



DEPARTMENT OF EDUCATION

COURSE OUTLINE – Winter 2023

CD 1020 (Section A3): Health, Nutrition and Safety – 2 (3-0-0) 30 Hours

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Shawna Bate

OFFICE: H230

OFFICE HOURS: Tuesday & Thursday

11:30 - 2:00 or by appointment

PHONE: (780)

EMAIL: sbate@nwpolytech.ca

TIME: Wednesday and Friday 1:00 pm - 2:20 pm (January 4 - March 24)

LOCATION: E303

CALENDAR DESCRIPTION: This course provides the knowledge, skills and attitudes required to provide for the basic health, safety and nutritional needs of young children. Requirements for healthy and safe early childhood environments will be identified. The nutritional needs of young children will be established and appropriate menu planning strategies explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children are also included.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Pimento, B. & Kemested, D. (2009). Healthy Foundations in Early Childhood Settings. Toronto, ON: Nelson Education.

ADDITIONAL COSTS:

Costs may also be incurred by the students for the following:

- Photocopying/printing resources
- Purchasing food for nutrition assignment

DELIVERY MODE(S): Lecture in addition to interactive learning opportunities presented in class. Audio-visual materials and additional readings will supplement the textbook.

COURSE OBJECTIVES: This course introduces students to:

- occupational standards for individuals working in this field
- basic knowledge and skills necessary to provide for the health, safety and nutritional needs of young children
- licensing requirements for healthy and safe early childhood environments
- nutritional needs of young children including appropriate menu planning for an early childhood program
- developmentally appropriate practices and experiences for establishing healthful attitudes in young children.

LEARNING OUTCOMES: As a result of taking this course, students will gain the ability to:

- explain the occupational standards relevant to working in this profession
- assess general safety issues in the indoor and outdoor early childhood setting
- explain practices that provide safe environments and prevent injury in early learning and child care programs
- implement policies and practices to ensure children's well-being
- describe measures which caregivers can use to reduce the incidence/spread of communicable diseases
- describe appropriate practices to promote nutritional and dental health
- plan and implement developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

TRANSFERABILITY:

Early Learning and Child Care diploma graduates may be eligible for admission to a number of degree programs. Students interested in pursuing degree opportunities are advised to consult directly with the appropriate College or University as transfer agreements vary from one institution to another. Please refer to www.gprc.ab.ca Early Learning and Child Care or the GPRC calendar.

EVALUATIONS:

Quizzes:	30%
Assignments:	60%
Attendance:	10%

Assignment details will be discussed in class and provided on Moodle. Assignments must be submitted in the dropbox on Moodle. ALL assignments MUST be completed and turned in to pass the course.

DEPARTMENT OF EDUCATION EXPECTATIONS FOR STUDENT LEARNING

It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and the instructor to engage in appropriate adult behaviors that positively support learning. This includes treating others with dignity and respect and following the expectations outlined below.

CLASSROOM

Regular, PUNCTUAL attendance

- Learning from other students' notes or from Moodle is not optimal.
- If you are late to class, you miss important information about assignments, homework and quizzes. It is also disruptive to other students' learning.
- If you miss a class, refer to Moodle or check in with another student.

Children are not considered to be part of the classroom learning environment, please make alternate arrangements for your child(ren).

Turn off cell phones

- Studies indicate that cell phones not only interfere with your learning, but also the students around you.

QUIZZES/EXAMS

Write in-class quizzes/exams on the date and time they are scheduled.

- If an emergency arises that causes you to be unable to write the quiz, please call or email your instructor to leave a message BEFORE the exam begins.

ASSIGNMENTS

Hand in assignments via Myclass on the date indicated, by 11:59 midnight unless otherwise specified.

- Instructors reserve the right to make exceptions to this rule in extenuating circumstances on a case by case basis.
- ALL assignments will be typed, double-spaced (or follow the provided template) and will include a cover page with your name, course number and assignment name.

OUTSIDE OF CLASS

- Complete assigned readings and assignments, participate in group projects, check Myclass.

GRADING CRITERIA: A minimum grade of C- is required to pass this course.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

STUDENT RESPONSIBILITIES: The College expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the Northwestern Polytechnic calendar regarding rights and responsibilities.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

***Note: all Academic and Administrative policies are available on the same page.*

COURSE SCHEDULE/TENTATIVE TIMELINE:

Please complete the textbook and additional supplied readings prior to class. Additional readings may be assigned throughout the course and will be on Myclass.

Date	Topic	Reading	Assignments/Quizzes
January 6	Introduction	Unit 1	
January 11 & 13	Health Promotion Occupational Health	Unit 2	
January 18 & 20	Illness Prevention	Unit 3	
January 25 & 27	Illness Management	Unit 4	
February 1 & 3	Nutrition	Unit 5	Take Home Quiz 1 (Units 1-4): Due February 8th Assignment 1 (Childhood Illness Brochure): Due Feb. 3
February 8 & 10	Nutrition	Unit 5	Quiz 1 due Feb. 8th
February 15 & 17	Nutrition	Unit 5	
February 20 & 24	Winter Break	N/A	N/A
February 25	Quiz 2 (Unit 5) In Class	Unit 5	Quiz 2 (Unit 5) In Class
March 1 & 3	Healthy Living	Unit 6	Assignment 2 (Nutrition Assignment): Due March 3
March 8 & 10	Safety Promotion	Unit 7	
March 15 & 17	Safety Promotion	Unit 7	Take Home Quiz 3 (Units 6 & 7): Due March 17
March 22 & 24	Safety Presentations		Assignment 3 (Safety Assignment Presentation)