



School of Health, Education & Human Services

ELCC 110

Health, Nutrition & Safety

Term: Fall 2022

Number of Credits: 3

---

## Course Outline

---

**INSTRUCTOR:** Marisa Whyte

**EMAIL:** [mwhyte@yukonu.ca](mailto:mwhyte@yukonu.ca)

---

### COURSE DESCRIPTION

This is a study of methods of meeting the health, nutritional, and safety needs of young children. The course provides basic information on the role nutrition plays in our lives, nutrient content of food, and the principles and practices of good health for children, including identification of the health and safety components in children's programs.

### COURSE REQUIREMENTS

None. It is recommended that students have completed Grade 12, including English 12.

### EQUIVALENCY OR TRANSFERABILITY

Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

### LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

- recognize the holistic nature of health through examining its physical, emotional and social dimensions
- identify and demonstrate the scope and limits of the educator's roles with regard to the health, safety, and nutrition of children, recognizing the importance of sensitivity and respect for the primary role of parents and family and diversity of cultures and beliefs
- apply principles of a health promotion philosophy to their lives as well as to their work with children
- promote children's health based on knowledge of child development and observation
- recognize and assimilate the importance of collaborating and networking with other professionals and agencies on an ongoing basis to enhance health in early learning and childcare environments
- apply the principles of essential health policies and practices in early learning and childcare environments.

## **COURSE FORMAT**

### **Weekly breakdown of instructional hours**

This 45-hour course will be delivered in person at Ayamdigut Campus (Whitehorse). The presentation of information will be primarily delivered by the instructor and occasionally by guest speakers.

Each lesson will include a variety of teaching/learning experiences. These strategies may include lecture, large and small discussion groups, in-class projects, experiences, simulations, role plays, observations, readings, audio-visual aids, guest speakers, and student's individual assignments.

### **Delivery format**

This course will be delivered in face-to-face, in person format. Students will be expected to attend all classes in person, and also complete an assortment of synchronous and asynchronous online activities.

## **EVALUATION**

Weekly Reflection	30 %
Health, Safety and Nutrition family information portfolio	70%
Total	100%

## **COURSE WITHDRAWAL INFORMATION**

Refer to the YukonU website for important dates.

## **TEXTBOOKS & LEARNING MATERIALS**

Pimento, B., & Kernsted, D. (2015). *Healthy foundations in early childhood settings* (5th ed.). Scarborough, Ontario: Nelson/Thomson Learning.

## **ACADEMIC INTEGRITY**

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

## **ACADEMIC ACCOMMODATION**

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): [LearningAssistanceCentre@yukonu.ca](mailto:LearningAssistanceCentre@yukonu.ca).

## **TOPIC OUTLINE**

- Health promotion
- Social determinants of health
- Occupational health and safety for early childhood educators
- Illness prevention in early learning and child care settings
- Illness management in early learning and child care settings
- Nutrition in early childhood
- Healthy active living
- Safety promotion