



**EARLY LEARNING AND CHILDCARE**

**COURSE OUTLINE – FALL 2016**

**CD1020: Health, Nutrition and Safety 30 Hours for 15 Weeks**

**INSTRUCTOR:**  
Shelly Kelly, MEd,  
PhD

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**OFFICE:** Online

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**OFFICE HOURS:** 6-8pm

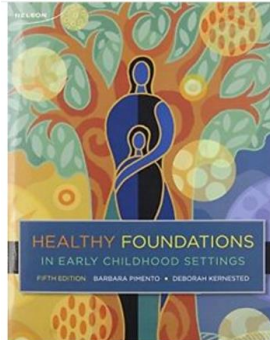
**CALENDAR DESCRIPTION:**

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:** N/A

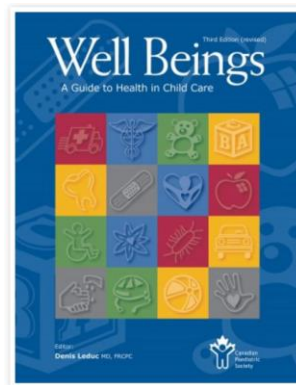
## **REQUIRED TEXT/RESOURCE MATERIALS:**

This course includes a textbook, as well as, a variety of online resources and materials. The textbook you will need to complete the course is: Healthy Foundations in Early Childhood Settings, 5<sup>h</sup> Edition (2015), Barbara Pimento and Deborah Kernersted.



Although not necessary for this course, the following text is highly recommended for your personal and professional use:

*Well Beings*, 3<sup>rd</sup> Edition (2008), Canadian Pediatric Society (see <https://bookstore.cps.ca/stock/details/well-beings-a-guide-to-health-in-child-care-3rd-edition> for more information).



**DELIVERY MODE(S): Online**

## EVALUATIONS:

All completed activities/assignments will be graded and feedback posted via Moodle within 5 business days of the due date. Your final grade for this course will be based on:

|                       |     |
|-----------------------|-----|
| Learning Activities:  | 25% |
| Discussion Questions: | 15% |
| Assignments:          | 60% |

### Learning Activities / Assignments

#### All components of Unit One:

|   |      |
|---|------|
| Learning Activities                         | 7.5% |
| Discussion Question:                        | 5%   |
| ASSIGNMENT: Safety Checklists and Awareness | 20%  |

#### All components of Unit Two:

|                             |      |
|-----------------------------|------|
| Learning Activities`        | 7.5% |
| Discussion Question:        | 5%   |
| ASSIGNMENT: Health Concepts | 20%  |

#### All components of Unit Three:

|                           |             |
|---------------------------|-------------|
| Learning Activities       | 10%         |
| Discussion Question:      | 5%          |
| ASSIGNMENT: Menu Planning | <u>20%</u>  |
| <b>Total</b>              | <b>100%</b> |

## GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

| 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                 |

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

**CD1020 Course Schedule**

|                   |                     |                    |
|-------------------|---------------------|--------------------|
| <b>Unit One</b>   |                     | <b>Weeks 1-3</b>   |
|                   | Learning Activities |                    |
|                   | Assignment          |                    |
|                   | Discussion Board    |                    |
| <b>Unit Two</b>   |                     | <b>Weeks 4-6</b>   |
|                   | Learning Activities |                    |
|                   | Assignment          |                    |
|                   | Discussion Board    |                    |
| <b>Unit Three</b> |                     | <b>Weeks 7-9</b>   |
|                   | Learning Activities |                    |
|                   | Assignment          |                    |
|                   | Discussion Board    |                    |
|                   |                     | <b>Weeks 10-12</b> |
|                   | Learning Activities |                    |
|                   | Assignment          |                    |
|                   | Discussion Board    |                    |

**STUDENT 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 College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

## Additional Information:

# Moodle Course Package

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## Course Notes

These are available in Moodle. The course notes will guide you through each of the units in , providing the information you will need to understand the concepts presented in the course. is divided into You are to complete the units as they appear in the Moodle course space.

Each unit contains:

*An Overview* which introduces you to the unit, and outlines the unit's learning objectives.

*Course Notes* which include background information about the specific topics. Along with the information in your text, course notes are main part of the unit and guide you through the other readings and activities.

*Learning Activities* with special tasks for you to complete. These learning activities are to be submitted to your instructor for feedback and marking via the appropriate drop boxes in Moodle. They allow your instructor to monitor your learning throughout the course and to provide you with helpful feedback.

*Online Discussion Question* where you will you are required to post your answer to the question and reply to a minimum of one of your classmates answers.

*Readings* Each unit has readings from your text that you are to complete. Some units have additional on-line readings and other readings that are available in the Unit Readings folders in Moodle.

*Appendix* which provides answers to some of the self-checking exercises as well as other resources which are discussed in the course notes.

*References* to show you where course information was obtained. Some units also include *further reading* recommendations on specific topics. To learn about any topic in more depth, locate the article, book, or web-site cited in the list of references.

## Assignments

Assignments are an important part of your learning. Each unit has an assignment that **must** be completed and submitted to your instructor for feedback and marking.

**Your instructor has the right to set specific deadlines for each of the in this course. Late assignments may be penalized.**

It is strongly recommended that you **keep copies of each assignment before submitting them to your instructor**. Save a copy on your computer, and make a photocopy. If an assignment is lost during the uploading process or through e-mail, it is **your responsibility** to send another copy to your instructor.

## **Guidelines for Submission of Work**

Assignments and learning activities will be submitted via the appropriate drop boxes in Moodle or e-mail. Your work will be formatted in a Word document, unless another format or way to submit the work is required. All assignments require a **Title Page** (containing the date submitted, the assignment or learning activity title, your name, and your instructor's name). Documents should be written in a 12 point font (Times New Roman) and double spaced.