

**Southeast Missouri State University  
Course Syllabus**

**Department of:** Human Environmental Studies      **Course No:** CF124  
**Title of Course:** Children's Health, Nutrition, and Safety      **Revision:** \_\_\_\_\_  
**New:** Fall 2010

**I. Catalogue Description and Credit Hours of Course:**

Children's wellness through child development: Health, nutrition, and safety utilizing principles of optimal practice in quality care and education environments. CPR, pediatric first aid required (3)

**II. Prerequisite(s):**

None

**III. Purpose or Objectives of the Course:**

- A. Recognize the interconnectedness of health, nutrition, and safety.
- B. Identify state and national accreditation standards and venues for quality child care settings.
- C. Develop strategies to promote children's health.
- D. Develop a basic understanding of the nutritional components of food and safe food handling.
- E. Identify dietary needs and patterns of feeding infants, toddlers, preschoolers and school-age children.
- F. Develop skills to create safe indoor and outdoor environments for children, including principled response to child abuse and neglect and effective management of emergencies.
- G. Demonstrate the ability to create learning experiences that teach health, nutrition, and safety concepts to children of varying abilities.

**IV. Student Expectations:**

- A. Be present, prepared, and cooperative in group projects and in class.
- B. Complete field observations and reports.
- C. Complete infant/child CPR and First Aid by the end of the semester.

**V. Course Outline:**

- A. Interconnectedness of Health, Nutrition, and Safety
  - 1. Children's wellness within the context of home, school, and community
  - 2. Influences affecting children's well-being
    - a. Societal issues and trends
    - b. Current issues

**45 Hours**

**7**

- B. Quality Care 8
  - 1. Missouri licensure in education and care settings
  - 2. State and national accreditation standards and venues for quality settings
    - a. Family home care
    - b. Group care
    - c. School age care
  
- C. Foundations of Child Development and Wellness 7
  - 1. Domains of child development
  - 2. Developmentally appropriate practice and policies
  - 3. Lifestyle choices and healthy new habits
    - a. Preventative health
    - b. Diet/exercise
    - c. Mental health
    - d. Inclusion strategies
  
- D. Child Abuse and Neglect 7
  - 1. Definitions
  - 2. Risk factors
  - 3. Reporting
  - 4. Prevention and protection strategies
  
- E. Nutrition 8
  - 1. Nutritional needs of children
    - a. Infants
    - b. Toddlers
    - c. Preschoolers
    - d. School age
  - 2. Digestion and absorption of food
  - 3. Safe food handling
  - 4. Dietary components and special diets
  - 5. Menu planning and writing
  - 6. Food budgets and equipments
  
- F. Safe Environments 8
  - 1. Safe indoor and outdoor spaces
  - 2. Disaster preparedness
  - 3. Emergency response
  - 4. Multicultural awareness
  - 5. Schedules and routines

**VI. Textbook:**

Sorte, J., Daeschel, I., Amador, C. (2011). Nutrition, health, and safety for young children: Promoting wellness (with MyEducationLab). NY, NY: Pearson (Print and online versions available; ISBN-10: 0131381202; ISBN-13: 9780131381209.) [Rental]

**VII. Grading Scale**

100-90%	A
89-80%	B
79-70%	C
69-60%	D
Below 59%	F

The weights of evaluation criteria may vary at the discretion of the course instructor.

**VIII. Basis for Student Evaluation:**

Exams	40%
Papers	30%
Activities	30%

**IX. Academic Policy Statement**

Students will be expected to abide by the **University Policy on Academic Honesty** regarding plagiarism and academic honesty. Refer to: <http://www6.semo.edu/judaffairs/code.html>

**X. Students with Disabilities Statement**

If a student has a special need addressed by the **Americans with Disabilities Act (ADA)** and requires materials in alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate any needs and provide support as appropriate.