

## Wellness of the Young Child (TECA 1318)



**Credit:** 3 semester credit hours (3 hours lecture)

**Prerequisite/Co-requisite:** None

### **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.

### **Required Textbook and Materials:**

1. *Health, Safety, and Nutrition for the Young Child* by Lynn R. Marotz  
9th Ed. Stamford, CT: Cengage Learning, 2015.
  - a. ISBN number is: 978-1-285-42733-1
2. A package of #882 Scantrons and #2 pencils.

### **Course Objectives:**

Upon successful completion of this course, students will:

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 safety, safety procedures, and children's environments for safety.
7. Describe how physical, social, and emotional environments influence a child's health.

**CDEC 1318**  
Course Syllabi

**Course Outline:**

A . Promoting Children’s Health

1. Children’s Well-Being
2. Daily Health Observations
3. Assessing Children’s Health
4. Common Chronic Conditions
5. The Infectious Process and Environmental Control
6. Communicable and Acute Illness: ID & Management

B. Keeping Children Safe

1. Creating Quality Environments
2. Safety Management
3. Management of Injuries & Acute
4. Maltreatment of Children: Abuse & Neglect Illness
8. Planning for Children’s H & Safety Education

C. Food and Nutrients:Basic Concepts

1. Nutritional Guidelines
2. Nutrients That Provide Energy
3. Nutrients That Promote Growth Of Body Tissues
- 4.Nutrients That Regulate Body Functions

D. Nutrition and the Young Child

1. Feeding Infants
2. Feeding Toddlers & Young Children
- 3.Planning & Serving Nutritious & Economical Meals
- 4.Food Safety
5. Nutritional Education Concepts

E. Looking Ahead – Making a Difference

**Grade Scale:**

1000 - 900	A
899 - 800	B
799 - 700	C
699 - 600	D
599 - 0	F

**Course Evaluation:**

Final grades will be calculated according to the following criteria:

4 Tests	40%
Course Assignments	50%
Medication Administration Test	10%

**Course Requirements:**

1. Introductory Assignment
2. 'My Plate' Assignment
3. Nutrition, Health & Safety Media Assignments
4. Medication Administration Test

**Course Policies:**

1. No food, drinks, or use of tobacco products in class.
2. Beepers, telephones, headphones, and any other electronic devices must be turned off while in class.
3. Do not bring children to class.
4. No late assignments will be accepted.
5. If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.
6. Additional class policies as defined by the individual course instructor.

**Disabilities Statement:**

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

**Student Code of Conduct Statement:**

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. *The LIT Catalog and Student Handbook* may be accessed at [www.lit.edu](http://www.lit.edu) or obtained in print upon request at the Student Services Office. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

**Course Schedule:**

<b>Week</b>	<b>Topic</b>	<b>Reference</b>
Week 1	Course introduction and policies	
Week 2	Chapter 1: Promoting Children’s Health Chapter 2: Daily Health Observations <i>Introductory Assignment Due</i>	pp. 2-38 pp. 39-53
Week 3	Chapter 3: Assessing Children’s Health Chapter 4: Caring for Children w/Special Medical Conditions <b><u>Test 1</u></b>	pp. 54-82 pp: 84-110
Week 4	Chapter 5: Infectious Process Chapter 6: Childhood Illnesses: ID & Management	pp. 112-133 pp. 135-166
Week 5	Chapter 7: Creating High-Quality Environments Chapter 8: Safety Management <i>Media Nutrition Assignment Due</i>	pp.168-200 pp. 203-233
Week 6	Chapter 9: Management of Injuries/Acute Illnesses <b><u>Test 2</u></b> Chapter 10: Maltreatment of Children	pp. 235-265 pp. 267-287
Week 7	Chapter 11: Planning for Children’s Health & Safety Education	pp. 292-317
Week 8	Chapter 12: Nutritional Guidelines Chapter 13: Nutrients that Provide Energy <i>Media Health Assignment Due</i> <b><u>Test 3</u></b>	pp. 320-336 pp. 339-353

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<b>Week</b>	<b>Topic</b>	<b>Reference</b>
Week 9	Chapter 14: Nutrients that Promote Growth & Regulate Body Functions	pp. 356-377
Week 10	Chapter 15: Feeding Infants <i>Media Safety Assignment Due</i>	pp. 380-402
Week 11	Chapter 16: Feeding Toddlers & Young Children	pp. 404-424
Week 12	Chapter 17: Planning & Serving Nutritious Meals <b><u>Medication Administration Test</u></b>	pp. 430-454
Week 13	Chapter 18: Food Safety	pp. 457-482
Week 14	Chapter 19: Nutritional Education Concepts & Activities <i>'My Plate' Assignment Due</i>	pp. 484-504
Week 15	Looking Ahead – Making a Difference Begin Review for Final	pp. 507
Week 16	Review for Final	

**Contact Information:**

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