

Course:ED 217 – Health and Family Issues in ECE

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Site: Island Pacific Academy,Kapolei

Course Description:

Understanding the health and safety issues encountered while caring for and nurturing young children enhances the practice of those in the emerging profession of Early Childhood Education/Physical education and health issues of physical and psychological safety and current best practices are explored as well as current research on the needs and concerns of families, and how to support families in creating healthy environments.

Course goal:

To develop knowledge and experience in the areas of health, safety, and nutrition for children ages 3 to 8 years old.

Course objectives:

Upon successful completion of this course:

1. Students will increase their understanding about the importance of health, safety, and nutrition with young children.
2. Students will learn to maximize children's potential for good health in early childhood education (ECE) programs.
3. Students will become familiar with guidelines of healthy nutrition and plan nutritional menus.
4. Students will develop activities and environments to promote safety for children.
5. Students will learn about the necessity of physical education for young children.
6. Students will integrate family involvement when dealing with health, safety, and nutritional issues with children.

Texts:

Marotz, L.R., Cross, M.Z., and Rosh, J.M. Health, Safety, and Nutrition for the Young Child, 6th Edition. Albany, New York: Delmar Publishers, 2005.

Bredenkamp, Sue and Copple, Carol. Developmentally Appropriate Practice in Early Childhood Programs, Revised Edition. Washington, D.C.: National Association for the Education of Young Children (NAEYC), 2004.

Academic Requirements/Assignments: (To be discussed during the first class, and may be subject to change).

Evaluation:

1. Participation in class-3 points; 6 writing assignments @ 2 pts each = 12 pts; 5 quizzes @ 1 pt. each for a total of 20 pts
2. 5 mini assignments @ 3 pts. each = 15 pts
3. Group assignment- 15 pts.
4. Observation- 10 pts.
5. Family interview -15 points
6. Portfolio – 10 points
7. Final exam – 15 points

Total: 100 points

100-90 = A 89-80 = B 79-70 = C 69-60 = D 59-0 = F

A. Participation: Students will be evaluated on their participation in class by completing weekly in-class writing assignments or activities. No late participation points will be given.

B. Mini-assignments: Five mini-assignments will be assigned during the course. These assignments will complement learning about topics discussed in class, and are hands-on learning opportunities. Short presentations may be required. No late assignments will be accepted.

C. Group presentation: The group presentation will be of the group's choice, with instructor's approval, about a "hot" health, safety, or nutrition issue of children ages 0-8 years old. Guidelines of this group project will be discussed when assigned. The projects will require a presentation, a class handout (visual) of the research completed by the group. Time will be given in class to work on this project.

D. Observation: Students will individually visit an ECE sight and observe health, safety and nutrition practices of that sight. NAEYC practices will be incorporated. Students will design/write their own checklist. Guidelines for this project will be discussed when assigned.

E. Family interview: Students will individually interview a family with a young child, aged 0-8. Student will inquire about health, safety, and/or nutritional issues that the family may have regarding their child. Students will create a curriculum activity pertaining to the needs of this child and family. Guidelines of this project will be discussed when assigned.

F. Portfolio: Students will organize a portfolio compiling articles, papers, assignments, and other information regarding health, safety and nutrition in early childhood education. Guidelines will be discussed when assigned.

Grading:

Unless otherwise stated at the time of the assignment, assignments are due when noted in the course schedule. Assignments may be emailed or hand delivered, faxed to the instructor before or on the due date. Late assignments will be accepted with 10% of the points deducted from the grade each week after the original due date. Student's grade will be based on the content and clarity of assignments, and understanding of the course matter.

Students need to make every effort to attend all class sessions. If a student misses two classes, an A grade will not be given in the course, and the grade will be lowered by one letter grade for unexcused absences. Excused absences are those for which the instructor has received a call or email, even if received after the class, and for which the instructor has acknowledged. If a student is knowingly going to be tardy, please notify the instructor by phone (638-8883) or email (higginsl001@hawaii.rr.com). If a student misses three or more classes, they will be failed without exception.

University Policy:

Plagerism-“Plagerism is the offering of work of another as one's own. Plagerism is a serious offense and may include, but is not limited to, the following:

1. Complete or partial copying directly from a published or unpublished source without proper acknowledgement to the author. Minor changes in wording or syntax are not sufficient to avoid charges of plagerism. Proper acknowledgement of the source of a text is always mandatory.
2. Paraphrasing the work of another without proper author acknowledgement.
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.

In the cases of alleged academic dishonesty (such as plagerism, cheating, claiming work not done by the student, or lying) where a faculty member observes or discovers the dishonesty, the faculty members may choose to confront the student and handle the matter between the faculty member and the student, or the faculty member may choose to refer the incident to the Chair or Graduate Program Director. (If the Chair or the Director is the instructor in question, the concern should be directed to the Associate Provost; if the Associate Provost is the instructor in question, the concern should be directed to the Executive Vice President and Provost.) If the faculty member chooses to confront the situation and

is not satisfactorily resolved between the faculty member and the student, the matter may then be referred or appealed to the Chair or Director. In either case, the Chair or Graduate Program Director may choose to 1) resolve the matter through a meeting with both the student and the faculty member, or 2) refer the matter to the Executive Vice President and Provost. The findings, in either case, are final.” (Taken from Chaminade University General Catalog, p. 48.)

Incomplete:

An incomplete (I) may be given to a student who did not complete a small portion of the work or final examination due to circumstances beyond the student’s control. The incomplete contract must be signed by the student and the instructor. The work must be completed in 90 days or the incomplete will revert to the grade that the student would have earned. This grade and the date the work is due will be specified on the incomplete contract.

Please refer to your Student Handbook, General Catalog, and the Education Division Policy Manual for other important institutional and academic policies including Classroom deportment, Freedom of Expression, Add/Drop, Disabilities, and others.

Course Schedule-may change or additions may be made:

1/8: Ice breaker

Syllabus review

What does Health, Safety and Nutrition mean?

About young children: growth

Safety: indoor and outdoor

Creating safe environments

NAEYC Guidelines in Health and Safety

*Assignments: Read chapters 13-16 (quiz)

Bring a toy for a child

Observation criteria

Portfolio

1/15: Holiday

1/22: Present toy

Your own nutrition

Nutrition basics and guidelines

Feeding the young child

Allergies

Writing assignment – in class

*Assignments: read chapters 17-19 (quiz)

Group project

1/29: Feeding infant/toddler/preschool/school aged children

Planning nutritious meals

Quick dining

Promoting healthy eating

Create a Menu

*Assignments: read chapters 20 and 21 (quiz)

bring an ideal lunch for a child

2/5: Share observations

Nutrition education with children

Policy setting and schedules for/in the ECE setting

Present lunches and explain

Food safety

*Assignments: Nutrition Education Activity

observations due

2/12 Present nutrition education activity – Watch “ Super Size Me”

Health issues in Early Childhood

Health education

Sanitation

Writing assignment

*Assignments: read chapters 1-10 and 12 (quiz)

Bring a physical game from your childhood

2/19: Holiday

2/26: Group Presentations

Physical education

Present game

Obesity

Group project due

*Assignment: Family interview

3/5: Supporting children with special health care needs-Tentative meeting at Shrinner’s Hospital:bring suitable activities/snack.Details to come.Class may have a later start time.

Writing assignment

*Assignments: Bring something from your culture

3/12: Culture

Present cultural item

Working with families

*Assignments: read chapter 11 (quiz)

Portfolio due

3/19: Child abuse and Neglect

Writing assignment

Evaluations of class

Final exam

Family Interview due

Closing

Syllabus and course schedule may be adjusted to meet the needs of the students