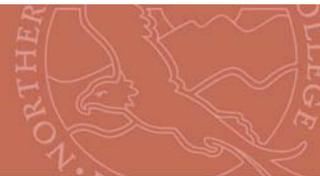




SYLLABUS TEMPLATE

Course Number Course Name	ECE 218 Health, Safety, and Nutrition
Credit Value (Breakdown of theory and lab credits)	2 Theory
Catalog Course Description	This course provides information related to standards and practices that promote children’s physical and mental well-being, sound nutritional practices, and maintenance of safe learning environments. It includes information for developing sound health and safety management procedures for indoor and outdoor learning environments for young children. The course examines the many scheduling factors that are important for children’s total development, healthy nutrition, physical activity, and rest. (Summer) (2, 2T+0L)
Student Learning Outcomes of the course	<p>This course is part of the articulated Universal Catalog of Courses for Early Childhood Education in the State of New Mexico. The following objectives are taken from the NM Department of Education’s Common Core Competencies for early childhood professionals. Upon completion of this course, students will be able to demonstrate the following competencies at the established level of proficiency:</p> <p>B1. – Recognize and respond to each child’s physical health, intellectual, and emotional well-being, and nutritional and safety needs.</p> <p>a.) Identify and discuss individual physical, intellectual, mental health, nutritional, and safety needs of infants, toddlers, preschoolers, and school-age children, such as allergies, special diets, medications, differing abilities, and specific medical conditions.</p> <p>B2. – Articulate an understanding of indoor and outdoor learning environments that provide opportunities for children to put into practice healthy behaviors (physically, socially, and emotionally).</p> <p>a.) Describe the major health and safety requirement of the New Mexico Child Care Licensing regulations.</p> <p>b.) Identify potential indoor/outdoor environments’ hazards and risks, and take corrective measures to ensure children’s safety.</p> <p>c.) Identify effective ways to establish and maintain expectations for behavior which creates safe environments.</p> <p>d.) Describe, design indoor/outdoor learning environments that are free of hazards/risks.</p> <p>e.) Identify strategies for effective supervision of children in indoor/outdoor learning environments.</p> <p>B3. – Use appropriate health appraisal and management procedures, and make referrals when necessary.</p> <p>a.) Identify activities and strategies that facilitate individual growth and development.</p>



- b.) Describe appropriate responses to young children’s individual health needs by conducting regular health screenings and recordings growth and development on checklists.
- c.) Identify appropriate resources for referral for a variety of conditions and situations.

B4. – Recognize signs of emotional distress, child abuse, and neglect in young children and use procedures appropriate to the situation, such as initiating discussions with families, referring to appropriate professionals, and in case of suspected abuse or neglect, reporting to designated authorities.

- a.) Discuss signs of emotional distress, child abuse, and neglect in children.
- b.) Describe all state, local, and program reporting procedures.
- c.) Describe the importance of recognizing and reporting signs of emotional distress, child abuse and neglect to families, administrators, and colleagues.
- d.) Identify resources that address problems of emotional distress, child abuse, and neglect in young children.

B5. – Establish an environment that provides opportunities and reinforcement for children’s practice of healthy behaviors that promote appropriate nutrient, and physical and psychological well-being.

- a.) Design practices that lead to healthy behaviors through daily routines that include hand washing, toileting procedures, nose-wiping, rest/sleep time, active movement, and healthy snacks/meals.
- b.) Model practices that promote healthy behaviors.

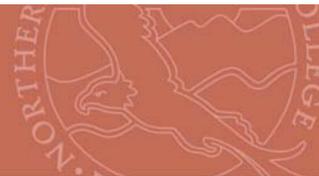
B6. – Provide and assure a consistent daily schedule for meals, rest, and sleep, as developmentally appropriate.

- a.) Identify requirements for sleep and rest.
- b.) Describe the requirements of the Child & Adult Food Care Program.
- c.) Identify ways to encourage young children to rest/sleep and to awaken gently.

B7. – Implement health care and educational activities for children and families based on health and nutritional information that is responsive to diverse cultures.

- a.) Design health care and nutrition activities that are developmentally appropriate and that are relevant to the diverse cultures in New Mexico.
- b.) Identify strategies to collaborate with families in promoting culturally appropriate health and nutrition practices for young children.

B8. – Assist young children and their families, as individually appropriate, in developing decision making and interpersonal skills that enable them to make healthy choices and establish health promoting behaviors.



College-Wide Student Learning Outcomes	<p>ECE 218 learning objectives align with the following NNMC College Wide Goal:</p> <p>Communication Use the verbal, written, listening, and visual skills necessary to analyze, synthesize and cite information, construct arguments, identify and solve problems, and engage across academic fields and civic discourse.</p> <p>Critical Thought Infer specific contexts and situations for learning by asking essential questions and applying both quantitative or qualitative methodologies and processes to solve problems.</p> <p>Cultural Competence Ability to perceive situations from various cultural and ethical contexts; to realize the role of the individual in influencing societal consequences; understand the importance of character values such as but not limited to: truthfulness and personal integrity, sense of responsibility, sense of fairness and justice, to test conventional wisdom for the pursuit of truth empathy, compassion, and general good citizenship.</p> <p>Information Literacy Ability to use current technology including (where applicable) but not limited to: computer software such as word processors, statistics/analytical programs, simulation programs, musical/artistic programs, and other software that increases overall ability and understanding; machinery and industrial processes that contributes towards increased productivity and efficiency; Innovation or the application of creativity or original thought.</p>
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