

DEPARTMENT of EDUCATION

COURSE OUTLINE – Winter 2024

CD1020 (A3): Health, Nutrition and Safety – 2 (3-0-0) 30 Hours for 10 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Nicole Sherk
OFFICE: H226
OFFICE HOURS: Monday, Wednesday
11:30am or by appointment

PHONE: 780-539-2740
E-MAIL: nsherk@nwpolytech.ca

CALENDAR DESCRIPTION: This course provides the knowledge, skills and attitudes required to provide for the basic health, safety and nutritional needs of young children. Requirements for healthy and safe early childhood environments will be identified. The nutritional needs of young children will be established and appropriate menu planning strategies explored. Developmentally appropriate practices and experiences for establishing healthful attitudes in young children are also included.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Pimento, B. & Kemested, D. (2009). Healthy Foundations in Early Childhood Settings. Toronto, ON: Nelson Education.

ADDITIONAL COSTS:

Costs may also be incurred by the students for the following:

- Photocopying/printing resources
- Purchasing food for nutrition assignment

DELIVERY MODE(S): Lecture in addition to interactive learning opportunities presented in class. Audio-visual materials and additional readings will supplement the textbook.

LEARNING OUTCOMES: As a result of taking this course, students will gain the ability to:

- explain the occupational standards relevant to working in this profession
- assess general safety issues in the indoor and outdoor early childhood setting
- explain practices that provide safe environments and prevent injury in early learning and child care programs
- implement policies and practices to ensure children's well-being
- describe measures which caregivers can use to reduce the incidence/spread of communicable diseases
- describe appropriate practices to promote nutritional and dental health
- plan and implement developmentally appropriate health, safety and nutrition experiences for children to promote wellness.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

EVALUATIONS:

Quizzes:	30%
Assignments:	60%
Attendance:	10%

*Assignment details will be discussed in class and provided on MyClass. Assignments must be submitted in the dropbox on MyClass. **ALL** assignments **MUST** be completed and turned in to pass the course.*

Unless arrangements have been made with the instructor prior to the due date, late assignments will be docked 2% per day. If the assignment is not received within 10 days of the due date, a grade of 0 will be given.

DEPARTMENT OF EDUCATION EXPECTATIONS FOR STUDENT LEARNING

It is the right of the student and of the instructor to a favorable learning/teaching environment. It is the responsibility of the student and the instructor to engage in appropriate adult behaviors that positively support learning. This includes treating others with dignity and respect and following the expectations outlined below.

CLASSROOM

Regular, PUNCTUAL attendance

- Learning from other students' notes or from MyClass is not optimal.
- If you are late to class, you miss important information about assignments, homework and quizzes. It is also disruptive to other students' learning.
- If you miss a class, refer to MyClass or check in with another student.
- Missed classes will result in a loss of 1% per class from the 10% attendance mark unless instructor has been notified BEFORE class time. Extenuating circumstances may allow the instructor to reconsider on a case by case basis.

Children are not considered to be part of the classroom learning environment, please make alternate arrangements for your child(ren).

Turn off cell phones

- Studies indicate that cell phones not only interfere with your learning, but also the students around you.

QUIZZES/EXAMS

Write in-class quizzes/exams on the date and time they are scheduled.

- If an emergency arises that causes you to be unable to write the quiz, please call or email your instructor to leave a message BEFORE the exam begins.

ASSIGNMENTS

Hand in assignments via MyClass on the date indicated, by 11:59 midnight unless otherwise specified.

- Instructors reserve the right to make exceptions to this rule in extenuating circumstances on a case by case basis.

- ALL assignments will be typed, double-spaced (or follow the provided template) and will include a cover page with your name, course number and assignment name.

OUTSIDE OF CLASS

- Complete assigned readings and assignments, participate in group projects, check MyClass.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Please complete the textbook and additional supplied readings prior to class. Additional readings may be assigned throughout the course and will be on MyClass.

Class #	Date	Topic/Assignments/ Quizzes	Readings
1	January 8	Course Intro & Introduction to Health	Unit 1
2	January 10	Occupational Health	Unit 1
3	January 15	Illness Prevention	Unit 3
4	January 17	Illness Prevention	Unit 3
5	January 22	Illness Management	Unit 4

6	January 24	Illness Management	Unit 4
7	January 29	Quiz # 1 (Units 1-4)	
8	January 31	Nutrition	Unit 5
9	February 5	Nutrition Assignment #1 DUE: Brochure	Unit 5
10	February 7	Nutrition	Unit 5
11	February 12	Nutrition	Unit 5
12	February 14	Nutrition	Unit 5
13	February 26	Quiz #2 (Unit 5)	
14	February 28	Healthy Active Living/Part 1 Assignment # 2 DUE: Snack	Unit 6
15	March 4	Healthy Active Living/Part 2	Unit 6
16	March 6	Safety Promotion/Part 1	Unit 7
17	March 11	Safety Promotion/Part 2	Unit 7
18	March 13	Quiz #3 (Unit 6-7) Assignment #3 DUE: Safety Presentations.	

STUDENT RESPONSIBILITIES: The institution expects students' conduct to be in accordance with basic rights and responsibilities. Please refer to the Northwestern Polytechnic calendar regarding rights and responsibilities.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.