



School of Health Education and Human Services
ELCC 110
Health, Safety and Nutrition
WINTER, 2022
3 Course Credits

Course Outline

INSTRUCTOR: Laura Erickson

OFFICE LOCATION: Off campus

E-MAIL: lerickson@yukonu.ca

TELEPHONE: 867-332-4947

OFFICE HOURS: By appointment

CLASSROOM: Zoom (927 1141 8838)

TIME: 6:30-9:30

DATES: January 4-March 15, 2022

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 via web-conferencing by the instructor. 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 a primarily online/distance delivery format.

EVALUATION

Weekly Reflection	30 %
Monthly Community of Practice (4 x 10% each)	40 %
Personal Health, Safety and Nutrition project	20 %
Family Information Portfolio	10 %
Total	100%

Attendance and Participation

Much of the learning is done in the classroom. Students learn from each other, as well as from the instructor. Therefore, attendance and appropriate participation are essential.

Students are expected to attend and participate in all classes, are expected to be actively involved in discussions, and must take responsibility for their own learning. The student's own personal experience and thoughts will provide much of the material for discussion; therefore, it is expected that students are prepared for classes by having completed the requiring readings, assignments and other assigned work. The emphasis will be placed on learning by doing, and on personal reflection on individual experiences.

Professional behaviour is expected, and if a class should be missed, the student will communicate with their instructor ahead of time and at least upon their return to class.

Assignments

Each assignment is designed to help the student synthesize knowledge from class, readings, personal knowledge, and traditional knowledge to build greater understanding. Planned class discussions are enriched when students have completed assigned work at the appropriate time. Material from student assignments also plays an important role in helping the instructor design class activities and lectures to best suit the group of students. Therefore, handing in assignments on the due dates is very important.

COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates.

SUGGESTED SUPPLEMENTAL TEXTBOOK:

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

Other learning materials will be posted on the course site.

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.