



**Advanced Health, Safety and Nutrition – ECED 213**  
Child, Youth and Family Studies Program:  
Early Childhood Education Diploma Program

**Course Outline**

**COURSE IMPLEMENTATION DATE:** Pre 1998  
**OUTLINE EFFECTIVE DATE:** January 2023  
**COURSE OUTLINE REVIEW DATE:** September 2028

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**GENERAL COURSE DESCRIPTION:**

ECED 213 provides students with knowledge and skills to plan, implement and evaluate healthy practices for infants, toddlers, and children with extra support needs in an inclusive and infant/toddler environment.

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**Program Information:** ECED 213 Advanced Health, Safety and Nutrition is one of four core on-line courses required for a diploma in Early Childhood Education from the College of the Rockies.

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**Delivery:** This course is delivered 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:**

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EDCO

Valid from: January 2023 – September 2028

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Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:****Prerequisites:** Minimum 65% in either English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency Information on the College website)

Child, Youth and Family Studies Program: An Early Childhood Education or a Certificate in Early Childhood Education.

**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, 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

## 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:

Sorte, J., Daeschel, C., & Amador, C. (2017). *Nutrition, Health and Safety for Young Children: Promoting Wellness*. (3<sup>rd</sup> ed.). Pearson Education, Inc., Upper Saddle, NJ.

Haig, J. & Raikes, G. (2018). *Cites and Sources: An APA Documentation Guide*. (5<sup>th</sup> ed.). Toronto Ontario: Nelson Publishing.

*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

- describe preventative practices and policies for health, safety and illness management;
  - develop standards for recognizing, reporting and documenting accident, injury, illness, abuse and neglect;
  - describe factors of healthy food preparation, storage and selection;
  - explain environmental adaptations for children with extra support needs;
  - develop a plan that ensures accommodation for diversity;
  - describe a variety of health concerns/conditions in young children as well as for children with extra support needs;
  - develop a plan to work with community partners;
  - describe factors that enhance and promote a healthy and safe environment for infants and toddlers and caregivers; and
  - develop, evaluate and be sensitive to meal planning with specific cultural nutritional and health issues/needs in mind.
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## COURSE TOPICS:

- Prevention Policies and Practices
- Promote Health, Safety and Nutrition for Young Children
- Inclusive and Diverse Practices
- Children with Nursing Support Needs

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

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## EVALUATION AND ASSESSMENT (Online Delivery):

Assignments	% Of Total Grade
Discussions	10%
Case Studies	30%
Assignment #1	20%
Assignment #2	30%
Quiz	10%
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.*

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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.