

NUFS/GERO 116
Caroline Fee
Spring 2009
Tuesdays 3:00-5:45 pm
Class Location: CCB 122
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Office: CCB 110
Phone: 408-924-3116
Office Hours:
T 2:30-3:00 p.m.(or by Appointment)
R 5:00-6:00 p.m.

AGING AND NUTRITION NUFS and GERO 116

Course Description:

The aging process, physiological changes, dietary requirements, diseases, environmental factors, housing, economic status, handicaps, personal relations, and current programs for the aged.
Prerequisite: One college nutrition course or instructor consent. 3 units

Course Objectives:

1. To develop an awareness of the diversity of the elderly as a group and acceptance of their role as a valuable resource.
2. To understand the physiological, sociological, and cultural factors that affect the nutrition of older people.
3. To develop an awareness of the nutritional factors that affects the quality and length of life.
4. To accept the aging process as a natural one, focusing on the challenges and enhanced possibilities.

Expectations:

1. Reading assignments will be completed before class meeting when topic(s) are presented.
2. Students are expected to be active participants in class discussions and cooperative learning groups.
3. Students are responsible for knowing what takes place in class.

Teaching Methods:

1. Lecture
2. Discussion
3. Video Interactions
4. PowerPoint Presentations
5. Whiteboard
6. Cooperative Learning Groups
7. Brainstorming
8. Guest Speakers
9. Interview Project

Textbook:

Friedrich, L. (2006). *Nutrition for the Elderly*, (6th ed.). Ashland OR: Nutrition Dimension.
Bring Text to each class meeting.

Additional Background Reading Material:

Modified MyPyramid for Older Adults:

http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html

Healthy Eating in Older Adults: <http://asaging.org/cdc/module8/home.cfm>

Physical Activity for Older Adults: <http://asaging.org/cdc/module6/home.cfm>

Assignments

- All assignments are due in hard copy, double spaced, Times Roman font, point size 12, on date specified in greensheet/syllabus. No emailed assignments will be accepted. Late work will be accepted, but a 10% penalty will apply. No late assignment will be accepted after 2 weeks.
- Professional appearance will be considered in total points earned for each written assignment. Thus, 10% of each assignment will be based on English composition.

#1 RealAge Test.

Are you older or younger than your calendar age?

Copy and paste the following Web address into your browser:

http://www.realage.com/ralong/entry4.aspx?cbr=NEXS1_P

Follow Directions and answer all items you can on the questionnaire.

When you receive the results, print the page and write one health promotion action you will take based on your results, **Due on February 3.**

#2 Article Review Assignment:

Each student will select one “professional” journal article (published 2004-2009) related to Aging and Nutrition (or another topic listed on the greensheet) to review. A written critical analysis and copy of the complete article are **due on March 17** Guidelines will be provided. (There will be a 10% late penalty)

Some Recommended Journals:

Geriatric Nursing

Geriatrics

Gerontology and Geriatrics Education

Journal of Gerontology

Journal of Nutrition for the Elderly

Journal of the American Dietetics Association

JAMA

The New England Journal of Medicine

The American Journal of Clinical Nutrition

The Gerontologist

#3 Term Project:

Each student will interview a person who is over 65 and is not a relative or present friend. (Telephone interviews are not acceptable). Students will please help each other locate interviewees by loaning out their older relatives and friends and by giving suggestions for contacts.

In class we will revise a health questionnaire which was developed by students last year for use in the interview. Results of your interview will be analyzed and written into a report **due on May 5** Guidelines will be provided. (There will be a 10% late penalty).

Evaluation:

	<u>Date</u>	<u>Points</u>
Exam 1	3/10	100 pts.
Exam 2	4/21	100 pts.
Final Exam	5/21	100 pts.
Real Age Test	2/3	5
Article Review	3/17	25 pts.
Term Project	5/5	<u>75 pts.</u>
Total		405 pts.

Note: Make-up exams are permitted only for emergency (extraordinary documented circumstances). The student is responsible for notifying the instructor and making arrangements at the earliest possible time. All requests for make-up exams will be evaluated on an individual basis.

Grading: Course grade will be determined by % of total points:

95% and above =	A
90% -94% =	A-
87% - 89% =	B+
85% - 86% =	B
80% - 84% =	B-
77% - 79% =	C+
75% - 76%=	C
70% - 74%=	C-
67% - 69%=	D+
65% - 66%=	D
60% - 64%=	D-
Below 60%=	F

UNIVERSITY POLICIES:

- **ACADEMIC INTEGRITY** (from Office of Judicial Affairs). “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs. The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/S04-12.htm>
- **AMERICANS WITH DISABILITIES ACT COMPLIANCE**. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm. 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.

TENTATIVE COURSE OUTLINE

<u>Class #</u>	<u>Date</u>	<u>Topic</u>	<u>Reading Assign’</u>
1	1/27	Introduction; Greensheet Cooperative Learning: Expectations at Age 65 Demographics Overview Video Interaction: Em	Text: Chapter Intro’; #1 Text Appendices #1, #2
2	2/3	Demographics and Implications Life Expectancy (including ethnicity factors) Video Interaction: Age Power (XS2785)	Text: Chapters Intro’ #1
3	2/10	Nutrition Studies/Research Methods Nutritional Assessment <u>Real Age Test Due</u>	Text: Chapter #9 Text Appendices #15-20

4	2/17	Physiologic Changes with Age Video Interaction: “Perspectives on Aging Physical Changes and Their Implications” (TU 1383A) Video Interaction: “Stealing Time: Turning Back the Clock”	Text: Chapter #2
5	2/24	Guest Speaker: Celine Chan “Senior Nutrition Program” Recommended Daily Allowances (RDA’S) Dietary Reference Intakes (DRI’S) Modified MyPyramid for Older Adults http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html	Text: Chapters #7, #11 Text Appendices #3, #4
6	3/3	Biologic and Sociocultural Factors Influencing Food Selection/Habits Supplements and Food Faddism Cooperative Learning: Cultural Influences on Food Habits	Text: Chapter #8 #2 (review)
7	3/10	<u>EXAM 1</u> Term Project Questionnaire Revision Term Project Report Guidelines	-----
8	3/17	Nutrient Needs of Older Adults http://asaging.org/cdc/module8/home.cfm Polypharmacy <u>Article Review Due</u>	Text: Chapters #3, #10
9	3/24	SPRING RECESS: No Class	-----

10	3/31	HOLIDAY: Cesar Chavez Birthday No Class	
11	4/7	Nutrition in Health and Disease Arthritis; Osteoporosis Guest Speaker: Dan McClure “Physical Activity and Aging” http://asaging.org/cdc/module6/home.cfm	Text: Chapter #4 Handout Appendix #6
12	4/14	Nutrition in Health and Disease Oral Health/Dentition, GI Tract Fiber: Cooperative Learning Activity	Text: Chapter #2
13	4/21	<u>EXAM 2</u>	
14	4/28	Nutrition in Health and Disease Cancer (Ethnic considerations) Overweight	Text: Chapters #5, #6 Appendices #9, #18
15	5/5	Nutrition in Health and Disease Diabetes, Ethnicity and Incidence of Disease Hypertension Ethnic Considerations Video Interaction: “How to Lower Your Blood Pressure” <u>Term Project Due</u>	Text: Chapter #5, #6 Appendices #7, #10-12
16	5/12	Nutrition in Health and Disease Heart Disease, Stroke, Elder Programs: The Aging Network Final Exam Discussion	Text: Chapters #5, #11 Appendix #13
5/21 Thursday		<u>FINAL EXAM 2:45 p.m.</u>	

