

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** EDU 235

**Credits:** 3

**Course Title:** Health, Safety, and Nutrition Education

**Course Description (including lecture hours, lab hours, and total contact hours)**

Focuses on the physical needs of children and explores strategies to meet these needs. Emphasizes positive health routines, hygiene, nutrition, feeding and clothing habits, childhood diseases, and safety. Places emphasis on the development of food habits and concerns in food and nutrition. Describes symptoms and reporting procedures of child abuse. Lecture 3 hours per week.

**General Course Purpose**

Health, Safety and Nutrition Education provides students with information on the physical and emotional well-being of children.

**Course Prerequisites/Corequisites**

Students must satisfy general college curricular admission requirements.

**Course Objectives**

Upon completing the course, the student will be able to:

1. Demonstrate a working knowledge of nutritional needs of children through the development of well-balanced menus.
2. Demonstrate a working knowledge of nutritional needs of children through appropriately developed units on health, safety, and nutrition.
3. Demonstrate a working knowledge of the health and safety needs of children through
  - a. The development of appropriately planned units in health and safety.
  - b. The development of a health inspection routine.
  - c. Activities designed to test the student's knowledge of childhood diseases and immunization requirements.
4. Embrace the position that health is more than the absence of disease but that it is the application of scientific processes, involves the individual in decision-making activities aimed at preventing health problems, and promotes an awareness of the responsibility of the individual in contributing to personal and community health.
5. Demonstrate knowledge to provide for maximum participation, success, enjoyment, challenge, and progression toward a full, active life, regardless of individual capabilities, limitations or personal goals.
6. Develop activities to insure that children participate in a physical fitness program that will motivate them to elect a lifetime of involvement in physical activity.

**Major Topics to be Included**

1. Nutritional needs of the child
2. Implementing nutrition education within the curriculum
3. Childhood diseases (symptoms, sources of infection, treatment recommendations)

4. Immunization requirements of children in K-12
5. Components of a healthful environment (emotional and physical atmosphere)
6. Formulation of school policies on health and safety
7. Components of daily health inspection
8. Implementing health and safety education within the curriculum

**Effective Date of Course Content Summary (Month, Date Year):** February 11, 2009