

ECED 1115 550: Health, Safety, and Nutrition

Fall 2022

Instructor: Karen Walter

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Office/Office Hours: Monday & Tuesday 2:00 -4:00 PM

Course Credit hours-3

COURSE DESCRIPTION

ECED 1115.550: Health Safety and Nutrition (2 credit hours) 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 the prevention of childhood illnesses and communicable diseases. The course examines the many nutritional factors that are important for children's total development, healthy eating habits, physical activity and rest. Students gain knowledge necessary for creating safe teaming environments for decreasing risk and preventing childhood injury.

Textbook (not required)

Marotz, Lynn R. *Health, Safety, and Nutrition for the Young Child*. 8th ed. Belmont: Wadsworth: Cengage Learning, 2012. Print.

Dual/Credit

Dual Credit is a program which provides public high school students the opportunity to receive credit for both a high school course and a college course by taking a single qualifying course. For more information, please see the UNM-Valencia Course Catalog.

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

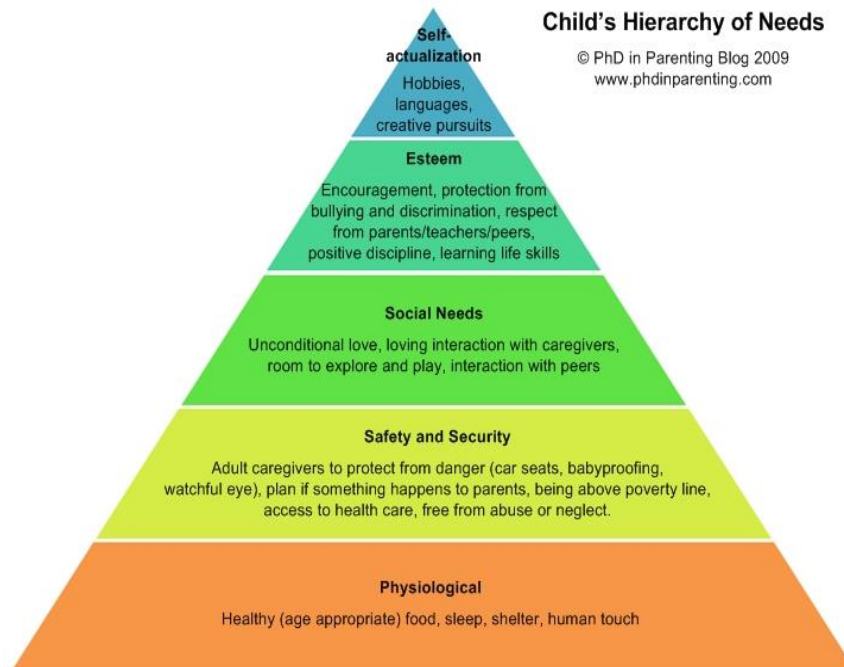
Course Outline

Week One: 8/22 - 8/26 - Introduction

Week 2-3-: 8/29 - 9/9

Reading Reflection: What is Culture?

Read chapter 1 and write a reflection on Abraham Maslow’s Hierarchy of Needs. Maslow places physiological needs and safety as the basis of motivation on a conscious or unconscious level. Children must depend upon adults to provide these necessities. Considering how cultures provide or don’t provide basic needs, explain why children living in certain cultures may experience higher or lower self-esteem and describe several ways that families and educators can help children build grit, resilience, and self-efficacy.



**Week 4-5
9/12-9/23**

After reading chapter 3 (p. 62-65) and chapter 4

(p. 102-103), identify and describe the vision disorders that are most common among young children, and the signs and symptoms of Seizure Disorders. What behavioral indicators might a teacher observe in each? How are each typically treated? And what is the responsibility of the care giver?

**Week 6 -
9/26 - 9/30**

After reading chapter 5, p. 125-128, discuss specific practices that teachers can use in their classrooms to limit the spread of illnesses transmitted through the respiratory tract and the fecal-oral route.

**Week 7
10/3 - 10/7**

After reading chapter 6, p.159-161, describe the causes and management of Sudden Death Syndrome (SIDS).

**Week 8-9
10/10-10/21**

What is a High-Quality Program? After reading chapter 7, (p. 176-182) Create a presentation that identifies and describes five (5) features of a high-quality program.

**Week 10
10/24-10/28**

Reading chapter 8, p. 208, define and describe the term “unintentional injury” and explain why infants and toddlers experience the highest rate of unintentional injury.

**Week 11
10/31-11/4**

Read chapter 9, p. 240, and explain how to use the ABCs to assess an emergency situation. Describe the difference between Emergency Care and First Aid.

**Week 12
11/7-11/11**

Chapter 12 on pp. 324-328 describes and explains the vitamins, minerals, and nutrients found in the 6 categories of the Food Guide Pyramid. *Describe a Food Desert* and the challenge of families providing contents located in the Pyramid. Include in the discussion the necessity of fat intake in children younger than 2.

**Week 13-14
11/14-11/18**

Child Abuse – What is it and does it look different depending on the Culture (re-visit the definition of Culture)? Read chapter 10, p. 270, briefly describe and explain the 5 types of child abuse and neglect. Knowing what you know now, do you have any questions?

Thanksgiving-Nov/21-Nov.25

**Week 15-16
11/28-12/9 Review and Finals**

Attendance

Attendance is part of your final grade. Lack of attendance will affect your final grade. The times we meet will be determined during the semester. If you are absent on that day, you can arrange to meet me during my office hours at UNM-Valencia.

Due Dates and Late Assignments

Students are expected to turn in work on the date that it is due. Reflections and assignments are worth 20% of your grade and the information is necessary for preceding assignments. The final exam is comprehensive and covers information from the entire class.

Grading

- Attendance 30%
- Reading Reflections/Assignments 20%
- Discussion Forums /Engagement 20%
- Final Presentation/Paper 30%

Total

100%

Percentages and Grade Equivalent

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

Technical Requirements

Computer

- A high-speed Internet connection is highly recommended.
- Supported browsers include: Detailed Supported Browsers and Operating Systems
- Any computer capable of running a recently updated web browser should be sufficient to access your online course. However, bear in mind that processor speed, amount of RAM and Internet connection speed can greatly affect performance.
- For the best experience when using the Kaltura Media Tools inside UNM Canvas, be sure to use a supported browser on a desktop.
- Microsoft Office products are available free for all UNM students (more information on the UNM IT Software Distribution and Downloads page)
- Please update your contact information in Loboweb: MyUNM Login. When you log into MyUNM, Enter LoboWeb. Click on the Personal Information link to make sure your contact information is up to date.

Web Conferencing-Web conferencing will be used in this course

- high-speed internet connection is highly recommended for these sessions. A wireless Internet connection may be used if successfully tested for audio quality prior to web conferencing.
- You should also dress as you would when attending an in-person class, even if you do not turn on your video camera.

We will meet via Web Conferencing once a week. The dates and times will be

available online as soon as the school schedule has been determined.

Coursework and Participation

InstructorResponseTime

I routinely check the course for postings or emails, Monday (8 am) – Friday (12 pm) and sometimes in the evenings and on the weekend. You can anticipate a 24 to 48 hour response from me, Monday – Thursday. I will try and respond to all weekend (Friday afternoon to Sunday) emails and postings by noon on Monday or earlier.

Netiquette- See **Netiquette document** in Canvas Course “Introduction”

Submitting Assignments

When you submit an assignment via Canvas. You will receive an email receipt of your submission. Save this email as confirmation of your submission

UNM POLICIES- For more on UNM Policies please visit: The Pathfinder; UNM’s Student Handbook

<https://pathfinder.unm.edu/>

UNM Policies: This course falls under all UNM policies for last day to drop courses, etc.

Please see or the UNM Course Catalog for information on UNM services and policies.

Please see the UNM academic calendar for course dates, the last day to drop courses without penalty, and for financial disenrollment dates.

COVID- fall 2022

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required, community. To be registered or employed at UNM, Students, faculty, and staff must all meet UNM’s Administrative Mandate on Required COVID-19 vaccination. If you are experiencing COVID-19 symptoms, please do not come to class. If you have a positive COVID-19 test, please stay home for five days and isolate yourself from others, per the Centers for Disease Control (CDC) guidelines. If you do need to stay home, please communicate with me at [walterk63@unm.edu]; I can work with you to provide alternatives for course participation and completion. UNM faculty and staff know that these are challenging times. Please let us know that you need support so that we can connect you to the right resources and please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

Support: Student Health and Counseling (SHAC) at (505) 277-3136. If you are having active respiratory symptoms (e.g., fever, cough, sore throat, etc.) AND need testing for COVID-19; OR If you recently tested positive and may need oral treatment, call SHAC. Lobo RESPECT Advocacy Center (505) 277-2911 can offer help with contacting faculty and managing challenges that impact your UNM experience

