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
   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 he 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.
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 Illness
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 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:

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<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reference</th>
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<tr>
<td>Week 1</td>
<td>Course introduction and policies</td>
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| Week 2 | Chapter 1: Promoting Children’s Health  
Chapter 2: Daily Health Observations  
Introductory Assignment Due | pp. 2-38  
pp. 39-53 |
| Week 3 | Chapter 3: Assessing Children’s Health  
Chapter 4: Caring for Children w/Special Medical Conditions  
Test 1 | 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  
Media Nutrition Assignment Due | pp.168-200  
pp. 203-233 |
| Week 6 | Chapter 9: Management of Injuries/Acute Illnesses  
Test 2  
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  
Media Health Assignment Due  
Test 3 | pp. 320-336  
pp. 339-353 |
### Week 9
- **Topic:** Chapter 14: Nutrients that Promote Growth & Regulate Body Functions
- **Reference:** pp. 356-377

### Week 10
- **Topic:** Chapter 15: Feeding Infants  
  *Media Safety Assignment Due*
- **Reference:** pp. 380-402

### Week 11
- **Topic:** Chapter 16: Feeding Toddlers & Young Children
- **Reference:** pp. 404-424

### Week 12
- **Topic:** Chapter 17: Planning & Serving Nutritious Meals  
  *Medication Administration Test*
- **Reference:** pp. 430-454

### Week 13
- **Topic:** Chapter 18: Food Safety
- **Reference:** pp. 457-482

### Week 14
- **Topic:** Chapter 19: Nutritional Education Concepts & Activities  
  *‘My Plate’ Assignment Due*
- **Reference:** pp. 484-504

### Week 15
- **Topic:** Looking Ahead – Making a Difference  
  *Begin Review for Final*
- **Reference:** pp. 507

### Week 16
- **Topic:** Review for Final

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**Contact Information:**

**Instructor:** Gail Williams  
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**Office Hours:** 8:30-10 a.m. MWF; 8:30-10:45 a.m. TR  
**revised 2018**