



## CFS 292 - CA Preschool Foundations & Frameworks: Health Course Outline

Approval Date: 05/12/2022

Effective Date: 08/12/2022

### SECTION A

**Unique ID Number** CCC000632743

**Discipline(s)** EarlyChildhood Education

**Division** Career Education and Workforce Development

**Subject Area** Child Family Studies

**Subject Code** CFS

**Course Number** 292

**Course Title** CA Preschool Foundations & Frameworks: Health

**TOP Code/SAM Code** 1305.00 - Child Development\* / C - Occupational

**Rationale for adding this course to the curriculum** Dev. to meet exigent circumstances for TK in school districts and the requirement for early education class and the projection that 10000 teachers will need the classes.

**Units** 1

**Cross List** N/A

**Typical Course Weeks** 6

**Total Instructional Hours**

#### Contact Hours

**Lecture** 18.00

**Lab** 0.00

**Activity** 0.00

**Work Experience** 0.00

**Outside of Class Hours** 36.00

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**Total Contact Hours** 18

**Total Student Hours** 54

**Open Entry/Open Exit** No

**Maximum Enrollment** 20

**Grading Option** Letter Grade or P/NP

**Distance Education** On-Campus  
**Mode of Instruction** Hybrid  
Entirely Online

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Introduction to the health domain of the California Preschool Learning Foundations and Frameworks including strands of health habits, safety, and nutrition. Provides practical strategies for implementing the curriculum frameworks. Applicable to required or professional development units for Child Development Permit holders, as well as pre-school, transitional kindergarten, and early-primary teachers.

### Schedule Description

## SECTION D

### Condition on Enrollment

- 1a. **Prerequisite(s):** *None*
- 1b. **Corequisite(s):** *None*
- 1c. **Recommended:** *None*
- 1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Explain the roles of the California Preschool Learning Foundations and Frameworks in the education of young children and their relationship to the Desired Results Developmental (DRDP), California Common Core State Standards for kindergarten and Content Standards for California Public Schools (kindergarten).
- B. Plan environments and experiences related to the development of healthy habits, personal safety, and nutrition, based on the observation of children in classroom settings.
- C. Articulate the teacher's role in collaboration with families to support the development of healthy habits in young children.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Define the roles of the California Preschool Learning Foundations and Frameworks: Health in the education of young children and their relationship to the Desired Results Developmental Profile (DRDP), and Content Standards for California Public Schools (kindergarten).
- B. Use knowledge of the health strands to select materials and plan classroom experiences based on observations of children.
- C. Describe the teacher's role in children's safety during school hours.
- D. Discuss the ways teachers collaborate with parents and other caregivers to support children's healthy habits.
- E.

#### 3. Course Content

## I. Introduction to the California Preschool Learning Foundations: Health

### A. Purpose and use

B. Relationship to Desired Results Developmental Profile (DRDP) and the Content Standards for California Public Schools (kindergarten)

## II. Health strands

### A. Health habits

### B. Safety

### C. Nutrition

## III. Implementation of the Foundations and Frameworks

### A. Planning based on observation of children's interests, skills and abilities

B. Use of daily experiences and routines as a vehicle to promote children's understanding of good health

C. Objects and materials to promote healthy habits

D. Objects and materials that are relevant and meaningful

E. Integration of health related routines into all areas of the curriculum

IV. Supporting English language learners in developing healthy habits as they concurrently acquire English

V. Partnership with parents and other caregivers in supporting children's good health

## 4. Methods of Instruction:

**Discussion:** Students will discuss practices that promote healthy habits in young children.

**Lecture:**

**Projects:**

**Online Adaptation:** Discussion, Lecture

**Explain how the online adaptation of the methods of instruction aligns with the course**

**outcomes:** The online adaptation will specifically address and assess student SLO attainment through discussions and quizzes, and assignments that require application of content. Instructor will be available for questions and feedback.

**2. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

### Typical classroom assessment techniques

Quizzes -- Multiple Choice and Short Answer quizzes on the purpose of, and the content in, the CA Foundations and Frameworks for Health.

Papers -- Write a paper describing how health routines can be integrated across all areas of the curriculum.

Letter Grade or P/NP

**3. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments  
Read Chapter 4 Health in CA Curriculum Framework, Volume 2.
- B. Writing Assignments  
Develop a plan for creating routines in the classroom connected to the area of health and safety.
- C. Other Assignments
- D.

**4. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: California Department of Education  
Title: CA Preschool Learning Foundations, Volume 2  
Publisher: California Department of Education  
Date of Publication: 2010  
Edition:

Book #2:

Author: California Department of Education  
Title: CA Preschool Curriculum Framework, Volume 2  
Publisher: California Department of Education  
Date of Publication: 2011  
Edition:

**B. Other required materials/supplies.**