

Instructor:

Michelle Carreiro

202C

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Office hours:

Mondays 4:30 pm - 6:30 pm

Tuesdays 12:00 pm - 2:00 pm

Wednesdays 12:00 pm - 1:00 pm

Hours of Instruction:

Various (Online)

Course Dates:

September 18, 2012- December 13, 2012.

Course Description:

This course emphasizes the importance of optimal nutrition, health and safety practices for young children and the staff who work with them in early childhood settings. Alberta's child abuse protocol will be covered.

Required Resources:

Reference material will be supplied by the instructor.

Course Outcomes:

Health and Safety:

By the end of the course, the students will:

1. Develop an awareness of preventative health for the toddler, preschool and school-aged child.
2. Identify safety issues and describe appropriate measures to prevent childhood injury.

3. Demonstrate an understanding of various health concerns that may affect the young child.
4. Examine and identify ways to protect children from dangers online.
5. Recognize how to respond to neglect and abuse when suspected and/or identified in children.

Nutrition:

By the end of the course, students will:

1. Examine the issue of obesity in our cultures and identify ways we can prevent childhood obesity.
2. Develop an awareness of Canada's Food Guide and demonstrate an understanding of how it is incorporated into a healthy diet for adults, infants, toddlers, preschoolers and school-age care.
3. Demonstrate an understanding of nutrition labels and how to apply this knowledge toward making informed choices.
4. Develop an awareness of common food allergies and safe food handling practices.
5. Demonstrate an understanding of nutrition policies and procedures.
6. Examine a variety of nutrition issues experienced with young children, and demonstrate an ability to modify a meal plan to suit the nutritional needs of individual children.

NOTE!! If class is cancelled, for whatever reason, any assignments will be due and submitted at the **BEGINNING** of the following class.

Methods of Evaluation:

Health and Safety:

Online Contributions:

Forums	12%	Weekly
Wiki	3%	Due Sept 24 th
Glossary	2%	Due Sept. 30/Due: Oct. 15
Database	3%	Due Oct. 8
Quizzes	6%	Weekly

Assignments/Activities:

Hand washing Assignment	1%	Due Oct. 8
Admin. of Meds Assignment	3%	Due Oct. 15
Attend/Participate in an online presentation	5%	TBA

Health and Safety Project 15% Due Oct 30

Total: 50% of 2 credits

***Assignment/Activity details and rubrics to be posted as required.**

Methods of Evaluation:

Nutrition:

Online Contributions:

Forums	14%	Weekly
Glossary	2%	Nov. 5
Database	4%	Due Nov. 12/Due: Nov. 26
Quizzes	6%	Weekly

Assignments/Activities:

Eatracker Assignment	2%	Due Nov. 12
Grocery Scavenger Hunt	3%	Due Nov. 19
Nutrition Policy Assignment	2%	Due Dec 3
Vegetarian Meal Plan	2%	Due Dec 10
<u>Nutrition Project</u>	<u>15%</u>	<u>Due Dec 13</u>

Total: 50% of 2 credits

***Assignment/Activity details and rubrics to be posted as required.**

The grading scale for this course is:

Legend			
Percentage Scale	Alpha Grade	4.0 Scale	Descriptor
94-100	A+	4.0	Excellent
	A	4.0	
90-93	A-	3.7	
86-89	B+	3.3	Good
80-85	B	3.0	
75-79	B-	2.7	
70-74	C+	2.3	Satisfactory
65-69	C	2.0	
60-64	C-	1.7	
56-59	D+	1.3	Poor
50-55	D	1.0	Minimum Pass
0-49	F	0.0	Failure

In accordance with Keyano College policy, the minimum progression grade for this course is a C-.

Performance Requirements:

Course assignments have set due dates to manage both instructor and student workloads. Changes to due dates may occur to adjust overall student workload based on class consensus.

The department policy (revised 2005) regarding student evaluation states that:

- Assignments are to be submitted in class on their respective due dates. If a student is absent from class, the assignment will be considered late.
- Individual extensions require students to contact and ask permission from the instructor prior to the assignment due date. In addition, a signed request for extension, including the extenuating circumstances must be submitted at that time or as soon as possible.
- For assignments that are late without written permission:
 - a grade will be deducted for assignments up to 3 days late. e.g. a B assignment will become a B-
 - an additional grade will be deducted for assignments that are 4 – 7 days late; i.e.: An assignment with a grade of B now becomes a C+
 - no assignments will be accepted after 1 week past the due date.
- ***No assignments will be accepted after the beginning of the class on final date of the course. The final due date for this course is April 20th, 2012***
- Since final exams are not a component of ELCC or EA courses and because learning is participatory, attendance and participation are part of the course grade. ***80% attendance and word-processed assignments when required by the instructor, are necessary to achieve a final grade of B or higher in ELCC and EA courses.***
- A grade of B on an assignment recognizes that the student has met the basic requirements and knows the applicable content thoroughly enough to be able to apply it. A grade of less than B brings attention to the student that there are gaps in understanding the content and skills required for that assignment. Students should use the criteria for assignments to guide assignment work.
- A grade of B+ or higher acknowledges excellence in quality and quantity of work. The student's assignment is above the basic requirements.

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Academic Regulations

Please use this link to view Keyano College's Academic Regulations:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1011-02-academicregulations.pdf>

Academic Schedule

Scroll down to page 8 of this document to review the academic schedule:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1011-01-introduction.pdf>

Please note the following dates for Fall 2012:

<p>September Tuesday, 4 Wednesday, 5 Thursday & Friday, 6,7</p>	<p>Orientation Day Fall semester begins</p> <p>St. John 1st Aid</p>
<p>Monday, 11</p>	<p>Last day to add courses for academic programs. Tuition for Fall semester is due. Late fee of \$100 charged on any outstanding balance after this date.</p>
<p>Tuesday, 18</p>	<p>Last day to drop courses for academic programs. Last day to waive health and dental benefits.</p>

Friday, 21	Fall Awards application deadline
October Monday, 8 Friday, 12 Friday, 26	Thanksgiving Day, <i>College closed</i> . Last day to withdraw from courses with 50% refund of tuition fees. Last day to withdraw from courses without academic penalty, courses dropped after this date will be graded "WF".
November Monday, 12 Tuesday, 27	In observance of Remembrance Day, <i>College closed</i> . Keyano College Student Awards ceremony
December Thursday, 13 Friday, 21 Saturday, 25 to Tuesday, Jan. 1 (inclusive)	Last day of Classes for Childhood Studies programs. Fall grades due to Registrar by 4:30 p.m. <i>College closed</i> . **Winter term Classes resume on Monday, January 7, 2012

Specialized Supports & Duty to Accommodate:

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.

DATE	PROPOSED TOPICS TO BE COVERED	ACTIVITIES & ASSIGNMENTS
<p>Week #1 Sept 18-Sept 24</p>	<p><u>HEALTH & SAFETY</u>: Welcome/Introductions</p> <ul style="list-style-type: none"> ✓ Childhood Health & Well-being ✓ Childhood Health Presentation 	<ul style="list-style-type: none"> • Forum: Introduction • Wiki • Quiz #1
<p>Week #2 Sept. 25-Oct 1</p>	<p>Prevention of Childhood Injury</p> <ul style="list-style-type: none"> ✓ What are injuries? ✓ Injury Prevention Presentation ✓ Communicating injury prevention to parents. 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Glossary • Top 3 topics for Health & Safety Project: Due Oct. 30 • Quiz #2
<p>Week #3 Oct. 2-Oct. 8</p>	<p>Communicable Disease/Infection Control</p> <ul style="list-style-type: none"> ✓ What are germs? ✓ Video: Communicable Diseases ✓ Hand washing ✓ Immunizations 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Database: Common Infectious Diseases • Hand Washing: Due Oct 8 • Quiz #3
<p>Week #4 Oct 9- Oct 15</p>	<p>Chronic Conditions/Illnesses</p> <ul style="list-style-type: none"> ✓ What is a chronic disease/illness? ✓ Guidelines for administering medication ✓ Risk factors of chronic diseases ✓ The role of an adult when working with a child with chronic disease/illness 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Research guidelines for administering medication in a daycare or school: Due Oct 15 • Quiz #4
	<p>Protecting Children from Dangers Online</p> <ul style="list-style-type: none"> ✓ Video: Internet Safety ✓ Online Safety Quiz 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Glossary • Quiz #5
<p>Week #5 Oct 16- Oct 22</p>	<p>Childhood Abuse and Neglect</p> <ul style="list-style-type: none"> ✓ Participate in a live presentation discussing childhood abuse and neglect; when and how it should be reported 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Participate in live presentation & discussion: Oct 16 time to be determined • Health & Safety Project Due Oct 30 • Quiz #6
<p>Week #6 Oct 23-Oct 29</p>	<p>Final Assignment and Evaluation (Instructor and Peer)</p> <ul style="list-style-type: none"> ✓ Final Assignment: Health and Safety Project 	<ul style="list-style-type: none"> • Health and Safety Project Due Oct 30 • Peer Review: Due Nov 6
<p>Week #7 Oct 30-Nov 5</p>	<p><u>NUTRITION</u>: Introduction to Childhood Obesity</p> <ul style="list-style-type: none"> ✓ What causes childhood obesity? ✓ How can childhood obesity be prevented? ✓ Tips to increasing physical activity in childhood 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Glossary • Quiz #7

<p>Week #8 Nov 6-Nov12</p>	<p>Canada's Food Guide</p> <ul style="list-style-type: none"> ✓ Readings: Learn about Canada's Food Guide with a focus on children ✓ Nutrition Jeopardy Game 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Database: Design your own food guide and peanut free recipe • Eatracker Assignment: Due Nov. 12 • Quiz #8
<p>Week #9 Nov 13- Nov 19</p>	<p>Reading Nutrition Labels</p> <ul style="list-style-type: none"> ✓ Alberta Nutrition Guidelines for Children and Youth ✓ Healthy Eating ✓ Health Canada's Presentation on Nutrition Labels 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Grocery Store Scavenger Hunt: Due. Nov. 19 • Quiz #9
<p>Week #10 Nov 20-Nov 26</p>	<p>Food Safety and Food Allergies</p> <ul style="list-style-type: none"> ✓ Video: Safe Food Handling ✓ Read Handouts: Food Safety ✓ Adult Food Safety Wheel ✓ Choking Hazards ✓ Health Canada's Allergy Website 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Database: Food Allergy Resources • Quiz #10
<p>Week #11 Nov 27- Dec 3</p>	<p>Nutrition Policies and Procedures</p> <ul style="list-style-type: none"> ✓ Read Healthy Preschoolers ✓ Listening: CBC radio on Food Policy in a Hamilton School 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Nutrition Policy: Due Dec 3 • Quiz #11
<p>Week #12 Dec 4-Dec 10</p>	<p>Nutrition Issues for Young Children</p> <ul style="list-style-type: none"> ✓ Picky Eaters ✓ CPS: Healthy Eating and Active Living ✓ Vegetarian diets for children 	<ul style="list-style-type: none"> • Forum: Weekly Topics • Vegetarian Meal Plan Assignment: Due Dec 10 • Nutrition Project Due Next Week • Quiz #12
<p>Week #13 Dec 11-Dec 13</p>	<p>Final Assignment Submission and Evaluation (Instructor and Peer)</p> <ul style="list-style-type: none"> ✓ Final Assignment: Nutrition Project 	<ul style="list-style-type: none"> • Nutrition Project due Dec 13

Authorization:

This course outline has been reviewed and approved by the Program Chair.

Michelle Carreiro, Instructor

Sherry Duncan, Chair

Date Authorized

Guy Harmer, Dean

Date Authorized

Signed copies to be delivered to:

Instructor
Registrar's Office