

CHAMINADE UNIVERSITY OF HONOLULU
EDUCATION COURSE SYLLABUS
ED 217 Health and Family Issues in ECE

INSTRUCTOR:	Dr. Lisa A. Foster Email: lisa.foster@adjunct.chaminade.edu lisaannefoster@hotmail.com Cell: 808-282-1300
OFFICE HOURS:	Office hours by appointment-please email or call instructor for an appointment
TIME and LOCATION:	http://www.chaminade.college.com (on-line) Check you student email account (or have your email forwarded to the email account that you frequently check). For technical assistance with your student email account, contact helpdesk@chaminade.edu
TEXTS:	<ol style="list-style-type: none"> 1. Marotz, L.R. (2015). <i>Health, Safety, and Nutrition for the Young Child (9th Edition)</i>, Cengage. ISBN# 9781-2854-2733 2. Bredekamp, S., and Copple C. (2009). <i>Developmentally Appropriate Practice in Early Childhood Programs (3rd Edition)</i>, Washington D.C.: NAEYC. ISBN# 9781-9288-9664-7.
CATALOG DESCRIPTION:	Current best practices are explored in the areas of health, safety and nutrition for young children. Guidelines and regulations for ECE programs will be addressed. Students will learn how to support families in creating healthy environments. Field experience assignments determined by the instructor. <i>Prerequisite: PSY 202</i>
MAJOR COURSE TOPICS	<ol style="list-style-type: none"> 1. The importance of health, safety, and nutrition with young children. 2. Good health in early childhood education (ECE) programs. 3. Guidelines of healthy nutrition and plan nutritional menus. 4. Promotion of safety for children. 5. Physical education for young children. 6. Integrating family involvement when dealing with health, safety, and nutritional issues with children.
WEB-BASED COURSES	Go to: http://chaminade.college.com Chaminade's online programs use eCollege to provide Internet access to fully online and hybrid courses at both the bachelors and graduate levels. Many traditional courses at CUH also use eCollege as a supplemental tool for class work. Please be sure you are officially registered and have received a CUH ID before attempting to login. Your CUH ID will be your login. Passwords are the last four digits of your Social Security number. If you do not see your course listed or have difficulty logging in, please contact helpdesk@chaminade.edu (808-735-4855). <u>All communication for this course will be managed through the eCollege online management system which is linked to your Chaminade student email account. Please make sure that you check your student email account frequently for course updates and/or forward your Chaminade student email to a personal email account to assure your receipt of important announcements. Again, if you need assistance with this please contact the helpdesk@chaminade.edu (808-735-4855)</u>

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<p>EARLY CHILDHOOD EDUCATION PROGRAM OUTCOMES:</p> <p>All 5 program outcomes are not addressed in all courses. The program outcomes emphasized for this course are highlighted in BOLD.</p>	<p>The successful undergraduate candidate in the early childhood education bachelor’s program is able to plan, teach, assess, reflect, and adapt. Therefore, the successful candidate:</p> <ol style="list-style-type: none"> 1. (PLAN) promotes child development and learning by designing developmentally appropriate learning experiences that incorporate knowledge of content, children, learner outcomes, pedagogy, and assessments in the field of early childhood education. 2. (TEACH) employs appropriate pedagogical practices and utilize resources to facilitate the learning process. This requires a developmentally appropriate content knowledge in the early childhood education. 3. (ASSESS) applies a variety of diagnostic, formative and/or summative assessments to evaluate and support developmentally appropriate progress of the learner in the early childhood education 4. (REFLECT) builds family and community relationships by engaging in the process of continual and thoughtful reflection on his/her teaching practices in the early childhood education. 5. (ADAPT) strives to be a professional in the field of early childhood education by evaluating elements of change in the classroom and the wider world, actively bringing this awareness to work with children, faculty, and other member of the community 	
<p>STUDENT LEARNING OUTCOMES:</p>	<p style="text-align: center;">Outcomes (NAEYC Standard(s) addressed)</p> <ol style="list-style-type: none"> 1. Demonstrate the knowledge of young children’s characteristics and needs. 2. Demonstrate the importance of the involvement of families in children’s development. 3. Demonstrate the knowledge of assessment goals, benefits and uses. 4. Demonstrate the importance of connecting with children and family. (1A, 2C, 3A, 4A) 	<p style="text-align: center;">How will outcome be achieved?</p> <ol style="list-style-type: none"> 1. Textbook and supplemental reading; on-line discussions; mini assignments. 2. Textbook and supplemental reading; on-line discussions; family interview. 3. Textbook and supplemental reading; on-line discussions; observation assignment. 4. Textbook and supplemental reading; on-line discussions; family interview.
<p>ACADEMIC REQUIREMENTS:</p>		
<p style="text-align: center;">Participation and Attendance</p>	<p>Participation is required. Success in this course requires a strict adherence to deadlines, a commitment to completing the readings, and active participation in the online discussions. This participation will provide you with the content and experiences that you will need to reflect on and ultimately learn from. Special arrangements must be made directly with the instructor if you are unable to meet these fundamental requirements. eCollege-on line interaction is considered in attendance.</p>	

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Signature Assignment	<p>A. <u>Research Paper</u> – The research paper will be of the individual’s choice (with approval by the instructor) about “hot” issues relating to health, safety, or nutrition issues of children ages 0 to 8. You will need to describe the symptoms or effects to help identify or diagnose the issue; define what it is; list the cause(s); provide background information if applicable; determine the precautions or danger to others; identify the treatment or cure. Provide a "plan of action" to mitigate or prevent any further impact/occurrence of the "hot issue." (3-4 pages with 3 or more references cited-APA style)</p>
Assignments	<p>B. <u>Participation</u> - Students will be evaluated on their participation in class by completing weekly assignments or activities. On-line questions and discussions will be available every Monday. Postings will be due every Friday by 12:00 midnight.</p> <p>C. Students are required to respond to at least two (2) postings every Sunday by 12:00 midnight (unless otherwise specified by the instructor). Late participation will not be accepted. Please also be prepared with a back-up plan for emergencies, i.e. computer crashed, out of town, illness, etc.</p> <p>D. <u>Mini-Assignments (5)</u> – Five (5) mini-assignments are assigned throughout the course. These assignments will complement learning about topics discussed in readings and/or on-line discussions</p> <ol style="list-style-type: none"> 1. Childhood Diseases 2.ECE Site Observation 3.Nutrition Activity/Lesson Plan 4.One (1) Week Healthy Lunch Menu for 3-5 Year Olds 5. View a Food Safety Video (YouTube/Other)-Response Paper <p>E. <u>Other Assignments</u></p> <ol style="list-style-type: none"> 1. <u>Family Interview</u>- Students will individually interview a family with a young child (age 0-8). They will inquire about health, safety, and/or nutritional issues that the family may have regarding their child. Students will create a resource list pertaining to the needs of this child and family 2. Assignment #2: DAP Personal Reflection Paper <p>ALL INCOMPLETED COURSE WORK MUST BE SUBMITTED BY SUNDAY, September 13, 2015, 12 Midnight, to receive a grade a grade for this course. Points will be deducted for lateness. Grades will be submitted on Sept. 14, 2015. Course work not completed may warrant a withdrawal from the course; an incomplete, and/or remediation plan arranged with the instructor and Dean of Education.</p>
	<p>Unless otherwise stated at the time of the assignment, assignments are due when noted in the course schedule. Assignments may be submitted online before or on the due date. Late assignments will be accepted with one point per day deducted from the grade after the original due date. Student’s grade will be based on the content and clarity of assignments and understanding of the course matter.</p>

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	<p>Participation-On Line (5 points x8) 40</p> <p style="padding-left: 40px;">Mini-Assignments (10 points x 5) 50</p> <p style="padding-left: 40px;">Family Interview 20</p> <p style="padding-left: 40px;">DAP Reflection Paper 20</p> <p style="padding-left: 40px;">Research Paper 25</p> <p style="padding-left: 40px;">Total 155 points</p> <p>155-140= A 139-124 = B 123-108 = C 107-92 = D 91-0 = F</p>
<p>UNIVERSITY POLICIES:</p>	<p>Attendance Students are expected to participate regularly in all courses for which they are registered. Students should notify their instructors when illness prevents them from attending class, and make arrangements to complete missed assignments. Notification may be done by calling the instructor's or by sending an email to the instructor. It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade.</p> <p>Writing Standards All work submitted by Chaminade University students must meet the following writing standards. Written assignments should:</p> <ol style="list-style-type: none"> 1. Use correctly the grammar, spelling, punctuation, and sentence structure of Standard Written English. 2. Develop ideas, themes, and main points coherently and concisely. 3. Adopt modes and styles appropriate to their purpose and audience. 4. Be clear, complete, and effective. 5. Carefully analyze and synthesize material and ideas borrowed from sources. In addition, the sources of the borrowed material should be correctly acknowledged to avoid plagiarism. <p>Plagiarism - "Plagiarism is the offering of work of another as one's own. Plagiarism is a serious offense and may include, but is not limited to, the following:</p> <ol style="list-style-type: none"> 1. Complete or partial copying directly from a published or unpublished source without proper acknowledgment to the author. Minor changes in wording or syntax are not sufficient to avoid charges of plagiarism. Proper acknowledgment of the source of a text is always mandatory. 2. Paraphrasing the work of another without proper author acknowledgment. 3. Submitting as one's own original work (however freely given or purchased) the original exam, research paper, manuscript, report, computer file, or other assignment that has been prepared by another individual. <p>Please refer to your Student Handbook, General Catalog, and the Education Division Policy Manual for other important institutional and academic policies including more detailed information regarding Plagiarism, Classroom Department, Freedom of Expression, Add/Drop, Disabilities, and Others.</p>

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WEEKLY SCHEDULE

No.	Date	Major Topic	Required Reading/Assignments	Assignments Due By:
1	7/6/15 Health	Overview of Course Promoting Children's Health Healthy Lifestyles Health Observations Health Concerns Assessing Children's health	Book: Health, Safety & Nutrition HSN: Chapters 1-3 DAP: NAEYC Position Statement On-Line Discussion Question #1: Promoting children's health and wellness involves a combination of personal lifestyle, educational and national initiatives. Which of these is most important to you and why?	July 12 <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
2	7/13/15 Illness	Special Medical Conditions Infectious Diseases Identification & Management Environment Control	HSN: Chapters 4-6 DAP: Chapter 1 Mini Assignment #1 Childhood Illnesses & Diseases On-Line Discussion Question #2: In an educational setting, how will you prevent the spread of illness among children and gain family support on this topic? If possible, give an example from your experience.	July 19 Submit to Drop Box & Doc Sharing no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
3	7/20/15 Safety	Safety (Indoors and outdoors) Creating High Quality/Safe Environments Safety Management NAEYC Guidelines in Health and Safety	HSN: Chapters 7-9,11 DAP: Chapter 2-3 Mini Assignment #2- ECE Site Visit/Observation On-Line Discussion Question #3: One aspect of safety is the issue of safety versus risk. What are your thoughts/position on the safety vs. risk continuum? Give an example.	July 26 Submit to Drop Box & Doc sharing no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
4	7/27/15 Nutrition Foods	Nutritional Guidelines & Basic Concepts Children Planning & Preparing Nutrients	HSN: Chapters 12-14,19 DAP: Chapters 4-5 Mini Assignment #3- Nutrition Activity/Lesson Plan On-Line Discussion Question #4: How do you incorporate health and nutrition in your own life and what are your personal challenges, if any?	Aug. 2 Submit to Drop Box & Drop Sharing no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>

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5	8/3/15 Feeding Meals Nutrition Education	Nutrition and Young Children Feeding: Infant/ toddler/ Preschool- aged children Planning Nutritious Meals Quick Dining Promoting Healthy Eating	HSN: Chapters 15 -17, 19 DAP: Chapters 4-5 Mini Assignment #4- Create a Healthy (1)Week Lunch Menu for 3-5 yr. olds On-Line Discussion Question #5: What are important aspects to consider when planning healthy meals for children?	Aug. 9 Submit to Drop Box & Doc Sharing no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
6	8/9/15 Food Safety	Hygiene Sanitation and Safety Food Preparation , Handling & Storage Food borne Illness	HSN: Chapters 18 DAP: Chapters 6-7 Mini Assignment #5- View a Food Safety Video on YouTube/Other-Response Paper On-Line Discussion Question #6: What are some ways that food safety can be promoted, supported and/or implemented at child care/ home day care centers?	Aug. 16 Submit to Drop Box & Doc Sharing no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
7	8/17/15 Families	Child Abuse and Neglect Working with Families Family issues and Culture	HSN: Chapter 10 DAP: Chapters 8-9 Assignment: Family Interview On-Line Discussion Question #7: How would you inform and educate parents/families about Developmentally Appropriate Practices (DAP) for children ages 0-8 years of age?	Aug. 23 Submit to Drop Box no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
8	8/24/15 Needs of Children	Physical Education Obesity Supporting children with special health care needs	DAP: Chapter 10 Assignment: Reflection Paper Describe what DAP means to you how it influences your teaching practice. On-Line Discussion Question #8: How can gross motor skills, physical activity, and the special health care needs of children be effectively addressed?	Aug. 30 Submit to Drop Box no later than this date <u>Your on-Line Post due Friday, 12 Midnight & Respond to 2 postings no later than Sunday, 12 Midnight</u>
9	8/31/15	Research Paper (Signature Assignment)	Assignment: Research Paper Select topic of your choice (with approval by the instructor) about “hot” issues relating to health, safety, or nutrition issues for children ages 0-8 years. old.	Sept. 6 <u>Work on Research Paper and any other assignments past due</u> <u>Points are deducted for lateness of assignments</u>

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10	9/7/15	Research Paper Course Evaluations Contact helpdesk@chaminade.edu or call 808-735-4855	All Late Assignments Due No Later than Sunday, Sept. 13, 2015, 12 Midnight. Points per day will be deducted for lateness 155-140= A 139-124 = B 123-108 = C 107-92 = D 91-0 = F	9/13/15 <u>Research Paper DUE</u> <u>3-4 Pages double spaced, 3-or more</u> <u>References</u> <u>Submit to Drop-Box</u>
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Note: This schedule is tentative and is subject to change. Changes will be announced via e-College or email. Syllabus and course schedule may be adjusted to meet the needs of the student.

COURSE ASSIGNMENTS, DESCRIPTION AND REQUIREMENTS

Weekly On-Line Discussion Questions, Posts and Responses: (5X8=40 Points)

- Eight (8) Questions: 5 points total per weekly posts: 3 points for posting response to on-line question by Friday, 12:00 midnight, and 1 point each for response to at least two (2) other postings by Sunday 12:00 midnight.
- Each week there will be assigned discussion on-line questions to respond to. These questions will be related to the a major topic or from weekly readings. Answers should be based on content from readings. Posts to initial question should be at least one paragraph in length.

Mini Assignments: (5X10=50 Points)

- **Five (5) assigned mini assignments that address a major to topic or issue**
- 1-2 pages, typed, double spaced
- Submit to **DROP BOX AND DOC SHARING** in eCollege

Mini Assignment #1: Childhood Diseases

Select one Childhood Disease and include the following information: A) Description of Disease B) What are the Symptoms? C) Is it Serious? D) How is it treated? E) How can it be prevented?

Submit to Drop Box and Doc Sharing

Mini Assignment #2: Observation/Visit at an Early Childhood Site

Students will individually visit an ECE site and observe health, safety, and nutrition practices of that site. NAEYC standards may be referenced. Describe your observations and provide a summary as to what you learned from the observation, including any NAEYC observed practices for health, nutrition and safety NAEYC standards may be referenced. **Submit to Drop Box and Doc Sharing**

Mini Assignment #3: Nutrition Activity/Lesson Plan

Create a nutrition activity or lesson plan that promotes nutrition, healthy eating habit or concepts for young children (Identify age group). Include Title of Activity/Lesson; Goal/Aim; Materials Needed; Steps/Procedures; Outcomes/Student Assessment (how do you know that goal of activity/lesson was accomplished?) **Submit to Drop Box and Doc Sharing**

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Mini Assignments #4: Develop a Healthy One (1) Week Lunch Menu for Children for Preschool Aged Children (3-5 years old)

Refer to Nutrition and Healthy Food Guidelines such as USDA Child and Adult Care Food Program (CACFP); National School Lunch Program; Let's Move; My Plate, etc.

Submit to Drop Box and Doc Sharing

Mini Assignments #5: View a Food Safety Video

Select a YouTube or video of your choice that addresses food safety practices and guidelines.

Submit one (1) page response paper. **Submit to Drop Box and Doc Sharing**

Other Assignments: (2X20)

- Two (2) Assignments
- 2 pages, typed, double spaced
- Submit to **DROP BOX**

Assignment #1: Family Interview

Student will individually interview a family with a young child (age 0-8). Student will inquire about health, safety and/or nutritional issues that the family may have regarding their child. Student will also be aware and sensitive to any cultural or preferential beliefs that pertain to health, safety and/or nutritional beliefs and practices of the family. Students will create a family resource list that would pertain to the needs of the child and family based on the interview and student's knowledge gained from readings and discussions. **Submit to Drop Box/Doc Sharing**

Assignment #2: DAP Personal Reflection

Describe what Developmental Appropriate Practice personally means to you and how it has or has not influenced your teaching practice with young children. Also address an area in teaching, relationships or curriculum that you would like to strengthen as an educator of young children. **Submit to Drop Box/Doc Sharing**

Research Paper: (25 Points)

The research paper will focus on a current "hot" health, safety or nutrition issue/topic. Student will need to:

- Define what the "hot" issue/topic is; list the causes
- Provide background information as to why this is a "hot issue."
- Describe the symptoms or effects
- Determine the danger or precaution to others
- Identify the treatment or cure (if any)
- Provide a "plan of action" to mitigate or prevent any further impact of "hot issue."
- Include Title Page (with name and course number)
- Research Paper must be 3-4 pages, typed, double spaced
- 3-4 References- use APA reference style.
- **Submit to Drop Box no later than September 13, 2015, 12 Midnight**