Southeast Missouri State University  
Course Syllabus

Department of:  Human Environmental Studies  
Course No:  CF124

Title of Course:  Children's Health, Nutrition, and Safety  
Revision:  
New:  Fall 2010

I. Catalogue Description and Credit Hours of Course:
Children’s wellness through child development: Health, nutrition, and safety utilizing principles of optimal practice in quality care and education environments. CPR, pediatric first aid required (3)

II. Prerequisite(s):
None

III. Purpose or Objectives of the Course:
A. Recognize the interconnectedness of health, nutrition, and safety.
B. Identify state and national accreditation standards and venues for quality child care settings.
C. Develop strategies to promote children’s health.
D. Develop a basic understanding of the nutritional components of food and safe food handling.
E. Identify dietary needs and patterns of feeding infants, toddlers, preschoolers and school-age children.
F. Develop skills to create safe indoor and outdoor environments for children, including principled response to child abuse and neglect and effective management of emergencies.
G. Demonstrate the ability to create learning experiences that teach health, nutrition, and safety concepts to children of varying abilities.

IV. Student Expectations:
A. Be present, prepared, and cooperative in group projects and in class.
B. Complete field observations and reports.
C. Complete infant/child CPR and First Aid by the end of the semester.

V. Course Outline:  

A. Interconnectedness of Health, Nutrition, and Safety
   1. Children’s wellness within the context of home, school, and community
   2. Influences affecting children’s well-being
      a. Societal issues and trends
      b. Current issues
B. Quality Care
   1. Missouri licensure in education and care settings
   2. State and national accreditation standards and venues for quality settings
      a. Family home care
      b. Group care
      c. School age care

C. Foundations of Child Development and Wellness
   1. Domains of child development
   2. Developmentally appropriate practice and policies
   3. Lifestyle choices and healthy new habits
      a. Preventative health
      b. Diet/exercise
      c. Mental health
      d. Inclusion strategies

D. Child Abuse and Neglect
   1. Definitions
   2. Risk factors
   3. Reporting
   4. Prevention and protection strategies

E. Nutrition
   1. Nutritional needs of children
      a. Infants
      b. Toddlers
      c. Preschoolers
      d. School age
   2. Digestion and absorption of food
   3. Safe food handling
   4. Dietary components and special diets
   5. Menu planning and writing
   6. Food budgets and equipments

F. Safe Environments
   1. Safe indoor and outdoor spaces
   2. Disaster preparedness
   3. Emergency response
   4. Multicultural awareness
   5. Schedules and routines
VI. Textbook:

VII. Grading Scale
100-90%   A
89-80%     B
79-70%     C
69-60%     D
Below 59%  F

The weights of evaluation criteria may vary at the discretion of the course instructor.

VIII. Basis for Student Evaluation:
Exams       40%
Papers      30%
Activities  30%

IX. Academic Policy Statement
Students will be expected to abide by the University Policy on Academic Honesty regarding plagiarism and academic honesty. Refer to: http://www6.semo.edu/judaffairs/code.html

X. Students with Disabilities Statement
If a student has a special need addressed by the Americans with Disabilities Act (ADA) and requires materials in alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate any needs and provide support as appropriate.