

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Summer 2012

Type of Action:

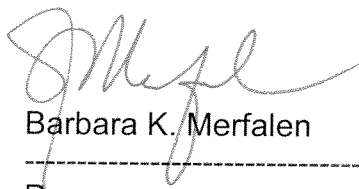
- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: ED 454

Course Title: Physical Education, Safety, and Health in Early Childhood Education

Reason for initiating, revising, or canceling:

New course for the Bachelor of Science in Education degree with a concentration in Early Childhood Education.

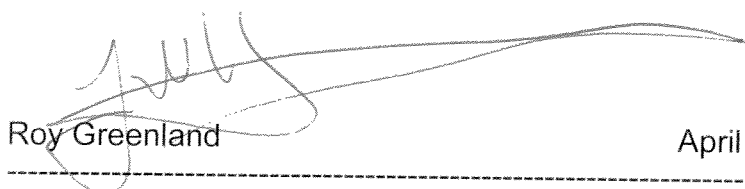


Barbara K. Merfalen

April 27, 2012

Proposer

Date

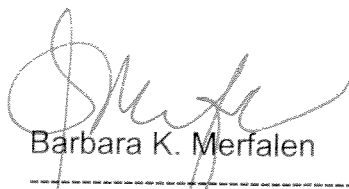


Roy Greenland

April 27, 2012

Acting Director, School of Education

Date



Barbara K. Merfalen

April 27, 2012

Dean of Academic Programs and Services

Date

Northern Marianas College

Course Guide

Course: ED 454 Physical Education, Safety, and Health in Early Childhood Education

1. Department

School of Education

2. Purpose

The course provides students with a comprehensive understanding of the nutrition, health, and safety needs of young children from birth through eight-years of age. It is designed to give pre-service and current teachers practical, applied, easy-to-understand information that will prepare them to serve young children in the family child care, childcare center, preschool and early primary school setting.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Sorte, Joanne, Inge Daeschel, and Carolina Amador. *Nutrition, Health, and Safety for Young Children: Promoting Wellness*.
Merrill/Pearson, 2011.

Readability level: Grade 12

B. Contact Hours

1. **Lecture:** 3 hours per week / 45 hours per semester
2. **Lab:** None
3. **Other:**

C. Credits

1. **Number:** 3
2. **Type:** Regular degree credits

D. Catalogue Course Description

The course provides students with a comprehensive understanding of the nutrition, health, and safety needs of young children from birth through eight-years of age. It is designed to give pre-service and current teachers practical, applied, easy-to-understand information that will prepare them to serve young children in the family child care, childcare center, preschool and early primary school setting.

Prerequisites: ED 205, ED 211, ED 242, ED 300, and ED 342 with a grade of "C" or better or concurrent enrollment. English Placement Level: EN 101. Math Placement Level: MA 091 or approval of the School of Education Director. (Offered Fall and Spring)

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Course: ED 454 Physical Education, Safety, and Health in Early Childhood Education

E. Degree or Certificate Requirements Met by Course

This is a required course for the Bachelor of Science in Education with a concentration in Early Childhood Education.

F. Course Activities and Design

Course activities may include, but are not limited to lectures, discussions, chapter presentations, article reflections, lesson planning, viewing relevant VHS tapes/DVDs, small/large group projects/presentations, periodic quizzes and tests, and a final exam.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisite(s): ED 205, ED 211, ED 242, ED 300, and ED 342 with a grade of "C" or better or concurrent enrollment.

English Placement Level: EN 101

Math Placement Level: MA 091 or approval of the School of Education Director

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course, textbook(s), and any applicable fees.

Cost to the College: Instructor's salary, and any other costs.

Instructional resources needed for this course include standard classroom materials and supplies such as whiteboard, markers, TV/VCR/DVD/AV equipment, VHS/DVD programs, flip-chart papers, library books, curriculum resource center materials, occasional photocopying, and other resources as needed.

6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F: Failure – grade points: 0.0.

NMC's and School of Education's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Promoting Wellness

- 1.1 The Interconnection of Nutrition, Health, and Safety
- 1.2 Teaching Wellness Concepts to Young Children

2.0 Promoting Good Nutrition

- 2.1 Foundations of Optimal Nutrition
- 2.2 Understanding the Science of Nutrition
- 2.3 Feeding Infants and Toddlers
- 2.4 Feeding Preschoolers and School-Age Children
- 2.5 Menu Planning
- 2.6 Food Safety

3.0 Promoting Healthful Practices

- 3.1 Creating a Climate of Health and Wellness
- 3.2 Health Screening and Assessment
- 3.3 Managing Infectious Disease
- 3.4 Teaching Children with Special Health Needs
- 3.5 Children's Mental Health

4.0 Promoting Safety

- 4.1 Ensuring Physical and Emotional Safety
- 4.2 Creating Safe Environments
- 4.3 Promoting Safe Practices through Effective Classroom Management
- 4.4 Responding to Emergencies and Illness
- 4.5 Child Abuse and Neglect

8. Instructional Goals

This course will introduce students to:

1.0 Promoting Wellness

- 1.1 Interconnections of nutrition, health, and safety
- 1.2 Concepts of wellness to young children

2.0 Promoting Good Nutrition

- 2.1 Foundations of optimal nutrition and the science of nutrition
- 2.2 Methods of feeding infants, toddlers, preschoolers, and school-age children
- 2.3 Menu planning
- 2.4 Food Safety

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Course: ED 454 Physical Education, Safety, and Health in Early Childhood Education

- 3.0 Promoting Health Practices
 - 3.1 Creating a climate of health and wellness
 - 3.2 Health screening and assessment
 - 3.3 Managing infectious disease
 - 3.4 Teaching children with special health needs
 - 3.5 Children's mental health
- 4.0 Promoting Safety
 - 4.1 Ensuring physical and emotional safety
 - 4.2 Promoting safe practices through effective classroom management
 - 4.3 Responding to emergencies, illness, child abuse and neglect

9. Student Learning Outcomes

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

- 1.0 Recognize interconnections of nutrition, health, and safety;
- 2.0 Demonstrate concepts of wellness to young children;
- 3.0 Discuss foundations of optimal nutrition and the science of nutrition;
- 4.0 Demonstrate proper methods of feeding infants, toddlers, preschoolers, and school-age children;
- 5.0 Plan a menu for infants, toddlers, preschoolers, and school-age children;
- 6.0 Identify applicable food safety standards;
- 7.0 Promote a climate of health and wellness;
- 8.0 Demonstrate health screening and assessment in an early childhood setting;
- 9.0 Demonstrate managing infectious disease;
- 10.0 Plan a curriculum for children with special health needs;
- 11.0 Recognize children's mental health in an early childhood setting;
- 12.0 Create a physical and emotional safe environment;
- 13.0 Promote safe practices through effective classroom management; and
- 14.0 Recognize child abuse and neglect.

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10. **Assessment Measures**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Class participation;
- 2.0 Group discussions;
- 3.0 Writing assignments and exercise;
- 4.0 Oral and visual presentations;
- 5.0 Chapter quizzes and or tests;
- 6.0 Homework;
- 7.0 Group projects; and
- 8.0 A final exam.