

**Course Syllabus**

Course: **TECA 1318-151 ~ Wellness of the Young Child**  
 Semester: Spring 2020  
 Instructor: Stephanie Deering  
 Office: Reese Campus, Building 5, Room 512A  
 Office Hours: Monday through Thursday 2:00-6:00  
 Friday By appointment  
 Phone: 806-716-4645 (office) 806-786-5489 (cell)  
 E-Mail: [sdeering@southplainscollege.edu](mailto:sdeering@southplainscollege.edu)

*"South Plains College improves each student's life."*

**GENERAL COURSE INFORMATION**

**Course Description**

This course provides a study of factors impacting the well-being of young children, including healthy behavior, food, nutrition, fitness, and safety practices. It focuses on local and national standards and legal implications of relevant policies and regulations. Course content is aligned with State Board of Educator Certification Pedagogy and Professional Responsibilities standards.

\*Course requires students to participate in a minimum of **16 hours field experience** with children from infancy through age 12 in a variety of settings with varied and diverse populations.

**Learning Outcomes**

| See attached NAEYC Associate's Standards                           | NAEYC Standards | Supportive Skills |
|--|-----------------|-------------------|
| Identify principles of nutrition, health and safety.               | S1              | SS3<br>SS5        |
| Conduct nutritional, health, and safety assessment.                | S3              |                   |
| Examine regulatory requirements for nutrition, health, and safety. | S6              |                   |

**Course Objectives**

1. Describe the relationship between health, safety, and nutrition. (C7, F12)
2. Explain basic principles of health promotion and disease prevention for children. (F2, F6)
3. Identify community health issues and regulations regarding health. (C5, C15)
4. Describe principles of safety as they relate to children. (F2, F6)
5. Evaluate policies, procedures, and children's environments regarding safety. (C5, F9)
6. Explain basic principles of nutrition related to children. (C6, C7)
7. Examine nutrition regulations and evaluate children's environments regarding nutrition. (C5, F9)
8. Plan health, safety, and nutrition activities to promote children's well-being. (C10, F7, F8)
9. Demonstrate skills in computation and record keeping as they apply to nutrition, health, and safety. (F4, C8)

**Evaluation Methods**

- Participation in Discussion
- Chapter quizzes
- Activity plans (3)
- Menu plan
- Field experience w/written documentation
- Exams

**Academic Integrity**

It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of any student to present as his or her own any work which he or she has not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offender liable to serious consequences, possibly suspension.

**Cheating:** Dishonesty of any kind on examinations or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination, obtaining information during an examination from the textbook or from the examination paper of another student, assisting others to cheat, alteration of grade records, illegal entry or unauthorized presence in an office are examples of cheating.

**Plagiarism:** Offering the work of another as one's own, without proper acknowledgement, is plagiarism; therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from the themes, reports or other writings of a fellow student, is guilty of plagiarism.

**Exams:** In this course the instructor reserves the right to require an exam in a proctored setting, should it be deemed necessary to maintain the integrity of the coursework.

---

**SCANS and Foundation Skills** - Refer also to Course Objectives. SCANS and Foundation Skills attached

|               |              |                 |
|---------------|--------------|-----------------|
| Information   | Systems      | Thinking Skills |
| Interpersonal | Basic Skills |                 |

---

### Verification of Workplace Competencies

TECA 1318 students will design developmentally appropriate activity plans in the areas of nutrition, health and safety for young children. These activity plans will be added to students' professional portfolios.

---

### SPECIFIC COURSE INFORMATION

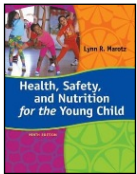
#### Computer requirements

It is the responsibility of the student to have the necessary computer resources and skills to take this class. Students are not required to purchase their own computer, but must have access to one that meets specifications. Computer labs are available for student use on Levelland, Lubbock, & Reese campuses.

**Anti-virus Software:** Make sure that your computer has an up-to-date antivirus software program installed.

**Programs:** **Microsoft Word** and **Adobe Reader** (free download at [www.adobe.com](http://www.adobe.com))

---



#### Text and Materials

Marotz, Lynn R. (2015)

**Health, Safety, and Nutrition for the Young Child, (9<sup>th</sup> Edition).**

Cengage Learning

---

### Attendance Policy

Attendance & participation in this course will contribute to the final grade, and will be closely monitored by instructor. Students are expected to complete the following tasks:

#### **Daily** (2-3 days per week)

- Log on to Blackboard/ TECA 1318
- Check **Announcements**
- Read new **Mail** messages and **Discussion** postings.

#### **Weekly**

- Read **textbook** chapters and complete **Study Guides**.
- Make original posts to **Discussion** topics.
- **Reply** to classmates' discussion with quality interaction.
- Complete **chapter quizzes**. Check **My Grades** to verify score.
- Schedule and complete 2-3 hours **Field Experience**
- Work on **Activity Planning** or other assignments

\*If a student cannot fulfill the requirements of the course, **it is the student's responsibility to withdraw**. A formal drop of the course will prevent an "F" and will help protect the student's grade point average. Paperwork for a "drop" is completed through the student support offices on SPC campuses. Last drop date for the college is **April 23, 2020**.

---

## Assignment Policy

- All class assignments are to be written in Standard English form, typed and labeled as instructed.
- Assignments are mailed to instructor as attachments, within the Blackboard system.
- Chapter Study Guides should be used to focus reading and to take notes for each chapter. While they are not submitted to instructor, they are very valuable for individual study purposes.
- Late assignments will be docked 10% of the point value per week, up to two weeks past the due date.
- Discussion responses will be posted in Blackboard under the designated topic, during the week specified. Original posts will be due on Thursdays at midnight. Replies to classmates' posts are also required, due by Sunday midnight.
- Field Experience documentation will require signatures on the FE form to be printed out from the course. Final documentation for FE will be scanned and e-mailed, faxed, or hand delivered to instructor by the due date.

## Exams and Quizzes

- Quizzes are taken weekly, by chapter, and multiple attempts are allowed.
- Exams cover several chapters and will be taken online during a "window" of time. (Example: Saturday 8:00 am to Sunday midnight)
- There is one attempt for an exam, and a given amount of time (Example: 60 minutes)
- Instructor reserves the right to require a proctored exam setting, should it be deemed necessary.



Please do not wait until the last minute to turn in assignments ~  
Remember the saying "**TECHNOLOGY HAPPENS**"!

## Grading Policy

|  |             |
|--|-------------|
| <b>Exams (3 @ 100)</b>   | 300 points  |
| <b>Activity Plans (3 @ 100)</b>  | 300 points  |
| <b>Field Experience</b><br>16 Hours + 3 reflection papers @25 each     | 150 points  |
| <b>Menu Plan</b>   | 50 points   |
| <b>Attendance/Participation</b><br>Discussion Posts, Replies & Quizzes | 200 points  |
| <b>Total</b>   | 1000 points |

Final grades will be assigned as follows:

|                 |                |          |
|-----------------|----------------|----------|
| <b>900-1000</b> | <b>90-100%</b> | <b>A</b> |
| <b>800-899</b>  | <b>89-89%</b>  | <b>B</b> |
| <b>750-799</b>  | <b>75-79%</b>  | <b>C</b> |
| <b>700-749</b>  | <b>70-74%</b>  | <b>D</b> |
| <b>0-699</b>    | <b>0-69%</b>   | <b>F</b> |

A grade of **C** or better is required for course to be applied to Child Development degree or certificate.

## Communication Policy

Electronic communication between instructor and students, if necessary outside Blackboard, will utilize the South Plains College email system. Students are encouraged to check SPC email on a regular basis.

## Student Conduct

Students are expected to abide by standards of conduct as defined in the SPC Student Guide. Please see signature page.

## Campus Carry

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: [http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

---

## COURSE OUTLINE

- I. Introduction
  - A. Blackboard
  - B. Course Requirements
- II. Promoting Children's Health
  - A. Children's Well-Being
  - B. Health Observations
  - C. Assessing Children's Health
  - D. Special Medical Conditions
  - E. Infection Process and Environmental Control
  - F. Childhood Illnesses
  - G. Planning for Health Education
- III. Keeping Children Safe
  - A. Creating High-Quality Environments
  - B. Safety Management
  - C. Management of injuries and Acute Illness
  - D. Maltreatment of Children – Abuse and Neglect
  - E. Planning for Safety Education
- IV. Nutrition and the Young Children
  - A. Nutritional Guidelines
  - B. Feeding Toddlers and Young Children
  - C. Planning and Serving Nutritious Meals
  - D. Planning for Nutrition Education

---

## ACCOMMODATIONS

### **Diversity Statement**

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

### **Disabilities Statement**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland Student Health & Wellness Center 806-716-2577, Reese Center (also covers ATC) Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

### **Pregnancy Accommodations Statement**

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Crystal Gilster, Director of Health and Wellness at 806-716-2362 or email [cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

---

## SCANS COMPETENCIES

### RESOURCES

C-1 TIME – Selects goals-relevant activities, ranks them, allocates time, prepares and follows schedules.

C-2 MONEY – Uses or prepares budgets, makes forecasts, keeps records and makes adjustments to meet objectives.

C-3 MATERIALS AND FACILITIES – Acquires, stores allocates, and uses materials or space efficiently.

C-4 HUMAN RESOURCES – Assesses skills and distributes work accordingly, evaluates performances and provides feedback.

### INFORMATION – Acquires and Uses Information

C-5 Acquires and evaluates information.

C-6 Organizes and maintains information.

C-7 Interprets and communicates information.

C-8 Uses computers to process information.

### INTERPERSONAL – Works with Others

C-9 Participates as members of a team and contributes to group effort.

C-10 Teaches others new skills.

C-11 Serves Clients/Customers – works to satisfy customer's expectations.

C-12 Exercises Leadership – communicates ideas to justify position, persuades and convinces others, responsibly challenges existing procedures and policies.

C-13 Negotiates – works toward agreements involving exchanges of resources; resolves divergent interests.

C-14 Works with Diversity – works well with men and women from diverse backgrounds.

### SYSTEMS – Understands Complex Interrelationships

C-15 Understands Systems – knows how social, organizational, and technological systems work and operates effectively with them.

C-16 Monitors and Corrects Performance – distinguishes trends, predicts impacts on system operations, diagnoses systems performance and corrects malfunctions.

C-17 Improves or Designs Systems – suggests modifications to existing systems and develops new or alternative systems to improve performance.

### TECHNOLOGY – Works with a Variety of Technologies

C-18 Selects Technology – chooses procedures, tools, or equipment, including computers and related technologies.

C-19 Applies Technology to Task – understand overall intent and proper procedures for setup and operation of equipment.

C-20 Maintains and Troubleshoots Equipment – prevents, identifies, or solves problems with equipment, including computers and other technologies.

---

## FOUNDATIONS SKILLS

### BASIC SKILLS—Reads, Writes, Performs Arithmetic and Mathematical Operations, Listens and Speaks

F-1 Reading—locates, understands, and interprets written information in prose and in documents such as manuals, graphs, and schedules.

F-2 Writing—communicates thoughts, ideas, information and messages in writing and creates documents such as letters, directions, manuals, reports, graphs, and flow charts.

F-3 Arithmetic—performs basic computations; uses basic numerical concepts such as whole numbers, etc.

F-4 Mathematics—approaches practical problems by choosing appropriately from a variety of mathematical techniques.

F-5 Listening—receives, attends to, interprets, and responds to verbal messages and other cues.

F-6 Speaking—organizes ideas and communicates orally.

### THINKING SKILLS—Thinks Creatively, Makes Decisions, Solves Problems, Visualizes and Knows How to Learn and Reason

F-7 Creative Thinking—generates new ideas.

F-8 Decision-Making—specifies goals and constraints, generates alternatives, considers risks, evaluates and chooses best alternative.

F-9 Problem Solving—recognizes problems, devises and implements plan of action.

F-10 Seeing Things in the Mind's Eye—organizes and processes symbols, pictures, graphs, objects, and other information.

F-11 Knowing How to Learn—uses efficient learning techniques to acquire and apply new knowledge and skills.

F-12 Reasoning—discovers a rule or principle underlying the relationship between two or more objects and applies it when solving a problem.

### PERSONAL QUALITIES—Displays Responsibility, Self-Esteem, Sociability, Self-Management, Integrity and Honesty

F-13 Responsibility—exerts a high level of effort and perseveres towards goal attainment.

F-14 Self-Esteem—believes in own self-worth and maintains a positive view of self.

F-15 Sociability—demonstrates understanding, friendliness, adaptability, empathy and politeness in group settings.

F-16 Self-Management—assesses self accurately, sets personal goals, monitors progress and exhibits self-control.

F-17 Integrity/Honesty—chooses ethical courses of action.

# National Association for the Education of Young Children Standards for Early Childhood Professional Preparation

## **STANDARD 1. PROMOTING CHILD DEVELOPMENT AND LEARNING**

- 1a: Knowing and understanding young children's characteristics and needs, from birth through age 8.
- 1b: Knowing and understanding the multiple influences on early development and learning
- 1c: Using developmental knowledge to create healthy, respectful, supportive, and challenging learning environments for young children

## **STANDARD 2. BUILDING FAMILY AND COMMUNITY RELATIONSHIPS**

- 2a: Knowing about and understanding diverse family and community characteristics
- 2b: Supporting and engaging families and communities through respectful, reciprocal relationships
- 2c: Involving families and communities in young children's development and learning

## **STANDARD 3. OBSERVING, DOCUMENTING, AND ASSESSING TO SUPPORT YOUNG CHILDREN AND FAMILIES**

- 3a: Understanding the goals, benefits, and uses of assessment – including its use in development of appropriate goals, curriculum, and teaching strategies for young children
- 3b: Knowing about and using observation, documentation, and other appropriate assessment tools and approaches, including the use of technology in documentation, assessment and data collection.
- 3c: Understanding and practicing responsible assessment to promote positive outcomes for each child, including the use of assistive technology for children with disabilities.
- 3d: Knowing about assessment partnerships with families and with professional colleagues to build effective learning environments

## **STANDARD 4. USING DEVELOPMENTALLY EFFECTIVE APPROACHES**

- 4a: Understanding positive relationships and supportive interactions as the foundation of their work with young children
- 4b: Knowing and understanding effective strategies and tools for early education, including appropriate uses of technology
- 4c: Using a broad repertoire of developmentally appropriate teaching /learning approaches
- 4d: Reflecting on own practice to promote positive outcomes for each child

## **STANDARD 5. USING CONTENT KNOWLEDGE TO BUILD MEANINGFUL CURRICULUM**

- 5a: Understanding content knowledge and resources in academic disciplines: language and literacy; the arts – music, creative movement, dance, drama, visual arts; mathematics; science, physical activity, physical education, health and safety; and social studies.
- 5b: Knowing and using the central concepts, inquiry tools, and structures of content areas or academic disciplines
- 5c: Using own knowledge, appropriate early learning standards, and other resources to design, implement, and evaluate developmentally meaningful and challenging curriculum for each child.

## **STANDARD 6. BECOMING A PROFESSIONAL**

- 6a: Identifying and involving oneself with the early childhood field
- 6b: Knowing about and upholding ethical standards and other early childhood professional guidelines
- 6c: Engaging in continuous, collaborative learning to inform practice; using technology effectively with young children, with peers, and as a professional resource.
- 6d: Integrating knowledgeable, reflective, and critical perspectives on early education
- 6e: Engaging in informed advocacy for young children and the early childhood profession

## **STANDARD 7. EARLY CHILDHOOD FIELD EXPERIENCES**

- 7a. Opportunities to observe & practice in at least two of the three early childhood age groups (birth–3, 3-5, 5-8)
- 7b. Opportunities to observe and practice in at least two of the three main types of early education settings (early school grades, child care centers and homes, Head Start programs)

## **NAEYC SUPPORTIVE SKILLS**

- Supportive Skill #1: Self-assessment and self-advocacy
- Supportive Skill #2: Mastering and applying foundational concepts from general education
- Supportive Skill #3: Written and verbal communication skills
- Supportive Skill #4: Making connections between prior knowledge/experience and new learning
- Supportive Skill #5: Identifying and using professional resources



- I have reviewed the syllabus for this course and understand the requirements as described.
  
- I am familiar with the South Plains College **Student Guide** and agree to follow the code of conduct as given in the guide.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Course \_\_\_\_\_