That Promote Growth of Body Tissue; Nutrients That Regulate Body Functions

Nutrition and the Young Child: Infant Feeding; Feeding the Toddler and Preschool Child; Planning and Serving Nutritious and Economical Meals; Food Safety; Nutrition Education Concepts and Activities

INSTRUCTIONAL METHODS:

Lecture & class discussions

Presentations

Assignments – weekly menu, appraisal tool, lesson plans

Article reviews

Health Fair Presentation – (NAEYC and Competency Assessment – HSW1- HSW6)

EVALUATION OF STUDENT ACHIEVEMENT:

Personal reflections

Material development

Development of learning plans

Article reviews

Presentations

Projects/Assignments

Completion of Mandated Reporter Training

INSTRUCTIONAL MATERIALS:

Textbooks

Safety, Health and Nutrition in Early Childhood Education. Version 1.0. Jennifer Paris. OER Publication by College of the Canyons. 2020

Resources

Gateways ECE Competencies and Suggested Roles

Illinois DCFS Part 407 Licensing Requirements

Illinois Professional Teaching Standards (2013)

Council for Exceptional Child (CEC)/Division of Early Childhood (DEC) Standards

NAEYC Professional Standards and Competencies for Early Childhood Educators

Abused and Neglected Child Reporting Act (online training)

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- Communication – to communicate effectively;
- Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Demonstrate knowledge of basic physical, mental health, nutritional and safety needs of individuals and environmental and curricular policies and procedures supportive of meeting each young child's needs.

IPTS	ECE Competencies	NAEYC Standards
1A, 1B, 1C, 1D, 1E, 1H, 1L, 2A, 2B, 2C, 2D, 2E, 2F, 2G, 2I, 2J, 2N, 2P, 2Q, 3A, 3C, 3D, 3G, 3J, 3K, 3L, 3M, 3O, 3Q, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 4J, 4K, 4L, 4M, 4N, 4O, 4P, 4Q, 5A, 5B, 5C, 5D, 5E, 5F, 5I, 5J, 5K, 5M, 5N, 5P, 5S, 6B, 6E, 6J, 7B, 7L, 8A, 8B, 8D, 8E, 8H, 8I, 8J, 8O, 8P, 8Q, 8T, 9I, 9J	HSW2, HSW3, CPD3, CPD4, FCR1	1a, 1b, 1c, 2a, 2b, 2c, 4a, 4b, 4c, 4d, 5a, 5b, 5c, 6b, 6c

2. Demonstrate skills consistently implementing basic health, safety, and nutritional practices and articulate strategies for helping children practice safe behaviors through daily routines and activities.

IPTS	ECE Competencies	NAEYC Standards
1D, 1L, 2N, 3O, 4I, 8Q, 9J	HSW2, HSW3	1b, 1c, 2a, 2b, 2c, 4b, 6b

3. Explain and identify ways to maintain a safe environment including: identifying hazards and risks; conducting regular health and safety assessments consistent with regulations and quality standards; and taking corrective action when necessary.

IPTS	ECE Competencies	NAEYC Standards
1D, 1L, 2N, 3O, 4I, 8Q, 9J	HSW2, HSW3	1b, 1c, 2a, 2b, 2c, 4b, 6b

4. Identify signs and symptoms and emergency treatment options of childhood diseases and those which might indicate physical, sexual and psychological abuse or neglect, and describe the impact of stress and trauma on children and their families.

IPTS	ECE Competencies	NAEYC Standards
1C, 1D, 4G, 4I, 4K, 8P, 9C, 9F, 9L, 9R	HSW1, HGD3	1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b

5. Identify and describe first aid procedures, the proper use of first aid items, record-keeping, and communication to parents and co-workers.

IPTS	ECE Competencies	NAEYC Standards
1C, 1D, 2K, 4G, 4I, 4K, 8F, 8H, 8I, 8J, 8K, 8L, 8O, 8P, 8Q, 8R, 8S, 8T, 9C, 9F, 9L, 9N, 9R	HSW1, HSW6	1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 4b, 6b

6. Identify strategies supportive of making food preparation and mealtime a developmentally appropriate learning experience for children.

IPTS	ECE Competencies	NAEYC Standards
1A, 1B, 1C, 1D, 1E, 1L, 2A, 2E, 2N, 3A, 3C, 3K, 3O, 3P, 4A, 4E, 4F, 4G, 4H, 4I, 4J, 4K, 4L, 4M, 4N, 4P, 4Q, 8G, 8H, 8I, 8K, 8Q, 8S, 9A, 9J	HSW2, HSW3, HSW5, HSW6, IRE3	1b, 1c, 2a, 2b, 2c, 4a, 4b, 4c, 5a, 5b, 5c, 6b

7. Explain ways to plan culturally responsive, nutritionally sound meals and identify strategies supportive of collaboration with families and health professionals in meeting children's individual nutritional needs.

IPTS 1C, 1D, 1L, 3O, 4G, 4I, 4K, 8P, 8Q, 9C, 9F, 9J, 9L, 9R	ECE Competencies HSW1, HSW2	NAEYC Standards 1a, 1b, 1c, 2a, 2b, 2c, 3b, 3c, 6b
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8. Provide examples of effective health and immunization record-keeping system.

IPTS 1A, 1B, 1C, 1D, 1E, 2A, 2I, 2N, 4I, 7A, 7C, 7E, 7F, 7G, 7H, 7N, 7O, 7P, 7Q, 7R, 8B, 8F, 8P, 9I, 9J, 9L	ECE Competencies HSW3, OA3	NAEYC Standards 1b, 1c, 2a, 2b, 2c, 3b, 4b, 6b, 6c
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9. Identify and describe necessary screening and referral procedures to assess children's developmental and health status.

IPTS 1A, 1B, 1C, 1D, 1E, 2A, 2I, 7A, 7C, 7E, 7F, 7G, 7H, 7N, 7O, 7P, 7Q, 7R, 8B, 8F, 8P, 9I, 9L	ECE Competencies HSW4, OA3	NAEYC Standards 1b, 1c, 2a, 2b, 2c, 3b, 6b, 6c
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