

**Three Rivers Community College**  
**ECE K176 Early Childhood Education Health, Safety & Nutrition**  
**Course Syllabus**  
**Spring 2014**

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**Office Hours: By Appointment**

**Course Description:**

Prerequisite: ENG\* K101 eligibility; ECE\* K101 and ECE\* K182 recommended. The relationship between health, safety and nutrition and child development will be examined. Emphasis will be on the strategies needed to implement a safe, healthy and nutritionally sound program, Community agencies and resources that benefit the children through these domains will be explored through community service experiences.

**Required Text(s):**

Aronson, Susan. (2012). Healthy Young Children: A Manual for Programs. 5<sup>th</sup> Edition. NAEYC.

ISBN: 9781928896821

**Recommended Text(s)**

American Academy of Pediatrics. (2011). Caring for Our Children. 3<sup>rd</sup> Edition.  
American Public Health Association.

ISBN: 9781581104837

**Additional Readings will be assigned throughout the semester.**

**Course Objectives:**

- Acquire knowledge concerning health, safety and nutrition issues in early childhood classroom environments.

- Develop skills necessary to plan and implement health, safety and nutrition experiences and to integrate these experiences into the daily curriculum.
- Become aware of Connecticut State Licensing regulations concerning health and safety in an early childhood center.

### **Course Outcomes:**

- Candidates will know and understand children's needs as it relates to health, safety and nutrition. (NAEYC Standard 1. A)
- Candidates will recognize the importance of engaging diverse families to support their role and build relationships. (NAEYC Standard 2.a and 2.c)
- Candidates will analyze the importance of being a continuous and collaborative learner. (NAEYC Standard 6.c)
- Candidates will understand the state licensing regulations and the role each individual plays in meeting these standards (NAEYC Standard 6.a.)

### **General Education Goals:**

- Candidates will develop the skills and abilities to communicate effectively in writing.
- Candidates will develop information literacy to assess what information is needed to answer questions and to retrieve, evaluate and use that information effectively.

### **Policies:**

Active participation in class discussions and activities is required. Candidates are expected to complete assigned readings prior to class and come to class prepared to discuss them. Candidates **must maintain and utilize their TRCC e-mail account** for all correspondence related to the course. Candidates may also utilize the Blackboard Learning System, to review course materials, and view articles and other materials for the course. Throughout the course there will be other written assignments to help guide your studies which will be handed in and counted as part of your participation grade.

Class attendance is required. The greatest amount of learning occurs during class time, where group activities and interactive assignments allow for learning not covered by the

text and required assignments. Two late arrivals or early departures may count as one missed class. For each class missed five to ten points may be deducted, upon the fourth absence you may be asked to withdraw from the class. Attendance is taken at the beginning of class. Lateness is disruptive, discourteous and usually unwarranted. Please be on time.

Candidates are urged to devote their time and energy to fulfilling stated class requirements. Please note that a credit hour 'work expectation' equates to one hour of classroom or direct faculty instruction and a minimum of two hours of out of class candidate work. **So for this three credit course you should expect to spend a minimum of three in class and six out of class hours (total of nine hours) per week on this course.**

Extra credit points may be considered if a candidate is active in the Early Childhood Education Club, participates in early childhood events, or tutors / supports another classmate in their understanding of course content. Additionally, with prior permission, there may be an opportunity to redo and resubmit an assignment. These opportunities will be decided on a one-on-one basis.

It is assumed that all assignments will be completed and turned in on time. Ten points will be deducted from a late assignment. Assignments will not be accepted beyond a one-week extension. Late assignments cannot be rewritten or resubmitted.

Spelling and grammar will be included as part of the grade for all written work. Thus, proper spelling and careful proofreading are important. A candidate's written work is expected to be original and done independently unless otherwise indicated. Citations and references must be used to acknowledge the source and avoid plagiarism. Violations of academic integrity will be referred and dealt with in accordance with the college policy.

Take home tests will not be accepted beyond the scheduled due date. Make-ups for in class, scheduled tests are not allowed, unless arrangements are made with the instructor in advance. Make-ups must be done in a timely manner.

Lap top computers and tape recorders may be used during class time, with prior permission and for the purpose of note taking only. Computers and other forms of technology are prohibited during tests. Cell phones, pagers, iPods, and other similar devices must be turned off during class. Texting or using your cell phones during class is not acceptable and you may be asked to leave the class.

As part of the course, candidates may be required to spend additional time observing and/or working with children in actual or simulated child development settings.

The candidate is responsible for all materials covered in class as well as the assignments. If a candidate misses a class, it is the candidate's responsibility to get the notes from another candidate. **Do not contact the Instructor and ask for a review of the class.** Learn to rely on your syllabus and / or another candidate. You may want to share your contact information with other candidates to help facilitate this process.

If you have problems with the course or material, please see me or call to arrange for an appointment. Candidates who are not able to complete the course need to speak to me immediately as we will try to work together to have you complete the class successfully.

Candidates with disabilities who may need academic accommodations should discuss options with the instructor as early as possible. You will need to provide written documentation of your disability to the Candidate Services Counselors (Disabled Candidate Counselor). Appropriate accommodations will be provided to candidates who have completed this procedure.

TRCC does not follow the local school closing schedule. The TRCC website offers the most updated information about school closings and / or early dismissals. It is recommended that all candidates sign up for the electronic notification system to receive instant alerts and messages. In the event that class is cancelled, separate from the college, the instructor may notify candidates using the Blackboard messaging system and / or the email contact available through TRCC. Please be sure the college has your updated contact information.

Please refer to the Institutional Policies available in the Office of the Dean of Candidate Development and Services as well as on line, which include regulations regarding candidate conduct and the disciplinary code.

This syllabus is subject to change. Any changes will be announced.

**Points given for requirements are as follows:**

Please use this as a tool to keep a record of your progress in this course.

<b>Assignment</b>	<b>Points</b>	<b>Due Date</b>	<b>Grade Received</b>
<b>Learning Activity Plan Assignment</b>	50		
<b>Test One</b>	50		
<b>Test Two</b>	50		
<b>Test Three</b>	50		
<b>Attendance</b>	50		
<b>Participation (including article reviews/homework assignments)</b>	50		

**AND**

<b>CPR/First Aid Certification</b>	100		
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**OR**

**Students who are already CPR/First Aid certified may submit a copy of their current CPR/First Aid card to receive 50 points toward their grade. In addition, they may choose ONE of the following assignments:**

<b>Playground Assessment Activity</b>	50		
<b>Program/Licensing Poster Board Presentation Assignment</b>	50		

**TOTAL 400**

**Final Grade:**

To determine your final grade take the total number of points and divide by five.

A	96 - 100	A-	90 - 95	B-	80 - 82
B+	87 - 89	B	83 - 86	C-	70 - 72
C+	77 - 79	C	73 - 76	D-	60 - 62
D+	67 - 69	D	63 - 66		
F	under 59				

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**Course Content and Study Guide**

<b>Week</b>	<b>Topics/Activities</b>	<b>Assignment /Readings</b>	<b>Key Concepts</b>
1/29	<p>Introductions</p> <p>Review Course Syllabus</p> <p>Hand-outs:</p> <p>Connecticut Day Care Licensing Regulations</p> <p>NAEYC Health Standards</p> <p>Connecticut Early Learning and Development Standards</p>	<p>For Next Class:</p> <p>Read Chapter 1</p> <p>Download and Print Conn. Early Learning and Development Standards</p> <p>Review Regulations and Standards</p>	<p>Confidentiality</p> <p>Professionalism</p> <p>Participation</p> <p>Resources</p> <p>Standards and Regulations</p> <p>DAP</p>
2/5	<p>Hand-out:</p> <p>Universal Precautions Fact Sheet</p>	<p>For Next Class:</p> <p>Read Chapter 2</p>	<p>Promoting Children's Well-being: An Integrated Approach</p> <p>Factors Influencing Children's Health</p> <p>National and State standards and regulations</p> <p>Risk Management</p>

2/12	Review Program/Licensing Poster Board Assignment  and  Playground Assessment Assignment  DUE April 30th	For Next Class:  Read Chapter 3 and Chapter 10	Promoting Good Health  Infection Control  Universal Precautions  Medication Administration
2/19	<b>Hand out Test One</b>  Hand – Outs:  Early Childhood Environmental Rating Scale(ECERS)  Infant/Toddler Environmental Rating Scale(ITERS)	For Next Class:  Test One	Indoor and Outdoor Safety  Injury Prevention
2/26	<b>Test One Due</b>  Hand-out: Playground Safety Checklists	For Next Class:  Read Chapter 4	Playground Safety  Supervision  Injury Prevention
3/5	Hand-out:	For Next Class:  Read Chapter 5	Emergency Response Procedures

3/12	Review Learning Activity Plan Assignment  Due April 9th  NAEYC Week of the Young Child: April 6 – 12th		Nutrition  Infant Feeding Guidelines  Toddler/Preschool Feeding Guidelines  Food Safety
3/19	<b>Spring Break</b>  <b>No Class</b>		
3/26	United States Department of Agriculture(USDA)  <a href="http://www.Choosemyplate.com">www.Choosemyplate.com</a>		Nutrition  Dietary Guidelines  Menu Planning  Diverse Nutritional Needs
4/2			Nutrition Education
4/9	<b>Learning Activity Plan Assignment Due!</b>	For Next Class: Review for Test Two	Test Two - Review
4/16	<b>Test Two</b>	For Next Class: Read Chapter 6	
4/23		For Next Class:  Read Chapter 11 & 12	Physical Health and Activity  Childhood Obesity

4/30	CPR/First Aid <b>DUE!</b> Program/Licensing Assignment <b>DUE!</b>  Playground Assessment Assignment <b>DUE!</b>	For next Class:  Read Chapter 13	Special Health Care Needs  Inclusion  Individualized Care Plans  Universal Design
5/7	Review – Test Three		Child Abuse and Neglect
5/14	<b>Test Three</b>		

