

## SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

## COURSE OUTLINE

*n)*  
J u APR - 5 IB  
C:..,

.yii

COURSE TITLE: HEALTH AND NUTRITION

---

CODE NO.: HDG 117 SEMESTER: TWO

---

PROGRAM: General Arts and Science

---

AUTHOR: KATHY NIELSEN

---

DATE: JANUARY 1995 PREVIOUS OUTLINE: JANUARY 1994

---

NEW: REVISED: \_\_X.

APPROVED: A J I ^ f r W ^ ;  
K. DeRosafio, Dean  
School of Human Sciences and  
Teacher Education

D a t e / / 7 )

**\*\*NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.

Teaching Methods I, ED 140-4

**TOTAL CREDITS: FOUR**

**PREREQUISITES): HSCiQQ ; COREQUISITES: ED 110, ED 116**

---

**I. PHILOSOPHY/GOALS:** This course introduces the student to both theoretical and practical techniques of creating a positive learning environment for the young child. A collaborative approach of educating children in a variety of settings is emphasized. The focus is on obtaining and using developmental<sup>^</sup> appropriate practices which are geared to the young child's individual needs, within the context of the group, in the child care setting. Through theory and related practical skills in guiding the behaviour and promoting the learning of young children.

**II. STUDENT PERFORMANCE OBJECTIVES (OUTCOMES):**

Upon successful completion of this course the student will:

1. describe the role of MCSSS and interpret sections of the Day Nurseries Act as they pertain to child care settings.
2. explain a developmental approach to educating young children.
3. describe environmental components which foster development.
4. describe appropriate teaching techniques for dealing positively with children; for setting limits; and for extending and expanding the child's experiences.
5. record and interpret observations of child and teacher behaviours.
6. outline positive techniques of fostering mental and emotional health in young children.
7. describe appropriate methods of promoting child competency in social skills and in developing inner controls.

**III. TOPICS TO BE COVERED:**

1. Child Care Settings and the Role of the EC Educator.
2. A Collaborative Developmental Approach to Child Care.
3. Techniques for Handling Routines and Transitions.
4. Planning the Environment for Physical Enhancement.
5. Fostering Mental and Emotional Health.
6. Promoting Competency and Self-Esteem.
7. Promoting Social Skills.
8. Helping to Establish Inner Controls



Health and Nutrition, HDG 117-3

6. Health Concerns with Aging
  - a) the aging process
  - b) cultural influences on aging
  - c) health concerns of the elderly

V. REQUIRED RESOURCES:

1. Chapter 1 - "Health: Support For Your Future"
2. Chapter 2 & 3 - "Achieving Emotional Maturity: Keys to Your Mental Health" ; "Stress: Managing the Unexpected"
3. Chapter 4 - "Physical Fitness" Enhancing Work, Study and Play"  
Chapter 5 "Nutrition: The Role of Diet in Your Health"  
Chapter 6 "Healthy Weight" Sensible Eating & Regular Exercise"  
Chapter 7 & 8 - "Drugs and Your Health" ; "Alcohol, Is It All Bad?:  
Chapter 9 - "Tobacco Use: A Losing Choice" and class discussion  
Chapter 10, 11, 12 - "Cardiovascular Disease: Turning the Corner" ; "Cancer and Chronic Conditions ; "Infectious Diseases: A Shared Concern" ; class discussion and videos
4. Chapter 12, 14, 15 - "Sexuality: Biological & Psychological Origins" ; "Sexuality: A Variety of Behaviours and Relationships" ; "Fertility Management" ; class discussion and videos
5. Chapter 16, 17 - "Consumerism and Health Care" ; "Environment: Influences from the World Around Us"
6. Chapter 18 - "The Maturing Adult: Moving through Transitions"

VI. EVALUATION METHODS: (includes assignments, attendance requirements)

Projects and assignments (in class and take home)	30%
Class presentation and research	20%
Tests - Mid term - 15% final - 20%	35%
(Dates to be announced in class)	
Class attendance	15%

There will be a variety of tests and quizzes along with written and oral assignments. Students may choose to present their research topic in a small group or as an individual. There will be both group as well as individual assignments.

Seminar/research presentations will be presented in class. The group or individual student must provide a summary sheet of your research to

Health and Nutrition, HDG 117-3

be handed out at the time of the presentation, (see instructor for photocopying instructions)

**Sault College Policies regarding plagiarism and honesty are in effect. See Sault College Student Handbook for details.**

**ASSIGNMENTS WHICH ARE LATE WILL BE GIVEN A MARK OF ZERO. EXTENSION OF ASSIGNMENT DUE DATE MAY BE GRANTED UPON DISCUSSION WITH THE INSTRUCTOR PRIOR TO DUE DATE.**

Students must call in advance if unable to write a scheduled test or a grade of zero will be recorded. Immediately upon return the student must make re-scheduling arrangements with the instructor to write the missed test.

**GRADING**

- A+ 90-100
- A 80-89
- B 70-79
- C 60-69
- R Repeat Course

**VII. REQUIRED STUDENT RESOURCES:**

Hahn D. and Payn W., 1994, Second Edition, FOCUS ON HEALTH, Mosby Year Book Inc., Toronto.

**VIII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION, ON RESERVE OR via INTER LIBRARY LOANS:**

- (1984) Nuxalk Food and Nutrition Handbook, Ottawa, Canada: Health and Welfare Canada
- (1985) Native Foods and Nutrition, Medical Services Branch, Ottawa, Canada: National Health and Welfare
- (1989) Promoting Nutritional Health During the Preschool Years: Canadian Guidelines, Ottawa, Canada: National Institute of Nutrition.
- (1990) Research Horizons, Toronto, Canada: Canadian Diabetes Association.
- (1991) Guide to Nutrition Labelling, Ottawa, Canada: Minister of Supply and Services
- (1991) Using the Food Guide, Minister of Supply and Services Canada, Ottawa, Canada: Health and Welfare Canada
- (Aug 1990) Know Your Blood Pressure: Understanding High Blood Pressure, Ottawa, Canada: Heart and Stroke Foundation of Canada
- Dietary Fat and Your Health, Montreal, Quebec: Becel, Canada
- McLeod, B. (1992), Managing Your Diabetes, Toronto, Canada: Eli Lilly Canada Inc.
- Weiner, M. (1980), Earth Medicine - Earth Food: Plant Remedies, Drugs and Natural Foods, 2nd ed., New York: Fawcett Columbine

Instructor has a private library of Health and Nutrition books, articles, and magazines. Students are encouraged to utilize these resources.

Health and Nutrition, HDG 117-3

**IX. SPECIAL NOTES**

Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of the students.

«\* **ALL STUDENTS MUST ATTEND 50% OF THE CLASSES IN ORDER TO OBTAIN A PASSING GRADE.**