

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

Prepared by: Alice Knight
Revised by: Paul Holbrook
Revised by: Paul Holbrook
Revised by: Monica Baker
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A. Identification:

1. Subject Area: Early Childhood Education (ECE)
2. Course Number: 120
3. Course Title: Health, Safety and Nutrition for the Young Child
4. Credit Hrs: 3
5. Catalog Description: For Dual Enrollment Students only. Provides a study of health, safety and nutrition with related activities including current issues, guidelines and practices in early childhood settings. Three lecture.

B. Course Goals:

To gain skills for maintaining a healthy and safe learning environment for young children; to promote collaboration among school, home and community on health, safety and nutrition issues; to recognize the importance of developing lifelong health habits in young children.

C. Course Outcomes: Students will:

1. identify the components of a safe, healthy learning environment for young children (1c, 5.1-12, 6.1-10);
2. define the teacher's responsibilities in carrying out necessary health and safety functions (6a);
3. develop appropriate activities for young children to promote health, safety and nutrition (5c);
4. identify local health, safety and nutrition resources (2c);
5. identify the characteristics of young children that cause them to be at risk for accidents (1b, 6.8-9);
6. develop appropriate rules for young children (4b);
7. identify how families and community influence health, safety and nutrition (2b);
8. define basic nutrition principles for young children (1a, 6.8-9);
9. recognize cultural influences on food preferences (2a); and
10. plan appropriate menus for young children (6d), (NAEYC and ADE standards).

D. Assessment of Course Outcomes.

1. Instructor assigned reading and homework.

E. Course Content: Will include:

1. safe and healthy environments;
2. safety, health and nutritional issues;
3. school, home and community collaboration/responsibilities;
4. curriculum development;
5. lifelong health habits;
6. nutrition;
7. menu planning; and
8. cultural awareness.