Course Information Form (CIF)

Course Code: ECE 201

Course Title: Health, Safety, and Nutrition of the Young Child

Department: Arts, Media, and Social Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 19.0708
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Provides an overview of personal health of the individual and of children in group settings, including nutrition, health and safety issues, and skills for teaching these concepts to young children.

General Course Objectives

Examines three important aspects necessary for personal and child physical well-being: health, nutrition, and safety. Increases understanding of all three areas, and enables students to effectively apply health, nutrition, and safety principles and practices and teach these areas effectively to young children.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

3 essay exams. 3 written assignments (2-4 pages each). Mandated reporter training assessment.

Instructional Materials and Additional Supplies

Health, Safety, and Nutrition for the Young Child, Marotz, 11th Edition. 9780357765760

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Reasoning and Inquiry: Students will demonstrate the ability to solve problems using deductive reasoning and logic, quantitative reasoning, or the scientific method.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Health	1. Outline basic principles of a healthy lifestyle and the effects of health on the development of children. 2. Describe environments that support emotional health. 3. Apply screening procedures to assess personal and child health status. 4. Identify signs and symptoms of common communicable diseases and summarize practices that prevent and control them. 5. Recognize common health-related disabilities and how to deal with them. 6. Organize record-keeping and reporting with regard to health issues.	10	0	0
Safety	1. Describe safety guidelines for supervision of children. 2. Identify appropriate arrangement. 3. Apply basic first aid and emergency procedures (e.g. tornado drills). 4. Complete mandatory DCFS Child Abuse and Neglect Recognition and Reporting training, SIDS training, and shaken baby training.	10	0	0
Nutrition	1. State general concepts of personal and child nutrition (e.g. food pyramid). 2. Analyze personal nutritional needs, evaluate one's own diet, and plan healthy meals. 3. Specify the changing nutritional needs of children in infancy, toddlerhood, and early childhood. 4. Identify regulations governing food service in childcare programs (e.g. DCFS, USDA). 5. Plan menus appropriate for infants, toddlers, and preschool age children in a group setting, including a cycle menu.	13	0	0
Illinois Gateways Level 4 ECE Competencies - Health, Safety, and Well-being	1. Articulate components of a safe and healthy environment. (Gateways Competency HSW1) 2. Maintain a safe and healthy environment. (Gateways Competency HSW2) 3. Create a healthy and safe environment. (Gateways Competency HSW3) 4. Assess healthy and safe early childhood environments. (Gateways Competency HSW4) 5. Design and implement learning opportunities emphasizing healthy bodies, healthy lifestyles, and a healthy environment. (Gateways Competency HSW5) 6. Collaborate with families and community organizations to support children's healthy development and learning. (Gateways Competency HSW6)	12	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0