

South Plains College

Course Syllabus

“South Plains College improves each student’s life.”

Course Title: **TECA 1318-151 ~ Wellness of the Young Child**

Semester: Spring 2026

Office Hours: By appointment, by phone or virtually

Class Times: Online ~ Blackboard

Phone: 806.239.2580 (cell): call or text

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General Course Information

Course Description

This course provides a study of factors impacting the well-being of young children, including healthy behavior, food, nutrition, fitness, and safety practices. It focuses on local and national standards and legal implications of relevant policies and regulations. Course content is aligned with State Board of Educator Certification Pedagogy and Professional Responsibilities standards.

*Course requires students to participate in a minimum of **16 hours field experience** with children from infancy through age 12 in a variety of settings with varied and diverse populations.

Learning Outcomes

Identify principles of nutrition, health and safety.

Conduct nutritional, health, and safety assessment.

Examine regulatory requirements for nutrition, health, and safety.

NAEYC Standard: Standards S1, S3, S6

Standard 1: The course focuses on children’s physical health, safety, nutrition, and wellness as core parts of development. Injury prevention, active supervision, health practices, and nutrition all sit squarely inside understanding how children grow and thrive.

Standard 3: The course emphasizes observation and assessment of children’s behavior and learning environments to identify risks, prevent injury, and support children’s health and safety.

Standard 6: The course develops professional knowledge of regulations, ethical responsibility, and best practices related to child health, safety, and supervision.

Course Objectives

1. Describe the relationship between health, safety, and nutrition. (C7, F12)
2. Explain basic principles of health promotion and disease prevention for children. (F2, F6)
3. Identify community health issues and regulations regarding health. (C5, C15)
4. Describe principles of safety as they relate to children. (F2, F6)
5. Evaluate policies, procedures, and children's environments regarding safety. (C5, F9)
6. Explain basic principles of nutrition related to children. (C6, C7)
7. Examine nutrition regulations and evaluate children's environments regarding nutrition. (C5, F9)
8. Plan health, safety, and nutrition activities to promote children's well-being. (C10, F7, F8)
9. Demonstrate skills in computation and record keeping as they apply to nutrition, health, and safety. (F4, C8)

Academic Integrity

It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of any student to present as his or her own, any work which he or she has not honestly performed, is regarded by the faculty and administration as a most serious offense and renders the offender liable to serious consequences and possibly suspension.

Cheating: Dishonesty of any kind on examinations or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination, obtaining information during an examination from the textbook or from the examination paper of another student, assisting others to cheat, alteration of grade records, and illegal entry or unauthorized presence in an office are examples of cheating.

Plagiarism: Offering the work of another as one's own, without proper acknowledgement, is plagiarism. Therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from the themes, reports or other writings of a fellow student, is guilty of plagiarism. This includes copying information from the text materials and related websites. A student's written work MUST be in his/her own words.

Exams: In this course the instructor reserves the right to require exams in a proctored setting, should it be deemed necessary to maintain the integrity of the coursework.

SCANS and Foundation Skills

Basic Skills	Resources	Systems
Thinking Skills	Information	
Personal Qualities	Interpersonal	

Evaluation Methods

- Discussion posts and replies
- Chapter quizzes
- Activity plans
- Menu plan
- Field experience
- Exams

Verification of Workplace Competencies- Capstone Experience

TECA 1318 students will design developmentally appropriate activity plans in the areas of nutrition, health and safety for young children. These activity plans will be added to students' professional portfolios.

Specific Course Requirements

Text and Materials

Reading Materials will be provided to you in Blackboard.

Three-ring notebook with dividers for course materials

Folder for Field Experience documentation. (Keep up with this and submit in Blackboard end of semester.)

Storage for saving assignments electronically –USB drive, etc.

Computer Requirements

Students are responsible for making sure they have computer access and skills needed for this class. Buying a personal computer is not required, but students do need regular access to one that meets course requirements. Computer labs are available for student use on the Levelland campus and at the Lubbock centers.

For this course, students will need: **Microsoft Word and Adobe Reader**

Additional Resources: [Instructional Technology](#)

Blackboard is an online learning platform that will be used throughout this semester. It allows students to access course materials, submit assignments, and communicate with instructors and classmates.

Attendance Policy

Students in this course attend class online. Attendance includes logging into the **course 2-3 times per week**, to be documented through the Blackboard system.

If a student finds that he/she cannot complete the requirements of this course in a successful manner, it is the responsibility of that student to initiate a drop from the course. Course withdrawals are made through the registrar's office. The last drop date for the college is **April 30, 2026**.

Assignment Policy

All assignments will be completed and/or submitted on Blackboard.

Assignments are due on the dates specified in the course calendar, by 12:00 midnight.

Late work is only accepted with prior approval from the instructor.

- To request approval, students must send a written request through Blackboard messages at least 48 hours before the assignment is due.
- Approval is at the instructor's discretion.
- If approved, late submissions will incur a 10% deduction of the total points available per week late.
- Late work cannot be submitted more than two weeks past the original due date.
- No late work will be accepted after Week 14 of the semester to allow time for final grading.
- Unauthorized late work will not be accepted.

Grading Policy

A grade of C or above is required for course to be applied to certificate or degree in Child Development.

Final Grades		
900-1000 points	90-100%	A
800-899 points	80-89%	B
750-799 points	75-79%	C
700-749 points	70-74%	D
699 points & below	(69%)	F

Exams (3 @ 100)	300 points
Activity Plans (3 @ 100)	300 points
Field Experience	
16 Hours + 3 reflection papers @25 each	150 points
Menu Plan	50 points
Attendance/Participation	
Discussion Posts, Replies & Quizzes	200 points
Total	1000 points

Communication Policy

Primary communication between instructor and students in this course should take place through **Blackboard Messages**.

Students may expect instructor responses to email messages within 48 hours.

Student Conduct

Students are expected to follow the standards of student conduct as defined in [SPC Student Guide](#).

Other Requirements

Students are responsible for completing field experience in appropriate environments, with specific documentation. **Sixteen hours of Field Experience documentation is required. Documentation form will be provided in Blackboard.**

Course Syllabus Statements

All students are required to review the official South Plains College syllabus statements, which provide important information regarding college policies and student resources. These include statements on intellectual exchange, accessibility services, non-discrimination, pregnancy and parenting accommodations, campus safety, COVID-19 procedures, appropriate use of artificial intelligence, and more.

These policies apply to all courses and are available at the following link:

<https://www.southplainscollege.edu/syllabusstatements/>

Course Outline

- I. Introduction
 - a. Blackboard
 - b. Course Requirements
- II. Promoting Children's Health
 - a. Children's Well-Being
 - b. Health Observations
 - c. Assessing Children's Health
 - d. Special Medical Conditions
 - e. Infection Process and Environmental Control
 - f. Childhood Illnesses
 - g. Planning for Health Education
- III. Keeping Children Safe
 - a. Creating High-Quality Environments
 - b. Safety Management
 - c. Management of injuries and Acute Illness
 - d. Maltreatment of Children – Abuse and Neglect
 - e. Planning for Safety Education
- IV. Nutrition and the Young Children
 - a. Nutritional Guidelines
 - b. Feeding Toddlers and Young Children
 - c. Planning and Serving Nutritious Meals
 - d. Planning for Nutrition Education

Scans Competencies

RESOURCES

C-1 **TIME** - Selects goal - relevant activities, ranks them, allocates time, prepares and follows schedules.
C-2 **MONEY** - Uses or prepares budgets, makes forecasts, keeps records and makes adjustments to meet objectives.
C-3 **MATERIALS AND FACILITIES** - Acquires, stores, allocates, and uses materials or space efficiently.
C-4 **HUMAN RESOURCES** - Assesses skills and distributes work accordingly, evaluates performances and provides feedback.

INFORMATION - Acquires and Uses Information

C-5 Acquires and evaluates information.
C-6 Organizes and maintains information.
C-7 Interprets and communicates information.
C-8 Uses computers to process information.

INTERPERSONAL-Works With Others

C-9 Participates as members of a team and contributes to group effort.
C-10 Teaches others new skills.
C-11 Serves Clients/Customers-works to satisfy customer's expectations.
C-12 Exercises Leadership-communicates ideas to justify position, persuades and convinces others, responsibly challenges existing procedures and policies.
C-13 Negotiates-works toward agreements involving exchanges of resources; resolves divergent interests.
C-14 Works With Diversity-works well with men and women from diverse backgrounds.

SYSTEMS-Understands Complex Interrelationships

C-15 Understands Systems-knows how social, organizational, and technological systems work and operates effectively with them.
C-16 Monitors and Corrects Performance-distinguishes trends, predicts impacts on system operations, diagnoses systems performance and corrects malfunctions.
C-17 Improves or Designs Systems-suggests modifications to existing systems and develops new or alternative systems to improve performance.

TECHNOLOGY-Works with a Variety of Technologies

C-18 Selects Technology-chooses procedures, tools, or equipment, including computers and related technologies.
C-19 Applies Technology to Task-understands overall intent and proper procedures for setup and operation of equipment.
C-20 Maintains and Troubleshoots Equipment-prevents, identifies, or solves problems with equipment, including computers and other technologies.

Foundations Skills

BASIC SKILLS-Reads, Writes, Performs Arithmetic and Mathematical Operations, Listens and Speaks

F-1 Reading – locates, understands, and interprets written information in prose and in documents such as manuals, graphs, and schedules.
F-2 Writing – communicates thoughts, ideas, information and messages in writing and creates documents such as letters, directions, manuals, reports, graphs, and flow charts.
F-3 Arithmetic – performs basic computations; uses basic numerical concepts such as whole numbers, etc.
F-4 Mathematics – approaches practical problems by choosing appropriately from a variety of mathematical techniques.
F-5 Listening – receives, attends to, interprets, and responds to verbal messages and other cues.
F-6 Speaking – organizes ideas and communicates orally.

THINKING SKILLS-Thinks Creatively, Makes Decisions, Solves Problems, Visualizes and Knows How to Learn & Reason

F-7 Creative Thinking – generates new ideas.
F-8 Decision-Making – specifies goals & constraints, generates alternatives, considers risks, evaluates & chooses best alternative.
F-9 Problem Solving – recognizes problems, devises and implements plan of action.
F-10 Seeing Things in the Mind's Eye – organizes and processes symbols, pictures, graphs, objects, and other information.
F-11 Knowing How to Learn – uses efficient learning techniques to acquire and apply new knowledge and skills.
F-12 Reasoning – discovers a rule or principle underlying the relationship between two or more objects and applies it when solving a problem.

PERSONAL QUALITIES-Displays Responsibility, Self-Esteem, Sociability, Self-Management, Integrity and Honesty

F-13 Responsibility – exerts a high level of effort and perseveres towards goal attainment.
F-14 Self-Esteem – believes in own self-worth and maintains a positive view of self.
F-15 Sociability – demonstrates understanding, friendliness, adaptability, empathy and politeness in group settings.
F-16 Self-Management – assesses self accurately, sets personal goals, monitors progress and exhibits self-control.
F-17 Integrity/Honesty – chooses ethical courses of action.

Standard 1. Child Development and Learning in Context

1a: Understand the developmental period of early childhood from birth through age 8 across physical, cognitive, social and emotional, and linguistic domains, including bilingual/multilingual development.

1b: Understand and value each child as an individual with unique developmental variations, experiences, strengths, interests, abilities, challenges, approaches to learning, and with the capacity to make choices.

1c: Understand the ways that child development and the learning process occur in multiple contexts, including family, culture, language, community, and early learning setting, as well as in a larger societal context that includes structural inequities.

1d: Use this multidimensional knowledge – that is, knowledge about the developmental period of early childhood, about individual children and about development and learning in cultural contexts – to make evidence-based decisions that support each child.

Standard 2. Family-Teacher Partnerships and Community Connections

2a: Know about, understand and value the diversity of families.

2b: Collaborate as partners with families in young children's development and learning through respectful, reciprocal relationships and engagement.

2c: Use community resources to support young children's learning and development and to support families, and build partnerships between early learning settings, schools, and community organizations and agencies.

Standard 3. Child Observation, Documentation, and Assessment

3a: Understand that assessments (formal and informal, formative and summative) are conducted to make informed choices about instruction and for planning in early learning settings.

3b: Know a wide range of types of assessments, their purposes, and their associated methods and tools.

3c: Use screening and assessment tools in ways that are ethically grounded and developmentally, ability, culturally, and linguistically appropriate in order to document developmental progress and promote positive outcomes for each child.

3d: Build assessment partnerships with families and professional colleagues.

Standard 4. Developmentally, Culturally, and Linguistically Appropriate Teaching Practices

4a: Understand and demonstrate positive, caring, and supportive relationships and interactions as the foundation of early childhood educators' work with young children.

4b: Understand and use teaching skills that are responsive to the learning trajectories of young children and to the needs of each child, recognizing that differentiating instruction, incorporating play as a core teaching practice, and supporting the development of executive function skills are critical for young children.

4c: Use a broad repertoire of developmentally appropriate, culturally and linguistically relevant, anti-bias, evidence-based teaching skills and strategies that reflect the principles of universal design for learning.

Standard 5. Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum

5a: Understand content knowledge – the central concepts, methods and tools of inquiry, and structure – and resources for the academic disciplines in an early childhood curriculum.

5b: Understand pedagogical content knowledge – how young children learn in each discipline – and how to use the teacher knowledge and practices described in Standards 1-4 to support young children's learning in each content area.

5c: Modify teaching practices by applying, expanding, integrating, and updating their content knowledge in the disciplines, their knowledge of curriculum content resources and their pedagogical content knowledge.

Standard 6. Professionalism as an Early Childhood Educator

6a: Identify and involve themselves with the early childhood field and serve as informed advocates for young children, families, and the profession.

6b: Know about and uphold ethical and other early childhood professional guidelines.

6c: Use professional communication skills, including technology-mediated strategies, to effectively support young children's learning and development and to work with families and colleagues.

6d: Engage in continuous, collaborative learning to inform practice.

6e: Develop and sustain the habit of reflective and intentional practice in their daily work with young children as members of the early childhood profession.