



The University of Southern Queensland

## Course specification

### Description: Health in Early Childhood

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
ECE	1006	41134	1, 2005	ONC	1.00	Wide Bay

<b>Academic group:</b>	FOEDU
<b>Academic org:</b>	FOE004
<b>Student contribution band:</b>	National Priority Teaching
<b>ASCED code:</b>	070101

### STAFFING

Examiner: Jason Locke  
Moderator: Lindy Austin

### REQUISITES

Pre-requisite: Students must be enrolled in one of the following Programs: BEPR or BEEC or BESM or BESC or BEPG or BEPH or BPMH or BSMG or BECS or BECH or BEEG or BEEH or BPMU.

### RATIONALE

Creating and maintaining healthy safe environments for young children is one of the most important tasks facing the early childhood educator today. It is important that early childhood educators, who are often responsible for the care and education of young children from birth, understand the importance of maintaining healthy environments and are capable of planning and implementing appropriate health and nutrition programs for all children birth-8 years. Educators must also be aware of the importance of establishing a healthy lifestyle while promoting preventative and educational programs for families.

### SYNOPSIS

This course will identify and inform the educator of the wide variety of health issues, policies and procedures that impact on the provision of programs for young children. It will focus on issues relating to the health of the educator, child and family and the establishment and maintenance of healthy and safe environments. It will also focus on the development of skills to enable students to make informed decisions on the wide variety of advice offered to the general community and families. This course emphasises literacy correctness in all its forms. Disclaimer This course is designed to inform the student about medical conditions, both care and prevention, and the nutritional needs of young children and families. It encourages the students to seek further information from appropriate sources. This course will in noway equip students with the knowledge to diagnose or give advice other than promotion of healthy lifestyles and referral. **IMPORTANT NOTE:** Working with Children: State law in Queensland requires that all adults (including university students, pre-service educators, trainers, vocational teachers, industry educators) working with children under the age of 18, in the State of Queensland\*,

obtain approval before commencing such work. Many education courses include a practical component (professional experience, project work, research, assessment etc.) that may require engagement with children under the age of 18. It is your responsibility to ensure that you possess a current suitability card (Blue Card) before commencing any practical components of this course. **DO NOT PARTICIPATE IN ANY PRACTICAL EXPERIENCE WITH CHILDREN UNDER 18 UNLESS YOU POSSESS A CURRENT 'BLUE CARD'**. For further information: <http://www.childcomm.qld.gov.au/employment/bluecard/informationSheets.html> \*If you are undertaking practical experience outside the State of Queensland, Australia you should check local requirements.

## OBJECTIVES

On completion of this course students will be able to:

1. be familiar with the regulations and accreditation in Day Care and other Early Childhood services relating to Health, Safety and Nutrition;
2. be able to create and maintain a healthy and safe physical and emotional environment for young children;
3. be able to identify and respond to important issues in the area of Health Education including common infectious diseases, AIDS, the abuse of children, hospitalisation, and nutritional requirements;
4. be capable of creating Protective Behaviour Programs in relation to child abuse;
5. be aware of the importance of balanced nutrition programs for young children and be competent at designing interesting and appropriate nutritional programs;
6. be aware of the importance of establishing, maintaining and promoting a healthy lifestyle for educators and the general community;
7. be aware of international and cultural perspectives and differences in addressing health issues;
8. be aware of parents' rights and choices that pertain to the treatment and care of their children;
9. be aware of legal issues relating to all aspects of children's health;
10. be familiar with administrative decisions, policies and procedures that relate to maintaining a healthy environment;
11. be able to use and access a wide variety of reference sources and information including web-based materials;
12. be able to critically analyse the wide range of resources and popular medical and nutritional information;
13. use written communication effectively and appropriately;
14. write clearly, grammatically correctly and with accurate spelling and punctuation.

## TOPICS

	Description	Weighting (%)
1.	The importance of the health and safety of the educator	10.00
2.	Regulations and accreditation standards	5.00
3.	Infectious diseases	10.00
4.	Hygiene practices and requirements for prevention of illness, disease and infestations	15.00
5.	Creating and maintaining safe physical environments for young children	10.00

6.	Creating and maintaining safe emotional environments for young children	10.00
7.	Child abuse and protective behaviour programs for children and families	10.00
8.	The importance of providing nutrition programs for young children and families	15.00
9.	Food handling procedures	5.00
10.	Legal and administrative issues, policies and procedures for early childhood educators	10.00

### **TEXT and MATERIALS required to be PURCHASED or ACCESSED**

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

*Book of Readings,*

### **REFERENCE MATERIALS**

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Department of Families, Youth and Community Care 1999, *There's More to Food than Eating*, Pademelon Press, Castle Hill, NSW.

Edelman, C & Mandle, C 2001, *Health Promotion Throughout the Lifespan*, 5th edn, Mosby, St Louis.

Legg, C 2001, *When Things go Wrong: Managing Critical Incidents in Children's Services*, Australian Early Childhood Association, Watson, ACT.

Marotz, L, Cross, M & Rush, J 2001, *Health, Safety, and Nutrition for the Young Child*, 5th edn, Delmar Thomson Learning, Albany, NY.

National Health and Medical Research Council 2001, *Staying Healthy in Child Care: Preventing Infectious Diseases in Child Care*, 3rd edn, NHMRC, Canberra.

National Health and Medical Research Council *Food for Health: Dietary Guidelines for Australians*, NHMRC, Canberra.

Oberklaid, F 2004, *Health in Early Childhood Settings: From Emergencies to the Common Cold*, Pademelon Press, Castle Hill, NSW.

Sayre, N E & Gallagher, J D 2001, *The Young Child and the Environment: Issues Related to Health, Nutrition, Safety, and Physical Activity*, Allyn & Bacon, Needham Heights, MA.

Sears, W & Sears, M 1999, *The Family Nutrition Book*, Little Brown and Company, USA.

## STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Assessment	50.00
Directed Study	25.00
Lectures	26.00
Private Study	51.00
Tutorials	13.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg(%)	Due date
ASSIGNMENT	15.00	50.00	11 Apr 2005
EXAMINATION	15.00	50.00	END S1 (see note 1)

### NOTES

1. Examination timetable will be available during semester.

## IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:  
It is the students' responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration. Students should demonstrate a professional attitude and commitment by attendance at and participation in at least 80% of scheduled classes.
- 2 Requirements for students to complete each assessment item satisfactorily:  
To complete each of the assignments satisfactorily, students must obtain at least a grade of C- for each assignment and must demonstrate their ability to write clearly, grammatically correctly and with accurate spelling and punctuation.
- 3 Penalties for late submission of required work:  
If students submit an assignment after the due date without prior approval then a penalty of 10% of the total marks available for the assignment will apply for each working day late.
- 4 Requirements for student to be awarded a passing grade in the course:  
To be assured of receiving a passing grade a student must submit all assessment items and achieve at least a C grade for the available marks for overall summative assessment.
- 5 Method used to combine assessment results to attain final grade:  
The final grades for students will be assigned on the basis of the weighted aggregate of the grades obtained for each of the summative assessment items in the course.
- 6 Examination information:  
(b) In a Closed Examination, candidates are allowed to bring only writing and drawing instruments into the examination.
- 7 Examination period when Deferred/Supplementary examinations will be held:

(c) Any Deferred or Supplementary examinations for this course will be held in the fourth week of the semester following this course offering and the examiner will advise students involved in writing of the date time and location of any such examination.

8 University Regulations:

Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL <http://www.usq.edu.au/corporateservices/calendar/part5.htm> or in the current USQ Handbook.

## **ASSESSMENT NOTES**

1. Letter grades will be used for summative assessment items in this course.
2. Students must retain a copy of each item submitted for assessment. This must be produced if required by the Examiner.
3. In accordance with University's Assignment Extension Policy (Regulation 5.6.1), the examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances.
4. The Faculty will normally only accept assessments that have been written, typed or printed on paper-based media.
5. The Faculty will NOT accept submission of assignments by facsimile.

## **OTHER REQUIREMENTS**

- 1 **IMPORTANT NOTE:** Working with Children: State law in Queensland requires that all adults (including university students, pre-service educators, trainers, vocational teachers, industry educators) working with children under the age of 18, in the State of Queensland\*, obtain approval before commencing such work. Many education courses include a practical component (professional experience, project work, research, assessment etc.) that may require engagement with children under the age of 18. It is your responsibility to ensure that you possess a current suitability card (Blue Card) before commencing any practical components of this course. **DO NOT PARTICIPATE IN ANY PRACTICAL EXPERIENCE WITH CHILDREN UNDER 18 UNLESS YOU POSSESS A CURRENT 'BLUE CARD'**. For further information: <http://www.childcomm.qld.gov.au/employment/bluecard/informationSheets.html> \*If you are undertaking practical experience outside the State of Queensland, Australia you should check local requirements.
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