

CHDEV 6: Health, Safety and Nutrition in Early Childhood Education
Course Syllabus Spring 2020

Course Section: 50029 **Instructor:** Kendra Mull **Unit Load:** 3

Email: kendra.mull@reedleycollege.edu **Class Meets:** Online

Office Hours: None at the moment **Room:** Online

Required Texts: None - *This is an OER (Open Educational Resource) course*

Required Materials: Access to print materials as needed, and access to a computer

Course Description

This course examines basic theories, research, concepts and principles of physical, psychosocial, cognitive and language development at each stage of life from conception through adolescence.

Student Learning Outcomes

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

1. Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings.
2. Evaluate environments for both positive and negative impacts on children's health and safety.
3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.

Full Semester Assignment Summary

Please take note this is not a detailed list of assignment requirements. EACH assignment will have VERY specific directions which need to be followed. Please make sure to read each assignment directions individually when the time comes. The course calendar is an EXCELLENT tool to keep track of the assignment due dates!

Weekly Quick Post

Each week you must "check in" by responding to a Quick Post. It will be a short answer question; no more than a sentence or two will be required. This is due every Wednesday by 11:59 p.m. They will be available to you by each Monday morning, so you will have a few days to answer. Late posts will be worth half points, up until the next Friday by 11:59 p.m.

Weekly Discussion Board

Each week you will engage in a discussion with classmates. The topics will vary, but will pertain to the weekly readings, videos or other resources provided. Knowledge gained through the weekly readings must be demonstrated for full points; this will be demonstrated through citation of sources and/or reference to weekly information. To complete the discussion board, you must create an original post by each Friday by 11:59 pm and respond to a peer by each Sunday by 11:59 pm. Discussion board posts are worth 15 points; up to 10 points for your original post and up to 2.5 points for each peer response given, up to 2 responses.

Make sure your posts are thoughtful and answer the questions fully. To answer the question fully, I expect to see evidence you have read and applied the information from the week's readings. It's always best practice to refer to the content from the week. If you are utilizing the information from the text or from resources provided you must cite this information using APA format AND remember to use correct grammar. **If you use "i" instead of "I" you will lose points.**

Access to each discussion board is available with the module or you can access through the link on the left-hand navigation menu. Use the guides below for some additional information on creating posts.

Weekly Quizzes

You will have a quiz each week. These can be found after every lesson to help reinforce the content covered. The content within the quiz relates to the materials read/watched/reviewed in the module, as well as any additional information I have directed you to read. The quiz could be multiple choice, short answer, T/F and/or matching. Make sure you are studying and reading each week. The quizzes are due the week they are assigned and will be due by Sunday by 11:59 pm. **NO LATE QUIZZES.** The quizzes are NOT timed.

Additional Assignments

The assignments that we will complete are briefly described below. More detailed descriptions will be provided when the assignment is given.

Playground Analysis (SLO #2) 50 points

You will be responsible for visiting a playground at a neighborhood park, preschool, or childcare center, and you will use a playground maintenance checklist to analyze the environment for safety.

You will submit the checklist and include a reflection that will address several questions about the observation.

Weekly Menu Plan (SLO #3) 50 points

Each student will plan the lunch and snack menu for children ages 3-5 for one week. Students must follow the Child and Adult Care Food Program (CACFP) requirements.

Child Health Promotion (SLO #1) 25 points

Create a document (poster, slideshow, pamphlet) to present to families that will provide ideas for child health promotion. This document shall cover: Rules, regulations and best practices as they pertain to essential nutrition, health and safety standards for all infants and children

Child Observation (SLO #3) 25 points

Observe a child eating and answer questions, based upon what you have observed. This assignment will explore food guides and standards to prepare and evaluate menus that support individualized healthy growth and development for all children.

A Day in an Early Childhood Classroom/Integrating Health and Fitness into the Young Child’s Day (SLO #1, 2, & 3) 150 points

Design a day in an early childhood classroom (any age from birth to age 8) that integrates nutrition, safety, and physical activity. This covers best practices and state standards for health, safety, and nutrition for young children in early childhood settings, and nutritional components, diet modifications, physical activity needs and skills of each stage of child development.

Grades

Assignment	Possible Points	SLOs
Weekly Quick Post (18 @ 5 pts. each)	90	1, 2 & 3
Discussion Boards (18 @ 15 pts. each)	270	1, 2 & 3
Quizzes (17 @ 15 pts. each)	255	1, 2 & 3
Assignments (Points vary)	300	1, 2 & 3
Total Points Available	915	

Total Percentage	Final Grade
90 – 100%	A
80 – 89%	B
70 – 79%	C
60 – 69%	D
59% and below	F

Course Calendar

Week	Dates	Weekly Topic	Assignments
1	Jan. 13 - 17	Getting acquainted, syllabus, course overview and requirements	Log on to Canvas Discussion Board #1 Quiz #1
2	Jan. 20 - 24	Unit 1 - Wellness	Discussion Board #2 Quiz #2
3	Jan. 27 - 31	Unit 1 - Wellness Mental Health	Discussion Board #3 Quiz #3
4	Feb. 3 - 7	Unit 1 - Wellness Laws, Codes & Regulations	Discussion Board #4 Quiz #4 Playground Analysis Assignment Given
5	Feb. 10 - 14	Unit 2 – Safety Injuries & Standards	Discussion Board #5 Quiz #5
6	Feb. 17 - 21	Unit 2 – Safety Environments	Discussion Board #6 Quiz #6 Playground Analysis Assignment Due Sunday, February 23rd by 11:59 p.m.
7	Feb. 24 - 28	Unit 3 – Nutrition Nutrition & Diet	Discussion Board #7 Quiz #7 Child Observation Assignment Given
8	Mar. 2 - 6	Unit 3 – Nutrition Failure to Thrive	Discussion Board #8 Quiz #8
9	Mar. 9 - 13	Unit 3 – Nutrition Obesity	Discussion Board #9 Quiz #9 Child Observation Assignment Due Sunday, March 15th by 11:59 p.m.
10	Mar. 16 - 20	Unit 3 – Nutrition Infants & Toddlers	Discussion Board #10 Quiz #10 Child Health Promotion Assignment Given
11	Mar. 23 - 27	Unit 3 – Nutrition Preschool Age	Discussion Board #11 Quiz #11
12	Mar. 30 – Apr. 3	Unit 3 – Nutrition School Age	Discussion Board #12 Quiz #12 Child Health Promotion Assignment Due Sunday, April 5th by 11:59 p.m. Weekly Menu Assignment Given
	Apr. 6 - 10	Spring Break	
13	Apr. 13 - 17	Unit 3 – Nutrition Menu Planning	Discussion Board #13 Quiz #13
14	Apr. 20 - 24	Unit 4 – Health	Discussion Board #14 Quiz #14

		Physical development & Health	Weekly Menu Assignment Due Sunday, April 26th, by 11:59 p.m. A Day in the Life Assignment Given
15	Apr. 27 – May 1	Unit 4 – Health Health Screenings	Discussion Board #15 Quiz #15
16	May 4 - 8	Unit 4 – Health Special Needs	Discussion Board #16 Quiz #16
17	May 11 - 15	Unit 5 – Planning Curriculum	Discussion Board #17 Quiz #17 A Day in the Life Assignment Due Sunday, May 17th by 11:59 p.m.
18	May 18 - 22	Finals Week	Discussion Board #18

Attendance

Utilizing Canvas is a **REQUIRED** component of this course. All course correspondence and material including (but not limited to) syllabus, assignments, and reading requirements will only be available through Canvas. All assignments must be completed within the Canvas system.

You should expect to spend 6 - 9 hours a week working on our course. Since ALL course content is only available online in Canvas this means you will spend 6 - 9 hours LOGGED in working on content.

Students must contribute to the course weekly through participation in weekly discussion boards (more on this in a few pages). If you fail to log in and participate for 2 consecutive weeks you will be dropped from the course.

If you are having difficulty navigating Canvas the [Student Guides](#) provide information on almost anything you might need a little extra support with!

Communication

In an online course it can be difficult to remember that an instructor is not available to answer email at 1 am. So, what can you expect? Messages to be answered within 24 hours. If you have not heard from me in 24 hours, please send me a respectful reminder. Oftentimes, I will look at my messages without having the time to actually respond, which marks it as read, which means I forgot to respond. I don't mind a RESPECTFUL, KIND reminder; in fact, I greatly appreciate it.

Student Conduct and Cheating

Students ... are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely."

Plagiarism

"Plagiarism is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor.

Cheating/Plagiarism: Cheating and/or plagiarism will not be tolerated. A student will receive no credit for the assignment if in the opinion of the instructor the individual has cheated. If a second

violation occurs the student will be reported to the Dean of student services and an F will be issued for the course.

A plethora of resources exist to help students learn how to cite properly. Below are a few resources if you are not familiar with citing resources in APA format.

For information on how to site visit our class page: [ECE resources page](#)

Late Work

Late assignments will automatically lose 50% of the available points and must be turned in within 7 days after the due date. After 7 days the assignment will NOT be accepted. Quizzes can NOT be submitted late. Peer replies on discussion board can NOT be submitted late, but original posts can be submitted 7 days late.

Submitting Assignments:

All assignments must be submitted in Canvas; no e-mailed assignments will be accepted! All assignments must be submitted electronically using the median specified in each assignment instructions. Make sure to read all directions carefully. ALL assignments must be submitted in the .doc, .docx, or .pdf format. If you submit in another format the assignment will be considered late while you resubmit in the correct format.

Retaining Returned Assignments:

Students disagreeing with the assigned final grade will be required to supply evidence to the contrary. Therefore, it is suggested that students retain all returned/graded assignments and tests until after they have signed-out on the final day of class.

Accommodations for Students with Disabilities:

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible. If you have not yet visited our DSP&S office on campus use the link provided below to obtain more information.

[Disabled Student Programs & Services \(DSP&S\) \(Links to an external site.\)](#)

Important Dates to Remember

January 13 (M) Start of Spring 2020 semester

January 20 (M) Martin Luther King, Jr. Day observed (no classes held, campus closed)

January 24 (F) Last day to drop a Spring 2020 full-term class for full refund

January 31 (F) Last day to register for a Spring 2020 full-term class in person

January 31 (F) Last day to drop a Spring 2020 full-term class to avoid a “W” in person

February 2 (SU) Last day to drop a Spring 2020 full-term class to avoid a “W” on WebAdvisor

February 21 (F) Last day to change a Spring 2020 class to/from Pass/No-Pass grading basis

February 14 (F) Lincoln Day observance (no classes held, campus closed)

February 17 (M) Washington Day observance (no classes held, campus closed)

March 13 (F) Last Day to drop a full-term class (letter grades assigned after this date)

April 6-9 (M-Th) Spring recess (no classes held, campus open)

April 10 (F) Good Friday observance (no classes held, campus closed) (classes reconvene April 13)

May 18-22 (M-F) Spring 2020 final exams week

May 22 (F) End of Spring 2020 semester/commencement