

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PASV 510

COURSE TITLE

NUTRITION/HEALTH-OLDER ADULTS

ALTERNATE TITLE(S)

NUTRITION & HEALTHY LIVING-OA
HEALTHY MEAL PLANNING-OA

TYPE COURSE

NON-FEE

OLDER ADULT

CATALOG COURSE DESCRIPTION

This course offers theory and practice to help older adults find and apply the appropriate nutritional balance for optimum help and the prevention of chronic disease. Topics include a healthy diet to prevent chronic disease and improve overall health and vitality. Instruction will include science-based lectures, class discussion, and nutrition activities. (FT)

LECTURE/ LABORATORY HOURS

108

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development

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SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Students will:

1. Gain knowledge of physical and psychological changes during the aging process and how these changes may influence nutritional needs.
2. Learn the importance of nutrition for health and disease prevention in older adults.
3. Develop awareness of current nutritional guidelines.
4. Gain skills in preparing healthy, economic, nutrient dense meals and snacks.
5. Learn how to prepare meals using simple time saving cooking techniques that maximize nutrient retention.
6. Gain knowledge of the nutritional content of the major food groups.
7. Gain skills in meal planning, shopping, storage, sanitation, and meal preparation for one or two persons.
8. Understand nutrition labels.

COURSE OBJECTIVES

The student will be able to:

1. Explain how the body, emotions, and the mind change during the aging process and how these changes influence diet and eating.
2. Describe the importance of good nutrition in promoting and maintaining health in the older adult.
3. Describe the current-recommended nutritional needs of older adults.
4. Plan and prepare healthy and nutrient dense meals.
5. Apply sanitation practices while preparing and storing food.
6. Demonstrate simple time saving cooking and techniques that maximize nutritional retention.
7. Use energy conservation techniques when preparing and storing food.
8. Plan nutritionally balanced meals and snacks.
9. Analyze nutrition labels.

SECTION II

COURSE CONTENT AND SCOPE

1. Biological Aspects of Aging
 - 1.1. Physical changes
 - 1.2. Psychological and emotional changes
2. Nutrition
 - 2.1. Importance to older adult health
 - 2.2. Basic food groups - nutritional components
 - 2.3. Food and caloric needs

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.4. Estimating food and caloric needs
- 2.5. Convenience foods
 - 2.5.1. Value
 - 2.5.2. Uses
- 2.6. Vitamin supplements
- 2.7. Food additives
- 2.8. Current nutrition guidelines
- 2.9. Balanced diet
- 3. Meal Planning
 - 3.1. Daily meal plan
 - 3.2. Snack options
- 4. Costing, Shopping, and Storage
 - 4.1. Low cost meals
 - 4.2. Shopping techniques
 - 4.3. Time-saving preparation techniques
 - 4.4. Storage of food
- 5. Sanitation and Safety
 - 5.1. Sanitation guidelines
 - 5.2. Handling food safely
- 6. Resource Management
 - 6.1. Energy Conservation
 - 6.2. Time management
 - 6.2.1. Travel time when shopping
 - 6.3. Utilities
- 7. Nutrition for Chronic Conditions and Disease Prevention
 - 7.1. Cancer
 - 7.2. Type 2 diabetes
 - 7.3. Osteoporosis
 - 7.4. Hypertension
 - 7.5. Heart disease
 - 7.6. Neurodegenerative diseases
 - 7.7. Food allergies
 - 7.8. Obesity
 - 6.9. Stroke
 - 6.10. Arthritis
 - 6.11. Dental disease
 - 6.12. Eating disorders_

APPROPRIATE READINGS

Reading assignments may include, but are not limited to instructor prepared materials, instructor selected websites, and/or materials related to good nutrition of older adults.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to planning daily meals and snacks based on the current nutrition guidelines, and creating a shopping list, daily meal plan, and recipes for one day based on individual nutritional needs.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited meal planning and shopping, and preparing healthy meals at home.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments that demonstrate critical thinking may include, but are not limited to:

- Creating a personal meal plan based on individual dietary needs and health conditions.
- Analyzing nutrition and ingredient labels and incorporating their uses into daily shopping and meal-planning activities.
- Identifying the health- promoting and disease prevention properties found in fruits, vegetables and whole grains and applying to daily meal planning.

EVALUATION

Students will be evaluated on the basis of participation in discussion, written assignments, and class activities.

METHOD OF INSTRUCTION

Lectures, laboratory, demonstrations, field trips, audio-visual presentations, and discussions planned around a method of inquiry approach will be used by the instructor.

This course, or sections of this course, may be offered through distance education.

TEXT AND SUPPLIES

Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity, by Ruth Heidrich, Lantern Books, current edition.

The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery, by M. Laurel Cutlip, Hatherleigh Press, current edition

The 30-Minute Mediterranean Diet Cookbook, by Serena Ball, RD and Deanna Segrave-Daly, RD, Rockridge Press, current edition

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DATE: June, 1986

REVISED BY: Instructional Services/SLO's Added

DATE May 7, 2015

REVISED BY Bridget Wright and Charlene Schade

DATE June 6, 2018

REVISED BY Bridget Wright and Charlene Schade

DATE September 16, 2020

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Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog