HEALTH, SAFETY, AND NUTRITION
HEA 2210

Class Hours: 3.0  Credit Hours: 3.0
Laboratory Hours: 0.0  Date Revised: Fall 1998

Catalog Course Description:

This course is designed to provide information concerning the emotional, health, safety, and nutritional needs of young children for normal growth and development.

NOTE: Information will be provided to paraprofessionals, teachers, directors, or parents through class discussion, specific readings, videos, and assigned activities. Emphasis will be on topics essential to the health and well-being of young children including: (1) growth and development, (2) hygiene, (3) safety, (4) first-aid including CPR, (5) nutrition, (6) a knowledge of childhood diseases, and (7) the emotional needs of young children.

Entry Level Standards:

Students must be able to read and write at the college level.

Prerequisite:

Mandatory Orientation class to Tennessee Early Childhood Training Alliance (TECTA) Certificate

Textbook(s) and Other Reference Materials Basic to the Course:

Red Cross Manual for CPR and First Aid

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction to course and requirements; Questionnaire: &quot;Why do you want to work with children?&quot;; Interrelationships of Health, Safety, and Nutrition, Growth and Development. Chapters 1-4 (Health, Safety, and Nutrition).</td>
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<td>2</td>
<td>Health Appraisals; Observation and Assessment of Children's Health; Screening Procedures; Chapters 1-4 (Health, Safety, Nutrition).</td>
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<tr>
<td>3</td>
<td>Conditions Affecting Children's Health; Chronic and Acute Illnesses; The Infectious Process and Effective Control; Chapters 5-7</td>
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<td>4</td>
<td>Exam #1: Chapters 1-7 (Health). Creating a Safe Environment; Resources and Referral</td>
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Services, Licensing, and Facilities; Safety Management; Liability Prevention: Management of Accidents; Safety for Children with Disabilities; Chapters 8 and 9.

5 Quiz #1: Safety; Red Cross Infant and Child CPR.

6 Complete CPR; Red Cross Community First Aid and Safety.

7 Exam #2: Chapters 8-12 (Safety). Child Abuse and Neglect; the Role of the Teacher and Caregiver; Health and Safety Education; Chapters 10, 11, and 12 (Health, Safety and Nutrition).

8 Nutritional Guidelines; Food Pyramid and Food Groups; Food Labeling; Carbohydrates, Fats, and Proteins as Energy Sources; Chapters 13 and 14 (Health, Safety, and Nutrition).

9 Nutrients that Promote Growth of Body Tissue; Proteins, Minerals for Growth; Role of Water and Vitamins for the Body; Chapters 15 and 16 (Health, Safety and Nutrition).

10 Quiz #2: Nutrition. Infant Feeding: Breast Feeding and Semi-Solid Foods; Feeding Concerns; Feeding the Toddler and Preschool Child; Health Problems Relating to Eating Habits; Sign up for Projects; Chapters 17 and 18 (Health, Safety, and Nutrition).

11 Planning and Serving Nutritional Meals; Video "Eating Healthy for Kids (CNN); Food Safety; Chapters 19 and 20 (Health, Safety, and Nutrition).

12 Exam #3: Chapters 13-20 (Nutrition); Nutrition Education and Activities; Work on Projects.

13 Project Presentations.

14 Project Presentations.

15 Project Presentations; Evaluations

16 Course Wrap Up

II. Course Objectives*:

A. Demonstrate a complete and thorough understanding of health, safety, nutritional, and emotional needs of young children. I.5

B. Apply nutritional knowledge by planning adequate meals and snacks. I.5

C. Demonstrate an understanding of infant and child CPR. I.5

D. Apply first aid knowledge to practical first aid procedures. I.5

E. Recognize childhood disease symptoms and situations. I.5

F. Recognize and facilitate aid in possible abusive and/or neglect situations. IV.2

G. Exhibit an understanding of safety procedures and accident prevention. I.5

H. Identify resources and referral services. I.5

I. Describe licensing procedures and requirements for proper facilities. I.5

J. Appreciate the role of the caregiver/teacher. II.2
Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*

Students will:

1. Practice elements of the work ethic, such as punctuality, professionalism, dependability, cooperation, and contribution. *Personal Development Outcome*

2. Use teamwork in researching, preparing, and presenting the project. *Problem Solving and Decision Making Outcome, Communication Outcome, Information Literacy Outcome, Technological Literacy Outcome*

3. Use the Internet to find current information on the health, safety, and nutritional needs of infants and children. *Information Literacy Outcome, Technological Literacy Outcome*

4. Utilize new skills and knowledge in current work or volunteer situations. *Transitional Strategies, Problem Solving and Decision Making Outcome*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*

Upon successful completion of this course, the student should be able to:

1. Explain proper hygiene procedures. A, G
2. Know the various screening procedures. A, C, D, E
3. Discuss the interrelationships of health, safety, and nutrition as it applies to childcare. A, B
4. Describe observational skills and assessment tools/procedures of children's health. A, C
5. Know the differences between chronic and acute illnesses. A, E
6. Identify the symptoms of major childhood diseases. A, E
7. Summarize the infectious process and effective control. A, E, G
8. Describe conditions that affect children's health. A, E
9. Discuss creating and maintaining a safe environment. A, G
10. Outline the process for the management of accidents. A, G
11. Discuss safety for children with disabilities. A, D, E
12. Explain and perform infant and child CPR. A, C
13. Describe proper first aid procedures. A, D
15. Explain the role of the teacher/caregiver in abuse/neglect situations. A, J
16. Discuss the referral process. A, H
17. Elaborate on health and safety education. A, G
18. Discuss the food pyramid, food groups, servings per day, and serving size. A, B
19. Interpret the nutritional facts on food labels. A, B
20. Explain the role of proteins, fats, and carbohydrates in the energy process. A, B
21. Discuss the nutrients that promote growth. A, B
22. Describe the role of proteins and minerals in the growth process. A, B
23. Discuss infant feeding and feeding concerns. A, B
24. Discuss feeding the toddler and preschool child. A, B
25. Explain problems related to eating habits. A, B
26. Plan and serve nutritional meals. A, B
27. Discuss food safety and proper food handling. A, B, H
28. Discuss nutrition education. A, B, H
29. Present their personal philosophy on why they want to pursue a career in childcare. A

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures:

There will be two quizzes and three exams which will cover information presented in class discussions, readings, and videos. The questions will consist of multiple choice, true-false, matching, fill-in-the-blank, and short essay. Attendance on quiz and exam days is a must. If you cannot be present on a test day, you must make arrangements with the instructor prior to the scheduled test day.

B. Other Evaluation Methods:

1. Students will submit three summaries of a magazine article that addresses health, safety, and nutrition concerns. One article per topic. The summary should include main points from the article and student's personal reaction or response to the article. The articles are to be turned in on the assigned due date.
2. Students are required to submit the completed assigned "Suggested Activity" indicated on the course outline.
3. Students in groups of two will complete and present, in class, a 10-15 minute information session on a topic concerning health, safety, and nutrition. The topics must be approved by the instructor. A sign up sheet will be provided.
4. For all assignments that are turned in late, 4 points will be deducted per class period after the due date.

C. Grade Breakdown:

| Exams | 3 exams@ 35 pts | 105 pts |
"Suggested Activities" 10 activities@ 10 pts 100 pts
Project 80 pts
Attendance 1 pt. per hour 45 pts
Quizzes 2 quizzes@ 20 pts 40 pts
Articles 3 articles@ 10 pts 30 pts

372 - 400 points A
328 - 371 points B
288 - 327 points C
248 - 287 points D
Below 248 points F

VI. Policies:

Attendance Policy:

Attendance is recorded at each class and will count toward the final grade. Any student that does not attend a minimum of 75% of the classes will not pass the course.