COURSE: NUTR 3320; Health and Nutrition in the Older Adult; Section 23594 Fall 2017

CREDIT: 3 semester hours

CLASS SCHEDULE: Online at http://canvas.weber.edu

PROFESSOR: Maria Richards, Ph.D.
    Phone: (801) 782-4505
    Vista Mail: mrichards
    Email: mariarichards@comcast.net

COURSE DESCRIPTION:
NUTR 3320. Health and Nutrition in the Older Adult (3) Su, F, S (online only)
The developmental process of late adulthood with focus on the physiological age-related changes provides the foundation for the understanding of the nutritional support needed lifelong in order to prevent and manage nutritionally related chronic diseases; the process of nutritional assessment and prescription are addressed in the elderly. Prerequisites: NUTR LS1020, NUTR 2320.

PREREQUISITES:


Major Content Areas:
1. Physiological aspects of aging
2. Nutrition support and resources for healthy aging
3. Nutrition needs and assessment in the older adult
4. Senior community resources

Measurable Learning Outcomes
Upon completion of NUTR 3320 students will have demonstrated their:
1. Understanding of aging in regards to theories, physiology, and life expectancy.
2. Knowledge of elderly nutrition, exercise, lifestyle and environmental factors in promoting successful aging.
3. Screening and assessment skills pertaining to older adults.
4. Ability to recommend exercises and weight management techniques for older adults.
5. Ability to analyze diets and make dietary recommendations for older adults according to age specific guidelines and standards.
6. Ability to assimilate information and communicate in written form nutrition principles for the older adult, effectively in written form.
7. Ability to identify credible local community and internet senior resources and centers.
8. Cultural sensitivity for health disparities in older men and women of different ethnicities.

**Course goals & Competencies:**

*The goals of this course are to:*
1. Understand aging, theories of aging, physiology of aging, graceful aging and life expectancy.
2. Learn the role of nutrition, exercise, and lifestyle factors in promoting health in the older adult.
3. Become knowledgeable in weight management, complementary and alternative medicine, substance and medication use, injury prevention, sleep habits, and mental health in, by and for the older adult.
4. Raise awareness of culture and diversity pertaining to the health of older men and women of different ethnicities.

*The competencies that you will gain from this course are to:*
1. Recognize lifestyle choices and behaviors that support gracefully aging.
2. Know the community senior center resources in the student’s community as well as the internet.
3. Improve screening and assessment skills pertaining to older adults.
4. Analyze and prescribe diets for older adults according to age specific dietary reference intakes and guidelines.
5. Recommend exercises and weight management techniques for older adults.
6. Communicate competently, especially by writing, about health and nutrition in the older adult.
7. Refer older adults to credible and applicable website resources depending upon their need such as community interactions, social support, clinical services, and topics such as nutrition, exercise, weight management, mental health, complementary and alternative medicine, smoking, alcohol, medications, injury prevention, and sleep.

**REQUIREMENTS:** There are 10 learning modules worth 55 or 65 points each. Learning modules have a timed quiz, an activity or discussion blog, and an instructor guided web-source exploration assignment. See the class schedule in this syllabus for due dates and the module content page in the WSU online class for details on each of the components.

- **Timed Quizzes:** There are 10 timed quizzes (one per module) made up of Multiple Choice and True/False questions associated with the assessment tool in the WSU online class. Modules 1, 3, 5, 8, and 9 have a 20 Question, 40 Minute, 40 Point Timed Quiz. Modules 2, 4, 6, 7, and 10 have a 10 Question, 20 Minute, 20 Point Timed Quiz. Quizzes total 300 points (50% of the class grade). Quizzes are timed so that students will study and prepare for the quiz as if it were an exam. Students can prepare to take the timed quizzes by reading and taking notes on the assigned textbook material. The book and notes can be used on the quiz however with 2 minutes per question; students will need to know the material. Students should work independently and follow the student code section IV.D. ([http://documents.weber.edu/ppm/6-22.htm](http://documents.weber.edu/ppm/6-22.htm)) when taking quizzes. It is
advised to take the timed quizzes in environment like a testing environment (alone, quiet, free from distractions and with reliable high speed internet connection).

- **Activities:** There are five class activities worth 40 points each. These are found in modules 2, 4, 6, 7, and 10. Activities total 200 points (33% of the class grade), are submitted using the assignment tool, and include: community senior center experience, screening and assessment, dietary analysis, diet design case study, and social impact diary.

- **Discussion Blogs:** Active classroom participation and interactive communication is a valuable component of learning in this class. There are five discussion blogs worth 10 points each. These are found in modules 1, 3, 5, 8, and 9. Discussions total 50 points (8.5% of the class grade). The discussions are posted, monitored, and graded from the assigned support topic and reading or websites as described in the WSU online class module content page. The grading rubric form is attached to the assigned discussion. To earn the discussion points, students should apply their acquired knowledge from the assigned learning materials to the discussion topic in a meaningful and interactive way. The instructor will play a passive observatory role and keep the discussion on track if needed.

- **Web-Source Exploration Assignments (WEA):** There are 10 instructor guided web-source exploration assignments (one per module) worth 5 points each (50 points total, 8.5% of the class grade). WEAs will be submitted with the assignment or assessment tool.

### TABLE OF DUE DATES

<table>
<thead>
<tr>
<th>Module</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
<td>9/22</td>
<td>10/13</td>
<td>10/30</td>
<td>11/14</td>
<td></td>
<td></td>
<td></td>
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<td>12/8</td>
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<tr>
<td>Blog</td>
<td>9/8</td>
<td>10/6</td>
<td>10/20</td>
<td></td>
<td></td>
<td></td>
<td>11/10</td>
<td>11/22</td>
<td>12/4</td>
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**EVALUATION:** Grades are based on a percentage of the 600 total possible points earned in the class and can be accessed in the WSU Online class under “My Grades”.

<table>
<thead>
<tr>
<th>Grade</th>
<th>A</th>
<th>A-</th>
<th>B+</th>
<th>B</th>
<th>B-</th>
<th>C+</th>
<th>C</th>
<th>C-</th>
<th>D+</th>
<th>D</th>
<th>D-</th>
<th>E</th>
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<tbody>
<tr>
<td>Points</td>
<td>≥93%</td>
<td>90%</td>
<td>87%</td>
<td>83%</td>
<td>80%</td>
<td>77%</td>
<td>73%</td>
<td>70%</td>
<td>67%</td>
<td>63%</td>
<td>60%</td>
<td>&lt;60%</td>
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**COURSE POLICIES:**

- **Late Work:** No late work is accepted in this class. Work is DUE on or before the date and time indicated in the class schedule or as announced in class by email. If a student has a conflict with a submission date then it is the student’s responsibility to make *prior* arrangements (this means several days before an assignment or exam is due) for an alternative submission opportunity.
• **Extra Credit:** There will also be an extra credit course evaluation at the end of the semester worth 5 extra credit points.

• **Graded Work:** Quizzes are submitted using the assessment tool. These are graded immediately upon submission. Class activities and discussions are usually graded within 1 week of the submission due date. Any work submitted early is graded with the rest of the class after the submission due date.

• **Writing:** Students should skillfully, thoughtfully, and carefully write their assignments according to the assignment guidelines and to the class subject of health and nutrition in the older adult. Every writing assignment in this class (activities and discussions) will be graded for content, meeting the assignment criteria, and writing ability. References should always be cited in APA 5.0 format. Grades may be deducted up to 20% per assignment for poor writing. Students are encouraged to use the WSU writing center for support and tutoring online and/or in person (http://www.weber.edu/WritingCenter).

• **Student Conduct:** Students enrolled in this class will adhere to the Department of Athletic Training and Nutrition (ATN) “Student Conduct Policy” available online at http://www.weber.edu/atn/Student_Code_and_Syllabus.html

• **Turn-it-in:** Turn-it-in is used for papers. Please use turn-it-in on your papers prior to submission to detect plagiarism.

• **Academic Dishonesty:** Any individual caught cheating or plagiarizing will receive an automatic "E" for their final grade. Furthermore, a letter will go into the student's file describing the situation.

• **Students with Disabilities:** "Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Services Center. SSD can also arrange to provide course materials (including the syllabus) in alternative formats if necessary." For more information contact SSD at 801-626-6413, ssd@weber.edu, or http://departments.weber.edu/ssd/.
## NUTR 3320 TENTATIVE CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Module (chapter)</th>
<th>Emphasis</th>
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</thead>
<tbody>
<tr>
<td>1 (1)</td>
<td><strong>Aging</strong>&lt;br&gt;Chapter 1 Timed Quiz (20 Questions, 30 Minutes, 40 Points)&lt;br&gt;Blog on The Physiology &amp; Theories of Aging PDF Article (10 points)&lt;br&gt;Web-Source Exploration Assignment 1 (5 points)</td>
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<tr>
<td>2 (3, 9, 11)</td>
<td><strong>Community</strong>&lt;br&gt;Chapter 3: Pages 81-91; Chapter 9: Pages 292-306; Chapter 11: Pages 350-360&lt;br&gt;Chapter 3,9,11 Timed Quiz (10 Questions, 15 Minutes, 20 Points)&lt;br&gt;Physical and Virtual Community Senior Center Experience (40 Points)&lt;br&gt;Web-Source Exploration Assignment 2 (5 points)</td>
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<tr>
<td>3 (2)</td>
<td><strong>Clinical Preventive Services</strong>&lt;br&gt;Chapter 2 Timed Quiz (20 Questions, 30 Minutes, 40 Points)&lt;br&gt;Blog on The Life Expectancy Calculation (10 points)&lt;br&gt;Web-Source Exploration Assignment 3 (5 points)</td>
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<tr>
<td>4 (3)</td>
<td><strong>Health Behavior</strong>&lt;br&gt;Chapter 3: Pages 92-114; Timed Quiz (10 Questions, 15 Minutes, 20 Points)&lt;br&gt;Screening and Assessment Activity (45 Points)</td>
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<tr>
<td>5 (4)</td>
<td><strong>Exercise</strong>&lt;br&gt;Chapter 4 Timed Quiz (20 Questions, 30 Minutes, 40 Points)&lt;br&gt;Web-Source Exploration Assignment 5 and Blog (WEA-Blog) on Exercise for Older Adults Online Video Experience (15 points)</td>
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<tr>
<td>6 (5)</td>
<td><strong>Nutrition</strong>&lt;br&gt;Chapter 5: Pages 153-179; Timed Quiz (10 Questions, 15 Minutes, 20 Points)&lt;br&gt;Dietary Analysis Activity (40 Points)&lt;br&gt;Web-Source Exploration Assignment 6 (5 points)</td>
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<tr>
<td>7 (5)</td>
<td><strong>Weight Management</strong>&lt;br&gt;Chapter 5: Pages 180-197; Timed Quiz (10 Questions, 15 Minutes, 20 Points)&lt;br&gt;Health Promotion Web-Source Exploration Assignment 7 (45 Points)</td>
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<tr>
<td>8 (6)</td>
<td><strong>Complementary &amp; Alternative Medicine (CAM)</strong>&lt;br&gt;Chapter 6 Timed Quiz (20 Questions, 30 Minutes, 40 Points)&lt;br&gt;Web-Source Exploration Assignment 8 and Blog on CAM (15 points)</td>
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<tr>
<td>9 (7)</td>
<td><strong>Selected Topics: Smoking, Alcohol, Medications, Injury Prevention, Sleep</strong>&lt;br&gt;Chapter 7 Timed Quiz (20 Questions, 30 Minutes, 40 Points)&lt;br&gt;Web-Source Exploration Assignment 9 and Resource Document (15 points)</td>
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<tr>
<td>10 (8, 10)</td>
<td><strong>Social Support &amp; Mental Health</strong>&lt;br&gt;Chapter 8, 10 Timed Quiz (10 Questions, 15 Minutes, 20 Points)&lt;br&gt;Social Impact Diary Blog (20 Points)&lt;br&gt;Capstone Paper Activity (20 Points)&lt;br&gt;Web-Source Exploration Assignment 10 (5 points)</td>
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</tbody>
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