

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE

**COURSE SYLLABUS**

**Course Title:** Health, Safety & Nutrition

**Course #:** ECE 176

**Course Description:** During this course, the students will become aware of the interrelationships between child development and the areas of health, safety and nutrition. Special emphasis will be placed upon the issues of health, safety and nutrition that affect children through the early school years. Understanding cultural issues and special needs of individual children are addressed as aspects of health and safety. Students will develop activities and resources as the basis for an appropriate health curriculum that encompasses all aspects of a healthy child.

**Pre-requisite/Co-requisite:** ENG 101 or ENG 101W

**Goals:**

1. To acquire knowledge concerning health, safety and nutrition issues in the early childhood classroom environment.
2. To develop skills necessary to plan and implement health, safety and nutrition learning experiences and to integrate these experiences into the daily curriculum.
3. To become aware of Connecticut State Licensing regulations concerning health and safety in an early childhood center.
4. To communicate the importance of a healthy lifestyle to both children and families.

**Outcomes:**

At the completion of this course, the student will demonstrate knowledge acquired concerning health, safety and nutrition in the early childhood classroom through examination, classroom projects, written assignments and presentation of health, safety and nutrition activities for young children.