

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: EDU 235

Credits: 3

Course Title: Health, Safety, and Nutrition Education

Course Description: Focuses on the health and developmental needs of children and the methods by which these needs are met. Emphasizes positive health, hygiene, nutrition and feeding routines, childhood diseases, and safety issues. Emphasizes supporting the mental and physical well-being of children, as well as procedures for reporting child abuse. Lecture 3 hours per week.

General Course Purpose: To prepare the early childhood educator to meet the physical needs of young children through preparation of a safe environment, planned routines, and positive experiences in the areas of health, safety, and nutrition.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Identify stages of physical growth of children and practices which meet their changing needs;
- b. List and apply positive health routines for children within the framework of the early childhood program;
- c. Outline appropriate meal planning practices for young children;
- d. Identify common childhood diseases and plan appropriate responses to their onset;
- e. Create child-centered activities to promote conceptual understanding in children of self-care in the areas of health, safety, and nutrition;
- f. Define and discuss child abuse, identification of symptoms, and appropriate response to it; and
- g. Identify and apply learning standards as they relate to child health, safety, and nutrition: the Virginia Foundation Blocks, the Child Development Milestones, the Virginia Standards of Learning, and Core Competencies for Early Childhood Professionals.

Major Topics to Be Included:

- a. Physical development of young children
- b. Scheduling health routines into daily lives of young children
- c. Simple menu planning for children
- d. Health issues related to eating habits in children
- e. Identification and prevention of common childhood diseases
- f. Planning and creating a safe and healthy learning environment for children
- g. Child abuse identification and reporting responsibilities

Date Created/Updated (Month, Day, Year): January 29, 2019