

ECED 1115 550: Health, Safety, and Nutrition

SP2024 - Course Credit hours-2/Online

Instructor: Karen Walter

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Office/Office Hours: Tuesdays and Thursdays from 1-3 PM/Place TBD

Please schedule Zoom appointments with professor

***Land Acknowledgement:** Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.*

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)- All texts will be provided

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: Jan 16 – Introduction To Class: Syllabus, Expectations, Reflections, Discussions (either in-class or online)

Week 2-3: Jan. 22 and Jan. 29

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

Week 4-5: Feb. 5 and Feb. 12

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

Week 6: Feb. 19

Health Checks, Health Education, Working with Families.

Week 7: Feb. 26th

Assessing Children's Health

Week 8: Mar. 4th (Safety)

High Quality Environments

March 11-15 Spring Break

Week 9: March 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, what are your questions?

Week 10: March 25

Safety Management; Management of injuries and acute illnesses

Week 11: April 1st (Nutrition)

Food Desert; What and where are they?

Week 12: April 8th

Food groups and the “Food Plate”; The language of “self-care”.

Week 13: April 16

Nutrition Guidelines; Nutrients that promote growth and regulate body functions

Week 14: April 23

Planning and Serving Nutritious and Economical Meals and; Food Safety

Week 15-16 April 30 and May 6 - Review and Finals**Attendance/Communication**

Attendance/Communication – This is an important piece of your final grade. It is critical that you inform the UNM Instructor and the Dual Credit Teacher of your absence and return date. Instructor/teacher will provide you with information missed and an opportunity to make up assignments. Class is comprehensive and therefore it is important complete all make up work as quickly as possible.

Netiquette- See **Netiquette document** in Canvas Course “Introduction” [Netiquette document](#)

Submitting Assignments

When you submit an assignment via UNM Learn, you will receive an email receipt of your submission from *do-not-reply@learn.unm.edu*. Save this email as confirmation of your submission.

Grading

- Attendance 25%
- Reflections 20%
- *Assignments 10%
- Discussion Forums /Engagement 20%
- Final Exam 25%

Total 100%

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-

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 weekends. You can anticipate a 24-hour response time during the week and a 48-hour response on the weekends.

TECHNOLOGY-

Access to UNM Canvas is Imperative!!! All other technology necessary will be determined on a student by student basis.

Technical Requirements Con't.

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

This is asynchronous class and Web conferencing will not be used in this course.

You will be informed well in advance if changes to this are necessary

In the event of an online sessions, you will need:

Citizenship and/or Immigration Status: All students are welcome in this class regardless of citizenship, residency, or immigration status. Your professor will respect your privacy if you choose to disclose your status. As for all students in the class, family emergency-related absences are normally excused with reasonable notice to the professor, as noted in the attendance guidelines above. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration's welcome is found on our website: <http://undocumented.unm.edu/>.

Respectful and Responsible Learning: We all have shared responsibility for ensuring that learning occurs safely, honestly, and equitably. Submitting material as your own work that has been generated on a website, in a publication, by an artificial intelligence algorithm, by another person, or by breaking the rules of an assignment constitutes academic dishonesty. It is a student code of conduct violation that can lead to a disciplinary procedure. Please ask me for help in finding the resources you need to be successful in this course. I can help you use study resources responsibly and effectively. Off-campus paper writing services, problem-checkers and services, websites, and AIs can be incorrect or misleading. Learning the course material depends on completing and submitting your own work. UNM preserves and protects the integrity of the academic community through multiple policies including policies on student grievances (Faculty Handbook D175 and D176), academic dishonesty (FH D100), and respectful campus (FH CO9). These are in the Student Pathfinder (<https://pathfinder.unm.edu>) and the Faculty Handbook (<https://handbook.unm.edu>).

Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus. Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator. For more information on the campus policy regarding sexual misconduct and reporting, please see:

<https://policy.unm.edu/university-policies/2000/2740.html>.

Academic Integrity

UNM's [Policy on Academic Dishonesty](#) and the [Student Code of Conduct](#) which outline academic misconduct defined as plagiarism, cheating, fabrication, or facilitating any such act.

Support: Many students have found that time management workshops or work with peer tutors can help them meet their goals. These and are other resources are available through PASOS (Pathways to Articulation and Sustainable Opportunities for Students), TRIO Student Support Services, and Student Learning Support at the Center for Teaching and Learning.

Connecting to Campus and Finding Support: UNM has many resources and centers to help you thrive, including opportunities to get involved, mental health resources, academic support

including tutoring, resource centers for people like you, free food at Valencia Campus Food Pantry, and jobs on campus. Your advisor, staff at the resource centers and Academic Affairs Office, and I can help you find the right opportunities for you.

Copyright Issues

All materials in this course fall under copyright laws and should not be downloaded, distributed, or used by students for any purpose outside this course.

[The UNM Copyright Guide](#) has additional helpful information on this topic.

Accessibility and Accommodations

The American with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodations of their disabilities. If you have a disability requiring accommodation, please contact:

- [UNM-Valencia Student Services](#) if you are a Valencia campus student. The phone number is 505-925-8560
- [UNM Accessibility Resource Center](#) in 2021 Mesa Vista Hall if you are a main campus student. The phone number is 505-277-3506.

Information about your disability is confidential and your instructor cannot refer you for accommodations. Be aware that you will need to provide documentation. If you need assistance in obtaining documentation, the offices above can assist you.

Drop Policy:

[This section states your departmental policy for dropping students – edit or include your own statement.]

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.

The Pathfinder; UNM's Student Handbook can be located here:

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

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required, community. If you are experiencing COVID-19 symptoms, please do not come to class. If you do need to stay home, please communicate with me at []; I can work with you to provide alternatives for course participation and completion. Let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

