

**Family Development Associate (FDA) Credential– Related Instruction Course Map**  
D.O.T. 195-367-900

**Option A**

*Community College Courses \**

Directions: Choose six (6) courses or 18 credit hours if utilizing Head Start training hours, OR choose seven (7) courses alone to obtain the required 21 credit hours (288 + clock hours).

CORE COURSE OPTIONS			SUBSTITUTION OPTIONS		
Course	Course Title	Credits	Course	Course Title	Credits
EDU 155	Parent Education	3	EDU 156	Single Parent Families	3
EDU 235	Health, Safety, & Nutrition Ed.	3	ENG 111	College Composition I	3
ENG 101	Practical Writing	3	HLT 110	Concepts of Personal and Community Health	2-3
HLT 135	Child Health and Nutrition	3	PSY 216	Social Psychology	3
HMS 100	Introduction to Human Services	3	PSY 230	Developmental Psychology	3
HMS 227	The Helper as a Change Agent	3	PSY 231	Life Span Human Development	3
ITE 115	Intro to Computer Applications	3	PSY 235	Child Psychology	3
PSY 120	Human Relations	3	SOC 205	Rural Sociology	3
PSY 135	Child Care Psychology	3	SPD 110	Introduction to Communication	2-3
SOC 215	Sociology of Family	3			
SOC 216	Child-Parent Community Relations	3			
SPD 110	Intro to Communication	2-3			
SPD 229	Intercultural Communication	3			
Head Start	Professional In-Service Training 30 clock hours				
*	Courses may apply toward career pathways of a Certificate or Associates Degree.				

Total Credits 18 or 21  
Total approximate hours 300+

**Option B**

*Family Development Curriculum from Temple University*

First Year

Course	Course Title	Credits
	Temple Curriculum	90 hours lecture *
	Temple Curriculum	40 hours lab *
	Head Start Professional In-service	30 (See pg. 2 for details)
	Total Related Instruction hours	160

\*Temple certificate (Credits may be evaluated for college credit)

Second Year

Choose **four** courses from the options above.  
Total Credits second year 12

## Family Development Associate (FDA) – Related Instruction

D.O.T. 195-367-900

**Head Start Federal Performance Standards require that:** “Grantee and delegate agencies must establish and implement a structured approach to staff training and development, attaching academic credit wherever possible. This system should be designed to help build relationships among staff and to assist staff in acquiring or increasing the knowledge and skills needed to fulfill their job responsibilities.” **1304.52(k)(2)**

### **Head Start Professional In-service (30 hours):**

Health Emergency Procedures (includes First Aid and CPR)– 1304.22(a)

Child Abuse and Neglect – 1304.22(a)(5)

Safety Practices in the Home and Program Settings – 1304.22 (d)(1-2)

OSHA – 1304.22(e)(4)

Orientation to all new staff – 1304.52(k)(1)

**Health Emergency Procedures (includes First Aid and CPR)– 1304.22(a)** = Staff members will be prepared to act quickly ensuring the health and well-being of each child in emergency situations. Staff will also be knowledgeable in their agency’s health emergency procedures and prepared to protect children in their care.

**Child Abuse and Neglect – 1304.22(a)(5)** = Staff will learn to identify risk factors for abuse, work with the family to clarify appropriate expectations, enhance parenting skills, and how to offer the family emotional support and resources. Staff will also be versed in the importance of intervention in any suspected case of abuse and neglect, both for the safety of the child and the wellness of the family.

**Safety Practices in the Home and Program Settings – 1304.22 (d)(1-2)** = Staff will learn to prevent injuries by utilizing a practical awareness of potential hazards by providing effective supervision, taking action to eliminate and reduce hazards, appropriately responding to an emergency, using proper restraints in motor vehicles, keeping medication and other hazardous materials locked away from children, and teaching children and parents about safety.

**OSHA – 1304.22(e)(4)** = Staff will learn the proper procedures for cleaning spills of bodily fluids in accordance with established guidelines (e.g. standards of the Occupational Safety Health Administration, U.S. Department of Labor). Staff will be trained with “Occupational Exposure to Blood-borne Pathogens” courtesy of OSHA.

**Orientation to all new staff – 1304.52(k)(1)** = Grantee and delegate agencies must provide an orientation to all new staff, consultants, and volunteers that includes, at a minimum: the goals and underlying philosophy of Early Head Start and / or Head Start and the ways in which they are implemented by the program. Staff will increase the knowledge and skills required to fulfill their job responsibilities.

## **Core Course Option Descriptions:**

**EDU 155 - Parent Education (3 cr.)** Focuses on an introduction to effective parent/child communication and interaction, with special emphasis on listening skills, responsibility, encouragement, growth, problem solving process, and discipline. Lecture 1-3 hours per week. Work process connection: C & D

**EDU 235 - Health, Safety, and Nutrition Education (3 cr.)** Focuses on the physical needs of children and explores strategies to meet these needs. Emphasizes positive health routines, hygiene, nutrition, feeding and clothing habits, childhood diseases, and safety. Places emphasis on the development of food habits and concerns in food and nutrition. Describes symptoms and reporting procedures for child abuse. Lecture 3 hours per week. Work process connection: E

**ENG 101 - Practical Writing (3 cr.)** – Develops writing ability for study, work, and other areas of life with emphasis on occupational correspondence and reports. Guides students in learning writing as a process: understanding audience and purpose, exploring ideas and information, composing, revising, and editing. Supports writing by integrating experiences in thinking, reading, listening, and speaking. Lecture 3 hours per week. Work process connection: A & I

**HLT 135 - Child Health and Nutrition (3 cr.)** Focuses on the physical needs of the preschool child and the methods by which these are met. Emphasizes health routines, hygiene, nutrition, feeding and clothing habits, childhood diseases, and safety as related to health growth and development. Lecture 3 hours per week. Work process connection: E

**HMS 100 - Introduction to Human Services (3 cr.)** – Introduces human service agencies, roles and careers. Presents an historical perspective of the field as it relates to human services today. Additional topics include values clarification and needs of target populations. Lecture 3 hours per week. Work process connection: B & F

**HMS 227 - The Helper as a Change Agent (3 cr.)** – Teaches the following skills for implementing alternative models of change and influence: action research, problem solving, consultation, workshop development, outreach and advocacy for diverse client populations. Lecture 3 hours per week. Work process connection: B

**ITE 115 - Introduction to Computer Applications and Concepts (3 cr.)** – Covers computer concepts and internet skills, and uses a software suite which includes word processing, spreadsheet, database, and presentation software to demonstrate skills. Recommended prerequisite keyboarding skills. Lecture 3-4 hours per week. Work process connection: I

**PSY 120 - Human Relations (3 cr.)** - Introduces the theory and practice of effective human relations. Increases understanding of self and others and interpersonal skills needed to be a competent and cooperative communicator. Lecture 3 hours per week. Work process connection: A

**PSY 135 - Child Care Psychology - (3 cr.)** Analyzes the development of the child from conception to adolescence with concentration on physical, cognitive, emotional, and social growth patterns. Includes theory, research, and practical applications. Provides background for careers involving continuous work with children. Lecture 3 hours per week. Work process connection: E

**SOC 215 - Sociology of the Family (3 cr.)** Studies topics such as marriage and family in social and cultural context. Addresses the single scene, dating and marriage styles, child-rearing, husband and wife interaction, single parent families, alternative lifestyles. Lecture 3 hours per week. Work process connection: H

**SOC 216 - Child-Parent Community Relations (3 cr.)** Emphasizes understanding of interrelationships within the community that influence childhood development. Includes the role of religion, ethical values and citizenship in the education of children. Lecture 3 hours per week. Work process connection: F

**SPD 110 - Introduction to Communication (2-3 cr.)** Examines the elements affecting speech communication at the individual, small group, and public communication levels with emphasis on practice of communication at each level. Lecture 2-3 hours per week. Work process connection: A & I

**SPD 229 - Intercultural Communication (3 cr.)** Emphasizes the influence of culture on the communication process including differences in values, message systems, and communication rules. Lecture 3 hours per week. Work process connection: H

### **Substitution Option Descriptions:**

**EDU 156 - Single Parent Families (3 cr.)** Discusses issues surrounding single-parent families and the causal factor including: separation, divorce, death, and teenage pregnancies. Explores the effects on both the parent and the child. Familiarizes students with services available in the community which support the single-parent family. Lecture 3 hours per week.

**ENG 111 - College Composition I (3 cr.)** Introduces students to critical thinking and the fundamentals of academic writing. Through the writing process, students refine topics: develop and support ideas; investigate, evaluate, and incorporate appropriate resources; edit for effective style and usage; and determine appropriate approaches for a variety of contexts, audiences, and purposes. Writing activities will include exposition and argumentation with at least one researched essay. Lecture 3 hours per week.

**HLT 110 - Concepts of Personal and Community Health (2-3 cr.)** Studies the concepts related to the maintenance of health, safety, and the prevention of illness at the personal and community level. Lecture 2-3 hours per week.

**PSY 216 - Social Psychology (3 cr.)** Examines individuals in social contexts, their social roles, group processes and intergroup relations. Includes topics such as small group behavior, social behavior, social cognition, conformity, attitudes, and motivation. Prerequisite [PSY 200](#), 201, or 202. Lecture 3 hours per week.

**PSY 230 - Developmental Psychology (3 cr.)** Studies the development of the individual from conception to death. Follows a life-span perspective on the development of the person's physical, cognitive, and psychosocial growth. Lecture 3 hours per week.

**PSY 231 - Life Span Human Development I (3 cr.)** Investigates human behavior through the life cycle. Describes physical, cognitive, and psycho-social aspects of human development from conception to death. Part I of II. Lecture 3 hours per week.

**PSY 235 - Child Psychology (3 cr.)** Studies development of the child from conception to adolescence. Investigates physical, intellectual, social and emotional factors involved in the child's growth. Lecture 3 hours per week.

**SOC 205 - Rural Sociology (3 cr.)** Investigates American rural society and culture, its major institutions, and the contemporary conditions influencing rural life. Lecture 3 hours per week.

**SPD 110 - Introduction to Communication (2-3 cr.)** Examines the elements affecting speech communication at the individual, small group, and public communication levels with emphasis on practice of communication at each level. Lecture 2-3 hours per week.