ROCHESTER COMMUNITY AND TECHNICAL COLLEGE COMMON COURSE OUTLINE

Course discipline/number/title: ECCE 1220: Health, Safety and Wellness

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 4
3. Prerequisites (Course discipline/number): READ 0900
4. Other requirements: Successful completion of a background check
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: Young children are extremely vulnerable and need protection. Early childhood care and educators must ensure and promote children's health and wellbeing by providing safe environments, active supervision, meeting children's physical needs, and teaching children how to enjoy a healthy lifestyle. Students will examine physical and mental distress, nurturing children's mental health, recognizing child abuse and neglect, addressing substance abuse, increasing access to healthy food, promoting nutrition, providing safe environments, preventing obesity, fostering sensory and physical development, and connecting children with nature. Successful completion of a background check.

C. DATE LAST REVISED (Month, year): February, 2019

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. Class Participation
2. Written exams
3. Case Study
4. Health, Safety, and Wellness lesson plans
5. Health, Safety, and Wellness Resource File

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Communication. Students will read, write, speak and listen professionally. They will (1) use the appropriate technologies, (2) make meaning and connections between themselves and their audiences, (3) recognize the

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Continued. . .
situational aspects of each communicative act, and (4) understand and apply the conventions of discipline-specific language.

I. SPECIAL INFORMATION (if any): None