

# EDU153 Health, Safety and Nutrition

## COURSE DESCRIPTION:

Prerequisites None

Corequisites None

### Description

This course covers promoting and maintaining the health and well-being of every child. Topics include health and nutritional guidelines, common childhood illnesses, maintaining safe and healthy learning environments, health benefits of active play, recognition and reporting of abuse/neglect, and state regulations. Upon completion, students should be able to apply knowledge of NC Foundations for Early Learning and Development for health, safety, nutritional needs and safe learning environments.

Course Hours per Week: Class, Semester Hours Credit,

## LEARNING OUTCOMES:

Upon completing requirements for this course, the student will be able to

1. Apply knowledge of NC Foundations for Early Learning and Development for health.
2. Apply knowledge of NC Foundations for Early Learning and Development for safety.
3. Apply knowledge of NC Foundations for Early Learning and Development for nutritional needs.
4. Apply knowledge of NC Foundations for Early Learning and Development for safe learning environments

## OUTLINE OF INSTRUCTION:

- I. Understanding and supporting children's well-being in the early childhood years
  - A. Promoting health
  - B. Preventing illness
  - C. Supportive healthcare
  - D. Good nutrition
  - E. Physical Activity
  - F. Mental Health as part of health education
    - i. Trauma Informed Care
- II. Understanding NC Licensing Requirements
  - A. CCDF Health and Safety Training Modules
- III. Avoiding and managing emergencies and injuries
  - A. Caring for minor injuries
    - i. First Aid Kit
    - ii. Notification to families
  - B. Emergency Preparedness
- IV. Child Maltreatment, Abuse and Neglect
  - A. Prevention
  - B. Reporting

## REQUIRED TEXTBOOK AND MATERIAL:

The textbook and other instructional material will be determined by the instructor