

McLennan C O M M U N I T Y C O L L E G E

WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

Wellness of the Young Child

TECA 1318. 87

Emily Stottlemire

NOTE: This is a 16-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals. We are also concerned for your safety. We are working through COVID-19 guidelines to make sure we offer a safe environment for you and our faculty. This will include smaller class sizes to manage social distancing and proper cleaning techniques. You will have the advantage of a physical classroom experience but may also need to work part of the time online as we adjust to limited classroom capacity. This will also allow us the flexibility to move online if so directed by federal, state and/or local COVID 19 guidelines. Faculty and staff are preparing now to ensure that you have the best experience in the midst of these uncertain times.

Spring 2021

“An Equal Opportunity Institution”

Wellness of the Young Child TECA 1318.87

Course Description:

Studies nutrition, health, safety, and related activities, including skill development in management of issues, guidelines, and practices in nutrition, as well as community health, hygiene, safety, and legal implications of these principles applied to a variety of settings. All Child Development (CDEC or TECA) courses must be passed with a grade of C or better for graduation. 25% of the requirements must be completed at McLennan. 2.000 Minimum GPA required for graduation. Semester Hours 3 (2 lec./2 lab)

Prerequisites and/or Corequisites:

No Prerequisite.

Course Notes and Instructor Recommendations:

- TECA 1318 is currently offered in the spring semester. The lab component is an important aspect of the course and will involve the student doing lab at both the MCC Child Development Center and an elementary school. **Spring 2021: Due to limitations of CVID 19, the lab component will be adjusted.**
- Check Brightspace frequently. **Review announcements and feedback on assignments.**
- **When communicating with the professor by email, use your MCC email address.**

Criminal Record Check: A criminal background check will be done during advising or during the first week of class. If the check reveals a conviction in your name, you may be dropped from class. Persons who have convictions must not work in a school/child-care facility. **This may be adjusted for spring 2021.**

Instructor Information:

Emily Stottlemire
CSC Child Development Center
254/299-8523
estottlemire@mclennan.edu

Office hours will be by email. A face to face conference or Zoom meeting can be scheduled. Typically, email office hours will be from 10:00 a.m.-12:00 noon. M-W.

Required Text & Materials:

Nutrition, Health, and Safety for Young Children, 3rd Edition. By Sorte, Daeschel, Amador, Pearson
ISBN# 13:978-0-13-395676-4

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

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Methods of Teaching and Learning:

This will be a fully online course content will be presented through online lectures, introductions to module content. It is the student's responsibility to read the assigned material in preparation for class. Students will be expected to read/study the textbook, lectures, and accompanying videos and information. Active participation in assignments, including written assignments and labs, discussion boards, and any other assignments is required.

Course Objectives and Course Competencies:

By the end of the course, the student will be able to:

1. Analyze principles of nutrition.
 - a. Describe the role of carbohydrates, proteins, fats, water, vitamins and minerals in children's health.
 - b. Describe Choose My Plate and its application to children's needs.
 - c. Identify criteria for developmentally appropriate feeding practices with children, 0 – 12 - months; 13 months - 2 years; 3 - 5 years; 6 - 10 years.
 - d. Discuss nutritional needs of children including special dietary or cultural considerations.
 - e. Describe specific methods for planning nutritious meals and snacks for children.
 - f. Describe how nutritional factors may affect children in one or more developmental domains and the implications for the classroom teacher.
 - g. Plan and implement nutrition education activities with children.
2. Evaluate nutrition assessment.
 - a. Discuss the relationship between nutrition and children's health and wellbeing.
 - b. Evaluate a menu plan from a childcare setting for nutrients, inclusion of cultural foods, use of food guide pyramid and amounts of foods needed at various ages.
 - c. Observe and analyze a meal/snack time.
 - d. Plan a varied, nutritionally balanced diet for children.
 - e. Propose modifications for special dietary needs.
 - f. Participate in meal/snack times with children.
 - g. Share nutrition information with families.
3. Examine regulatory requirements for nutrition.
 - a. Identify agencies with nutritional regulatory guidelines affecting childcare settings.
 - b. Identify organizations with nutritional guidelines affecting childcare settings.
 - c. Compare nutritional guidelines and regulations.
4. Describe community health problems.
 - a. Describe factors in the local community affecting the health of children and families.
 - b. Describe symptoms of common childhood diseases, how they spread and reporting requirements.
 - c. Conduct health appraisals of children in child care settings.

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- d. Work cooperatively with colleagues and parents to meet individual/special health needs of children.
- 5. Describe universal health precautions.
 - a. List circumstances requiring the use of universal health precautions.
 - b. Demonstrate appropriate use of universal health precautions.
- 6. Describe legal implications regarding health.
 - a. Identify agencies with legal or regulatory authority over children's health issues.
 - b. Identify city, county, state and federal health regulations that apply to childcare settings.
 - c. Identify organizations with health guidelines affecting childcare settings.
 - d. Compare health guidelines and regulations.
 - e. Adhere to health regulations to ensure the health of all children.
- 7. Analyze environmental and personal hygiene.
 - a. Describe hygiene principles.
 - b. Give examples of ways to minimize the spread of disease in child care settings.
 - c. Demonstrate basic health management practices.
 - d. Practice daily environmental and personal hygiene routines with children.
 - e. Provide children with opportunities to learn about and apply personal health practices.
 - f. Practice communicable disease control functions in child care settings.
- 8. Describe principles of safety as they relate to children.
 - a. List safety principles as they apply to children of differing ages.
 - b. Apply safety principles when working with children.
- 9. Evaluate regulations regarding child safety.
 - a. Identify agencies with regulations affecting safety in childcare settings.
 - b. Identify organizations with safety guidelines affecting childcare settings.
 - c. Compare safety guidelines and regulations.
 - d. Evaluate the childcare setting for compliance with regulations and/or guidelines.
 - e. Describe reporting procedures when unsafe conditions exist.
 - f. Apply regulations and guidelines that ensure the safety of children in care.
 - g. Describe ethical and legal responsibilities for child safety.
- 10. Evaluate safety procedures.
 - a. Explain the relationship between supervision and accident prevention.
 - b. Demonstrate safety procedures and practices in child care settings including specific situations, (e.g., transportation, field trips, evacuation procedures, etc.).
 - c. Demonstrate appropriate use of first aid procedures in childcare settings.
 - d. Provide children with opportunities to learn about and apply safety practices.
 - e. Evaluate procedures necessary for the safety of children of various ages and special needs.
- 11. Evaluate children's environments for safety.
 - a. Describe most common causes and types of unintentional injuries to children and ways of preventing such injuries.
 - b. Describe ways to structure space and time to create safe, developmentally appropriate indoor and outdoor learning environments for children, including

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- those with special needs.
- c. Evaluate indoor and outdoor environments for safety.
12. Demonstrate skills in computation, record keeping, referrals and resources as they apply to nutrition, health and safety.
- a. Identify community resources for specific types of referrals.
 - b. Complete nutrition, health and/or safety records/reports as needed.
 - c. Use computation skills in menu planning.
 - d. Use appropriate health appraisal procedures with children.

The Secretary's Commission on Achieving Necessary Skills (SCANS) was appointed by the Secretary of Labor to determine the skills our young people need to succeed in the world of work. The Commission's fundamental purpose is to encourage a high-performance economy characterized by high-skill, high-wage employment. The learning objectives of this course have been linked to the scans Competencies and Foundational Skills. (To view this report, see Attachment A.)

Course Outline or Schedule:

TECA 1318.87 Proposed Topics and Due Dates. Spring 2021 See separate document. Subject to change. Changes announced in class or Brightspace.

Course Grading Information:

Assignments

Assignments are due at the assigned due date. Assignments must be submitted through Brightspace.

LAB ASSIGNMENTS

There will be 5 lab assignments to write and turn in. See individual lab assignments for due date and specific instructions. **Spring 2021:** Lab assignments will include videos and other research. Lab assignments must be turned in in order to receive credit for lab hours and credit for the lab assignment.

TESTS

There will be three tests and a final exam. All tests will be taken/submitted in Brightspace.

Discussion Boards: Active participation in discussion boards is required. Typically, this will include an initial post followed by three substantive responses, by assigned due dates.

Reflection Papers: Based upon assigned readings and other class material, there will be written assignments designed to reflect upon important issues. See module for specific assignment requirements.

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Evaluation/Grading

Students are responsible for knowing material in reading assignments and information presented in class by the instructor, special speakers, and other students.

Class involvement (attendance, participation, in assignments and lectures.....	10%
Tests (3 tests and final exam)	40%
Written Lab Assignments.....	35%
Discussion Boards/Reflection Papers.....	15%

- A minimum final grade of C is required in all CDEC/TECA classes for graduation.
- A grade of “W” (withdrew) is given for an instructor-or student-initiated course withdrawal through the 12th week of a semester. After the 12th week or until the end of the semester, if a student withdraws from a course, the instructor will either assign a W if passing work was being accomplished, or an F if the student was doing failing work.

- A grade of “I” (incomplete) is given when a course is incomplete because of reasons acceptable to the instructor (unfinished assignments or lab hours). To be eligible, the student must have essentially completed the course. If work is not made up within the following long semester, the “I” will be changed to an “F” and the course must be repeated if credit is to be given.

Grading: The system of grading will be based on the general standard of:

90-100	= A
80- 89	= B
70- 79	= C
60- 69	= D
Below 60	= F

A minimum final grade of C is required in all CDEC classes for graduation.

♦ **If you are doing make-up lab from a previous semester, please sign in on red folder in front office. This cannot be done in the Spring of 2021.**

Lab Experience – TECA 1318 requires a total of 16 lab hours.

A total of 10 hours must be done at the MCC Child Development Center and 6 hours at an elementary school. This information will be discussed in class. You will be assigned to an elementary school.

***Due to COVID 19 Restrictions, the Lab portion of this course have been altered. * You will have lab assignments that will include a variety of experiences.**

When doing lab hours at elementary school

The student in Child Studies and Education is expected to exhibit mature and responsible actions in all activities. This includes activities/lab hours at off campus sites. The following is expected:

- Arrive and depart at times arranged. Sign in and out as instructed.
- Follow appropriate dress code.

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- Turn your **cell phone off and put it away.**
- Use appropriate and respectful language and behavior with adults and children.
- Remain attentive and interact with children as instructed by supervisors at the offsite location (teachers, staff, and/or administrators).
- Follow **all** instructions from supervisors at the offsite location (teachers, staff, and/or administrators)
- Use courteous manners at all times including greeting people and thanking them when you complete your lab hours.
- Let classroom teacher or appropriate staff know when you are leaving the classroom.

Consequences for not meeting these expectations can include loss of points for the assignment and/or the ability to complete the lab hours. If lab hours cannot be completed because the above expectations are not met, or other reasons, you could be counseled out of the Child Development Program.

More specific information will be provided/discussed in class, including the code of ethical conduct.

***Off Campus Record of Lab Hours at Elementary School: Note for Spring 2021: Due to COVID 19, Lab hours at the elementary schools will also be altered. ***

A record of lab hours must be turned in to receive your final grade for this course for the elementary school sites. Keep track of your off-campus lab hours. Follow instructions provided in class for verifying your hours off campus.

Lab at MCC Child Development Center: For this class, you may do lab in the any of the rooms in the Child Development Center. You will stay in one room for the entire semester. You will be assigned a room at the beginning of the semester.

*Refer to the Lab School Guidelines for lab school hours and other important lab information.

There will be lab assignments to write and turn in.

*The computer keeps a running total of lab hours. This is the record of MCC CDC lab hours that I accept for credit. When you sign in, go directly to the classroom. When you leave the classroom, sign out. If you are not in the classroom (or observation booth for some assignments) when you have signed in on the computer, you may lose that lab time.

Choosing the right class when you log in on the computer is important. If you discover you have made a mistake in choosing a class, let the secretary know immediately. Lab minutes/hours will not be transferable from class to class.

♦ Lab hours may NOT be done during the first week of the semester and during the week of final exams. *

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Most lab assignments require hands-on participation. The assignment can vary depending on the course. Students who register for class should be prepared to interact with children ages 3 months through 5 years.

Some possible expectations are:

- ✓ Sitting on the floor
- ✓ Talking and singing to children
- ✓ Reading books
- ✓ Comforting children
- ✓ Using messy and creative materials (paint, play dough, goop, water, sand, etc...)
- ✓ Talking to children at eye level
- ✓ Light lifting of materials and equipment
- ✓ Implementing the lab assignment in the classroom or outside
- ✓ Interaction with children on the playgrounds – moving quickly if needed, assisting children with sand, water, paint, bubbles, etc...
- ✓ Sitting and eating with children during snack and mealtime

In order to receive credit for this class, all lab hours and lab assignments must be completed.

We ask you to turn off or leave behind your phones while you are doing lab (in the observation areas, in the classroom, outdoors and at the elementary school).

Late Work, Attendance, and Make Up Work Policies:

No late work will be accepted. Exceptions to this policy will be made at the discretion of the professor. If you have concerns, it is your responsibility to contact the professor.

- A total of 16 hours of lab must be completed by each student for TECA 1318. * **Spring 2021:** All written lab assignments with associated requirements must be submitted to satisfy this requirement.
- To receive an incomplete, you must have a passing grade in the class.
- **You cannot receive a grade for the class until lab hours/assignments are complete.**
- All work must be original. If work is submitted that is not your own work or sources are not credited, it can result in a 0 on the assignment. A second offense can result in dismissal from the class and/or an F in the class.

Student Behavioral Expectations or Conduct Policy

In general, students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity. The Highlander Guide describes the rights, privileges, and obligations of students affiliated with MCC. The complete guide may be accessed by clicking here: [Highlander Guide](#)

Ethics: It is the student's responsibility to read the General Conduct Responsibility Policy in the Highlander Guide (MCC Student Handbook) and the Child Development Code of Conduct

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Guidelines. Any breeches of conduct will result in disciplinary action. Acts of dishonesty and disruptive behavior will not be tolerated. Students may be asked to leave class if necessary.

* [Click Here for the MCC Academic Integrity Statement](http://www.mclennan.edu/academic-integrity)

(www.mclennan.edu/academic-integrity)

The link above will provide you with information about academic integrity, dishonesty, and cheating.

* * [Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. I follow the MCC guidelines for absences. I take weekly attendance. Attendance is determined by active participation in course material including timely submission of assignments, participation in discussion boards, spending time exploring class lectures and other accompanying videos and reading assignments.

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* *You will need to access each link separately through your Web browser (for example: Internet Explorer, Mozilla, Chrome, or Safari) to print each link's information.*

McLennan

C O M M U N I T Y

COLLEGE

ACADEMIC RESOURCES/POLICIES

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a success coach by calling (254) 299-8226. Students can visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a success coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be contacted/notified through your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

* [Click Here for the Minimum System Requirements to Utilize MCC's D2L|Brightspace](https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html)
(<https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html>)

Click on the link above for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with her/his students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails.

Forwarding Emails:

You may forward the emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may become lost or placed in junk or spam filters.

Accommodations/ADA Statement

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. Instructors should not provide accommodations unless approved by the Accommodations Coordinator. For additional information, please visit mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

* [Click Here for more information about Title IX](http://www.mclennan.edu/titleix)
(www.mclennan.edu/titleix)

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at

titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Equity & Inclusion/Title IX) at 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC by calling 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting the following website: <http://www.lighthouse-services.com/mclennan/>.

McLennan's Title IX webpage (<http://www.mclennan.edu/titleix/>) contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

** You will need to access each link separately through your web browser (for example Mozilla Firefox, Chrome, Microsoft Edge, or Safari) to print each link's information.*