




---

## Syllabus: **ECE 125-1 Nutrition, Health and Safety**

---

### Course Information

Course Prefix/Number: ECE 125-1	Credit Hours: 3
Semester: Spring 2020	Course Title: Nutrition, Health & Safety
Class Days/Times: Thursday 4:15 p.m.-6:45 p.m.	Room: IWK Room 23

<b>Instructor Information:</b> Name: Diona Williams MA, M.Ed Early Childhood Education Professor	Phone/Voice Mail: (520) 383-0062 Preferred Method: Mobile (520) 255-1709 E-mail: <a href="mailto:dwilliams@tocc.edu">dwilliams@tocc.edu</a> Office location: Main Campus-S-cuk Du'ag Maşcamakuđ / Building: Ha-Mascamdám Ha-Ki Office hours: <i>Tuesday &amp; Thursday 10:45 a.m.-12:45 p.m./ 3:00 p.m.-4:00 p.m.</i>
---	--

**Course Description:** This course provides an in-depth study of the health, safety and nutritional needs of children based on current research and recommendations. It includes the study of: healthy exercise and attitudes, traditional nutritious foods, illness prevention, food safety, tribal regulations related to healthy and safe environments, and relevant community resources.

- Student Learning Outcomes:** After completion of the course students will be able to:
- Apply knowledge of the basic principles and practices of personal, interpersonal, and community health and safety for young children, including the prevention and treatment of illness and injury.
  - Use knowledge of the basic health, nutrition, and safety needs of children from birth through grade three, including specific procedures related the health, safety, and nutrition for infants and toddlers.
  - Use appropriate procedures for responding to childhood illnesses and communicable diseases.
  - Design learning opportunities that are responsive to the health, safety, and nutritional needs of children from birth through grade three, including specific procedures and learning opportunities related to the health, safety, and nutrition of infants and toddlers.
  - Adapt strategies to meet the specific needs of all children from birth through grade three, including those with disabilities, developmental delays, or special abilities.
  - Design and maintain physically and psychologically safe, healthy and productive learning environments.

**Course Structure:**

This course is lecture and activity based. Students are expected to come to class and learn information being presented, willing to ask questions, and ready to engage in classroom discussions. Classroom activities may include partner/group work within the class or take-home assignments.

Week 1: Getting Started

Week 2: Children's Wellness

Week 3: Teaching Children Wellness Concepts

Week 4: Using Recommended Standards to Guide Healthy Eating

Week 5: Science of Nutrition Systems

Week 6: Feeding (Toddlers, Preschoolers, and School Age Children)

Week 7: Menu Planning

Week 8: Food Safety

Week 9: MIDTERM

Week 10: Creating a Climate of Health and Wellness

Week 11: Health Screening and Assessment

Week 12: Managing Infectious Diseases

Week 13: Promoting Safety

Week 14: Review and Teaching Children with Special Needs

Week 15: FINAL

Students will be expected to complete the following:

Weekly Discussion Post 10 points each

In Class Assignments 10 points each

2 Project Presentations 100 points each

Midterm 100 points

Final 100 points

**Texts and Materials:** Nutrition, Health and Safety for Young Children: Promoting Wellness, 3rd Edition, Joanne Sorte, Inge Daeschel, and Caroline Amador

**Evaluations and Grading & Assignments:**

<b>Points/Grade</b>	<b>Learning Behaviors/Knowledge Guide</b>
90 and above is an A	Excellent consistent attendance and participation. Extensive knowledge and understanding of concepts and processes. Creative linkage in tests, discussions, and papers of class content to information gained outside class. Regular contribution to individual and group efforts.
80 - 89 is a B	Good attendance and participation. Adequate knowledge and understanding of concepts and processes. Linkage in tests, class discussions, and papers of class content to information gained outside class. Frequent contribution to individual and group efforts.

70 - 79 is a C	Inconsistent attendance and participation. Basic knowledge and understanding of concepts and processes. Summarizes and paraphrases assigned material accurately in tests, discussions, and papers. Inconsistent contribution to individual and group efforts.
60 - 69 is a D	Limited attendance and participation. Marginal knowledge and understanding of concepts and processes. Limited ability to summarize and paraphrase assigned material in tests, discussions, and practice notebook. Limited contribution to individual and group efforts.
Under 60 is Failing	

Your course grade will be determined using the above full letter grades. Because of the participatory nature of this course, and the fact that this course meets on ground only once per week, students are expected to demonstrate regular attendance, preparation for class activities and discussions, and assignment presentations. Learning assessment consists of weekly in class discussions/activities, learning integration written assignments, reflection preparation/discussions, class presentation, and a final written examination. Additional assignments (other than below) may be added at the discretion of the instructor, to allow an opportunity for students' mastery demonstration during the semester.

**Himdag Cultural Component:** Himdag Cultural Component

Human behavior, mental processes, and indeed our interpretation of such things always occurs within the context of culture. During the exploration of each of the topic areas within this course, emphasis will be placed on how each social work concept is viewed through the lens of the Himdag and Tohono O'odham's way of life and experience.

Tohono O'odham Core Values (T-So:son):

- Our Beliefs (T-Wohocudadag,
- Our Wellbeing (T-Apedag),
- Our Deepest Respect (T-Pi:k Elida), and
- Working Together (I-We:mta)

**Policies and Expectations:**

Course Policies:

- 1) Students are expected to attend each class, arriving on time, except in the case of an excused emergency.
- 2) Students are expected to contact instructor prior to absences, coming late to class or leaving early.
- 3) Unexcused late arrivals or early departures will count against attendance record.
- 4) Class participation and preparation are essential to student success. Students must read textual material, prepare for projects, complete required research as stated on the course schedule.

- 5) Students are expected to come to class prepared for class and having done any preliminary work required as per the course schedule.
- 6) Students are expected to stay in class and work diligently throughout the whole time. Sleeping, frequent/continued exiting from the class during the class period will constitute one (1) absence.
- 7) No cell phone use is allowed during class. Use of cell phones during class, unless permitted by instructor, is a violation of the T-So:son.
- 8) Late work is marked down 10 points for each day of tardiness.
- 9) Failure to submit a project results in a grade of zero (0). An F is a better grade!
- 10) No work accepted after the last class

### **Classroom Behavior**

- Visitors may be only allowed at class sessions or on field trips with instructor approval, visitor's safety and behavior are the responsibly of the student.
- Possession of drugs, alcohol or firearms on college property is illegal.
- Food and beverages are allowed in classrooms at discretion of the instructor.
- Cellphones should be turned off during class, unless the instructor is allowing students to use their tools (calculator, internet access).
- Students creating disturbances that interfere with the conduct of the class or the learning of others will be asked to leave.
- Student behavior is also detailed in student handbook under Student Code of Conduct Violations

### **Make-up policy:**

Late assignments that can be made up will be accepted but will be penalized 25%. Laboratories cannot be made up except in the case of college closure. At the instructor's discretion, extra credit opportunities and optional activities may be provided.

### **Academic Integrity:**

Violations of scholastic ethics are considered serious offenses by Tohono O'odham Community College, the Student Services Department, and by your instructor. Students may consult the TOCC Student Handbook sections on student code of conduct, on scholastic ethics and on the grade appeal procedure. Copies are available at Tohono O'odham Community College.

All work done for this class must be your own, or the original work of your group. While you may discuss assignments with other class members, the final written project must clearly be original. You may use work from books and other materials if it is properly cited. Copying from a book without proper reference or from a person under any circumstances will result in an "F" for the assignment, and at the instructor's discretion, possibly an "F" for the course. If you are uncertain about proper citations ask your instructor or the librarian.

### **Course Feedback:**

All assignments will be graded and returned to the students promptly, typically within a week after the assignment is closed for handing in. E-mail and phone messages will be returned within two days. A student or the instructor may request a student conference at any time during the semester. Quarterly grade reports will be provided to each student, either in person, by email or via the electronic system of Canvas.

### **Attendance Policy**

You are expected to arrive to class on time and be prepared to participate in each class period. Four unexcused absences may result in withdrawal and a "W" or "Y" will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergency. If you will be absent, please notify the instructor as soon as possible (approved by Faculty Senate April 2014).

### **Incomplete Policy**

Incomplete (I) grades are not awarded automatically. The student must request an "I" from the instructor who can choose to award an Incomplete only if all three of the following conditions are met:

1. The student must be in compliance with the attendance policy.
2. The student must have unavoidable circumstance that would prohibit the student from completing the course.
3. The student must have completed over 75% of the course requirements with at least a "C" grade.

Incompletes are not a substitute for incomplete work due to frequent absences or poor academic performance. Incomplete grades that are not made up by the end of the ninth week of the following semester will be automatically changed to an F if the agreed upon work, as stipulated on the written form signed by the instructor and the student when the I grade is awarded, is not completed.

### **Instructor Withdrawals**

Students who have missed four consecutive classes (or the equivalent) not submitted any assignments nor taken any quizzes by the 45th day census report, due on [date of 45th day found in Academic Calendar on TOCC website] are assumed NOT to be participating in the class and may be withdrawn at the faculty member's discretion. [faculty members should be clear in their withdraw policy, if you do not withdraw students please note in appropriate sections].

### **Student Withdrawals**

Students may withdraw from class at any time during the first 2/3 of the semester without instructor permission and without incurring any grade penalty. Please be sure to withdraw yourself by [withdrawal deadline date found in Academic Calendar on TOCC website] if you do not expect to complete the class, otherwise you may receive an "F" grade.

### **Special Withdrawals (Y) Grade**

The "Y" grade is an administrative withdrawal given at the instructor's option when no other grade is deemed appropriate. Your instructor must file a form stating the specific rationale for awarding this grade. "Y" grades are discouraged since they often affect students negatively. Your instructor will not award a "Y" grade without a strong reason.

### **Equal Access Statement/Disability Accommodations**

Tohono O'odham Community College seeks to provide reasonable accommodations for qualified individuals with disabilities. The College will comply with all applicable regulations, and guidelines with respect to providing reasonable accommodations as required to ensure an equal educational opportunity. This process includes self-identifying as a student with a disability, providing supporting documentation of their disability, and being approved for services through the Disability Resources Office (DRO). It is the student's responsibility to make known to their instructor(s) the student's specific needs within the context of each class in order to receive appropriate accommodations. We will work together in order to develop an accommodation plan specifically designed to meet the individual student's requirements.

For more information or to request academic accommodations, please contact: Anthony Osborn, TOCC Disabilities Resource Coordinator, aosborn@tocc.edu, or 520-360-5044 for additional information and assistance.

**Title IX**

Tohono O'odham Community College encourages each student to have the knowledge and skills to be an active bystander who intervenes when anyone is observed or being harassed or endangered by sexual violence. Sexual discrimination and sexual violence can undermine students' academic success and quality of life on campus and beyond. We encourage students who have experienced or witnessed any form of sexual misconduct to talk about their experience and seek the support they need.

Confidential support and academic advocacy can be found with: Student Services Title IX Coordinator/Counselor, Alberta Espinoza, M.Ed. located in I-We:mta Ki: Room 18. Phone 520-383-0033 email: aespinoza@tocc.edu

**Conduct: Bias, Bullying, Discrimination and Harassment**

Tohono O'odham Community College faculty and staff are dedicated to creating a safe and supportive campus environment as a core value. Harassment based on age, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, marital status, political ideology, race, religion/spirituality, sex, sexual orientation, and tribal sovereign status will not be tolerated.

**Courses Outline: Important Dates**

Weekly structure, reading assignments, class projects, due date, exams, etc. details regarding assignments, exams, projects with due dates and any instructions for work. Make sure that you have one or more learning activities in the calendar/schedule that address each outcome. (An activity can address more than one outcome.)

**DISCLAIMER:** This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.