

ECED 1115 550: Health, Safety, and Nutrition

SP2023 - Course Credit hours-2/Online

Instructor: Karen Walter

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Office/Office Hours: Wednesdays from 2:00 – 4:00 PM

Meeting ID – 942 4316 9975 Passcode - 093904

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*. 9th 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 wellbeing, 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 wellbeing. 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

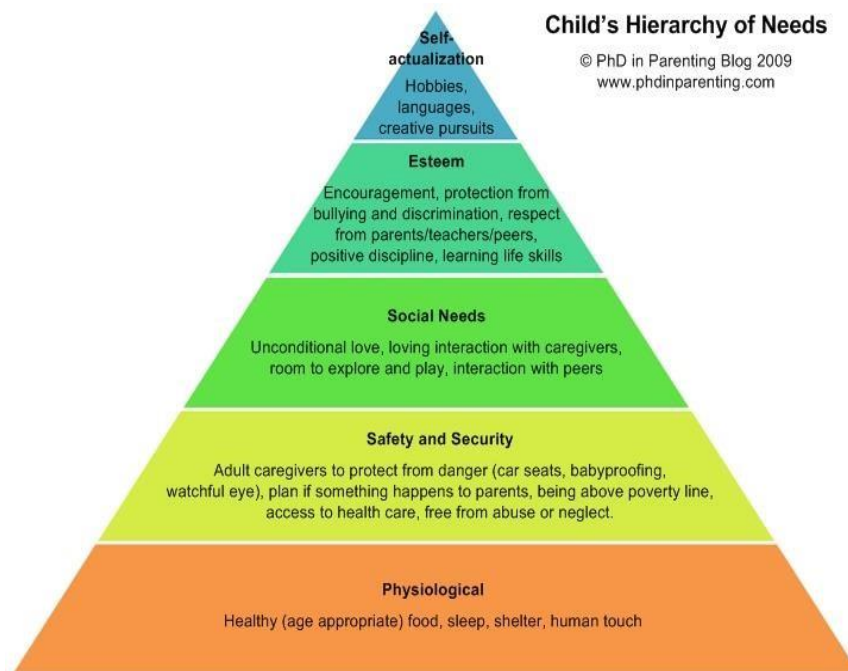
Course Outline: *Schedule may vary however students will be notified of any changes.*

Week One: 1/16 – Introduction to Class: Syllabus, Expectations, Reflections, Discussions (either in-class or online)

Week 2-3: Jan. 23 and Jan. 30 - Reading Reflection: Due Jan. 29th

What is Culture and what is the relationship between culture and Health, Safety and Nutrition?

Using the information in chapter 1, Abraham Maslow’s Hierarchy of Needs and the TED Talk by Ken Robinson called, “Bring on the Learning Revolution”, write a reflection on the most important aspects of a child’s well-being. How can communities, families and educators help children build grit, resilience, and self-efficacy.



Week 4 and 5 – Feb. 6 and Feb. 13th

What are Norms? What must we know in order to establish Norms?

Week 6: Feb. 20

The importance of Assessment.

Week 7: Feb. 27

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, what are your questions?

Week 8-10: March 6;

Policies and Procedures: Medical Conditions and Illnesses (ch.6)

Week 9: (Spring Break is March 12-19)

Week 10: March 20th

Policies and Procedures: Medical Conditions and Illnesses (con't)

Week 11: March 27

Vitamins and Minerals and food programs. What is a food desert? Let's talk about food waste.

Week 12: April 3

What is a High-Quality Program?

Week 13: April 10

Creating a curriculum for a High-Quality Program?

Week 14: April 17

How does the language of self-care translate to children?

Week 15: April 24

Review of specific Topics

Week 16: May 1

Review of class

Finals Week: May 8th

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%

Grade Equivalent	Total	100% Percentages and
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-

Coursework and Participation

Instructor Response Time

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.

This is a two credit-hour course. Class meets for two 60-minute sessions of direct instruction for fifteen weeks during the Spring 2023 semester. Please plan for at least four hours of out-of-class work (or homework, study, assignment completion, and class preparation) each week.

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

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, remember that processor speed, RAM and Internet connection speed can 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.**

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 tell us you need support so we can connect you to the right resources and 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