

**Course discipline/number/title: ECCE 1220: Health, Safety and Wellness****A. CATALOG DESCRIPTION**

1. **Credits:** 3
2. **Hours/Week:** 3
3. **Prerequisites (Course discipline/number):** READ 0900
4. **Other requirements:** None
5. **MnTC Goals (if any):** NA

**B. COURSE DESCRIPTION:** Students will examine and identify physical and mental distress, identify how to nurture children's mental health, and recognizing child abuse, trauma, neglect, and maltreatment. Discuss and identify our role as mandated reporter and recognize the importance of educating healthy food choices, providing safe environments, that support the healthy development of the whole child.

**C. DATE LAST REVISED (Month, year):** December, 2024

**D. OUTLINE OF MAJOR CONTENT AREAS:**

1. Adverse childhood experiences
2. Personal and community health
3. Program health and safety
4. Program illness prevention
5. Program nutrition and food service
6. Health, safety, nutrition, and physical education

**E. LEARNING OUTCOMES (GENERAL):** The student will be able to:

1. Identify adverse childhood experiences and their impact on lifelong health and wellbeing.
2. Examine the influence of use and misuse of tobacco, alcohol, drugs, and other chemicals on children's life.
3. Recognize signs of emotional distress, child abuse, and neglect and describe mandatory reporting laws and procedures.
4. Identify children's needs for physical and psychological safety, sensory stimulation, health, comfort, safety, and nutrition.
5. Examine health and safety licensing standards and management practices.
6. Identify signs of common illness and universal precautions to limit the spread of infectious disease.
7. Examine nutrition standards, meal pattern requirements, and feeding practices.
8. Identify the characteristics of early childhood programs that support the healthy physical development of young children and evaluate programs based on that knowledge
9. Collect and plan meaningful health, safety, nutrition, obesity prevention education, and physical development learning experiences.

**F. LEARNING OUTCOMES (MNTC):** NA**G. METHODS FOR EVALUATION OF STUDENT LEARNING:** Methods may include but are not limited to:

1. Discussion Participation
2. Written assignments
3. Exams

**H. RCTC CORE OUTCOME(S).** This course contributes to meeting the following RCTC Core Outcome(s):  
**Communication.** Students will communicate appropriately for their respective audiences.

**I. SPECIAL INFORMATION (if any):** None