



**Health, Safety and Nutrition – ECED 113**  
Child, Youth and Family Studies Program:  
Early Childhood Education Specialty

**Course Outline**

**COURSE IMPLEMENTATION DATE:** Pre 1998  
**OUTLINE EFFECTIVE DATE:** September 2020  
**COURSE OUTLINE REVIEW DATE:** April 2025

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**GENERAL COURSE DESCRIPTION:**

This course focuses on the important aspects of health, safety, and nutrition in the early childhood setting. Topics explored include introduction to field trip and menu planning; the promotion and modeling of a healthy, safe environment; personal hygiene; standards of cleanliness; preventing the spread of communicable diseases; and supporting the management of chronic health conditions.

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**Program Information:** ECED 113 is a required course for the Child, Youth, and Family Studies Program: Early Childhood Education Specialty.

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**Delivery:** This course is delivered face-to-face and online.

**COTR Credits:** 3

**Hours for this course:** 45 hours

**Typical Structure of Instructional Hours:**

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

**Practicum Hours (if applicable):**

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

**Course Outline Author or Contact:**

Kathryn Nelson, Instructor

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Signature

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**APPROVAL SIGNATURES:**

Department Head  
Sandi Hill  
E-mail: [shill@cotr.bc.ca](mailto:shill@cotr.bc.ca)

Dean of Health and Human Services  
Heather Hepworth  
E-mail: [hepworth@cotr.bc.ca](mailto:hepworth@cotr.bc.ca)

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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2020 – April 2025

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Minimum 65% in either English 12, English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency Information on the College website)

**Corequisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, or Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

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## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

*BC early learning framework* (2018). Ministry of Health and MCFD.

Community Care and Assisted Living Act. (2007) *Community care facilities licensing regulation*.  
Victoria, BC: Queens Printer.

Early Childhood Educators of BC. (2001) *Code of ethics*. (5<sup>th</sup> ed). Vancouver BC: ECEBC.

Haig, J., Raikes, G., & MacMillan, V. (2018). *Cites and sources: An APA documentation guide* (5<sup>th</sup> ed). Toronto, Ontario: Nelson Publishing.

Leduc, D.(Ed). (2015) *Well beings: A guide to health in child care* (3<sup>rd</sup> Edition Revised). Ottawa, Ont.: Canadian Pediatric Society.

Please see the instructor's syllabus or check COTR's online text calculator  
<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- plan nutritious foods consistent with all the principles of meeting nutritional needs including a culturally diverse perspective and special nutritional needs/considerations;
  - demonstrate the principles of food storage, preparation, cooking and serving;
  - recognize common childhood illnesses and identify preventative measures;
  - create and maintain a safe and healthy environment for young children;
  - assess, manage, document and report illness, injuries and any other critical incident;
  - create policies and procedures for maintaining healthy/safety standards;
  - create policies and procedures for emergency procedures and critical incidents;
  - demonstrate universal precautions and model healthy practices;
  - explore the management of a number of chronic health conditions;
  - define child abuse and understand the role of the Early Child Educator in dealing with reporting protocols;
  - plan safe, age appropriate field trip experiences for young children;
  - examine regulatory framework including licensing regulations;
  - recognize professional accountability and ethics; and
  - facilitate and promote feelings of safety and security by promoting self-acceptance and self-value.
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**COURSE TOPICS:**

- Menu Planning for Diversity
- Food Safety
- Communicable Diseases
- Fire Safety
- Chronic Health Conditions
- Healthy and Safe Environment
- Healthy and Safe Practices
- Incident Reports
- Freedom of Information and Privacy Regulations

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

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**EVALUATION AND ASSESSMENT:**

<b>Assignments</b>	<b>% Of Total Grade</b>
Emergency Plan	10%
Illness Policy	10%
Menu Plan	10%
Chronic/Medical Health Conditions Presentations	10%
Snack Time Plan	10%
Activities	30%
Quiz	<u>20%</u>
Total	100%

*Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

Note: Any student who misses a scheduled in-class activity will be given a grade of "0" for the activity.

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**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	< 60

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## ACADEMIC POLICIES:

Late Policy: Assignments received up to one week past their due date will receive a penalty of 10%. Assignments received after the first week late will not be marked and the student will receive a zero for that assignment. Weekly discussion forums must be completed in the designated week and late postings will not be marked. Note that no assignments will be accepted after the last day of the semester.

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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## COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.