



# COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS  
AND APPLIED NUTRITION

## NUTR\*3150 Aging and Nutrition COURSE OUTLINE – WINTER 2021

### 1. CALENDAR 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.

<b>Credit Weight:</b>	0.5 credits
<b>Course Hours:</b>	3-0 (36 lecture; 0 lab/seminar)
<b>Pre-Requisite(s):</b>	1 of NUTR*1010, NUTR*2150, NUTR*3210
<b>Co-Requisites(s):</b>	
<b>Restriction(s):</b>	NUTR*2070

### 2. COURSE DESCRIPTION

This course explores in-depth the interrelationships between components of nutritional intake, medications, 'health', and disease prevention and management among older adults. Emerging understanding of changing macro and micronutrient requirements for aging will be covered. Specific consideration will be given to psycho-social and physiological changes that influence access, preparation, and consumption of food by older adults living in the community and in facilities in Canada. An emphasis is placed on chronic disease mediation, with a specific focus on emerging research relating to the potential for nutrition to influence disease and quality of life.

#### Disclaimer

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings and academic schedules. Any such changes will be announced via CourseLink and/or class email. All University-wide decisions will be posted on the COVID-19 website <https://news.uoguelph.ca/2019-novel-coronavirus-information/> and circulated by email.

#### Illness

The University will not require verification of illness (doctor's notes) for the Fall 2020 or Winter 2021 semesters.

### 3. TIMETABLE

**Lecture:** Thursdays 7:00 – 9:50 pm  
**Location:** Online Synchronous Lectures  
**Final Exam:** This course has NO final exam in W2021

### 4. INSTRUCTIONAL SUPPORT

**Course Instructor:** Joan Jory RD MSc PhD  
**Email:** [jjory@uoguelph.ca](mailto:jjory@uoguelph.ca)  
**Telephone:** 519-824-4120 ext.  
**Office:**  
**Office Hours:** **Thursdays after class, or by appointment**

**Teaching Assistant:** Andrea Kirkham  
**Email:** [kirkhama@uoguelph.ca](mailto:kirkhama@uoguelph.ca)

**Teaching Assistant:** Jana Daher  
**Email:** [jdaher@uoguelph.ca](mailto:jdaher@uoguelph.ca)

### 5. LEARNING RESOURCES

**Required Resource(s):**

N/A

**Recommended Resource(s):**

**Keller, H.H. Aging Well with Nutrition.** Either 1<sup>st</sup> Ed (2009) or 2<sup>nd</sup> Ed (2013) may be used. Available at the University of Guelph Bookstore for purchase. A copy of the 2<sup>nd</sup> Edition (2013) has been put on Reserve at the McLaughlin Library.

### 6. LEARNING OUTCOMES

At the completion of the course, successful students will be able to:

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

## 7. TEACHING AND LEARNING ACTIVITIES

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
1	Theories of aging, demographics of aging; How is nutrition involved; Discussion of assignment	Chapter 1	
2	The physiology of aging and related nutrient metabolism	Chapter 2	
3	Nutrition and nutrient recommendations for the Older Adult	Chapter 2-3	Quiz #1 (week 1-3 incl)
4	Chronic Disease& Nutrition - Part 1	Chapter 4	Assignment-Part 1 due Wednesday, Feb 3
5	Chronic Disease& Nutrition - Pt 2	Chapter 4	
6	<i>SPRING BREAK</i>		
7	Medications and Supplements	Chapter 5	Quiz #2 (week 4-7 incl)
8	Community Programs; Exercise Programs; Healthy Body Weights	Chapter 5, 6	
9	Long Term Care Nutrition	Chapter 8	Assignment- Part 2 due Wednesday, March 10
10	Dysphagia and artificial nutrition	Chapter 9	Quiz #3 (week 8-10 incl)
11	Dementia, neurocognitive disease	Chapter 7	
12	Neurocognitive disease, End of Life Nutrition	Chapter 7, 10	
13	Overflow Lecture		Quiz #4 (week 11-13 incl)

**Note:** This is a tentative schedule; due to various unknown factors, there may be changes. Any changes will be announced during class and an announcement will be posted on the CourseLink site.

## 8. ASSESSMENT DETAILS

Assessment	LOs Addressed	Due Date	% of Final
Quiz #1	1,2,3,4	January 28-29	20%
Quiz #2	1,2,3,4	February 25-26	20%
Quiz #3	1,2,3,4	March 18-19	20%
Quiz #4	1,2,3,4	April 8-9	20%
Assignment - Part 1	4	February 3	6%
Assignment - Part 2	1,2,3,4	March 10	14%
<b>Total:</b>			<b>100%</b>

## 9. COURSE STATEMENTS

### Course Website:

There is a course website at <http://courselink.uoguelph.ca>. All course components will be housed on the CourseLink site including this course outline, assignments, and links to resources. Assignments will be submitted through the Dropbox function. Marks and feedback will also be released on the site. **Important information will be posted regularly on the Announcements in the CourseLink site.** Please familiarize yourself with this website as soon as possible, and visit it daily throughout the semester to ensure important information is not missed.

**Email etiquette:** *Please try to keep email to concerns of a personal nature.* Course-related and assessment-related questions should be posted on the Discussion Boards as these are monitored regularly through the work day by the professor and the TAs.

### Late Assignments:

Late assignments will be accepted up to 5 days following the due date and will receive a penalty of 10% per day EXCEPT where there are documented grounds for medical or compassionate consideration. Assignments submitted more than one week late without documented grounds will receive a grade of zero. If you are going to hand an assignment in late, you must contact your course instructor to inform them when you will be submitting your assignment and submit your documentation for medical or compassionate grounds.

### Receipt of Grades:

After you receive a grade on CourseLink, please review your feedback. Any inquiry or dispute over the grade must be made within two weeks from the date they are posted. If you fail to protest any grade during this time limit, changes to the grade will not be considered. [Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.](#)

**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 academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the final due dates. 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.

**10. UNIVERSITY STATEMENTS****E-mail communication:**

As per university regulations, all students are required to check their <uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students.

**When you cannot meet a course requirement:**

When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing with name, ID#, and email contact. [See the undergraduate calendar for information on regulations and procedures for Academic Consideration.](#)

**Drop date:**

Students have until the last day of classes to drop courses without academic penalty. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

**Copies of out-of-class assignments:**

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

**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.

More information: [www.uoguelph.ca/sas](http://www.uoguelph.ca/sas)

### **Academic misconduct:**

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.

[The Academic Misconduct Policy is detailed in the Undergraduate Calendar.](#)

### **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.

### **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.

### **Appendix:**

For those students enrolled in the Area of Emphasis in Dietetics: The Integrated

Competencies for Dietetic Education and Practice (2013; <http://www.pdep.ca/>):

*Foundational Knowledge Specifications (FKS) that are met by this course:*

<b>Foundational Knowledge Specification</b>	<b>Complexity Level (1, 2, 3)</b>	<b>How FKS is met in this curriculum</b>
N/A		

*Performance Indicators (PI) that are met by this course:*

<b>Performance Indicator</b>	<b>How PI is met in this curriculum</b>
N/A	