

# ECE 204: Child Health, Safety & Nutrition

## Distance Learning,

### SAMPLE Syllabus

Instructor: Arica Marshall

#### Contact information

E-mail: (arica\_marshall@cuesta.edu) Once the semester begins and you have logged into the course, use the Canvas Messages tool exclusively. You will receive a reply within 24 hours (M – F).

Office Hours: In person office hours by appointment only. Virtual Office Hours are Mondays 6:00 - 7:00

#### Regular Effective Contact policy:

Regular and Effective Instructor Contact will be met through weekly instructor initiated threaded discussion forums; weekly announcements to students; timely and effective feedback on student assignments; email, phone or messaging to individuals; and office hours.

#### Course Description:

Explores the interrelated roles of the home, the school, and the community in meeting the health, safety, and nutritional needs of the young child. Referral procedures to utilize community resources will be explored.

#### Student Learning Outcomes:

Upon completion of this course the student should be able to:

1. Describe strategies used to promote the health, safety, and nutrition of children and adults in early childhood settings.
2. Evaluate environments for both positive and negative impacts on children's health and safety.
3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.

#### Text Book and Materials

Marotz, L. R. (2020). Health, safety, and nutrition for the young child. Boston, MA: Cengage.

This course requires you to access course materials via MindTap, which is also the least expensive option for you to access the textbook. Click here for information on Connecting to Cengage MindTap

#### Grades:

Grades are based on participation, assignments, exams, papers, and class projects.

### Participation:

We all have something to teach and something to learn from each other in this class. You will be given opportunities to share your own experiences as well as read about others' experiences with children via posting messages in the Discussions Forum. We will all be reflecting on these experiences to build our learning and develop our skills. This course requires active participation to achieve course objectives. Please plan on logging into the course via Canvas at least 2-3 sessions per week to keep pace with the course and to check messages, announcements, and discussion posts.

**Failure to participate in the course for a consecutive two-week span will result in being dropped from the course.**

### Drop/Withdraw:

If you have not logged into Canvas before the Census Date, or participated in a graded assignment (a weekly discussion, or chapter quiz) you will be dropped from the class. Students who remain registered in the class will receive the grade earned. The instructor reserves the right to drop students with excessive absenteeism per the attendance requirement.

### Assignments:

Throughout the semester, you will complete a variety of assignments related to the corresponding chapter in the textbook. All assignments are due on the designated dates at the start of class. Assignments will be graded on evidence of course learning (including specific information, concepts, and terms from the textbook), clarity, quality of thought, and quality of your writing (spelling and grammar).

**Both unit assignments must be completed and submitted to receive an A or B in the class, regardless of total points earned. This includes the Safety Project and the Nutrition Project**

### Discussion Forum Postings ( 9 posts @ 15 points each = 135)

Your assignment must be at least two paragraphs (350 word minimum) and free from spelling and grammatical errors to earn full credit (15/15 points). Discussion postings, posted after the due date, will be considered late. Late postings will be accepted until the completion date for each Unit, for a maximum value of 10/15 points. For each discussion post assignment, you are also required to reply to at least two of your fellow students' posts.

**Initial posts are due Wednesdays by midnight. Responses to peers are due by Sunday at midnight.**

### Journal Assignments (6 @ 15 points = 90 + Immunization Assessment @ 10 = 100 )

Write assignments in Word, using the spell check and word count tools. Your assignment must be at least 350 words and free from spelling and grammatical errors to earn full credit (15/15 points).

### Safety Project (75 points):

You will be required to complete a Safety Project this semester. Your project will include 2 components:

- A completed Health & Safety Policy Checklist &
- A response paper detailing the strengths and areas for improvement identified in the checklist and your

recommendations based on course learning.

### Nutrition Project (75 points):

You will be required to complete a Nutrition Project this semester. Your project will include 3 components:

- A brief review of a children's picture book;
- A lesson plan for a healthy snack/cooking activity that is an extension of your book and which children can help prepare;
- Pictorial recipe cards (recipe cards with words and pictures to help young children "read" the recipe).

Because this assignment is due on the last day of the Unit no late submissions will be accepted.

Students who are completing their degrees in ECE at Cuesta College begin writing their Professional Portfolios in the ECE 205, Principles & Practices course. For ECE majors, the Health and Safety Checklist will serve as the portfolio assignment for Health and Safety. Please save a copy of your work to include in your ECE portfolio.

### Late Work Policy

Unless arranged with the instructor prior to the due date, no work will be accepted beyond one week past the due date. Late Assignments are worth a Maximum of 75% of the total points if turned in after two days past submission date. A 10% penalty per day will be applied for each day the assignment is late up to a full deduction of 25%.

### Chapter Quizzes:

Chapter quizzes are available through Cengage and are optional, but strongly encourages as the exams are based on them. Quizzes are open book, online, and taken at your convenience.

### Exams (3 @ 50 points each = 150)

There will be four exams during the semester, including the final. Each exam consists of 50 questions. You will have 1.5 hours to complete the entire exam. Exams are worth 50 points each. Even though the exams are open book, online, and taken at your convenience, you should always study for them as you would any other exam. Exams will be given through the Quizzes page. You cannot go in and out of exams- they must be completed in one sitting.

Do not use the app to take your quiz/exams. Not all functions work on the app, and questions have not appeared correctly in the past. If you choose to take them on your phone and you have difficulties I will not allow a retake.

- Exam 1 –Covering material from Unit I - Promoting Children's Health: Healthy Lifestyles and Health Concerns (Chapters 1-6 in the textbook & content from Course materials and Discussions).
- Exam 2 –Covering material from Unit II - Keeping Children Safe (Chapters 7-11 in the textbook & content from Course materials and Discussions).
- Exam 3 –Covering material from Unit III - Food and Nutrients: Basic Concepts & Nutrition and the Young Child (Chapters 12-19 in the textbook & content from Course materials and Discussions).

## Students with Disabilities

Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disabled Student Programs & Support (DSPS) at 805-546-3148 (SLO Campus) or 805-591-6215 (North County Campus) as soon as possible to better ensure such accommodations are implemented in a timely fashion. <http://academic.cuesta.edu/acasupp/dsps/> I strongly encourage you to discuss any needed accommodations with me as early as possible in the semester. If you require accommodations for assessments, please plan on forwarding DSPS paperwork to me at least 2 weeks prior to exams. This ensures enough lead time for exam set-up & preparation.

## Veteran's Benefits

Building 6900 - Room 6903, Contact Karen Andrews at: (805) 546-3142 or by email at: [veterans@cuesta.edu](mailto:veterans@cuesta.edu) <http://academic.cuesta.edu/admrreg/veterans.htm>

## Technical Support

Cuesta students are encouraged to direct all technical support inquiries to [support@my.cuesta.edu](mailto:support@my.cuesta.edu). Students may also refer to Cuesta College's Distance Education Technical Support: [http://www.cuesta.edu/student/aboutacad/distance/technical\\_support.html](http://www.cuesta.edu/student/aboutacad/distance/technical_support.html)

If you are having difficulty viewing the course, it may be because you are using your phone or using a non-optimal browser (e.g., Internet Explorer). I encourage you to access the course from a desktop or laptop, using Firefox or Chrome. This may solve your problem!

## Netiquette and Online Course Participation

When posting to the Discussion Forums and writing messages, let us all remember to be courteous and respectful of one another. Remember that there is a real person "behind" the screen name you see on your computer. Some guidelines:

- Use respectful and appropriate language in your forum discussions.
- Please do not use texting language, lol.
- Emoticons are acceptable ways to show emotion.
- Avoid CAPS as they come across like YOU'RE SCREAMING.
- You are expected to read all forum posts.
- You are to respond to the appropriate number of posts for each forum.
- All messages are public, so be careful and courteous when you post.
- Make your posts thorough and your replies as well.
- Complete sentences and thoughts are mandatory for forum posts.
- Use a person's name when you reply to their post.
- Use mycuesta.edu email for private communication.

## Accessing the Course Online

To complete this course successfully, you will need a back-up plan to access the course in case of technical difficulties. For example, if your computer breaks down, and you live far away from campus, how will you access the course in order to complete your assignments? Where will you save the files you are working on to ensure you can turn them in on time? It is the student's responsibility to ensure timely access to the course.

## Grade Scale:

A = 94 – 100%	A- = 90 – 93%	
B+ = 87 – 89%	B = 83 – 86%	B- = 80 – 83%
C+ = 77 – 79%	C = 73 – 76%	C- = 70 – 72%
D+ = 67 – 69%	D = 60 – 66%	
F = 0 – 59%		

All grades will be posted in Grades (in the Administration block) after the due date (usually within 1-2 weeks), even if an assignment is submitted early. The Instructor welcomes the opportunity to discuss your grades with you. All requests to discuss grades must be submitted via Messages no earlier than 24 hours after the grade was posted.

**All unit assignments must be completed and submitted to receive an A or B in the class, regardless of total points earned.**

## Course Calendar

Unit I: Introduction & Safety in Early Childhood Education	
Week	Chapter, Readings & Assignments
Week #1	<ul style="list-style-type: none"> <li>Syllabus and Course Requirements</li> <li>Read Preface &amp; All information in the Introduction to ECE 204 Module in Canvas</li> <li><b>Discussion:</b> Introductions</li> <li><b>Orientation Exercise Quiz</b></li> </ul>
Week #2	<ul style="list-style-type: none"> <li>Unit 1 Overview and Health Safety &amp; Nutrition Overview (ECE CompSAT video)</li> <li>Read Chapter 1 and 2</li> <li><b>Discussion:</b> Child's Well Being –Temperament</li> </ul>
Week #3	<ul style="list-style-type: none"> <li>Read Chapter 3</li> <li><b>Discussion:</b> Assessing Children's Health</li> </ul>
Week #4	<ul style="list-style-type: none"> <li>Read Chapter 4</li> <li><b>Journal Assignment:</b> Creating Bright Futures Video Response</li> </ul>
Week #5	<ul style="list-style-type: none"> <li>Read Chapter 5</li> <li><b>Journal Assignment:</b> Immunizations- CA Requirements</li> <li><b>Assignment:</b> Are YOUR immunizations up to date?</li> </ul>
Week #6	<ul style="list-style-type: none"> <li>Read Chapter 6</li> <li><b>Discussion:</b> Health Case Studies</li> <li><b>Exam 1</b></li> </ul>
UNIT II: Keeping Children Safe	
Week	Chapter, Readings & Assignments
Week #7	<ul style="list-style-type: none"> <li>Unit 2 Introduction</li> <li>Read Chapter 7: Basic Nutrition for Children</li> <li><b>Discussion:</b> Identifying HighA Quality Programs</li> </ul>
Week #8	<ul style="list-style-type: none"> <li>Read Chapter 8</li> <li><b>Journal Assignment:</b> Safety Management - Emergencies &amp; Disaster Preparedness OR Safe Environments Case Study Response (student choice)</li> </ul>
Week #9	<ul style="list-style-type: none"> <li>Read Chapter 9</li> <li><b>Discussion:</b> First Aid/Emergency Care Case Studies OR Parent Safety Flyer student choice</li> </ul>
Week #10	<ul style="list-style-type: none"> <li><b>Spring Break</b></li> <li>Catch up and/or get ahead on reading and other course activities!</li> </ul>
Week #11	<ul style="list-style-type: none"> <li>Read Chapter 10</li> <li><b>Discussion:</b> Reporting Suspected Child Maltreatment</li> <li><b>Journal Assignment:</b> First Impression Video Response</li> </ul>
Week #12	<ul style="list-style-type: none"> <li>Read Chapter 11</li> <li><b>Submit Safety Project</b></li> <li><b>Exam 2</b></li> </ul>

**UNIT III: Food and Nutrients: Basic Concepts and Nutrition and the Young Child**

<b>Week</b>	<b>Chapter, Readings &amp; Assignments</b>
<b>Week #13</b>	<ul style="list-style-type: none"><li>• Unit 3 Introductions</li><li>• Read Chapter 12</li><li>• <b>Journal Assignment: My Plate Website exploration &amp; Case Study Response</b></li></ul>
<b>Week #14</b>	<ul style="list-style-type: none"><li>• Read Chapter 13 &amp; 14</li><li>• <b>Discussion:</b> What the World Eats</li></ul>
<b>Week #15</b>	<ul style="list-style-type: none"><li>• Read Chapter 15 &amp; 16</li><li>• Read- Feeding Infants in Care – Partnering with Families</li><li>• <b>Discussion:</b> Nutrition on TV, in fast food restaurants, at the grocery store</li></ul>
<b>Week #16</b>	<ul style="list-style-type: none"><li>• Read Chapter 17</li><li>• Watch: Facing Food Insecurity in America</li><li>• <b>Journal Assignment:</b> Managing Student Food Allergies</li></ul>
<b>Week #17</b>	<ul style="list-style-type: none"><li>• Read Chapter 18 &amp; 19</li><li>• <b>Nutrition Assignment</b></li></ul>
<b>Week #18</b>	<ul style="list-style-type: none"><li>• <b>Exam 3</b></li></ul>