



**Division:** Behavioral & Social Science  
**Course name:** Child Development 10-Health, Safety and Nutrition  
**Section:** #3536 / Semester Spring 2015

**Instructor Name:** D. Gallegos, Ed. D      **Professor's Website:** [www.wlacGallegos.com](http://www.wlacGallegos.com)  
**Class Hours:** Wednesday: 6:45-10:00pm      **Address:** 9000 Overland Ave., Culver City, CA 90230  
**Class Location:** GC 130      **Office Location:** GC 180C  
**Instructor E-mail:** [gallegD@wla.edu](mailto:gallegD@wla.edu)      **Office Hours:** T: 3:00-6:00pm/W: 3:00-5:00pm

### Welcome

This semester, you will work to develop your understanding of the basic understanding of Child Development. You will also learn and practice the importance of best practices for early educational setting. The goal is for you to have a better understanding of how children develop through different stages, the theorist that have been contributors to the field and especially how adults need to respect a child's growth. The skills you learn here will help you succeed both in and out of class. However, your education is ultimately YOUR responsibility. YOU determine your level of success. Successful college students are self-motivated. Successful college students understand the importance of studying the material, coming to class prepared and practicing skills learned. YOU CAN DO IT and I'm here to help. ☺

### Course Description

This course includes information on the nutritional needs and physical and mental well-being of children from birth to adolescence. Information dealing with special problems/disabilities is included. Habits and attitudes towards health are discussed. Community resources which are available to assist in the physical and mental well-being of the child are explored.

### Required Texts

- Health, Safety, and Nutrition for the Young Child. by Lynn Marotz. Eighth edition. This text is available for sale or rent from the West L.A. college bookstore

### Required Materials

- Scantrons for quizzes (the long version)

### Institutional Student Learning Outcomes

- A. Critical Thinking: Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.
- G. Cultural Diversity: Respectfully engage with other cultures in an effort to understand them.

### Child Development Student Learning Outcomes (SLO)

Students who successfully complete this course will achieve the following learning outcomes: Think critically – Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences. The students will answer and question

each other's decisions in required class discussions. Technical Competence – Utilize the appropriate technology effectively for informational, academic, personal, and professional needs. The students will learn how to utilize the health and nutrition links.

**Course Requirements and assignment guidelines**

**NOTE: If you don't have internet access at home, there are computer labs on campus. If accessing the website proves difficult, see me immediately. DO NOT WAIT until the day of a test to seek help or explain your situation. Alternate plans can be arranged with notice.**

**Participation/Punctuality:** Throughout the course of the semester it is your responsibility to come to class ready to engage in the discussion as well as to be respectful of your classmates learning and be punctual. If you are absent, it is your responsibility to attain notes and handouts on your own; therefore, find or make a friend.

**Exams:** These exams will cover chapters that will be discussed in class.

**Small Group Unit Plan of Study-** 3 or 4 students will be formed. Topic to be picked in class in a raffle manner. The research topic, critical thinking skills and collaboration is required. 2 activity plans focusing on a specific goal in health, safety or nutrition instruction for a specific age group (toddler, preschool, or primary age students). A one page handout/summary of the activity plans to be provided to classmates. A presentation to include a bulletin board for purpose of class to be placed on display board). Presentation to include learning center activity—provided for class involvement and explain the purpose (domains of development that are stimulated, etc). Active group participation is required. If a group member is not participating she/he may not get the same grade. The group will turn in a summary of how each group member participated in this collaborative project and what each member did, along with your group paper.

**First Aid Kit-**Required materials in appropriate container (First Aid Checklist). Complete and include Emergency telephone list (included). Lastly, it should be organized and easy to access.

**Week Menu**

Create a weekly menu for a specific child emphasizing the nutritional standards that are met. Need to chose age group: Infant, preschool or primary grades (k-2). You present at least one day of the menu in class (orally or visually).

**Grading**

Class Assignments & Participation	POINTS POSSIBLE	MY ACTUAL POINTS
(1) Participation/Punctuality	100	
(2) 1st Exam	40	
(3) 2 <sup>nd</sup> Exam	40	
(4) 3 <sup>rd</sup> Exam	40	
(5) Small Group Unit Plan	100	
(6) First Aid Kit	100	
(7) Menu Plan	30	
(7) Final	50	

<b>TOTAL POINTS</b>	<b>500</b>	
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GRADING SCALE (Letter Grade):

**A=500-450    B=449-400    C=399-350    D=349-300    F=under 299**

*\*No make-up on Final Exam. Please talk to me in advance if you anticipate a problem. Quizzes and Final Exam will be based on the book, lectures, handouts and visuals.*

## **Class Policies**

### **Attendance**

Because class discussions and group work are an integral part of this course, attendance is mandatory. Up to 3 absences are allowed. After that, you could be dropped. Students are expected to attend every class meeting, to arrive on time and stay throughout the class period. **Excessive absenteeism will lower your grade, as well as walking in and out of class.**

### **Walking In and Out of Class**

When you arrive to class, make sure you have used the restroom, had a chance to eat, check your messages, etc. Walking in and out is rude and disruptive. **Any student who makes a habit of walking in and out of class may be asked to leave.**

### **Preparedness**

You are expected to arrive on time. You will come to each class session prepared. You will have your books, binder, pens/pencils, any work that is due, and you will be prepared to discuss all readings/assignments.

### **Cell Phones, iPods, etc.**

**Turn them off and put them away when class begins!** Although it may not seem possible, you can survive without talking and texting on your cell phone, or listening to your iPod, for a little over an hour. Talking and texting on cell phones not only distract you, but they are a distraction for me and your peers. Distractions interrupt/disrupt the class and I will not tolerate interruptions. **You will be asked to leave if this occurs.**

### **Contacting Me**

E-mail is the best and quickest way to contact me. Thanks to modern technology, my e-mail is linked to my phone. Therefore, excuses such as, "I tried to contact you but (fill in the blank)" will not work. **If you have a problem, do not let it snowball. Contact me immediately.** Students are expected to ask questions and obtain help from instructor via email and/or during office hours.

**For more information refer to the attached link:**

[http://www.wlac.edu/academics/pdf/WLAC\\_12-14Catalog\\_Policies.pdf](http://www.wlac.edu/academics/pdf/WLAC_12-14Catalog_Policies.pdf)

## **College Policies:**

### **Academic Integrity (Plagiarism)**

In accordance with code 9803.28, **academic dishonesty is prohibited and will not be tolerated in this class.** Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no

material may be copied from another without proper quotation marks, footnotes, or appropriate documentation.

- **Plagiarism will result in a zero for the assignment, possible dismissal from the class and disciplinary action from the college. You will not receive credit for any essay missing previous drafts, citations and/or a Works Cited page.**

### **Student Conduct**

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information. You will be escorted out by the Sheriff if you do not leave by your own occur once the Professor has asked for your dismissal from class.

### **Recording Devices**

State law in California **prohibits** the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration. Any student who needs to use electronic aids must secure the consent of the instructor. If the instructor agrees to the request, a notice of consent must be forwarded to the Vice President of Academic Affairs for approval (WLAC College Catalog).

**For more information refer to the attached link:**

[http://www.wlac.edu/academics/pdf/WLAC\\_12-14Catalog\\_Policies.pdf](http://www.wlac.edu/academics/pdf/WLAC_12-14Catalog_Policies.pdf)

## **Campus Resources**

As stated earlier in this syllabus, **if you are having problems, don't let them snowball.** Come and talk with me and check out some of the campus resources available to you.

### **Office of Disabled Student Programs and Services (DSP&S)**

Student Services Building (SSB) 320 | (310) 287-4450.

West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

### **Instructional Support (Tutoring) & Learning Skills Center**

Heldman Learning Resources Center (HLRC) | (310) 287-4486

Improve your reading, language, vocabulary, spelling, math fundamentals and chemistry knowledge with convenient, self-paced computer-aided courses in the Learning Skills Center. Increase your knowledge and learning success: sign up for tutoring in various college subjects (WLAC College Catalog).

### **Library Services**

Heldman Learning Resources Center (HLRC) | (310) 287-4269 & (310) 287-4486

The WLAC Library provides instruction on how to use the online catalog, periodical and research databases. In addition to a large collection of books, periodicals and videos the WLAC Library has course textbooks which students may use while in the Library. Web access is available in LIRL as well as meeting rooms. The upper floors provide a beautiful view ideal for study (WLAC College Catalog).

**For more information refer to attached link:**

[http://www.wlac.edu/academics/pdf/WLAC\\_12-14Catalog\\_Policies.pdf](http://www.wlac.edu/academics/pdf/WLAC_12-14Catalog_Policies.pdf)

**CD 10 – Health, Safety, and Nutrition**  
**Spring 2015**                      **6:45 p.m. – 10:00 p.m.**

NOTE: This syllabus and class schedule is subject to change if circumstances warrant it (e.g. student performance, etc.). **Expect revisions and divergences.**

WEEK	DATES	TOPIC	CHAPTER NOTES/Assignments
1	2/11	Introduction	
2	2/18	Historical Context <b>2/20 Last Day to DROP without a “W”</b>	
3	2/25	Interrelationship of Healthy, Safety & Nutrition	CH 1
4	3/4	Promoting a Healthy Lifestyle	CH 2
5	3/11	Health Appraisals & Health Assessment Tools	CH 3 -4
6	3/18	Conditions Affecting Children’s Health	CH 5
7	3/25	The Infectious Process & Environmental Control	CH 6 <b>Field Trip (3/25)</b>
8	4/1	Communicable & Acute Illness: Identification & Management	CH 7 <b>Exam 1</b>
9	4/7-4/9	<b>SPRING BREAK</b>	
10	4/15	Management of Acute Illness <b>WEEK OF THE CHILD</b>	CH 8-9
11	4/22	Maltreatment of Children: Abuse & Neglect	CH 9-10 <b>Exam 2</b>
12	4/29	Planning for Children’s Health and Safety & Education	CH 11-13
13	5/6	Nutrients <b>5/8 Last Day to DROP with a “W”</b>	CH 14-16
14	5/13	Infant Feeding/Feeding Toddlers & Young Children	CH 17-18 <b>Exam 3</b>
15	5/20	<b>PRESENTATIONS of First Aid Kits</b>	CH 19-20
16	5/27	<b>PRESENTATIONS of Small Group</b>	
<b>Finals Week</b>	<b>6/3: Wednesday</b>	<b>FINAL</b>	<b>Cumulative Exam</b>

**First Aid Kit**

This kit belongs to \_\_\_\_\_

Cover sheet:

- Poison Control Phone #                      Yes                      No
- Emergency Assistance Phone #              Yes                      No
- Medications                                      EXPLAIN \_\_\_\_\_
- Special Needs                                      EXPLAIN \_\_\_\_\_

Flashlight	Yes	No
Batteries	Yes	No
Tweezers	Yes	No
Scissors	Yes	No
Safety Pins	Yes	No
Paper and writing utensil	Yes	No
Adhesive strip bandages (various sizes)	Yes	No
Gauze bandages (4x4 nonstick, sterile)	Yes	No
Rolled flexible or stretch gauze	Yes	No
Bandage tape	Yes	No
Nonstick sterile pads (various sizes)	Yes	No
Triangular bandage	Yes	No
Small splints	Yes	No
Eye dressing or pad	Yes	No
Disposable gloves (in plastic bag)	Yes	No
Change for pay phone	Yes	No
Commercial cold pack		
or plastic bags for ice cubes	Yes	No
Clean cloth	Yes	No
Soap	Yes	No
Small plastic cup	Yes	No
Sealed packages of cleansing wipes	Yes	No

Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I found this kit to be neatly organized (items easy to find)                      Yes                      No

Comments:

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Signature/Date: \_\_\_\_\_

Emergency Telephone List  
(Complete and include this list in your First Aid Kit)

**EMERGENCY NUMBERS (include area codes)**

Emergency Medical Systems (EMS) \_\_\_\_\_ Rape Crisis Center \_\_\_\_\_  
Poison Control Center \_\_\_\_\_ Battered Women's Shelter \_\_\_\_\_  
Police \_\_\_\_\_ Suicide Prevention Hotline \_\_\_\_\_  
Fire \_\_\_\_\_ Gas Co \_\_\_\_\_  
Health Consultant \_\_\_\_\_ Water Co \_\_\_\_\_  
Hospital \_\_\_\_\_ Heating Equipment Service \_\_\_\_\_  
Nearest Emergency Facility \_\_\_\_\_ Electric Co \_\_\_\_\_  
Local Health Dept. \_\_\_\_\_ Plumber \_\_\_\_\_  
State Dept. Health \_\_\_\_\_ Taxi Co \_\_\_\_\_  
Child Abuse Reporting \_\_\_\_\_

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**ALWAYS PROVIDE THIS INFORMATION IN AN EMERGENCY:**

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1. Name
  2. Nature of the emergency
  3. Telephone #
  4. Address
  5. Exact location of injured person(s)
  6. Number and age(s) of person(s) involved
  7. Condition(s) of person(s) involved
- OPTIONAL information:
8. Help Already given
  9. Ways to make it easier to find the building (e.g., a staff member standing out front)

**DO NOT HANG UP BEFORE THE OTHER PERSON HANGS UP!**