

**CDEC 1318**  
**Wellness of the Young Child**

**Western Texas College**

- I. Basic Course Information:
  - A. Course Description: Factors impacting the well-being of young children. Includes healthy behavior, food, nutrition, fitness, and safety practices. Focuses on local and national standards and legal implications of relevant policies and regulation. Course content is aligned with State Board of Educator Certification Pedagogy and Professional Responsibilities standards. Requires students to participate in a minimum of 16 hours field experience from infancy through age 12 in a variety of settings with varied and diverse populations.
  - B. Required Prerequisite: None
- II. Student Learning Outcomes
  - A. Identify principles of nutrition, health, and safety
  - B. Conduct a nutritional, health, and safety assessment
  - C. Examine regulatory requirements for nutrition, health, and safety
- III. Testing Requirements
  - A. The midterm and final exam must be proctored by an approved testing organization. (ask your instructor for more details)
  - B. Students will be allowed to use their book and notes for the midterm exam
  - C. Students will NOT be allowed to use their book and notes for the final exam
- IV. Major Course Requirements
  - A. Assignments 30%
  - B. Attendance 15%
  - C. Field Experience 20%
  - D. Midterm 15%
  - E. Final 20%
- V. Information on Books
  - A. Required Book: Health, Safety, and Nutrition for the Young Child, 9th Edition Cengage Learning
- VI. Other Policies, Procedures and important dates. Please refer to the [WTC Catalog](#) for the following:
  - A. Campus Calendar
  - B. Final Exam Schedule
  - C. How to drop a class
  - D. Withdrawal Information
  - E. Student Conduct/Academic Integrity
  - F. Class Attendance
  - G. Student with disabilities

## VII. Course Content

Chapter 1	Children's Well-Being What It Is and How to Achieve It	The Preventive Health Concept Health, Safety, and Nutrition: An Interdependent Relationship Children's Growth and Development Promoting a Healthy Lifestyle
Chapter 2	Daily Health Observations	Promoting Children's Health Observation as a Screening Tool Daily Health Checks Family Involvement Health Education
Chapter 3	Assessing Child's Health	Health Records Screening Procedures Referrals
Chapter 4	Caring for Children with Special Medical Conditions	Inclusive Education: Supporting Children's Success Common Chronic Diseases and Medical Conditions
Chapter 5	The Infectious Process and Environmental Control	Risk Factors Communicable Illness Stages of Illness Control Measures
Chapter 6	Childhood Illnesses: Identification and Management	Common Communicable Childhood Illness Common Acute Childhood Illnesses
Chapter 7	Creating High-Quality Environments	Identifying High-Quality Programs Early Childhood Program Licensure Features of High-Quality Programs Guidelines for Safe Environment
Chapter 8	Safety Management	Unintentional Injury Risk Management: Principles and Preventive Measures Implementing Safety Practices Emergency and Disaster Preparedness

Chapter 9	Management of Injuries and Acute Illness	Responding to Medical Emergencies Emergency Care vs First Aid Life-Threatening Conditions Non-Life-Threatening Conditions
Chapter 10	Maltreatment of Children: Abuse and Neglect	Historical Developments Discipline vs Punishment Abuse and Neglect Understanding the Risk Factors for Maltreatment Protective Measures for Programs and Teachers Reporting Laws The Teacher's Role
Chapter 11	Planning for Children's Health and Safety Education	Family Involvement Teacher Inservice Effective Instructional Design Activity Plans
Chapter 12	Nutrition Guidelines	Dietary Reference Intake Dietary Guidelines for Americans Food Labels
Chapter 13	Nutrients that Provide Energy	Food as an Energy Source Carbohydrates Fats Proteins

Last Modified: January 10, 2017