

University of Arkansas - Fort Smith

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General Syllabus**ECED 20973 Health, Safety, and Nutrition for Young Learners**

Credit Hours: 3

Lecture Hours: 3

Laboratory Hours: 0

Effective Catalogue: 2019-2020

I. Course Information**A. Catalog Description**

Provides early childcare providers with skills and knowledge necessary for meeting health, safety and nutritional guidelines for children. Emphasis is on children birth to five, specifying childcare licensing requirements and activity planning. Learned skills will translate into candidates' work with children, as they provide developmentally appropriate learning environments and practices that respect the needs of all diversities.

B. Additional Information - None**II. Student Learning Outcomes****A. Subject Matter**

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

1. Work within the appropriate health, safety and nutritional guidelines for children birth –fourth grade: Applying knowledge to planning weekly menus, recalling safe food handling practices, and planning developmentally-appropriate mealtimes.
2. Discuss and utilize effective classroom management and techniques in early childhood settings, realizing that meeting children's physical needs results in fewer disruptions in learning.
3. Develop plans for appropriate early childhood environments in the areas of health, safety and nutrition, which foster independence, individuality, and self-regulation of learning and behavior.
4. Discuss issues of diversity in learners that may affect the classroom environment.
5. Use individual and group guidance and problem-solving techniques to form positive and healthy relationships with children, encourage positive social interaction among children, promote positive strategies of conflict resolution, and develop self-control and self-esteem.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Ethical Decision Making

Students will model ethical decision-making processes in meeting the physical needs of their students.

Global and Cultural Perspectives

Students will reflect on different cultures, learning styles, and intellectual abilities as they assist in the field experience and will discuss these differences and how these issues impact the instruction of young children. Cultural meal diversities, as well as familial customs will be discussed.

Communication Skills

Students will communicate proficiently in written and verbal presentations relating to children's health, safety and nutritional needs.

Analytical Skills

Students will identify a health, safety and nutritional concern, dissect or isolate its components, organize information for decision making, establish criteria for classroom management, and draw appropriate conclusions.

III. Major Course Topics

- A. Interrelationship of Health, Safety and Nutrition
- B. Promoting a Healthy Lifestyle
- C. Health Appraisals
- D. Health Assessment Tools
- E. Conditions Affecting Children's Health
- F. The Infectious Process and Environmental Control
- G. Communicable and Acute Illness: Identification and Management
- H. Creating Quality Environments
- I. Safety Management
- J. Management of Injuries and Acute Illness
- K. Maltreatment of Children: Abuse and Neglect
- L. Planning for Children's Health and Safety Education
- M. Nutritional Guidelines
- N. Nutrients that Provide Energy
- O. Nutrients that Promote Growth of Body Tissues
- P. Nutrients that Regulate Body Functions
- Q. Infant Feeding
- R. Feeding Toddlers and Young Children