



## **ECED 1115-501 CRN 66214: Health, Safety and Nutrition**

**UNM-Valencia Online**

**Fall 2021: August 23 – October 16**

### **I. GENERAL INFORMATION**

**Instructor:** Deidre Stebleton, MA Education

**Class Time:** Online @ learn.unm.edu

**Email:** DSteblet@unm.edu

**Office Hours:** Thursdays, 6:30-7:30pm **Online**

### **II. COURSE DESCRIPTION**

ECED 1115 Health Safety and Nutrition (2 credit hours)

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.

### **III. REQUIRED TEXTBOOKS/RESOURCES**

**Textbook Required to begin class:**

Marotz, Lynn R. *Health, Safety, and Nutrition for the Young Child*. 9th ed. Belmont: Wadsworth: Cengage Learning, 2015. Print.

Other readings as assigned

**Computer Requirements:** Prior to getting started you will want to review the necessary computer requirements to properly run the Blackboard Learn management system. For best performance, it is recommended that you use Firefox or Chrome as your internet browser. You can download Firefox for free by visiting [Firefox Download](http://www.mozilla.org/en-US/firefox/fx/?from=sfx&uid=290713&t=478). <http://www.mozilla.org/en-US/firefox/fx/?from=sfx&uid=290713&t=478>

You can download Chrome for free by visiting [Chrome Download](https://www.google.com/chrome/). <https://www.google.com/chrome/>

*\*It is also a good idea to run the Blackboard Learn Browser Check.*

**Required Software:** In order to view the materials presented and submit assignments in the course, you will need the following which are available to UNM students here: <http://it.unm.edu/download/>

- Adobe Reader
- Word processing software compatible with Microsoft Word. (doc or docx format
  - **For MAC users:** You will need to convert your documents from pages to doc or docx files.
- Adobe Flash

### **IV. LEARNING OBJECTIVES AND COURSE COMPETENCIES**

#### **A. Learning Objectives**

Course objectives are overarching goals for student learning that are assessed through course assignments and instructor evaluation of each student's skills and abilities.

**Students will:**

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>Learning Objectives</b>	<b>Assessment Methods</b>
1. Demonstrate knowledge of resources for families with regard to all issues relating to health, safety and nutrition	Discussions Application Activities High Quality EC Programs Presentation
2. Design a curriculum and program, both indoors and outdoors, that emphasizes the importance of health, safety and nutrition.	Discussions Application Activities High Quality EC Programs Presentation
3. Evaluate and explain the referral process when services and resources are needed by children and families.	Discussions Application Activities High Quality EC Programs Presentation

**Course Competencies**

This course is part of the articulated Universal Catalogue of Courses for Early Childhood Education in the State of New Mexico. The following objectives are taken from the New Mexico State 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:

- Recognize and respond to each child's physical health, intellectual and emotional well-being, and nutritional and safety needs. B.1
- Articulate an understanding of indoor and outdoor learning environments that provide opportunities for children to put into practice healthy behaviors (physically, socially and emotionally). B.2
- Use appropriate health appraisal and management procedures and make referrals when necessary. B.3
- Recognize signs of emotional distress, child abuse, and neglect in young children and use procedures appropriate to the situation, such as initiating discussion with families, referring to appropriate professionals and in cases of suspected abuse or neglect, reporting to designated authorities. B.4.
- Establish an environment that provides opportunities and reinforcement for children's practice of healthy behaviors that promote nutrition and physical and psychological well-being. B.5
- Provide a consistent daily schedule for rest/sleep as developmentally appropriate. B.6
- Implement health care and educational activities for children and families based on health and nutritional information that is responsive to diverse cultures. B.7
- 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. B.8

## V. COURSE REQUIREMENTS

### Attendance

Students are expected to log onto Blackboard Learn at least four times per week to participate in discussions. See Blackboard Learn for the directions and schedule.

**Note: Students who do not participate for one full week can be dropped from the class.**

**NOTE: Students who do not complete the orientation quiz will be dropped from the class**

### Due Dates and Late Assignments

Students are expected to turn in work on the date that it is due. In case of emergency, please ask for instructor permission to accept a late assignment. There will be a 10% grade deduction for any approved late assignment. **Note: No late postings on the discussion boards and they cannot be made up.**

### Online Classroom

Online courses are delivered exclusively through the Web. This course is designed to give you the flexibility and convenience you need to help you meet your educational goals. Still, the student should be aware that a good degree of initiative, discipline, diligence, and organization is required on your part to successfully complete this course.

*Note: You cannot work at your own pace. You are expected to log on several times per week. Your first discussion board posting, or thread, should be posted by Wednesday and you should stagger your replies throughout the rest of the learning week. Assignments are due on or by the last day of the learning week.*

### Hardware and Skills Required

- UNM net ID account and password.
- Access to the Internet
- High-speed internet connection preferred (DSL or cable modems) but dial up modem will work (albeit very slow).
- Speakers for listening to presentations.
- Web browser and Java (please visit UNM Learn home page at [learn.unm.edu](http://learn.unm.edu) for browser requirements);
- Working knowledge of Windows or Macintosh operating systems.
- Ability to use web browser, internet connection and email.
- Ability to save and copy files and to receive and send email attachments.
- Required to use file type, Word doc, docx, or Word compatible processor.

**Note:** *If you do not have the hardware, UNM-Valencia has several student computer labs available to you. If you do not have the skills, appointments can be made with me or a tutor to help you navigate Blackboard Learn. "How to Use Learn" is also a great resource and is located in our course, left column link or here: <http://online.unm.edu/help/learn/students/>*

### Academic Support

Student tutors are available for tutoring appointments at The Learning Center. For more information phone 925-8907, go to <http://valencia.unm.edu/campus-resources/the-learning-center/index.html>, or follow the link in our Bb course. Other Resources also linked in Bb course:

[The Learning Center](#)

[The Writing Center](#)

### Accommodation Statement:

The University of New Mexico-Valencia Campus is committed to the recognition and the proactive pursuit of compliance with the Americans with Disabilities Act of 1990 (ADA). The University makes reasonable accommodation for religious observances, national origin practices of a student and to the known physical or mental limitations of a qualified student, unless such accommodations have the end result of fundamentally altering a program or service or placing an undue hardship on the operation of the University.

For information regarding accommodations in the academic and/or employment setting for qualified students with disabilities, or if you have a special need and require an auxiliary aide and/or service, please contact Student Services (505.925.8560). <https://valencia.unm.edu/about/accessibility.html>  
For information on Equal Access go to: <https://valencia.unm.edu/students/advisement-and-counseling/equal-access-services.html>

### Assignments and Course Evaluation

**Orientation Quiz** – (10%) Students will take this quiz to ensure an understanding of the course syllabus, start here and instructor information within this Blackboard (Bb) course. Lack of completion during the first week of class may result in being dropped from the class.

**Discussion Board/Attendance** – (25%) Students will participate in weekly discussion boards that allow students to discuss and show an understanding of course concepts as well as create a community of learners within our Bb course. You must write an initial response to the question or prompt beginning on Saturday but **by Wednesday** of the learning week. Please wait a few days after your first post to allow classmates the chance to write their initial entry. After a few days reply to at least 3 of your peers. Optimal participation would be to reply on different days throughout the week and **by the following Monday** (the last day of the learning week). Discussion posts must be professional and well written. You need to respond with more than, “I agree with your post.” Please be kind and sensitive to someone else’s perspective, even when you feel like you disagree. (See Rubric below)

### Discussion Board Grading Rubric

Criteria	Competent (20-25 pts)	Proficient (15-19 pts)	Novice (0-14 pts)
Content	Thread is relevant to the topic and shows deep understanding of the topic. Includes reference to the text and original thoughts and examples. Initial thread contains <i>3 or more sentences per question</i> .	Thread is relevant to the topic and shows some understanding of the topic. Includes original thoughts. Initial thread is less than 3 sentences per question.	Thread is relevant to the topic. Lacks a thorough response and show of understanding. One sentence response.
Organization	Thoughts are clearly organized, and writing is easy to follow and understand.	Thoughts are mostly organized and mostly easy to follow and understand.	Organization needs work. Writing needs work.
Conventions	2 or less grammatical, spelling, or sentence structure errors.	3-5 grammatical, spelling, or sentence structure errors.	More than 5 grammatical, spelling, or sentence structure errors.
Responses	Responds to 3 other classmate threads. Contains at least 4 sentences showing reflection and expansion of ideas.	Responds to 2 other threads. Contains less than 4 sentences. Little reflection/expansion of ideas.	Responds to 0-1 other thread. Contains less than 3 sentences.

Timeliness	First post <i>by</i> Wednesday. Replies to classmates are staggered throughout the remainder of the learning week.	First post <i>by</i> Saturday. Replies are not staggered throughout the remainder of the learning week.	First post later than Saturday. Replies are not staggered.
------------	--	---	--

**Weekly Application Activity Assignments** – (25%) Students will complete assignments each week that are related to their weekly chapter readings. Assignments must be submitted in the Bb course, assignment link by their due dates. In case of emergency, please ask for instructor permission to accept a late assignment. For grading, see rubric below.

Criteria	Competent (20-25 pts)	Proficient (15-19 pts)	Novice (0-14 pts)
Meaning	Demonstrates a thorough and deep understanding of concepts. Includes reference to the text, examples and original thoughts.	Demonstrates a basic understanding of concepts. Includes occasional original thought or examples.	Demonstrates little to no understanding of concepts. No clear references or examples.
Language	Language is sophisticated and college level appropriate. Language shows a clear connection to course content and understanding of course concepts.	Language is somewhat sophisticated. Language shows some connection to course concepts.	Language shows some confusion of concepts or less understanding of course ideas.
Organization	Thoughts are clearly organized. Writing is easy to follow and understand.	Thoughts are mostly organized. Writing is somewhat easy to follow and understand.	Thoughts are unorganized making writing difficult to follow.
Content	Every response is substantial, containing at least a 6-sentence paragraph.	Some responses are less than a full paragraph.	Responses are one or two sentences.
Conventions	Demonstrates control of the conventions with less than 2 grammatical, spelling, or sentence structure errors.	Demonstrates some control of conventions with less than 4 grammatical or spelling errors.	More than 5 grammatical errors which hinder comprehension of meaning.

**High Quality Environments Presentation** – (25%) Students will create a Power Point or Prezi presentation that addresses how to create a high-quality environment in a day care or preschool setting. This presentation should cover each of our course topics of health, safety, and nutrition. More details when assigned.

**Final Quiz** – (15%) Students will complete one final essay style quiz, covering the topics of health, safety, and nutrition.

**VII COURSE GRADING PROCEDURE**

- |  |             |
|--|-------------|
| • Online Participation /Discussion Board | 25%         |
| • Weekly Assignments                     | 25%         |
| • High Quality Env. Presentation         | 25%         |
| • Orientation Quiz                       | 10%         |
| • <u>Final Quiz</u>                      | <u>15%</u>  |
| <b>Total</b>                             | <b>100%</b> |

## Percentages and Grade Equivalent

100-97 <b>A+</b>	89-87 <b>B+</b>	79-77 <b>C+</b>	69-66 <b>D+</b>
96-93 <b>A</b>	86-83 <b>B</b>	76-73 <b>C</b>	65-62 <b>D</b>
92-90 <b>A-</b>	82-80 <b>B-</b>	72-70 <b>C-</b>	61-59 <b>D-</b> 58-0 <b>F</b>

## Dishonesty in Academic Matters

As stated in [2014-2016 UNM-Valencia Catalog](#):

Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, including dismissal, against any student who is found responsible for academic dishonesty. Any student who has been judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.

Academic dishonesty includes, but is not limited to, dishonesty in quizzes, tests or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; and misrepresenting academic or professional qualifications within or outside the University (11).

## ECED 1115-Health, Safety and Nutrition

### Tentative Course Schedule – Fall 2021

Class Date	Weekly Topic/Content	Assignment Due
<b>Week 1</b> <b>Aug. 23-Aug. 30</b> (8 days only)	*Introduction *Syllabus & Course Schedule <b>Unit 1: Health</b> Ch. 1 Children's Well-Being	<i>Orientation Quiz</i>  Discussion Board-Intros Discussion Board-Ch. 1 Application Activity Assign
<b>Week 2</b> <b>Aug. 28-Sept. 6</b> Begin 10-day weeks	Ch 2 Daily Health Observations Ch 3 Assessing Children's Health Ch 4 Caring for Children with Sp. Med. Conditions	Discussion Board Application Activity Assign
<b>Week 3</b> <b>Sept. 3-Sept. 13</b>	Ch 5 The Infectious Process and Env. Control Ch 6 Childhood Illnesses	Discussion Board Application Activity Assign
<b>Week 4</b> <b>Sept 11-Sept 20</b>	<b>Unit 2: Safety</b> Ch 7 Creating High-Quality Environments Ch 8 Safety Management	Discussion Board Application Activity Assign
<b>Week 5</b> <b>Sept 18-Sept 27</b>	Ch 10 Maltreatment of Children Ch 11 Planning for Children's Health and Safety Ed. Ch 19 Nutrition Ed.	Discussion Board Application Activity Assign
<b>Week 6</b> <b>Sept 25-Oct. 4</b>	<b>Unit 3: Foods and Nutrients</b> Ch 12 Nutrition Guidelines Appendix C Federal Food and Nutrition Programs (pg 516)	Discussion Board Application Activity Assign
<b>Week 7</b> <b>Oct. 2-Oct. 11</b> Final 10-day week	Ch 13 Nutrients that Provide Energy Ch 14 Nutrients that Promote Growth and Regulate Body Function	Discussion Board Application Activity

<p><b>Week 8</b>  <b>Oct. 9-Oct. 16</b>  Only 7 days of this final week with a lot to turn in!</p>	<p><b><i>Unit 4: Nutrition and the Young Child</i></b>  Ch 16 Feeding Toddlers and Young Children  Ch 17 Planning and Serving Nutritious and Economical Meals  Ch 18 Food Safety  Final Project – Creating High Quality Environments</p>	<p>Discussion Board  Application Activity Assign    <b><i>Final Quiz</i></b>    <b><i>PPT or Prezi</i></b></p>
--	--	--