

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**CHILD DEVELOPMENT 134 – HEALTH, SAFETY AND NUTRITION OF YOUNG CHILDREN**

3 hours lecture, 3 units

**Catalog Description**

Strategies for applying holistic health, safety and nutrition in early childhood settings. Designed for teachers, parents or others who desire current information on concepts of health, safety and nutrition as it applies to children from infancy through school age. Covers laws, practices, and curriculum regarding physical and mental health, safety, fitness and nutrition. An emphasis on program planning will include collaboration with families and healthcare providers leading to the development of good habits, attitudes and responses promoting healthy and safe lifestyles.

**Prerequisite**

None

**Course Content**

- 1) Positive health practices for families, teachers and children, infant through school-age
- 2) The role of society and cultural influences on the health, safety, fitness and nutritional well-being of young children
- 3) Program elements that minimize risk to the health, safety and well-being of children including children with special needs
- 4) Recognition and management of common childhood illness, accidents and hazards
- 5) Review laws, regulations and resources, including Department of Social Services Title 22, as they relate to health and safety, school forms, and the legal responsibilities of childcare personnel
- 6) Techniques and strategies for collaborating with families and health care providers regarding good health, safety and nutrition practices
- 7) Playground, classroom, family childcare safety for group childcare settings
- 8) Menu planning for nutritional needs of various ages of children based on individual needs, culture, family choices, and state and federal nutrition guidelines
- 9) Prevention, recognition and reporting procedures for child abuse and neglect
- 10) Speech, hearing and vision assessment and referral
- 11) Environmental and curriculum planning for optimal health, fitness and nutrition
- 12) Responsibilities of teachers as role models for families and children

**Course Objectives**

Students will be able to:

- 1) Develop strategies to maximize adult physical and emotional health in the childcare work setting.
- 2) Assess the role of societal and cultural influences on the health and well-being of children.
- 3) Analyze components of the physical environment, policies and procedures regarding health, safety, fitness and nutrition and identify risk factors and societal influences.
- 4) Identify symptoms of communicable diseases and other health conditions that affect young children.
- 5) Develop strategies to model health, safety, fitness and nutritional practices for children and their parents and identify methods of collaboration with families and health care providers.
- 6) Examine and discuss laws, regulations, resources, recordkeeping, and reporting procedures supporting health, safety, fitness and nutrition and child abuse reporting mandates.
- 7) Evaluate children's programs for health, safety and environmental risks and develop emergency reporting and response procedures and strategies.
- 8) Identify and explore various assessment tools including hearing, vision, speech, health and nutrition.

- 9) Analyze and plan for the nutritional needs of various ages of children based on individual needs and state and federal nutrition guidelines.
- 10) Examine and design inclusive environments and curriculum reflecting a diversity of linguistic, individual and cultural needs to maximize the mental and physical health of children and adults in programs for young children.
- 11) Evaluate aspects of quality in programs for young children as related to health and safety.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Written exams that measure students' ability to assess societal, cultural and familial influences on children, interpret policies and procedures for communicable diseases, immunizations, safety and nutrition, and develop strategies for maximizing overall caregiver health and safety in a childcare setting.
- 2) Written assignments and projects that require students to analyze components of the inside and outside environments to maximize health and safety, prevent accidents and injuries, and demonstrate emergency reporting procedures and strategies.
- 3) Small group activities that require students to plan and model health, safety and nutritional practices and adapt them as required for children with special needs, reflecting a diversity of linguistic, individual and cultural needs.

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Smart classroom

### **Method of Instruction**

- 1) Lecture and individual instruction
- 2) Group discussion and small group activities
- 3) Critical thinking exercises
- 4) Guest speakers

### **Out-of-Class Assignments**

- 1) Reading assignments
- 2) Specific written assignments related to children's health and safety
- 3) Preparation of materials for presentation in class

### **Texts and References**

- 1) Required (representative examples):
  - a. Marotz, Lynn. *Health, Safety, and Nutrition for the Young Child*. 9th edition. Cengage, 2015.
  - b. Robertson, Cathie. *Safety, Nutrition and Health in Early Education*. 6th edition. Cengage, 2015.
- 2) Supplemental: None

### **Exit Skills**

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Design indoor and outdoor environments and curriculum for programs which promote optimum health, safety, and nutrition and that help prevent accidents and injuries.
- 2) Plan for ways parents and staff can model health, nutrition and safety practices at home and school settings.
- 3) Keep records and follow reporting procedures for communicable diseases, immunizations, accidents and child abuse.
- 4) Identify first aid for minor accidents and illnesses which are a routine part of programs for children.

- 5) Establish procedures and organize supplies for emergency preparedness in home and school settings.

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Develop strategies for implementing optimal practices for health, safety and nutrition in early childhood settings.
- 2) Identify and apply the laws, practices, and create curriculum regarding physical and mental health, safety, fitness and nutrition for young children, including children with special needs.