

PUBH1020: Foundations of Early Childhood Health and Well-Being

Ourimbah

Semester 1 - 2024



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description	This course aims to provide students with an understanding of issues which are important for the health and well-being of children both within and outside of the Early Childhood and Primary School education settings. It provides a foundation and context for future studies in Early Stage 1/ Stage 1 of the NSW K-6 Personal Development, Health and Physical Education (PDHPE) key learning area. This course links the Early Learning Years Framework and the Primary PDHPE syllabus for the new Australian curriculum to contemporary public health issues for Australian children.
Academic Progress Requirements	Nil
Assumed Knowledge	Students come to this course with a variety of academic and life experiences. While some students will have studied the HSC 2 Unit Personal Development and Physical Education course many, including mature-age students, will not have. Thus we have taken the Year 10 PDHPE syllabus level of knowledge to be the starting point for this course. We respect and value the different experiences that mature-age students bring to the course and do not feel they are disadvantaged by this decision.
Contact Hours	Ourimbah Lecture Online 1 hour(s) per week(s) for 12 week(s) Self-Directed Learning Online 2 hour(s) per week(s) for 2 week(s) Tutorial Face to Face On Campus 2 hour(s) per week(s) for 10 week(s)
Unit Weighting	10
Workload	Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

COURSE OUTLINE

CONTACTS

**Course Coordinator
& PDH Strand
Coordinator**

Ourimbah
Dr Lorraine Paras
Lorraine.Paras@newcastle.edu.au
(02) 40420653

Consultation:

The course coordinator is often out of the office (teaching on campus), so it best to make contact via email. Please include the course code (PUBH1020 Ourimbah) in all correspondence.

If you would like to meet with the coordinator in-person or discuss a matter on the telephone, please make contact via email in the first instance to arrange a time.

Consultation is available between 9am and 5pm, Monday to Friday based on teaching commitments.

**PE Course
Coordinator**

Ourimbah
Dr Mark Babic
Mark.Babic@newcastle.edu.au

Consultation:

Mark is available via email during business hours. If you would prefer to meet with him in-person or speak with him on the telephone, please contact him via email in the first instance to arrange a time.

Teaching Staff

Other teaching staff will be advised on the course Canvas site.

School Office

**School of Medicine and Public Health
Education Office**
HBS@newcastle.edu.au
(02) 404 20550

Consultation:

As we are the first point of contact for students in a number of courses, it is important to include the course code in the subject line of your email (e.g. PUBH1020 – Callaghan) and your student number in the body of the email.

If you telephone and there is no answer, please leave a message describing the reason for your call, your contact details and the course code.

SYLLABUS

Course Content

- Importance of physical activity, play and physical education in the developing child;
- Stages of perceptual motor development in early childhood;
- Movement education for children, that includes fundamental movement skills in early childhood;
- Health and safety issues for play involving children and adults;
- Concept of health and the health status of Australian children;
- Childhood infections, hygiene, infection control, immunisation;
- Mental health and wellbeing;
- Nutrition, physical activity and childhood obesity;
- Sexuality and child protection issues;
- Road safety;
- Health Promoting School model;
- Relevant NESA Syllabus documents.

**Course Learning
Outcomes**

On successful completion of this course, students will be able to:

1. Describe the current health status of children aged 0-12 years in Australia and identify health issues which have the greatest impact on children in early childhood;
2. Describe current models of health and health promotion, which underpin the key learning area of PDHPE, including the health promoting school concept;
3. Identify and describe relevant teaching strategies and resources for teaching health and personal development in the early childhood and primary school setting;
4. Independently gather relevant information regarding the health of children using basic research skills and communicate this information effectively using disciplinary conventions;
5. Provide a rationale for the importance of play, movement and physical education in early childhood;
6. Identify stages of perceptual motor development in early childhood;
7. Demonstrate knowledge, skills and understanding of planning and implementation of an effective physical education session that is age appropriate.

Course Materials

There is no textbook in this course. All relevant course materials will be provided on the course Canvas site. Further detail regarding course materials and required reading is provided in the Course Information Book.

ASSESSMENTS

This course has 5 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Session plan (PE Strand)	Week 7 During PE Tutorial	Group	15%	4, 5, 6, 7
2	Peer Teach (PE Strand)	Week 7 As scheduled during PE Tutorial.	Individual	15%	7
3	Online Learning Activity (PDH Strand)	Week 10 By 11:59PM on Sunday 19 May 2024	Individual	10%	1, 2, 3
4	Public Health Report (PDH Strand)	Week 13 By 11:59PM on Wednesday 5 June 2024	Group	20%	1, 2, 3, 4
5	Examination	Online Formal Exam covering both PDH & PE Strands 10 June 2024 to 22 June 2024	Individual	40%	1, 2, 3, 4, 5, 6, 7

Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

Assessment 1 - Session plan (PE Strand)

Assessment Type	Written Assignment
Description	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
Weighting	15%
Due Date	Week 7 – During PE Tutorial
Submission Method	In Class
Assessment Criteria	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
Return Method	In Class
Feedback Provided	Written feedback will be provided on the plan.

Assessment 2 - Peer Teach (PE Strand)

Assessment Type	Presentation
Description	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
Weighting	15%
Due Date	Week 7 – As scheduled during PE Tutorial.
Submission Method	Online
Assessment Criteria	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
Return Method	Not Returned
Feedback Provided	Verbal feedback will be provided by each tutor in class.

Assessment 3 - Online Learning Activity (PDH Strand)

Assessment Type	Online Learning Activity
Description	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
Weighting	10%
Due Date	Week 10, By 11:59PM On Sunday 19 May 2024
Submission Method	Online
Assessment Criteria	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
Return Method	Online
Feedback Provided	Online

Assessment 4 - Public Health Report (PDH Strand)

Assessment Type	Report
Description	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
Weighting	20%
Due Date	Week 13, By 11:59PM on Wednesday 5 June 2024
Submission Method	Online
Assessment Criteria	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
Return Method	Online
Feedback Provided	Online

Assessment 5 - Examination

Assessment Type	Formal Examination
Description	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
Weighting	40%
Due Date	Online Formal Exam held in the Examination Period - 10 June 2024 to 22 June 2024
Submission Method	Online Formal Exam covering both PDH & PE Strands THIS IS A CLOSED BOOK EXAM
Assessment Criteria	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
Return Method	Not Returned
Feedback Provided	Result will be recorded in Canvas

ADDITIONAL INFORMATION

Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

Attendance

*Skills are those identified for the purposes of assessment task(s).

Attendance/participation will be recorded in the following components:

- Tutorial (Method of recording:)

There is a compulsory attendance requirement in this course. All students (commencing and continuing) must participate in 80% of the face to face (or zoom equivalent) tutorial sessions in this course. All Commencing students are those who have commenced study at UON for the first time in 2024. Continuing students are those who have studied previously, either in an enabling program or any undergraduate or postgraduate program.

NOTE: Full attendance at the practical workshops in the Physical Education strand is expected. **Students who miss more than TWO (2) of the practical PE tutorials will be deemed as 'at-risk' of failing. See Course Information book for details.**

Communication Methods

Communication methods used in this course include:

- Face to Face: Communication will be provided via face to face meetings or supervision.
- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.

Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

Academic Misconduct All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

Please note: All work submitted for assessment must be your own original work. Artificial Intelligence (AI) is not to be used to complete assessments in this course. Use of AI is permitted as outlined here: <https://libguides.newcastle.edu.au/AI-tools/uni>

Further information regarding the use of AI will be provided on the course Canvas site.

Adverse Circumstances

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s).

Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

Important Policy Information

The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at <https://www.newcastle.edu.au/current-students/respect-at-uni/policies-and-procedures> that support a safe and respectful environment at the University.

This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.

© 2024 The University of Newcastle, Australia