

UNIVERSITY OF GUELPH

Department of Family Relations and Applied Nutrition

**NUTR*3150 Aging and Nutrition
Course Outline – Winter 2019**

INSTRUCTOR: Joan Jory RD MSc PhD
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OFFICE HOURS: Mondays and Wednesdays 3:45-4:45 PM, or by appointment
Office 226, MACS (MacDonald Stewart Hall)

CLASS TIME: Thursdays, 7:00 – 9:50 PM in MacKinnon (MCKN) 029

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. 10 – Feb. 7 inclusive)	Thursday, February 14 7:00-9:00 PM	30%
Final Exam (Content from Feb 28 – Apr. 4 inclusive)	TBA	40%

Assignments	Date	% of Final Grade
Nutrition Education for Older Adults Individual assignment	Thursday, March 21	20%

Discussion Piece (Participation)	Date	% of Final Grade
1. Zinc and B12 in Aging	January 24	2%
2. Ontario's Action Plan for Seniors	February 7	2%
2. Medications and Supplements	February 28	2%
3. Family and Community support	March 7	2%
4. Alzheimer's Disease	March 21	2%

COURSE MATERIALS:

Suggested Text (Textbook is not required but is an excellent resource):

Keller, H.H. *Aging Well with Nutrition*

Note: either 1st Edition (2009) or 2nd Edition (2013) may be used

Available at the University of Guelph Bookstore for purchase.

A copy of the 2nd Edition (2013) has been put on Reserve at the McLaughlin Library.

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. **I also encourage you to meet with me during my office hours.** If there is an emergency or if you would like to set up an alternate time to meet, please email me directly.

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. If not possible, please notify as soon as possible after the due date, and certainly no longer than three business days. 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:

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor. A helpful tutorial on Academic Integrity is available at: <http://www.academicintegrity.uoguelph.ca/>. The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08amisconduct.shtm>

Course instructors are allowed to use software to help in detecting plagiarism or unauthorized copying of student assignments. Plagiarism is one of the most common types of academic misconduct on our campus. Plagiarism involves students using the work, ideas and/or the exact wording of other people or sources without giving proper credit to others for the work, ideas and/or words in their papers. In this course, your instructor will be using Turnitin.com to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to prevent plagiarism in the College of Social and Applied Human Sciences.

Accessibility:

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required, however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance, and not later than the 40th Class Day. If use of exam memory aids is authorized, these must be submitted to the professor 7 working days ahead for approval to allow time for revision where necessary (<https://wellness.uoguelph.ca/accessibility/what-we-do/accommodations/memory-aids>)

More information, contact SAS at 519-824- 4120 ext. 56208 or email csd@uoguelph.ca or see the website: <http://www.csd.uoguelph.ca/csd/>

Appeals procedure: Please refer to the 2018-2019 Undergraduate Calendar, section VIII.

Drop Date: The last date to drop one-semester courses, without academic penalty, is Friday, March 8. For regulations and procedures for Dropping Courses, see the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>

Recording of Materials: Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Religious Accommodations: The University acknowledges the pluralistic nature of the graduate and undergraduate communities. Accommodation will be made to students who experience a conflict between a religious obligation and scheduled assessments. However requests for accommodations on religious grounds must be submitted within the first 2 weeks of class, based on the assessment dates outlined in the Course Outline/Summary and the final exam schedule.

(<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-accomrelig.shtml>)

Turnitin Software:

In this course, your instructor will be using Turnitin, integrated with the CourseLink Dropbox tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing accidental academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

Additional Resources: The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations, which apply to undergraduate, graduate and diploma programs: <http://www.uoguelph.ca/registrar/calendars/index.cfm?index>

CLASS SCHEDULE And READINGS:

Month	Day	Topic	Text Reading
Jan	10	Introduction	
		Theories of aging, demographics of aging	Chapter 1
	17	The physiology of aging and nutrient metabolism in older adults; nutrient and diet recommendations	Chapter 2
	24	Discussion Piece #1 - Zinc and B12 in Aging	
		Chronic disease and aging	Chapter 5
31	Nutrition assessment and screening in the community	Chapter 3	
	Nutrition assessment and electronic charting in LTC		
Feb	7	Discussion Piece #2- Ontario's Action Plan for Seniors – Invited Speaker	Chapter 5
		Community nutrition programs	
		Exercise programs and healthy body weights	
	14	Midterm	
	21	Winter Break	
	28	Review Midterm	
		Discussion Piece #3- Medications and Supplements	Chapter 5
Medications and nutrition supplements			
Class Activity			
Mar	7	Discussion Piece #4- Family and Community Support-Invited Speaker	Chapter 5/6
		Promoting chronic disease self management	
		Family and community support	
	14	Dysphagia and artificial nutrition- Invited Speaker	Chapter 9
	21	Discussion Piece #5- Alzheimer's Disease	Chapter 7
		Dementia – background, prevention and management	
	28	Individual Assignment due	
Long term care – the dining environment		Chapter 8	
Pressure ulcers			
April	4	End of life nutrition	Chapter 10
		Review class, course evaluation	
		Final Exam (TBA)	