



ECED-213 – Advanced Health, Safety and Nutrition

Health and Human Services

Effective Term & Year: Winter 2025
Course Outline Review Date: 2030-09-01

Program Area: Child Youth and Family Studies

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.

Program Information:

ECED 213 Advanced Health, Safety and Nutrition is one of four core courses required for a diploma in Early Childhood Education from the College of the Rockies.

Delivery Methods: Online, On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

None

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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. & Au, L. (2021). *Nutrition, health and safety for young children: Promoting wellness* (4th ed.). Pearson Education, Inc., Upper Saddle, NJ.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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;
- identify standards for 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.

Course Topics:

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

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

Evaluation and Assessments

Assessment Type: Online

Assessment Type	% of Total Grade
Weekly Discussion Activities	30%
Assignment #1	20%
Assignment #2	25%
Assignment #3	25%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
 - Policy 2.4.1 Credential Framework
 - Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Rights, Responsibilities and Conduct
 - Policy 2.4.8 Academic Performance
 - Policy 2.4.9 Student Feedback and Concerns
 - Policy 2.4.11 Storage of Academic Works
 - Policy 2.5.3 Student Appeal
 - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.