



South Central College

ECE 1220 Health, Wellness and 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	3/48

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.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies

1. **Identify the characteristics of an early childhood program that supports the healthy physical development of young children and evaluate programs based on that knowledge; TECE 3.B.5.A.iv, TECE 3.C.d**
2. **Plan, design, and implement developmentally appropriate learning experiences for the young child in regards to health, safety, and nutrition; TECE 3.C.7.e, TECE 3.C.7.e**
3. **Analyze health requirements, symptoms of common illness, and environmental hazards as well as universal precautions to limit the spread of disease and incident of injury; TECE 3.B.5.A.i,**

TECE 3.B.5.A.ii, TECE 3.C.c, TECE 3.D.2.c

- 4. Describe early childhood environments that are physically and psychologically safe and healthy for young children; TECE 3.B.5.A.iii, TECE 3.C.a, TECE 3.C.b, TECE 3.D.2.b**
- 5. Examine the educator's role in being a mandated reporter; TECE 3.C.e, TECE 3.D.2.d**
- 6. Examine the role of the teacher for children's health, wellness, and nutrition and necessity to actively seek out opportunities for professional growth; SEP 10.L**

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) 332-5847.

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.