



ECED 4433 Health, Safety, and Nutrition in Early Care and Preschool Programs

West College of Education

Syllabus Spring 2022

Contact Information

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Instructor Response Policy

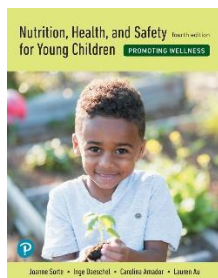
I check my email consistently during the days, Monday-Friday, however, usually will not check after 10:00 PM. I will check and respond to emails 2 times during the day on Saturdays. Sundays, I will check my email once and usually will not respond after 6:00 PM.

Please use my phillip.blacklock@msutexas.edu email as this is the email I check consistently. My goal is to respond to your questions within the same day, however, please allow for a 24-hour response time. Also, if you would like me to contact you by phone, please include your phone number and the best time(s) to call.

We will connect with each other through the following on-line tools:

MSU D2L, Mentimeter, Flipgrid, Google, Zoom, Other Third-Party Software

Textbook & Instructional Materials



Sorte, J., Daeschel, I., Amador, C., and Au, L. (2021). *Nutrition, health, and safety for young children: Promoting wellness*. (4th ed.). Pearson, Inc.

Course Description

This course provides a comprehensive overview of health, safety, and nutrition practices and policies in early care and preschool programs.

Course Objectives/Learning Outcomes/Course Competencies

1. Identify and demonstrate understanding of safe and healthful environments that provide appropriate and well-maintained indoor and outdoor physical environments, including facilities, equipment, and materials to facilitate child and staff learning and development (NAEYC 1, 2, 5, 6).

2. Identify, explain, and demonstrate issues related to maintaining healthful environments that support the health of children and staff (NAEYC 1, 2, 5, 6).
3. Identify, explain, and demonstrate an understanding of program development that promotes nutrition and health of children and protects children and staff from illnesses (NAEYC 1, 2, 5, 6).
4. Identify, explain, and demonstrate an understanding of best practices for promoting health of children and staff including plans and policies for immunizations, communicable diseases, CPR, first-aid training, as well as standards for diapering, handwashing, proper positioning for sleeping infants/toddlers, feeding, water play, dispensing medication, and using health professionals (NAEYC 1, 2, 5, 6).
5. Identify, explain, and demonstrate an understanding of children’s nutrition including food-serving practices, menus, health requirements, refrigeration requirements, and food allergies (NAEYC 1, 2, 5, 6).
6. Explain, identify and demonstrate understanding of Texas state law and licensing regulations related to preschool and early care settings including food-handling, child-staff ratios, CPR, first-aid and safety.

See list of standards in D2L

Student Handbook

Refer to: [Student Handbook-2021-2022](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individuals to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Grading/Assessment

All written work must follow APA guidelines as specified in the 7th edition of the Publication Manual of the American Psychological Association (2020). All assignments will be submitted via D2L, Flipgrid, Google or other third-party software most appropriate for demonstrating your understanding of learning objectives. Some assignments may also require other interaction on the Internet.

Table 1:

Points Allocated to each Assignment

| Assignments | Points |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Weekly Learning Experiences (WLEs) (50 points each week) Discussion boards Journal Entries Small group learning experiences Video products Reflective essays | 750 |

| Assignments | Points |
|---------------------------------------------------|---------------|
| Content Quizzes (30 points each quiz; 10 quizzes) | 300 |
| Creative Product - Infomercial | 350 |
| Total Points | 1400 |
| Extra Mile Effort Points | 100 |

Table 2:

Total Points for Final Grade

| Grade | Points |
|--------------|---------------|
| A | 1253-1400 |
| B | 1113-1252 |
| C | 973-1112 |
| D | 833-972 |
| F | Less than 833 |

Weekly Learning Experiences

Weekly learning experiences (WLEs) will provide opportunities for students to interact demonstrating a depth of learning required for understanding the concepts found in this course. The learning experiences will include, but will not be limited to, polls, discussion boards, journal entries, videos, individual and group products, and reflective essays. The WLEs will be due on Sunday evenings by 11:59 PM unless noted differently in the assignment due date schedule.

Quizzes

Content quizzes will be given through D2L. The quizzes will be aligned to important content from specified chapters or explored concepts and ideas. The quizzes will open on Monday, 12:00 AM, and close on Sunday, 11:59 PM of the assigned week. This means each student has the assigned week to complete the 30-point quiz. Each quiz will consist of multiple-choice items and be timed based on the number of items. Students will have 2 opportunities to successfully complete each quiz demonstrating their understanding of key concepts and ideas.

Creative Product – Infomercial Promoting Wellness for Young Children

The infomercial creative product will demonstrate the students understanding of the health, safety, and nutrition practices and policies in early care and preschool programs. Students may work individually or in pairs producing the infomercial. Delivery of the infomercial will include both written and video components outlining important health, safety, and nutrition practices and policies supporting their program/school/classroom/facility. The infomercial will be due at the end of the semester and uploaded through D2L.

Extra Mile Effort Points

Periodically throughout the course the professor will offer assignments for students to earn extra mile effort points. These assignments will be offered at the professor's discretion and are not required to be completed by the student. The assignments will vary on point total while the total for all will not exceed 100 points. The students will submit responses through D2L, Google, or other formats based upon the intent of the assignment. When these

assignments are offered, each will be due by Friday of that the corresponding week at 11:59 PM unless additional time is needed to complete the effort.

Late Work

Late work will generally not be accepted. At times extenuating events occur and require grace to be extended by the professor regarding a specific due date or time. The determination on whether to accept late work will be determined by the professor. If a late work pattern emerges then the student and professor will meet via Zoom to discuss ramifications of not completing work in a timely manner. Ramifications may include reduction in assignment scores and/or course grades.

Make Up Assignments

Weekly course learning assignments will generally not be made up. At times extenuating events occur and require grace to be extended by the professor regarding a specific due date or time. The determination on whether to allow work and/or tests to be made up will be determined by the professor. If a pattern or poor performance emerges, the student and professor will meet via Zoom to discuss ramifications of not completing assignments and/or tests. Ramifications may include reduction of assignment scores and/or course grades or any efforts on learning assignments or test efforts receiving 0 points.

Attendance/Participation

Students are required to complete assignments within the timeframes established for each assignment. Attendance for this online course is determined by logins to D2L and timely completion of assignments.

Regular online participation is required. Please attend to discussions in a timely manner. Dialogue opportunities are part of this class; timely participation will be considered part of the grade.

Important Dates

Last day for term schedule changes: January 10-13, 2022

Deadline to file for graduation: February 14, 2022

Last Day to drop with a grade of "W:" March 21, 2022

Refer to: [Drops, Withdrawals & Void](#)

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. **Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Helpful Hints for Using D2L at MSU

- Do not use Internet Explorer. Firefox, Chrome, or Safari work best. Most issues are browser related.
- If you encounter technical issues, submit an Online Problem Report (OPR) to [Online Problem Reporting System](#). Please fill out the form correctly and completely. This form is not for asking course related questions, only reporting technical issues. You may also email Distance Learning at distance.learning@mwsu.edu.
- OPRs are answered until 10pm, seven days a week. After 10pm, it will be answered the next morning.
- If you have an exam due late at night, we recommend you take it early the first time. That way there will be someone available to assist.
- Do not take quizzes/exams on your phone. Use a computer. Occasionally phone exams do not submit.
- Remember technology is like Murphy's Law. If it can go wrong, it probably will. So be prepared.

The Distance Education Staff are here to help make sure you have a successful semester.

Additional Instructor Class Policies

- "Turning in" all assignments is not enough to insure an "A" in the course. Quality of work turned in on time is the most important criterion for receiving an "A."
- Correct grammar, punctuation, and spelling are expected on all written assignments (although web discussions are not held to the high standard of a research project or other written assignment). APA style should be followed.
- Written assignments should be done in Microsoft Word and turned in as an attachment on D2L or other platform described by the assignment. Email submission will generally not be accepted.
- Discussions should be completed within the D2L discussion space and not uploaded as an attachment unless the discussion requires a visual or video. Proper netiquette which is described in the course content will be honored on all discussions.
- Due dates should be honored to receive the highest score.
- When referring to the ideas of others, works should be cited using the APA format.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

Additional University Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on university property or at university-sponsored activities.

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Brief Course Schedule

| Week | Activities/Assignments/Exams | Due Date |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 1/10 to 1/16 | Introductions, Student Information Form, Purchase Textbook; WLE 1 | WLE 1 Due by 1/16, 11:59 PM |
| Week 2 1/17 to 1/23 | Read the Textbook Preface and Table of Contents; Review Syllabus; Complete Mentimeter Polls; WLE 2 | WLE 2 Due by 1/23, 11:59 PM |
| Week 3 1/24 to 1/30 | Chapter 1 – Your Role in Children’s Wellness; Quiz 1; WLE 3 | Quiz 1 and WLE 3 Due by 1/30, 11:59 PM |
| Week 4 1/31 to 2/6 | Chapter 2 – The Foundations of Optimal Nutrition; Quiz 2; WLE 4 <i>(Extra Mile Effort Points (EMEP): Chapter 3 – Exploring Science of Nutrition Quiz, 30 points)</i> | Quiz 2 and WLE 4 EMEP – 30 pts Due by 2/6, 11:59 PM |
| Week 5 2/7 to 2/13 | Chapter 4 – Managing Food Safety; Quiz 3; WLE 5 | Quiz 3 and WLE 5 Due by 2/13, 11:59 PM |
| Week 6 2/14 to 2/20 | Chapter 5 – Planning Menus; Quiz 4; WLE 6 | Quiz 4 and WLE 6 Due by 2/20, 11:59 PM |
| Week 7 2/21 to 2/27 | Chapter 6 – Feeding Infants Chapter 7 – Feeding Toddlers, Preschoolers, and School Quiz 5; WLE 7 <i>(EMEP: Chapter 6 or Chapter 7 Quiz, 30 points)</i> | Quiz 5 and WLE 7 EMEP – 30 pts Due by 2/27, 11:59 PM |
| Week 8 2/28 to 3/6 | Chapter 8 – Creating a Climate of Health and Wellness; WLE 8 | WLE 8 Due by 3/6, 11:59 PM |
| Week 9 3/7 to 3/13 | Scheduled Class Zoom Meetings Chapter 9 – Health Screening and Assessment; Quiz 6; WLE 9 Note: Quiz 6 is aligned to content from Chapters 8 and 9. | Zoom Meetings – Midterm checkup: where we’ve been and where we’re going, scheduled during the week Quiz 6 and WLE 9 Due by 3/13, 11:59 PM |
| Week 10 3/14 to 3/20 | Spring Break ; Extra Mile Effort Points; WLE 10 | EMEP – 10 pts |
| Week 11 3/21 to 3/27 | Chapter 10 – Managing Infectious Disease; Quiz 7; WLE 11 | Quiz 7 and WLE 11 Due by 3/27, 11:59 PM |
| Week 12 3/28 to 4/3 | Chapter 11 – Teaching Children with Special Health Care Needs; WLE 12 | WLE 12 Due by 4/3, 11:59 PM |
| Week 13 4/4 to 4/10 | Chapter 12 – Children’s Mental Health; WLE 13 Note: Quiz 8 is aligned to content from Chapters 11 and 12. | Quiz 8 and WLE 13 Due by 4/13, 11:59 PM |
| Week 14 4/11 to 4/17 | Chapter 13 Creating Safe Environments for Young Children; Quiz 9; WLE 14 <i>(Extra Mile Effort Points (EMEP): Chapter 14 – Using Routines, Supervision, and Classroom Management Strategies Quiz, 30 points)</i> | Quiz 9 and WLE 14 EMEP – 30 pts Due by 4/17, 11:59 PM |
| Week 15 4/18 to 4/24 | Chapter 15 – Child Maltreatment Chapter 16 – Managing Emergencies Quiz 10; WLE 15 | Quiz 10 and WLE 15 Due by 4/24, 11:59 PM |

| Week | Activities/Assignments/Exams | Due Date |
|-------------------------|---------------------------------------------------------------------|-----------------------------------------------|
| | <i>Note: Quiz 10 is aligned to content from Chapters 15 and 16.</i> | |
| Week 16 4/25 to 4/28 | Complete Infomercial; WLE 16 | Infomercial due by 5/2, 11:59 PM – D2L |