

Wellness of the Young Child

Class

CDEC 1318

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 regulations. 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 with children from infancy through age 12 in a variety of settings with varied and diverse populations.

Co-Requisites and Pre-Requisites: Passage of background check is required for this course.

Course Learning Objectives

1. Identify principles of nutrition, health, and safety.
2. Conduct a nutritional, health, and safety assessment.
3. Examine regulatory requirements for nutrition, health, and safety.

Required Textbooks

Sorte, J., Daeschel, I., & Amador, C. (2016). *Nutrition, health and safety for young children: Promoting wellness* (4th ed.). Pearson.

NAEYC (National Association for the Education of Young Children). 2022. *Developmentally Appropriate Practice in Early Childhood Programs Serving Children from Birth Through Age 8*. 4th ed. Washington, DC: NAEYC.

Evaluation Standards

Grades will be taken at the discretion of the instructor. Semester grades are based on the following:

Attendance/Participation/Discussions	25%
Assignments	20%
Projects & Assessments	30%
Observations	25%

At the end of the semester, you will receive a letter grade based on the following averages:

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 0 – 59%

Disabilities

ADA Statement:

Any student with a documented disability (e.g. learning, psychiatric, vision, hearing, etc.) may contact the Office on the Weatherford College Weatherford Campus to request reasonable accommodations. *Phone:* 817-598-6350 *Office Location:* Office Number 118 in the Student Services Building, upper floor. *Physical Address:* Weatherford College 225 College Park Drive Weatherford, TX.

Academic Integrity

Academic Integrity is fundamental to the educational mission of Weatherford College, and the College expects its students to maintain high standards of personal and scholarly conduct. Academic dishonesty of any kind will not be tolerated. Academic dishonesty includes, but is not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials including unauthorized use of Generative AI. Departments may adopt discipline specific guidelines on Generative AI usage approved by the instructional dean. Any student who is demonstrated to have engaged in any of these activities will be subject to immediate disciplinary action in accordance with institutional procedures.

Lab Fee

None