



## Course Syllabus Wellness of the Young Child TECA 1318

<b>Semester with Course Reference Number (CRN)</b>	Spring 2018 CRN 58894
<b>Instructor contact information (phone number and email address)</b>	Pro. Saran Winters 713-718-6237 <a href="mailto:saran.winters@hccs.edu">saran.winters@hccs.edu</a>
<b>Office Location and Hours</b>	EDC Building, 3214 Austin Street, Houston 77004, Office D-108 Office hours by appointment
<b>Course Location/Times</b>	Angela Morales Building Rm 304 January 16, 2018 – May 13, 2018 Monday and Wednesday 7:00 – 8:20 p.m.
<b>Course Semester Credit Hours (SCH) (lecture, lab) If applicable</b>	Credit Hours 3.00 Lecture Hours 2.00 Laboratory Hours 3.00
<b>Total Course Contact Hours</b>	80
<b>Course Length (number of weeks)</b>	16
<b>Type of Instruction</b>	Lecture/Lab Field experience required
<b>Course Description:</b>	1) A study of the factors that impact the well-being of the young child including healthy behavior, food, nutrition, fitness, and safety practices. Focus on local and national standards and legal implications of relevant policies and regulations; 2) course content must be aligned as applicable with State Board for Educator Certification Pedagogy and Professional Responsibilities standards; 3) requires students to participate in field experiences with children from infancy through age 12 in a variety of settings with varied and diverse populations; 4) course includes a minimum of 16 hours of field experiences.
<b>Course Prerequisite(s)</b>	
<b>Academic</b>	NAEYC Standard 1. Promoting Child Development and Learning

**Discipline/CTE  
Program Learning  
Outcomes**

NAEYC Standard 3. Observing, Documenting, and Assessing to Support Young Children and Families  
NAEYC Standard 6. Becoming a Professional

**Course Student  
Learning Outcomes  
(SLO): 4 to 7**

1. Analyze principles of nutrition.
2. Evaluate nutrition assessment.
3. Examine regulatory requirements of nutrition.
4. Describe community health problems, universal health precautions, and legal implications regarding health.
5. Analyze environmental and personal hygiene.
6. Describe principles of safety as they relate to children.
7. Evaluate regulation regarding child safety, safety procedures and children's environment for safety.
8. Demonstrate skills in computation, record keeping, referrals and resources as they apply to nutrition, health, and safety.

**Learning Objectives  
(Numbering system  
should be linked to  
SLO - e.g., 1.1, 1.2,  
1.3, etc.)**

**Analyze principles of nutrition.**

1.1 Describe MyPlate and <http://www.choosemyplate.gov/> and its application to children's needs.

1.1 Describe specific methods for planning nutritious meals and snacks for children.

1.2 Plan and implement nutrition education activities with children.

**Evaluate nutrition assessment.**

2.1 Plan a varied, nutritionally balanced diet for children.

2.2 Participate in meal/snack times with children.

**Examine regulatory requirements of nutrition.**

3.1 Compare nutritional guidelines and regulations.

**Describe community health problems, universal health precautions, and legal implications regarding health.**

4.1 Describe symptoms of common childhood diseases, how they spread and reporting requirements.

**Analyze environmental and personal hygiene.**

5.1 List circumstances requiring the use of universal health precautions.

**Describe principles of safety as they relate to children.**

6.1 Identify organizations with health guidelines affecting early childhood settings.

**Evaluate regulation regarding child safety, safety procedures and children's environment for safety.**

7.1 Compare safety guidelines and regulations.

7.2 Explain the relationship between supervision and accident prevention.

7.3 Describe ways to structure space and time to create safe, developmentally appropriate indoor and outdoor injuries.

**Demonstrate skills in computation, record keeping, referrals and resources as they apply to nutrition, health, and safety.**

8.1 Use computation skill in menu planning.

8.2 Identify community resources for specific types of referrals.

**SCANS and/or Core  
Curriculum  
Competencies: If  
applicable**

Systems: The student will become familiar with Minimum Standard Rules and understand its importance relating with child care (*understands systems*), and evaluates a child care environment during practicum assignment using a checklist (*monitor/correct system performance*).

Information: The student will gather information about foods from Minimum Standard Rules and food pyramid (*acquire/evaluate information*), organize foods into food groups and maintain adequate food portions (*interpret/communicate information.*)

Basis Skills: The student will perform basic math computation when developing menu (*arithmetic*).

<b>Course Calendar</b>	See below on page 6.
<b>Instructional Methods</b>	Web-enhanced (49% or less) Face to Face
<b>Required Component</b>	This course includes at least one of the following required components: practicum assignment, key assessment, field experience hours, and/or First Aid/CPR certification. If this assignment is not completed with 70% of possible points, you will not receive a passing grade in this class. For this course you will be required to complete <u>a key assessment assignment, practicum assignment, CPR/First Aid, and field experience.</u>
<b>Student Assignments</b>	In this course you will complete: <b>projects, one topic paper and PowerPoint, Practicum, Field Experience, CPR, and key assessment assignment.</b>
<b>Student Assessment(s)</b>	<b>Tests:</b> 4 @ 50 points = 200 points Timed tests will be taken online through the Eagle online course. Check class calendar for testing closing dates. <b>Makeup Tests:</b> Students who have an approved documented excuse may complete a makeup test within two weeks of the original testing date. Approved excuses include: personal illness, a death in the immediate family, and participation in official college functions. Students who miss a test should contact the professor before the scheduled exam or as soon as possible to reschedule.
<b>Instructor's Requirements</b>	All assignments are due by midnight on their designated due date listed on the class calendar. Submit assignments through Eagle online or via HCC email. Assignments must be word documents or pdf saved as the course number 1318, underscore, your last name, underscore, and the assignment number (This is how I would save Project 1: 1318_Winters_P1). Assignments must be typed and double-spaced, cite references when necessary, using APA format. Spelling and grammar are graded. College standards of writing/documentation are expected. Grading rubrics will be used for grading. More information will be provided. If your file can not be opened because you submitted your assignment using a different file, you will receive a 0. <b>THIS IS NOT A SELF-PACED COURSE</b> , there are due dates set on our class calendar. Students need basic computer skills to feel successful in this course. Correspondence will be through students' HCC email. All of your assignments will be sent via the Eagle online class or HCC email, therefore you will need to know how to download and upload files. Information about Eagle may be found online when you log on. Email correspondence should be through my HCC email: <a href="mailto:saran.winters@hccs.edu">saran.winters@hccs.edu</a> I check my email frequently and will respond as needed. Feel free to contact me if you have any questions.

**Student Responsibilities:**

- a. **Communicate with your professor. If a student uses their private email to communicate, please be aware that I will only reply to their HCC student email.**
- b. **Use professional writing in all correspondence and assignments.**
- c. **Practice regular attendance for class by logging into the Eagle online course at least twice a week and regularly checking your student HCC email.**
- d. **Prepare for class assignments by reading required textbook chapters.**
- e. **Actively participate in class by completing all assignments by their due dates according to our class calendar.**
- f. **Follow guidelines set forth in this course syllabus.**

**Program/Discipline Requirements: If applicable**

**NOTICE** This course of study would not be appropriate for anyone who falls into the following category as noted by the Texas Department of Family and Only one revision allowed per student on key assessments and required component assignments. The maximum grade a student can earn on a revised assignment is 70 % of the possible points. If a student uses any tutoring service, he or she must take/send assignment description or directions with the first draft. **IF** student does not pass the assignment the first time, any or all of the following will be required:

- a. Conference with professor
- b. Take an APA and/or Plagiarism online tutorial and pass the quiz (upon instructor's request):

**APA Tutorials**

[http://flash1r.apa.org/apastyle/basics/index.htm?\\_ga=1.19617784.1771959994.1463149658](http://flash1r.apa.org/apastyle/basics/index.htm?_ga=1.19617784.1771959994.1463149658)

OR

<http://www.lib.usm.edu/legacy/tutorials/apatutorial/definition.html>

**Plagiarism Tutorial**

- c. See an in-person tutor at professor's discretion

**HCC Grading Scale**

A = 100- 90	4 points per semester hour
B = 89 - 80:	3 points per semester hour
C = 79 - 70:	2 points per semester hour
D = 69 - 60:	1 point per semester hour
59 and below = F	0 points per semester hour
IP (In Progress)	0 points per semester hour
W(Withdrawn)	0 points per semester hour
I (Incomplete)	0 points per semester hour
AUD (Audit)	0 points per semester hour

IP (In Progress) is given only in certain developmental courses. The student must re-enroll to receive credit. COM (Completed) is given in non-credit and continuing education courses. To compute grade point average (GPA), divide the total grade points by the total number of semester hours attempted. The grades "IP," "COM" and "I" do not affect GPA.

See "Health Science Program/Discipline Requirements" for grading scale.

**Incomplete Policy** The grade of “I” (Incomplete) is conditional. Incompletes are at the discretion of the professor and aligned with departmental guidelines. The grade of “I” may be earned if a student is passing the course with a D or higher. Additionally, the student must have a justifiable and documented reason for not completing the work on schedule.

If you receive an “I” you must arrange with the instructor to complete the course work within six months. After the deadline, the “I” becomes an “F”. All “I” designations must be changed to grades prior to graduation. The changed grade will appear on your record as “I”/Grade (example: “I/A”) (see HCC Student Handbook, Academic Information Section).

### **Instructor Grading Criteria**

Grading Scale	
880 – 797	A
796 – 714	B
713 – 631	C
630 – 548	D
547 or below	F

### **Instructional Materials**

Marotz, L. R., Cross, M. A. and Rush, J. M. (2015). Health, Safety, and Nutrition for the Young Child (9<sup>th</sup> ed.). Albany, NY: Delmar.

Texas Department of Family and Protective Services. (2014). Minimum Standards Rules for Licensed Child- Care Centers.

[http://www.dfps.state.tx.us/documents/Child\\_Care/Child\\_Care\\_Standards\\_and\\_Regulations/746\\_Centers.pdf](http://www.dfps.state.tx.us/documents/Child_Care/Child_Care_Standards_and_Regulations/746_Centers.pdf)

### **EGLS3 – Evaluation for Greater Learning Student Survey System**

At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During a designated time, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and division chairs for continual improvement of instruction. Look for the survey as part of the Houston Community College Student System online near the end of the term.

### **Access Student Services Policies on their Web site:**

<http://www.hccs.edu/district/students/student-handbook/>

### **Title IX**

a) Title IX of the Education Amendments of 1972 requires that institutions have policies and procedures that protect students' rights with regard to sex/gender discrimination. Information regarding these rights is on the HCC website under Students-Anti-discrimination. Students who are pregnant and require accommodations should contact any of the ADA Counselors for assistance.

*b) It is important that every student understands and conforms to respectful behavior while at HCC. Sexual misconduct is not condoned and will be addressed promptly. Know your rights and how to avoid these difficult situations by logging in from your HCC student email account, go to [www.edurisksolutions.org](http://www.edurisksolutions.org) Go to the button at the top right that says **Login** and click. Enter your student number.*

## **HCC Online and/or Continuing Education Policies**

**Access HCC Online Policies on their Web site:**

<http://www.hccs.edu/online/>

### **Attendance Policy**

For a 3-credit-hour lecture class, meeting 3 hours per week (48 hours of instruction), you can be dropped after 6 hours of absence. The 6 hours includes accumulated minutes late to class and leaving class early.

### **HCC Online Attendance Policy**

All students are expected to attend classes regularly, thus HCC Online students must login to this course on a regular basis. HCC Online students who do not login and actively participate before the Official Day of Record will be AUTOMATICALLY dropped for non-attendance. Completing the HCC online orientation does not count towards attendance.

Active participation means turning in assignments each week. If you are having technical difficulties and cannot login, you must immediately contact your professor and the *Eagle Online* Help desk or you will be counted as absent.

### **Campus Carry Policy**

At HCC the safety of our students, staff, and faculty is our first priority. As of August 1, 2017, Houston Community College is subject to the Campus Carry Law (SB11 2015). For more information, visit the HCC Campus Carry web page at <http://www.hccs.edu/district/departments/police/campus-carry/>.

### **Basic Needs**

Any student who faces challenges securing their food or housing and believes this may affect their performance in the course is urged to contact the Dean of Students for support. Furthermore, please notify the professor if you are comfortable in doing so.”

# Course Calendar TECA 1318

CRN #58894

Spring 2018

Monday and Wednesday

Meeting Dates	Week	Assignment Due Date	Topics	Assignments
1-17	1	1-18	Introductions Course Requirements	<b>**Turn in all assignments on Friday due by 11:55 p.m. except for the Engagement Project which is Due on Tuesday, 12/5/17**</b>
1-22 1-24	2	1-26	Ch. 1 - Children's Well-Being Ch. 2 - Daily Health Observations	Project #1 - Measure Children's Growth Email Professor Topic Choice
1-29* 1-31	3	2-2	Ch. 3 - Assessing Children's Health Ch. 4 - Caring for Children with Special Medical Conditions	Project #2 - Handwashing
2-5 2-7	4	2-9	Ch. 5 - The Infectious Process and Environments Control Ch. 6 - Childhood Illnesses: Identification and Management	Project #3 - Letter to Parents
2-12* Test 2-14	5	2-12  2-16	Test #1  Ch. 7 - Creating High-Quality Environments	Test #1: Chapters 1 - 6  Health Topic Papers
2-19* Holiday 2-21 Present Topic	6	2-23	Ch. 8 - Safety Management Ch. 9 - Management of Injuries and Acute Illness	Project #4 - US Consumer Product Safety Commission
2-26 2-28	7	3-2	Ch. 10 - Maltreatment of Children: Abuse and Neglect Ch. 11 - Planning for Children's Health and Safety Education	Project #5- Play Equipment Safety Topic Papers

3-5* Test 3-7 Present Topic	8	3-5  3-9	Test #2  Ch. 12 - Nutritional Guidelines	Test #2: Chapters 7 - 11  Project #6 - Advertisement
3-12 - 3-16	9		SPRING BREAK	SPRING BREAK
3-19 3-21	10	3-23	Ch. 13 - Nutrients that Provide Energy Ch. 14 - Nutrients That Promote Growth and Regulate Body Functions	Project # 7 - Fast Food Restaurant Project #8 - Eating Habits
3-26* Test 3-28	11	3-26  3-31	Test #3  Ch. 15 - Feeding Infants	Test #3: Chapters 12 - 14  Nutrition Topic Papers
4-2 4-4 Present Topic	12	4-6	Ch. 16 - Feeding Toddlers and Young Children	Project #9 - Infant Feedings
4-9 4-11	13	4-13	Ch. 17 - Planning and Serving Nutritious and Economical Meals	Practicum Checklist & Reflection Paper
4-16 4-18	14	4-20	Ch. 18 - Food Safety	CPR/1st Aid Make-Up Assignments
4-23 4-25	15	4-27	Ch. 19 - Nutrition Education: Rationale, Concepts, and Lessons	Family Engagement Project Due
4-30 5-2	16	5-2	Field Experience & Reflection Paper Test Review	Field Experience & Reflection Paper
5-7		5-7	Test #4	Test #4: Chapters 15 - 19

No assignments accepted after May 2, 2018