

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

SUBJECT AREA AND COURSE NUMBER

HMDV 590

COURSE TITLE

ALTERNATE TITLE(S)

INFANT/TOD OUTDOOR ENRICHMENT

0-24 MONTHS OUTDOOR ENRICHMENT

TYPE COURSE

NON-FEE

VOCATIONAL

COURSE DESCRIPTION

This introductory course focuses on development of the 0 to 24 month old child in outdoor settings. The physical, cognitive and social-emotional benefits of outdoor play and activity for families and children will be emphasized. Students develop ecological and environmental awareness of local outdoor community resources. Students experience, plan and create safe and appropriate outdoor spaces, caring for and stimulating the positive development of infants and toddlers in outdoor settings. Students will explore careers and educational pathways in Early Childhood Care and Education. (FT)

LECTURE/LABORATORY HOURS

63

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication  
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. Understand the normative similarities and differences of intellectual, emotional, social and physical developmental from prenatal through 24 months as influenced by outdoor experiences.
2. Develop career technical education knowledge of theoretical and appropriate practical elements of caregiving to facilitate discussions for a healthy outdoor environment for infants to 24 month olds.
3. Understand the benefits of incorporating activities related to natural elements and environments on infants to 24 month olds.
4. Build awareness of the career, vocational and higher educational pathways related to caring for 0-24 month-olds in an outdoor setting.

COURSE OBJECTIVES

At the end of the course, the student will demonstrate course competencies by being able to:

1. Identify and describe normative similarities and differences of intellectual, emotional, social and physical developmental from prenatal through 24 months as influenced by outdoor experiences.
2. Assess research of theoretical and appropriate practical elements of caregiving to facilitate discussions for a healthy outdoor environment for infants to 24 month olds.
3. Evaluate the effects of incorporating activities related to natural elements and environments on infants to 24 month olds.
4. Identify career, vocational and higher educational pathways related to caring for 0-24 month-olds in an outdoor setting.

**SECTION II**

COURSE CONTENT AND SCOPE

1. Orientation
  - 1.1. Goals and objectives
  - 1.2. Student responsibilities
  - 1.3. Outdoor safety guidelines
  - 1.4. Age guidelines for children in the laboratory classroom
2. Impact of Outdoor Experiences and Nature on Development

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.1. Physical
  - 2.1.1. Benefits of exercise and physical activities for 0-24 month-old
  - 2.1.2. Sensory and perceptual experiences of outdoor play/activities
  - 2.1.3. Physical benefits of exercise for caregivers
- 2.2. Cognitive
  - 2.2.1. Sensorimotor and preoperational concepts
    - 2.2.1.1. Sensory activities
    - 2.2.1.2. Perceptual stimulation
    - 2.2.1.3. Enhancing language development
    - 2.2.1.4. Cognitive benefits of exercise for caregivers
  - 2.2.2. Gardiner's theory of natural intelligence
- 2.3. Social-emotional
  - 2.3.1. Connecting children with nature and encouraging curiosity
  - 2.3.2. Overcoming fears and developing self-confidence
  - 2.3.3. Introducing friendships, peer relationships and group activity/play
  - 2.3.4. Attachment and bonding
  - 2.3.5. Encouraging trust and autonomy in the 0-24 month-old child
  - 2.3.6. Socio-emotional benefits for caregivers
    - 2.3.6.1. Stress management
    - 2.3.6.2. Relief of depression (including postpartum depression)
    - 2.3.6.3. Connecting with other caregiver
  - 2.3.7. Special Needs
    - 2.3.7.1. Sensory integration
    - 2.3.7.2. Sensory processing strategies
- 3. Safety, Health and Well-being Issues in the Outdoor Classroom
  - 3.1. Safety practices and considerations
    - 3.1.1. Outdoor play and activity areas for 0-24 month-olds
    - 3.1.2. Preparing and transporting food
    - 3.1.3. Toileting hygiene
    - 3.1.4. Injury prevention
    - 3.1.5. Basic first aid
  - 3.2. Health
    - 3.2.1. Nutritional needs of the 0-24 month-old
    - 3.2.2. Providing proper nutrition
      - 3.2.2.1. Challenges
      - 3.2.2.2. Remedies
  - 3.3. Well-being
    - 3.3.1. Utilizing nature for stress management
    - 3.3.2. Exercise and physical activity
    - 3.3.3. Behavior management in the outdoor setting
      - 3.3.3.1. Principles of positive guidance and discipline for 0 to 24 month olds
      - 3.3.3.2. Managing the needs of the child
      - 3.3.3.3. Managing the needs of the group
- 4. Nature Study and Outdoor Experiences
  - 4.1. Outdoor and recreational space

### COURSE CONTENT AND SCOPE (CONTINUED)

- 4.1.1. Open space vs. controlled environments
- 4.1.2. Gardens, wildlife habitats and other nature-based enhancements
- 4.1.3. Issues in access to outdoor/nature areas
  - 4.1.3.1. Improving mobility access
- 4.1.4. Designing natural environments for the 0-24 month-old
5. Outdoor Activities that Promote Development
  - 5.1. Gross and fine motor development
    - 5.1.1. Safety during water play
  - 5.2. Language development
  - 5.3. Music and movement
6. Career, Vocational and Educational Pathways in Outdoor Settings
  - 6.1. Exploring career choices
    - 6.1.1. Conservation, Ecology and the Environment
      - 6.1.1.1. Recycling, reducing waste and conservation
      - 6.1.1.2. Teaching about and involving young children in conservation and recycling
      - 6.1.1.3. Encouraging ecological awareness for adults and children
  - 6.2. Identifying pathways to achieving personal, educational and vocational goals

### APPROPRIATE READINGS

Reading assignments may include, but are not limited to, instructor selected materials from publications, such as:

- *The Great Outdoors, Restoring Children's Rights to Play Outside*, Mary S. Rivkin
- *A Sense of Wonder*, Rachel Carson
- *Last Child Into the Woods* and *The Nature Principle*, Richard Louv
- Field guides to local flora and fauna

### WRITING ASSIGNMENTS

Writing assignments may include, but are not limited, plan for outdoor space and weekly journal entries.

### OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, preparation of outdoor activities for 0-24 month-old children and readings as assigned by instructor.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments that demonstrate critical thinking may include, but are not limited to: applying knowledge gained in course to develop and conduct a children's activity appropriate for the outdoor setting; designing a developmentally appropriate outdoor area for use by 0-24 month-olds for play and exploration.

## EVALUATION

Multiple measures will be used to assess student acquisition of the course objectives. The assessments may include, but are not limited to:

1. Pre-test and post-test.
2. Student attendance and participation in lectures, discussions and activities.
3. Student journal or portfolio.
4. Outdoor activity for the 0-24 month-old designed and implemented by student under guidance of the instructor
5. Designing a developmentally appropriate outdoor area for use by 0-24 month-olds for play and exploration either individually or in a group.
6. Creating a list of community resources for outdoor play and recreation for infants, toddlers and families.
7. Identifying age appropriate expectations of the 0-24 month-old child.
8. Listing the benefits of outdoor experiences to physical, cognitive and socio-emotional growth for infants and toddlers.
9. Selecting appropriate strategies to address the health and well-being of caregivers/parents utilizing outdoor experiences.
10. Describing ways in which outdoor play and nature activities may benefit children with special needs.
11. Listing the positive outcomes of engaging in outdoor activities and nature for caregivers and children.
12. Identifying hazards and applying developmentally appropriate safety precautions in natural environments.
13. Identifying developmentally appropriate guidance techniques in outdoor settings.
14. Listing the physical, cognitive and social-emotional benefits of exercise and physical activity to the 0-24 month-old and caregivers.
15. Listing current American Dietetic Association (ADA) nutritional recommendations for the 0-24 month-old and challenges to provisions in an outdoor setting.
16. Identifying special considerations for feeding and toileting/diapering safely in an outdoor setting.
17. Describing the differences, advantages and disadvantages of the types of outdoor play setting in terms of safety, accessibility and enjoyment for the 0-24 month-old.
18. Identifying an outdoor activity for each of the following: gross and fine motor development, language development, music and movement.
19. Defining how each activity might engage an infant or toddler and promote physical, cognitive and/or social-emotional development.
20. Identifying career, vocational, and educational pathways related to caring for 0-24 month-olds in an outdoor setting.

Upon successful completion, a Certificate of Course Completion will be issued. Upon successful completion of all courses included in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to, lectures, digital media, laboratory, group discussions, role-plays, readings, field trips, participation with children, ages 0 to 24 months, in a laboratory setting.

This course, or sections of this course, may be offered through distance education.

TEXTS AND SUPPLIES

Textbooks may include, but are not limited:

*Experiencing Nature With Young Children*, Alice Sterling Honig, The National Association for the Education of Young Children (NAEYC), current edition

PREPARED BY Rachel Treviño Rose DATE October 2, 2019

REVISED BY \_\_\_\_\_ DATE \_\_\_\_\_

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog