



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

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.