



**Purpose:** It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

**Course Title** – Wellness of the Young Child  
**Course Prefix and Number** – TECA 1318  
**Department** – Education/ Early Childhood  
 and Business

**Division** – Technology

**Course Type:** (check one)

- Academic General Education Course (from ACGM – but not in WCJC Core)
- Academic WCJC Core Course
- WECM course (This course is a Special Topics or Unique Needs Course: Y or N)

**Semester Credit Hours # : Lecture hours# : Lab/other hours #**     3:3:0

**Equated Pay hours for course** – 3 hours

List Lab/ Other Hours
Lab Hours 0
Clinical Hours 0
Practicum Hours 0
Other (list) 16 hours of observation

**Course Catalog Description** – A study of the factors that impact the well-being of the young child including healthy behavior, food, nutrition, fitness, and safety practices. There is a focus on local and national standards and legal implications of relevant policies and regulations. The course content must be aligned as applicable with the State Board for Educator Certification Pedagogy and Professional Responsibilities standards. The course requires students to participate in field experiences with children from infancy through age 12 in a variety of settings with varied and diverse populations and includes a minimum of 16 hours of field experiences scheduled in approved settings.

**Prerequisites/Corequisites** - none-Meeting THEA reading and writing requirements is recommended; students must pass a criminal history check before observing in programs for children.

**Approvals** – the contents of this document have been reviewed and are found to be accurate.

Prepared by Barbara S. Lynn	Signature <i>Barbara S. Lynn</i>	Date 05/27/09
Department Head Barbara S. Lynn	Signature <i>Barbara S. Lynn</i>	Date 05/27/09
Division Chair Stephanie Dees	Signature <i>S Dees</i>	Date 6/30/09
Vice President Dr. Ty Pate	Signature <i>Ty Pate</i>	Date 7-6-09



**I. Topical Outline** – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, clinical or other non lecture instruction):

1. Nutrition principles relevant to a childcare/school setting. (birth-age 12 years)
2. How to conduct a nutrition assessment and health assessment of young children in a childcare/school setting up to sixth grade.
3. How to practice nutrition promotion activities, personal hygiene practices, and safety procedures with a group of children (birth-sixth grade).
4. Regulatory requirements (local, national) for nutrition and safety.
5. Community health problems and universal health precautions.
6. Environmental hazards and possible implications concerning the health of young children (e.g., lead poisoning, access to prenatal and well-baby care).
7. How to evaluate the environment in a childcare/school setting regarding health and safety practices (birth-grade 6).
8. How to identify child abuse and neglect and the actions that a teacher can take in suspected cases.
9. Read and discuss information found in professional literature on health, safety, and nutrition.
10. Describe local and national standards on the well-being of the child (ages birth-grade 6) as it relates to healthy behavior, food, nutrition, and safety practices.
11. Describe the relevant policies and regulations at the local, state, and national level and understand the associated legal implications.

In addition to the 48 hours of contact time in class (lecture/class discussions), students will participate in a minimum of 16 hours of observations in programs for children ages birth through 12 years at sites approved by the Department of Education/Early Childhood.

**II. Course Learning Outcomes**

<b>Course Learning Outcome</b>	<b>Method of Assessment</b>
<ol style="list-style-type: none"> <li>1. Students will apply principles of nutrition, health, and safety to the evaluation of programs for children (birth-grade 6) in terms of their effectiveness in promoting wellness.</li> <li>2. Students will apply principles of nutrition to making healthy dietary decisions for children (birth-grade 6).</li> <li>3. Students will differentiate between safe and unsafe practices in environments for children (birth-grade 6).</li> <li>4. Students will define communicable and non-communicable illnesses and describe ways to prevent illnesses and to manage chronic conditions (such as asthma and diabetes) in children birth-grade 6.</li> <li>5. Students will identify ways to recognize visual, hearing, speech, and language disorders in children ages birth-grade 6.</li> <li>6. Students will describe how to plan effective environments and learning activities that maintain the physical and mental health of children ages birth-grade 6.</li> </ol>	<ol style="list-style-type: none"> <li>1. Students will submit a term project of six (6) observations of programs for young children (birth-grade 6). The summaries of the observations will address the appropriateness of the following wellness criteria:               <ol style="list-style-type: none"> <li>a. physical and emotional safety offered to children in the program</li> <li>b. nutritional assessment of the menus offered to children in the program</li> <li>c. practices for avoiding children's illnesses being extended by the program.</li> </ol>               (The observation summaries will be graded by a departmental rubric, with a minimum grade of 70 indicating mastery.)             </li> <li>2.3.4.5. Midterm, final, and any other tests or quizzes deemed appropriate by the instructor. (Grade of 70 or more indicates mastery)</li> <li>6. Students will submit a term project of either 5 lesson plans for one age or grade or 25 book extensions on topics related to nutrition, health (physical, dental, mental), and safety . (Term projects will be graded according to a rubric with a minimum grade of 70 indicating mastery.)</li> </ol>

**III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.**

Marotz, L. R. (2009). Health, safety, and nutrition for the young child (7th ed.). Clifton Park, NY: Thomson Delmar. ISBN: 1-4283-2070-9

**IV. Suggested Course Maximum - 35**

**V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.**

none

**VI. Course Requirements/Grading System – Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course**

Following the reading of text materials and the participation in class lectures and discussions, students will submit a term project of six (6) observations of programs for young children (birth-grade 6). The observation summaries will be graded by a departmental rubric and will be used in class discussions. The 16 hours of observations in programs for children will be conducted outside of class.

Students will use college level reading comprehension skills, composition skills, and basic computer literacy skills in completing assignment for the course. Additionally, students will conduct themselves in a professional manner (as stipulated by departmental guidelines) while engaging in the observation component of the course.

**Grading System –**

90-100-A Excellent Work	3 tests (25% each)-75% of grade
80-89-B Good Work	Lesson plans/Book extensions,
70-79 C Average Work	observation summaries, and
60-69 D Minimal Level of Work	attendance and class participation-25% of grade
59 and below-F Does not pass course standards	

**VII. Curriculum Checklist**

- **Academic General Education Course** (from ACGM – but not in WCJC Core)  
No additional documentation needed

- **Academic WCJC Core Course**  
Attach the Core Curriculum Checklist, including the following:

- Basic Intellectual Competencies
- Perspectives
- Exemplary Educational Objectives

- **WECM Courses**  
Attach the following:

- Program SCANS Matrix
- Course SCANS Competencies Checklist