



CDA Subject Area 1

Planning a safe, healthy learning environment (19 courses/22.5 hours)

SUBJECT AREA 1	
Title	Hours
SAFETY BASICS	
Responding to Medical Emergencies	1
Emergency Preparedness: Better Safe Than Sorry!	1
Water Safety: Preventing Injury and Illness	1
Essentials of Indoor Safety	2
Essentials of Outdoor Safety	2
Bloodborne Pathogens	1
HEALTHY PRACTICES	
Hand Washing: Clean Hands = Better Health!	1
Infectious Disease Control: Kick Germs to the Curb!	1
Sudden Infant Death Syndrome (SIDS) – Reducing the Risk	1
FOOD & NUTRITION	
Healthy Meal Planning	1
MyPlate: Helping Children Make Healthy Food Choices	1
Food Allergies: Recognizing Allergic Reactions and Meal Planning in the Child Care Setting	1
Keeping It Safe: Preventing Food-borne Illnesses in Child Care Settings	1
LEARNING ENVIRONMENT PLANNING	
The Basics of Appropriate Learning Environments	1
Learning Centers that Inspire	1
Designing An Outdoor Classroom	1
Environments That Support Children with Challenging Behaviors	1
Aim High: Creating, Instructing and Implementing Classroom Expectations	1
REVIEW COURSE	
Review Course for CDA Subject Area 1	2.5
19 Courses	22.5 Hours