NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

CHD 235 – HEALTH AND RECREATION FOR SCHOOL-AGE CHILD CARE (3 CR.)

COURSE DESCRIPTION

Examines the physical growth of school-age children and the role of health and recreation in school-age child development. Explores the use of medication, misuse of drugs, health issues of children, and the availability of community resources. Lecture 3 hours per week.

GENERAL COURSE PURPOSE

ENTRY LEVEL COMPETENCIES

None

COURSE OBJECTIVES

Upon successful completion of the course, the student will be able to:

A. define a holistic approach to health, safety, nutrition, and recreation for school-age children
B. define risk and discuss how risk management is paramount in school-age care
C. define and discuss health policies for health prevention, protection, and promotion
D. discuss the importance of assessing a child’s health and development
E. describe methods and practices for managing school-age children’s health
F. discuss factors involved in childhood injury and describe strategies for use in injury prevention
G. define and discuss nutritional policies and their use as tools for the nutritional well being of school-age children
H. describe the importance of developing community resources for school-age children’s health and recreation
I. describe elements needed to design curriculum for recreation and health in school-age care

MAJOR TOPICS TO BE INCLUDED

A. Health in the School-Age Years
B. Growth, Development, and Physical Activity in the School-Age Years
C. Nutrition in the School-Age Years
D. Safety and Hygiene in the School-Age Years
E. Current Health Issues
F. Building Curriculum for School-Age Recreation and Health