



Course Name: ECED 1115 Health, Safety, and Nutrition
Credit Hours: 2

Semester Taught: Fall
Course, Time and Place:

Instructor Information:

Instructor:	Communication Information:	Office Hours:
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Required Text: Marotz, L. R., Cross, M.Z., & Rush, J.M. (2015). *Health, Safety, and Nutrition* (9th ed.) Clifton Park, NY: Delmar Cengage Learning.

E-mail Requirement: All Students attending NNMC must use their NNMC e-mail account when communicating electronically about NNMC related business. If you are having trouble please contact IT at 505-747-2259.

Attendance: Attendance is required for all class sessions. Attendance will be measured in discussion posts to classmates and completing assignments on time. Education classes are competency-based, meaning that students must meet New Mexico State Competencies. Any absence during full term classes will require comparable make-up work at the discretion of the instructor. Number of Instructor/Student hours: 2 credit hours equal 30 contact hours.

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. (2, 2T+0L).

Course Objectives:

1. Demonstrate knowledge of resources for families with regard to all issues relating to health, safety and nutrition.
2. Design a curriculum and program, both indoors and outdoors, that emphasizes the importance of health, safety and nutrition.
3. Evaluate and explain the referral process when services and resources are needed by children and families.

B: Health, safety and nutrition: Early childhood professionals promote physical and mental health and appropriate nutrition and provide an emotionally and physically safe environment for young children in partnership with their families. Sound health, safety, and nutritional practices provide the foundation for development and learning. Good nutrition is appropriate and important to the total development of young children and their families. Meals and snacks encourage good nutrition and eating habits. A safe environment prevents and reduces injuries for young children who are only beginning to recognize dangerous situations. **B1, B2, B3, B4, B5, B6, B7, B8.**

COE’s Conceptual Framework - The Conceptual Framework of the College of Education at Northern New Mexico College represents the knowledge, skills and dispositions that all teacher candidates are expected to demonstrate during the program and as practicing teachers. The instruction in each class must reflect the Conceptual Framework in the course topics, assignments, discussions and readings.

Knowledge Principle-

1. Curriculum: the teacher candidate demonstrates knowledge of the content area and approved curriculum.
2. Instruction: the teacher candidate appropriately utilizes a variety of teaching methods and resources for each area taught.



- 4. Learning: the teacher candidate comprehends the principles of student growth, development and learning, and applies them appropriately.
- 5. Assessment: the teacher candidate effectively utilizes student assessment techniques and procedures.
- 7. Diversity- the teacher Candidate recognizes student diversity and creates an atmosphere conducive to the promotion of positive student involvement and self-concept.
- 9. Collaboration- the teacher candidate works productively with colleagues, parents and community.

Skills-

- 1. Utilization of technology-based tools to support student learning
- 2. Utilization of Planning and Assessment tools

Dispositions-

- 1. Fairness
- 3. Ethical Behavior

NNMC Student Learning Outcomes:

- 3. Demonstrate commitment to address cultural, social, and ethical responsibilities

Assignment Descriptions/Assessment Alignment:

Assignment/ Assessment	NMPED Teacher Competencies	Knowledge, Skill or Disposition	NNMC SLO		Point Value
Readings and Reflection: Write a one-page, double-spaced summary using the APA format. When reading: a) read assignment with diligence; b) develop scholarly notes; and c) reflect on the text with a high level of thinking	B1-8 Objectives 1, 2, 3	K1,K2, K4, K5, K7, S1, S2, D1	3	10 @ 3 pts	30 pts
Midterm Exam Knowledge of resources for families	B1-6 Objective 1	K4, K5, S1, S2, D1	3	1 @ 20 pts	20 pts
Power Point Presentation-15 slides on approved early childhood Health Issue and the referral process	B1-6 Objective 3	K S1,1,2,7,9 S1	3	1 @ 20 pts	20 pts
Final Exam- Design an indoor/outdoor program that is culturally and developmentally appropriate	B1-8 Objectives 1, 2, 3	K1, K2, K9, S1, D1, D3	3	1 @ 30 pts	30 pts
TOTAL POINTS				100 pts	

Course Dates, Topics, Assignments:

Date	Topic/ Text Chapter	Assignment
WEEK 1	Promoting Children’s Health	Introduction
WEEK 2	Promoting Children’s Health Chapter 1: Wellness of the Child: What Does Wellness Means? Planning for the Observations and Field Trips	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 1
WEEK 3	Promoting Children’s Health Chapter 2: Promoting Good Nutrition: The Foundations of Optimal Nutrition	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 2
WEEK 4	Medical Conditions and Illnesses	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 3
WEEK 5	Medical Conditions and Illnesses	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 4



WEEK 6	Medical Conditions and Illnesses	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 5
WEEK 7	Safety Management	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 6
WEEK 8	Safety Management	Online Discussion: Follow Guidelines and rubric: Focus questions-Midterm Exam
WEEK 9	Safety Management	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 7
WEEK 10	Protecting Children from Abuse and Neglect Chapter 16: Child Abuse and Neglect	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 8
WEEK 11	Protecting Children from Abuse and Neglect Chapter 16: Child Abuse and Neglect	Online Discussion: Follow Guidelines and rubric: Focus questions- Power Point Presentation
WEEK 12	Basic Nutrition	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 9
WEEK 13	Basic Nutrition	Online Discussion: Follow Guidelines and rubric: Focus questions/ Reading, Reflection 10
WEEK 14	Nutrition and Young Children Chapter 4: Feeding Infants	Online Discussion: Follow Guidelines and rubric: Focus questions
WEEK 15	Nutrition and Young Children Chapter 5: Feeding Toddlers, Preschoolers, School Age Children	Online Discussion: Follow Guidelines and rubric: Focus questions
WEEK 16	Nutrition and Young Children	Final Exam

Grading:

A+ 100 - 97

A 96 - 93

A- 92 - 90

B+ 89 - 87

B 86 - 83

B- 82 - 80

C+ 79 - 77

C 76 - 73

C- 72 - 70

D+ 69 - 67

D 66 - 63

D- 62 - 60

F 59 - 0

Late Work: Your work is due on the date indicated on the syllabus. Any exceptions are at the discretion of the professor and must be agreed to in advance.

Students with Disabilities: Northern New Mexico College recognizes its responsibility for creating an institutional climate in which students with disabilities can succeed. In accordance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act; if you have a documented disability, you may request accommodations to obtain equal access and to promote your learning in this class. Please contact Verna Trujillo, Coordinator of Accessibility and Resource Center at 505-7472152 or v.trujillo@nnmc.edu to inquire about appropriate accommodations. After your eligibility is determined, you will be given a letter, which when presented to instructors, will help us know best how to assist you.

NNMC Incomplete Policy: The grade of 'I' is given for course work that could not be completed due to circumstances beyond the student's control. This means a serious illness or accident, not poor planning. If a significant crisis prevents your timely completion of the requirements of this course, please make an appointment with your instructor. Once an Incomplete is given, it is the STUDENT'S responsibility to complete the work according to the parameters of the deadline. If you do not complete your work, the 'I' automatically becomes an 'F' when the deadline passes.

Academic Ethics: Dishonesty in connection with tests, quizzes, or coursework assignments may be cause for dismissal from the College. Plagiarism is the most common type of academic dishonesty. Plagiarism consists of any representation of another person's work as one's own without proper acknowledgment. Examples include but are limited to 1) submitting as one's work a paper which includes a part copied from a book or article without identifying the quote selection and/or sources, 2) presenting an author's ideas as though they were your own original ideas, or 3) using work by another student with your name as



the author. When an instructor suspects a student of academic dishonesty, the instructor will bring it to the student's attention. If the problem is not resolved to the instructor's satisfaction, the incident will be reported to the Dean for follow-up action.

Students are responsible for referring to the Student Handbook for specific policies and procedures.

