South Central College

CDEV 1220  Health, Safety & Nutrition

Course Outcome Summary

Course Information

Description  This course will guide the student in obtaining skills needed to establish and maintain a physically and psychologically safe and healthy learning environment for young children. Topics include preventing illness and accidents, handling emergencies, providing health, safety, and nutrition educational experiences, meeting children's basic nutritional needs, child abuse, and current health-related issues. This course does NOT include CPR or first aid certification. (Prerequisite: none)

Total Credits  3
Total Hours  48

Types of Instruction

Instruction Type  Credits/Hours
Lecture

Pre/Corequisites

None

Institutional Core Competencies

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Course Competencies

1. Examine safety practices
   Learning Objectives
   Examine safety policies for emergencies
   Describe basic safety policies and practices
   Identify personal, professional, and program risk levels
   Demonstrate awareness of security procedures (to prevent missing, abandoned, abducted children)

2. Analyze indoor environments for safety
   Learning Objectives
   Examine indoor safety environments
   Acquaint self with safe toys & equipment
1. Demonstrate knowledge of choking/suffocation safety procedures
   Demonstrate knowledge of poison safety procedures

3. **Examine outdoor safety**
   **Learning Objectives**
   - Examine outdoor environments for safety
   - Demonstrate knowledge about playground safety
   - Demonstrate traffic/transportation safety procedures

4. **Explore emergency response procedures**
   **Learning Objectives**
   - Explore basic first aid procedures
   - Demonstrate knowledge about accident and injury procedures
   - Demonstrate emergency procedures (fire, tornado, flood, earthquake, etc.)
   - Demonstrate fire/burn safety procedures

5. **Examine basic nutrition**
   **Learning Objectives**
   - Describe basic nutrition guidelines
   - Explore nutrients
   - Interpret nutritional facts on a label

6. **Identify ways to protect good nutrition**
   **Learning Objectives**
   - Identify risk factors of poor nutrition
   - Demonstrate nutrition assessment procedures
   - Discuss the importance of physical activity for children
   - Examine food allergies

7. **Explore how to provide good Nutrition**
   **Learning Objectives**
   - Demonstrate age appropriate feeding procedures
   - Demonstrate nutrition learning experiences

8. **Demonstrate menu planning & food safety**
   **Learning Objectives**
   - Examine subsidized food programs
   - Plans and evaluates meals
   - Explore food safety

9. **Examine promoting good health**
   **Learning Objectives**
   - Examine health policies
   - Recognize protective factors, resilience, and the development of mental health
   - Recognize developmental consequences of stress and trauma
   - Demonstrate stress reduction/management techniques

10. **Discover tools for promoting good health**
    **Learning Objectives**
    - Demonstrate appropriate health appraisal procedures
    - Describe observation procedures

11. **Examine illnesses prevention**
    **Learning Objectives**
    - Demonstrate hand-washing procedures
    - Demonstrate diapering procedure
    - Demonstrate toileting procedures
    - Demonstrate sanitation procedures
Demonstrate health and hygiene learning experiences
Demonstrate contaminated materials handling procedures

12. Investigate supportive health care

Learning Objectives
Describe procedures regarding childhood illnesses and communicable diseases
Identify childhood illnesses and communicable diseases
Demonstrate illness assessment
Examine exclusion policies and procedures

13. Examine child maltreatment

Learning Objectives
Define child abuse and neglect
Identify risk factors of abuse and neglect
Describe current extent of child abuse and neglect
Identify physical indicators of child neglect
Identify behavioral indicators of child neglect
Identify physical indicators of physical abuse
Identify behavioral indicators of physical abuse
Identify environmental indicators of physical abuse
Identify behavioral indicators of emotional distress/abuse
Identify environmental indicators of emotional distress/abuse
Identify behavioral indicators of sexual abuse
Identify environmental indicators of sexual abuse
Identify physical indicators of sexual abuse
Examine abuse and neglect prevention methods
Demonstrate mandated reporting procedures
Describe investigation procedures
Recognize bias in abuse reporting

14. Recognize requirements for children with special needs

Learning Objectives
Recognize the rights of children with disabilities
Examine how to support children in an inclusive setting

15. Identify community linkages

Learning Objectives
Identify community health resources
Identify social service resources
Identify referral process

SCC Accessibility Statement
South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.