



COURSE
SYLLABUS AND
INSTRUCTOR PLAN

WELLNESS OF THE YOUNG CHILD
TECA 1318_50

Dr. Jennifer K. Chapman

Tuesday, 6:00-8:00 PM

CSC D108

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

Course Description:

A study of the factors that impact the well-being of the young child including healthy behavior, food, nutrition, fitness, and safety practices. Focuses on local and national standards and legal implications of relevant policies and regulations.

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.

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. Semester Hours 3 (2 lec/2 lab)

Prerequisites and/or Corequisites:

No Prerequisites

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.

Minimum System Requirements to Utilize MCC's D2L|Brightspace:

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-and-Staff-Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Course Notes and Instructor Recommendations:

TECA 1303 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.

Please check email and Brightspace regularly. I will use these methods to communicate with you often. Please sign up for MyAlert (information on MCC main page). The college uses this system to communicate important information to students.

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.

Instructor Information:

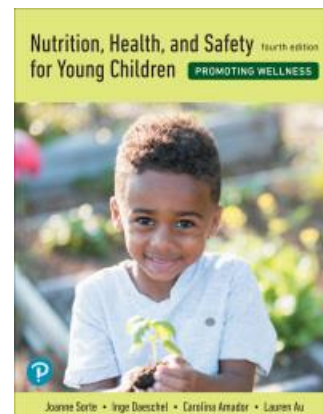
Instructor Name: Dr. Jennifer K. Chapman
MCC Email: ichapman@mclennan.edu
Office Phone Number: (254) 299-8523
Office Location: CSC D41 (located in the Child Development Center lobby area)
Office/Conference Hours: **Monday 1:30-3:30 PM, Tuesday 5:00-6:00 PM, Wednesday 1:30-3:30 PM, or by appointment.** We can meet in-person or via Zoom.

Required Text & Materials:

Title: ***Nutrition, Health, and Safety for Young Children***
Authors: Sorte, Daeschel, Amador, & Au
Publisher: Pearson
Edition: 4th

Supplementary Readings: Additional readings may be assigned throughout the semester and will be posted on Brightspace.

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



Methods of Teaching and Learning:

Lectures
Reading assignments
Laboratory experiences
Individual and group assignments
Small and large group collaboration
Review of relevant research
Use of digital media and/or recording of student performance

Additional information will be available in class and from the instructor in terms of assignments, written papers, etc. Evaluation of the student is discussed later in this syllabus.

Course Objectives and/or 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. Identify criteria for developmentally appropriate feeding practices with children.
 - c. Discuss nutritional needs of children including special dietary or cultural considerations.

- d. Describe specific methods for planning nutritious meals and snacks for children.
 - e. Describe how nutritional factors may affect children in one or more developmental domains and the implications for the classroom teacher.
- 2. Evaluate nutrition assessment.
 - a. Observe and analyze a meal/snack time.
 - b. Plan a varied, nutritionally balanced diet for children.
 - c. Propose modifications for special dietary needs.
- 3. Examine regulatory requirements for nutrition, health, and safety.
 - a. Identify organizations/agencies with nutritional regulatory guidelines affecting childcare settings.
 - b. 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.
- 5. 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. Practice daily environmental and personal hygiene routines with children.
- 6. 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. Evaluate procedures necessary for the safety of children of various ages and special needs.
 - e. Describe common causes and types of unintentional injuries to children and ways of preventing such injuries.
 - f. Evaluate indoor and outdoor environments for safety.
- 7. 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. Use computation skills in menu planning.
 - c. Use appropriate health appraisal procedures with children.

Wellness of the Young Child
TECA 1318-01

Course Outline/Schedule:

The following is a **TENTATIVE** schedule of these chapters and the primary topic for each week. Circumstances may cause the schedule to be changed. If changes are necessary, they will be announced in Brightspace.

Week	Chapters/Topic	Weekly Activities
1/10	Introduction to the Course/Syllabus Your Role in Children's Wellness (Ch. 1)	Read Ch. 1 Criminal Background Check Form
1/17	Creating a Healthy Environment (Ch. 8) Lab Procedures/Lab School Tour	Read Ch. 8
1/24	Health Screening and Assessment (Ch. 9)	Read Ch. 9
1/31	NO CLASS – WINTER WEATHER	
2/7	Managing Infectious Disease (Ch. 10)	Read Ch. 10
2/14	Exam 1: Health (Ch. 1, 8, 9, 10)	
2/21	Foundations of Optimal Nutrition (Ch. 2)	Read Ch. 2 Lab #1 due
2/28	The Science of Nutrition (Ch. 3)	Read Ch. 3
3/6	SPRING BREAK: No Class	
3/14	Menu Planning/Food Safety (Ch. 4-5)	Read Ch. 4-5
3/21	Exam 2: Nutrition (Ch. 2, 3, 4, 5)	Read Ch. 6 Lab #2 due
3/28	Feeding Infants (Ch. 6), Feeding Toddlers, Preschoolers, & School-Age Children (Ch. 7)	Read Ch. 7
4/4	Creating Safe Environments/Safety Practices (Ch. 13/14)	Read Ch. 13-14
4/11	Teaching Children with Special Health Needs (Ch. 11)	Read Ch. 11 Lab #3 due
4/18	Managing Emergencies (Ch. 16)	Read Ch. 16
4/25	Exam 3: Feeding and Safety (Ch. 6, 7, 11, 13, 14, 16)	Lab #4 due

Graded Assignments

Assignments are due by the assigned due date. Assignments must be submitted through Brightspace. Do not email assignments except in the case of technical difficulties.

Exams: There will be three, non-cumulative exams in this course. Exams may consist of multiple choice, matching, fill-in-the-blank, and/or short answer questions. Exams must be taken in class on the date noted in the course calendar. Students with accommodations related to exams should communicate with the instructor early in the semester and at least one week prior to each exam date to arrange accommodations.

Weekly Activities: There will be at least eight weekly activities throughout the semester. These assignments will assess your understanding and assimilation of the course material. Many of these activities will take place in-class, but may require some reflection at home before final submission.

Lab Reports: After completing the required hours at each lab site, you will complete written lab assignments. See individual assignments for more details.

Class Participation/Attendance: Attendance will be taken at each class meeting. Informed participation indicates that you have read the assigned material and are prepared to discuss in-class. You will be evaluated on your informed contribution during class discussions, activities, and/or through in-class quizzes/assignments.

Course Grading Information:

Your grades are weighted per the assignment category. A **weighted** score is the average of a set of **grades**, where each set carries a different amount of importance.

Assignment Category	%
Exams (3)	30
Weekly Activities (8)	20
Lab Reports (4)	40
Class Participation/Attendance	10
Total	100

Grading Scale:

Letter Grade	A	B	C	D	F
Total Points	100 – 90	89 – 80	79 – 70	69 – 60	59 or Below

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

“W”/Withdraw - this grade is given for an instructor- or student-initiated course withdrawal through the 12th week of a semester (fourth week, Summer day term; sixth week, Summer nine- week term). After the 12th week or until the end of the semester (fourth week, Summer day term; sixth week, Summer nine-week term), 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.

“I”/Incomplete – this grade is given when a course is incomplete because of a student’s absence caused by reasons acceptable to the instructor. **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.

Academic Integrity/Cheating/Plagiarism:

In this course, cheating will not be tolerated. Any student found cheating will be subject to grade reduction, receiving a zero on assignments that involve cheating/plagiarism, and/or dismissal from the course.

Examples of cheating include but are not limited to:

- Copying the work of another student
- Seeking excused absences/tardiness under false pretenses
- Plagiarism (claiming as your own work the work of another, improper or missing citations)

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

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

This course will teach you to think critically. Critical thinking is essential for success in college and life. Please maintain your integrity and do your own work – there is no reason to cheat in this, or any other course.

Laboratory Experience: A total of 16 hours must be logged for this class. A grade for the class will not be given until this lab requirement is completed.

A total of 8 hours must be completed at the MCC Child Development Center. 8 hours must be completed at an elementary school.

You must complete the lab assignments in order to get credit for the lab hours. A grade will not be given in the course until all lab hours/assignments are thoroughly completed.

The information for typical lab experiences and expectations is included here. Refer to the Lab School Guidelines for lab school hours and other important lab information.

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.

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 department secretary know immediately. Lab hours/minutes 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.

<p><i>In order to receive credit for this class, all lab hours and lab assignments must be completed.</i></p>
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Late Work, Attendance, and Make-Up Work Policies:

Late work will be subject to a deduction of 5% per day it is late. For example, if it is 2 days late and you would have earned a 100, you will now get a 90. Please keep in mind that there are some instances where late work will not be accepted. Under certain, documented circumstances (example: documented serious illness/injury of self or immediate relative), late work may be excused. **Communication is very important** – if you are experiencing extenuating circumstances, please reach out to me so we can develop a plan for you to be successful despite your circumstances.

Student Behavioral Expectations or Conduct Policy

In both the face-to-face and online environments, 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.

While honest discussion and debate of topics is expected and encouraged, such interactions should not involve aggressive, derogatory, or involve hostile behaviors (verbal or otherwise). The instructor reserves the right to act to protect the decorum of the learning environment and the image of MCC.

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 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.

Attendance:

As this is a face-to-face course, attendance is expected. There will be in-class assignments that go towards weekly activities. Students who miss more than two (2) class meetings without communicating with the instructor will lose points on their overall participation/attendance grade.

[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 absence

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](https://www.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

Updated 11/04/2022



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Title IX:

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 acting Title IX Coordinator at titleix@mclennan.edu or by calling, Dr. Claudette Jackson, (Diversity, Equity & Inclusion/Title IX) at (254) 299-8465. MCC employees are mandatory reporters and must report incidents immediately to the Title IX Coordinator. Individuals may also contact the MCC Police Department at (254) 299-8911 or the MCC Student Counseling Center at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It 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.

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/>

Academic Support and Tutoring is here to help students with all their course-related needs. Specializing in one-on-one tutoring, developing study skills, and effectively writing essays. Academic Support and Tutoring can be found in the Library and main floor of the Learning Commons. This service is available to students in person or through Zoom from 7:30 am - 6:00 pm Monday through Thursday and 7:30 am - 5:00 pm on Friday. You can contact the Academic Support and Tutoring team via Zoom (<https://mclennan.zoom.us/j/2542998500>) or email (ast@mclennan.edu) during the above mentioned times.

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 either MCC CREW – Campus Resources Education Web by calling (254) 299-8561 or by emailing crew@mclennan.edu or a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Both are located in the Completion Center located on the second floor of the Student Services Center (SSC) which is open Monday-Friday from 8 a.m.-5 p.m.

Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff. To schedule an appointment, go to https://mclennan.co1.qualtrics.com/jfe/form/SV_07byXd7eB8iTqJg. Both the Completion Center and Paulanne's 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.

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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 notified via 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.

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. For more information about your student email account, go to www.mclennan.edu/studentemail.

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 their 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. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

You can find help on the McLennan website about connecting your McLennan email account to your mobile device:

- [Email Setup for iPhones and iPads](#)
- [Email Setup for Androids](#)

Forwarding Emails:

You may forward 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 be lost or placed in junk or spam filters.

For more helpful information about technology at MCC, go to [MCC's Tech Support Cheat Sheet](#) or email helpdesk@mclennan.edu.

Disclaimer:

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Updated 11/04/2022

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