

UNIVERSITY OF GUELPH

Department of Family Relations and Applied Nutrition

**NUTR*3150 Aging and Nutrition
Course Outline – Winter 2016**

INSTRUCTOR: Kimberley McComb, RD, MScFN
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OFFICE HOURS: Thursdays by appointment in MACS 335

CLASS TIME: Thursdays, 7:00 – 9:50 PM, in MACS 209

COURSE DESCRIPTION:

This course provides an in-depth study of the determinants of food intake and nutrient recommendations for aging adults. Specific consideration will be given to eating environments and physiological changes that influence access, preparation, and consumption of food by older adults living in the community and in facilities. An emphasis will be placed on chronic disease prevention and management.

PREREQUISITES: 1 of NUTR*1010, NUTR*2150, NUTR*3210

RESTRICTIONS: NUTR*2070

COURSE OBJECTIVES:

Students will be able to:

- Describe and apply methods of nutrition screening and assessment for older adults.
- Identify and prioritize client-centred goals for prevention and management of chronic disease.
- Plan client-centred nutrition interventions for older adults.
- Identify and describe relevant resources, tools and services to guide dietetic practice and support older adults and family caregivers in optimal aging.

METHOD OF EVALUATION:

Exams	Date	% of Final Grade
Midterm Exam (Content from Jan. 14 – Feb. 11 inclusive)	Thursday, February 25 7:00-9:00 PM	30%
Final Exam (Content from Mar 3 – Apr. 7 inclusive)	Monday, April 18 2:30-4:30 PM Room TBA	40%

Assignments	Date	% of Final Grade
Nutrition Education for Older Adults Individual assignment	Thursday, March 24	25%

Discussion Piece (Participation)	Date	% of Final Grade
1. Ontario's Action Plan for Seniors	February 11	1.25%
2. Medications and Supplements	March 3	1.25%
3. Family and Community support	March 10	1.25%
4. Alzheimer's Disease	March 17	1.25%

POLICIES:

Email etiquette: *Please try to keep email to a minimum.* I invite you to ask questions during lectures or post them on the discussion board on CourseLink. I will check the discussion board daily.

Do not hesitate to email me if there is an emergency or if you would like to set up a time to meet.

Although I will not have regular office hours, I'm happy to meet with students individually or in small groups before or after lecture times.

Late assignments: Assignments are to be handed in during class on the due date. If you are not ready to submit your assignment in class, you will need to notify the instructor in advance. Late assignments will be deducted 10% per day.

When you cannot meet course requirements: When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor in writing with name, address and e-mail contact. Where possible, this should be done in advance of the missed work or event, but otherwise, just as soon as possible after the due date, and certainly no longer than one week later. Note: if appropriate documentation of your inability to meet that in-course requirement is necessary, the course instructor, or delegate, will request it of you. Such documentation will rarely be required for course components representing less than 10% of the course grade.

Academic integrity: It is your responsibility to know and abide by rules pertaining to academic misconduct. These rules can be found in the 2015-2016 Undergraduate Calendar, and a helpful tutorial on academic integrity is available at: <http://www.academicintegrity.uoguelph.ca/>

Appeals procedure: Please refer to the 2015-2016 Undergraduate Calendar, section VIII.

Drop and add procedure: Please refer to the 2015-2016 Undergraduate Calendar, section VIII.

Accessibility: The University of Guelph welcomes feedback on accessibility issues. Feedback can be submitted online at <http://www.uoguelph.ca/accessibility/>.

SUGGESTED TEXT:**Keller, H.H. Aging Well with Nutrition**Note: 1st Edition (2009) or 2nd Edition (2013) may be used

Available at the University of Guelph Bookstore

COURSE SCHEDULE:

Month	Day	Topic	Text Reading	
Jan	14	Introduction		
		Theories of aging, demographics of aging	Chapter 1	
	21	Nutrient metabolism in older adults; nutrient and diet recommendations	Chapter 2	
	28	Chronic disease and aging	Chapter 4	
Feb	4	Nutrition assessment and screening in the community	Chapter 3	
		Nutrition assessment and electronic charting in LTC		
	11	Discussion Piece #1- Ontario's Action Plan for Seniors	Chapter 5	
		Community nutrition programs		
		Exercise programs and healthy body weights		
	18	Winter Break		
25	Midterm			
Mar	3	Review midterm		
		Discussion Piece #2- Medications and Supplements	Chapter 5	
		Medications and nutrition supplements		
			Promoting chronic disease self management	
	10	Discussion Piece #3- Family and Community support	Chapter 6	
		Family and community support		
	17	Discussion Piece #4- Alzheimer's Disease	Chapter 7	
		Dementia – background, prevention and management		
24	Individual Assignment due			
		Long term care – the dining environment	Chapter 8	

		Pressure ulcers	
	31	Dysphagia and artificial nutrition	Chapter 9
April	7	End of life nutrition	Chapter 10
		Review class, course evaluation	
	18	Final Exam (2:30 PM, Room TBA)	