Alexandria Technical and Community College

CHCA 1220: Child Safety, Health and Nutrition

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 3
Lab Hours/Week: 1
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course guides the student in obtaining skills needed to establish and maintain a physically and psychologically safe and healthy learning environment for young children. Topics include preventing illness and accidents; handling emergencies; providing health, safety, and nutrition educational experiences; meeting children's basic nutritional needs; recognizing child abuse; and current health related issues. This course does not include CPR or first aid certification.

B. COURSE EFFECTIVE DATES: 12/08/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Discuss healthy hygiene, safety practices & health assessments.
2. Discuss childhood illnesses & communicable diseases plus exclusion policies.
3. Identify various community resources and examine the referral process.
4. Discuss factors relating to medical & physical health.
5. Discuss various safety learning procedures as it related to equipment, poison, fire, transportation and security.
6. Demonstrate fire extinguisher procedures.
7. Define physical, emotional, sexual abuse & neglect.
8. Identify risk factors & behavioral indicators as related to abuse.
9. Discuss & examine mandated reporting procedures.
10. Define nutritional guidelines.
11. Discuss age appropriate feeding & nutritional learning experiences.
12. Demonstrate sanitation procedures.

D. LEARNING OUTCOMES (General)

1. The learner will demonstrate understanding of elements of health and hygiene.
2. The learner will demonstrate an understanding of safety practices including abuse/neglect.
3. The learner will demonstrate an understanding of basic nutrition guidelines.
4. The learner will demonstrate health, safety, and nutrition in a child care setting.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted