

Brazosport College
DIVISION OF SOCIAL SCIENCES AND EDUCATION
EARLY CHILDHOOD DEVELOPMENT
TECA 1318 WELLNESS OF THE YOUNG CHILD
FALL 2019

INSTRUCTORS INFORMATION:

- 1. Name of Instructor:** Dr. Arlinda Montiel
2. Office Location: B-240
3. Office Telephone #: (979) 230-3536
4. FAX #: (979) 230-3465
5. E-mail Address: arlinda.montiel@brazosport.edu
6. Office Hours: [On Campus Office Hours](#)
Monday & Wednesday 7:00a.m.-7:45a.m; 2:30 p.m. - 5:45 p.m.
Tuesday & Thursday 7:30a.m.-7:45a.m.; 3:00 p.m. - 4:00p.m.
And or by appointment

COURSE INFORMATION:

- 1. Course Name:** WELLNESS OF THE YOUNG CHILD
2. Course & Section #: TECA 1318
3. Location A-227
4. Days and Times: Mondays & Wednesdays 12:00 p.m. – 1:15 p.m.

CATALOG COURSE DESCRIPTION:

This course is a study of the factors that impact the well-being of the young child including healthy behavior, food, nutrition, fitness, and safety practices. It focuses on local and national standards and legal implications of relevant policies and regulations. The course content must be aligned as applicable with State Board for Educator Certification Pedagogy and Professional Responsibilities standards and coincide with the National Association for the Education of Young Children position statement related to developmentally appropriate practices for children from birth to age eight. It requires students to participate in field experiences with children from infancy through age 12 in a variety of settings with varied and diverse populations. Course includes a minimum of 16 hours of field experiences.

COURSE LEARNING OUTCOMES (CLO):

- #1-Describe the relationship between health, safety and nutrition.
- #2-Describe the basic principles of healthy behavior and guidance practices that influence health promotion, safe practices and disease prevention for young children.
- #3-Analyze principles of nutrition and the application to nutritional assessment.
- #4-Identify policy and regulatory requirements for nutrition.
- #5-Describe the role of physical fitness as it contributes to healthy behavior.
- #6-Evaluate and make recommendations for modifications of regulations regarding child's safety, safety procedures, and children's environments for safety.
- #7-Describe how physical, social, and emotional environments influence a child's health.

Course Learning Outcomes	Assessment
Describe the relationship between health, safety and nutrition.	Discussion Question #1 70% or better
Describe the basic principles of healthy behavior and guidance practices that influence health promotion, safe practices and disease prevention for young children.	Health Assignment 70% or better
Analyze principles of nutrition and the application to nutritional assessment.	Nutrition Assignment 70% or better
Identify policy and regulatory requirements for nutrition.	Nutrition Assignment 70% or better
Describe the role of physical fitness as it contributes to healthy behavior.	Health Assignment 70% or better
Evaluate and make recommendations for modifications of regulations regarding child's safety, safety procedures, and children's environments for safety.	Safety Assignment 70% or better
Describe how physical, social, and emotional environments influence a child's health.	Health Assignment 70% or better

EVALUATION METHODS, GRADING CRITERIA:

- **Evaluation Methods:**

- Quizzes: Quizzes will be administered throughout the semester. The quizzes will consist of multiple-choice, true and false, matching, and/or short answer items.
- Projects/Assignments: A number of projects/assignments will be administered throughout the semester to keep you involved in the course content. These activities include a playground project, a menu-nutritional assessment, and research and power point on a childhood disease/illness.
- Journals: 16 journals will be submitted for each observation visit (safety, nutrition, and health).
- Final Exam
- Lab Hours: 16 hours of field experience is required.
- Discussion: There are 13 discussion questions which students will answer.

- **Grading Criteria:**

A = 1000- 900 **B** =899-800 **C** =799-700 **D** = 699-600 **F** = Below 599

REQUIRED TEXTBOOKS:

Safety, Nutrition, Health in Early Education 6th Edition by Cathie Robertson ISBN: 978-1-111-83252 Cengage Publishing

“Required course materials are available at the Brazosport College bookstore, on campus or online at <http://www.brazosport.edu/bookstore>. A student of this institution is not under any obligation to purchase a textbook from the college bookstore. The same textbook is/may also be available from an independent retailer, including an online retailer.”

COURSE REQUIREMENTS:

***ASSIGNMENTS POLICY:**

Assignments are to be completed individually, unless specified otherwise. All assignments are due at the beginning of the class period on the designated day (whether student attends class or not)

no exceptions. Late assignments will be accepted using the following guidelines. Plan accordingly.

1 Day late – 90% or less; 2 Days late – 80% or less; 3 Days late – 70% or less; 4+ Days late – 0 points

ATTENDANCE POLICY

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Every absence, after the first two, reduces your class participation points.

If you participate in class:

0-2 Absence = 50 in participation;

3 Absences = 40 in participation;

4 Absences = 30 in participation;

5 Absences = 20 in participation;

6+ Absences = 0 in participation.

NOTE: If you are 10 minutes late, you are considered late or tardy.
If you are over 15 minutes late, or you leave the classroom for over 15 minutes, or if you leave more than 15 minutes early, you are considered absent.

Many of the concepts presented in class, require hands-on participation of the students, therefore attendance is mandatory. Students are responsible to sign-in, at the beginning of each class meeting. Students are responsible for all lectures, assignments and handouts missed. Students are allowed two classes of **excused absences** without penalty for illness, doctor visits, death in the family and other unexpected emergencies that may occur. After two absences, 10 points will be deducted from the attendance grade for each class missed. Students arriving more than 15 minutes late will be counted as absent. Students leaving before class is dismissed (unless prior arrangements have been made with the instructor) will also be counted as absent. Students with excessive absences (6+) may be withdrawn from the course. (CONTACT INSTRUCTOR WHEN ABSENT)

Title IX Statement:

Brazosport College faculty and staff are committed to supporting students and upholding the College District's non-discrimination policy. Under Title IX and Brazosport College's policy FFDA (Local), discrimination based on sex, gender, sexual orientation, gender identity, and gender expression is prohibited. If you experience an incident of discrimination, we encourage you to report it. While you may talk to a faculty or staff member at BC, please understand that they are "Responsible Employees" and must report what you tell them to college officials. You can also contact the Title IX Coordinators directly by using the contact information below. Additional information is found on the Sexual Misconduct webpage at www.brazosport.edu/sexualmisconduct.

Kelli Forde Spiers, Director, Student Life and Title IX Coordinator
Office J-117D; 979-230-3355; kelli.fordespiers@brazosport.edu

Victoria Young, HR Coordinator and Deputy Title IX Coordinator
Office C-114; 979-230-3303; victoria.young@brazosport.edu

Academic Honesty:

Brazosport College assumes that students eligible to perform on the college level are familiar with the ordinary rules governing proper conduct including academic honesty. The principle of academic honesty is that all work presented by you is yours alone. Academic dishonesty including, but not limited to, cheating, plagiarism, and collusion shall be treated appropriately. Please refer to the Brazosport College Student Guide for more information. This is available online at <http://www.brazosport.edu>.

Academic dishonesty violates both the policies of this course and the Student Code of Conduct. In this class, any occurrence of academic dishonesty will be referred to the Dean of Student Services for prompt adjudication, and may at a minimum, result in an "F" in this course. Sanctions may be imposed beyond your grade in this course by the Dean of Student Services.

Exams/Quizzes & make-up exams/quizzes:

Exams/quizzes are to be taken in class unless otherwise specified. For D2L exams/quizzes the student will have to download the Lockdown Browser. D2L exams/quizzes will be timed and students will be given one opportunity to take the exam. **There is no make-up exams/quizzes or retakes.**

Lab Assignments:

Sixteen (16) hours of lab work are required for this course. Students must submit a lab assignment log at the end of the semester to earn credit for this course. The student is responsible for making the arrangements to complete each of the lab assignments. The instructor will be available to offer suggestions for making the required contacts. **Students are strongly encouraged to complete lab hours at the Bill & Julia May Children's Center located at Brazosport College. Contact Mrs. Christine Webster at (979) 230-3576 for further information.** If this is not possible, the student may complete lab hours at local established, certified and accredited Child Development Centers or at an accredited Head Start or Early Head Start site. If another site is selected the student must have the center director complete the Confirmation Agreement and must get the approval of the instructor. It is suggested the student look for sites that are accredited. To participate in field experience students must have a current negative TB skin test and must pass the criminal background check required by the Texas Department of Family and Protective Services (TDFPS), as well as any other requirements of the center itself. Please remember children and families observed while completing for this course deserve respect at all times. Talking and gossiping about children, families, or center staff or programs is unprofessional and disrespectful and contrary to our code of ethical conduct.

Use of cell phones and computers:

Unless otherwise specified, cell phones and laptops are not to be used during class. Students are to leave the classroom to make or take a call to minimize distraction in class.

Student with Disabilities:

Brazosport College is committed to providing equal education opportunities to every student. BC offers services for individuals with special needs and capabilities including counseling, tutoring, equipment, and software to assist students with special needs. Please contact Phil Robertson, Special Populations Counselor at (979) 230-3236 for further information.

Emergencies:

In the event of a major campus emergency, course requirements, deadlines and grading percentages are subject to change when required by revised course delivery, semester calendar or other circumstances. You should refer to D2L for any updates and campus information. Students are also encouraged to continue the readings and other assignments as outlined on this syllabus.

General Description of each lecture or discussion (TENTATIVE Topic Outline)
(This schedule may be revised and adjusted to meet the learning needs of students)

Week 1	Topic	Assignment Due
08/26 – 08/28	Classes Begin Review course syllabus, contract, lab sheet, journals, field experience letter, and academic honesty contract	Introductions Syllabus Quiz Sign & Submit your Academic Honesty and Student Contract Begin Reading Chapter 1
Week 2	Topic (Introduction)	Assignment Due
09/02 – 09/04	Chapter 1 A Holistic Environmental Approach to Healthy Development in ECE College Closed Monday, September 02, 2019 Labor Day	Discussion Question #1 Quiz #1 Locate & Begin Lab Hours (16) Begin Reading Chapter 2
Week 3	Topic (Start Safety in ECE)	Assignment Due
09/09 – 09/11	Chapter 2 Creating Safe Environments	Discussion Question #2 Quiz #2 Begin Journals 1-6 Begin Reading Chapter 3
Week 4	Topic	Assignment Due
09/16 – 09/18	Chapter 3 Indoor Safety Discuss/Review	Discussion Question #3 Quiz #3 Begin reading Chapter 4
Week 5	Topic	Assignment Due
09/23 – 09/25	Chapter 4 Outdoor Safety PP Presentation	Discussion Question #4 Quiz #4 Begin reading Chapter 5
Week 6	Topic	Assignment Due
09/30 – 10/01	Chapter 5 Emergency Response Procedures	Discussion Question #5 Quiz #5 Begin reading Chapter 6 Safety Assignment Due Lab Journal 1-6 Due
Week 7	Topic Start (Nutrition in ECE)	Assignment Due
10/07 – 10/09	Chapter 6 Basic Nutrition for Children Safety Assignment Due Discuss/Review Chapter 6 Start Nutrition Assignment	Discussion Question #6 Quiz #6 Begin Journals 7-11 Begin reading Chapter 7
Week 8	Topic	Assignment Due
10/14 – 10/16	Chapter 7 Protecting Good Nutrition and Wellness	Discussion Question #7 Quiz #7 Begin reading Chapter 8
Week 9	Topic	Assignment Due
10/21 – 10/23	Chapter 8 Providing Good Nutrition for Diverse Children	Discussion Question #8 Quiz #8 Nutrition Assignment Due Begin reading Chapter 9

Week 10	Topic	Assignment Due
10/28 – 10/30	Chapter 9 Menu Planning and Food Safety	Discussion Question #9 Quiz #9 Journals 7-11 Due Begin reading Chapter 10
Week 11	Topic	Assignment Due
11/04 – 11/06	Chapter 10 Tools for Promoting Good Health in Children Start Health Assignment	Discussion Question #10 Begin Journals 12-16 Quiz #10 Begin reading Chapter 11
Week 12	Topic (Start Health in ECE)	Assignment Due
11/11 – 11/13	Chapter 11 Prevention of Illness through infection control	Question #11 Quiz #11 Begin reading Chapter 12
Week 13	Topic	Assignment Due
11/18 – 11/20	Chapter 12 Promoting Healthy Development through Supportive Health Care	Discussion Question #12 Quiz #12 Health Assignment Due Lab hours (16) with Sign-in sheet Journals 12-16 Due Begin reading Chapter 13
Week 14	Topic	Assignment Due
11/25 – 11/27	Chapter 13 Providing Special Health Care Needs Thanksgiving Holiday 11/26 College closes at noon and will remain closed all week.	Discussion Question #13 Quiz #13 Begin reading Chapters 14 & 15
Week 15	Topic	Assignment Due
12/02 – 12/04	Chapter 14 Child Maltreatment Chapter 15 Fostering Good Mental Health & Emotional Well-Being in Children	Discussion Questions #14 & #15 Quiz #14 & #15
Week 16	Topic	Assignment Due
12/09 – 12/11	Review for Final Exam	Wednesday, December 11, 2019 @ 10:30 a.m. – 12:30 a.m.

Assignments	Points
Syllabus Quiz	30
Discussion Questions Chapters 1 – 15 (10 points for each response)	150
Lab Journals Journals 20 pts. each, 16 journals; 1 page, 12 font, Times Roman lettering, double spaced	320
Safety Assignment	100
Nutrition Assignment	100
Health Assignment	100
Quizzes – 1-15 All worth 10 pts.	100
Final Exam	100
TOTAL	1000

A – 1000-900 B – 899-800 points C – 799-700 points D-699 –600 F = 599 and under

Links needed for class:

http://www.dfps.state.tx.us/Child_Care/About_Child_Care_Licensing/

<http://www.choosemyplate.gov/>

<http://www.useoftechnology.com/effects-technology-children/>