



## **COURSE OBJECTIVES:**

- Describe basic pharmacological principles and concepts, and ethical and legal principles related to the older adult.
- Identify common prescription and over-the-counter medications used by the older adult for acute and chronic medical conditions.
- Explain concept of menopause including strategies for diet and exercise.
- Debate the pros and cons of older adults taking prescription medications and recognize that these medications can restrict them from competing in competitive sports.
- Identify common dietary supplements used by the older adult.
- Explain the differences between micronutrients and macronutrients and special considerations for the older adult.
- Justify common special diet requirements for exercise in the older adult
- Discuss specific diet and fluid requirements for exercise in the older adult.
- Explain cultural, economic, psychological and social factors that may affect nutrition in the older adult.
- Discuss common local, provincial and national programs that support healthy nutrition in the older adult.

## COURSE STRUCTURE:

You will proceed through the course by completing the content in sequence as outlined below. Refer to Moodle for all course readings and activities.

<b>Course Timeline</b>	
<b>Week 0:</b> <b>Jan 7-13, 2013</b>	* Order your textbooks: <ul style="list-style-type: none"><li>○ GPRC college bookstore (780-539-2880)</li></ul> *Visit & become familiar with Moodle and the Program Information Page <b>“Older Adult Fitness &amp; Wellness Program”</b> *Post within the “Introductions” forum, and learn about your classmates.
<b>MODULE 1: PHARMACOKINETICS</b>	
<b>Week 1: Jan 14-20, 2013</b>	TOPIC: <b>Understanding Pharmacology</b>
<b>Week 2: Jan 21-27, 2013</b>	TOPIC: <b>Over-the-Counter Medication, Dietary Supplements and Polypharmacy.</b>  <b>IMPORTANT: QUIZ #1</b>
<b>MODULE 2: COMMON PAIN MEDICATIONS AND THE OLDER ADULT</b>	
<b>Week 3:</b> <b>Jan 28-Feb 3, 2013</b>	TOPIC: <b>Analgesics and Anti-inflammatory</b>
<b>MODULE 3: MEDICATIONS FOR CHRONIC CONDITIONS</b>	
<b>Week 4: Feb 4-10</b>	TOPIC: <b>Cardiovascular Medications</b>
<b>Week 5: Feb 11-17</b>	TOPIC: <b>Common Medications for Diabetes and Respiratory Disorders</b>  <b>IMPORTANT: QUIZ#2</b>
<b>Reading Week Break February 18-24, 2013</b>	
<b>MODULE 4: HORMONE THERAPIES AND STEROID USE IN THE OLDER ADULT</b>	
<b>Week 6: Feb 25-Mar 3, 2013</b>	TOPIC: <b>Menopause, Hormone Replacement Therapy &amp; Steroid Use</b>
<b>MODULE 5: NUTRITION FOR OLDER ADULTS</b>	
<b>Week 7: Mar 4-10, 2013</b>	TOPIC: <b>Nutrition: Basic Concepts to Healthy Eating</b>  <b>IMPORTANT: QUIZ #3</b>

<b>MODULE 6: NUTRITIONAL NEEDS FOR CANCER</b>	
<b>Week 8: Mar 11-17, 2013</b>	TOPIC: Cancer: Nutritional Requirements, Prevention and Education
<b>MODULE 7: SPECIAL DIETS AND EXERCISE REQUIREMENTS IN THE OLDER ADULT</b>	
<b>Week 9: March 18-24, 2013</b>	TOPIC: Special Diets in the Older Adult
<b>Week 10: March 25-31, 2013</b>	TOPIC: Dietary Needs During Exercise
IMPORTANT: Nutrition Assignment is DUE MARCH 27 <sup>th</sup> .	
<b>MODULE 8: SPECIAL CONSIDERATIONS OF EATING</b>	
<b>Week 11: April 1-7, 2013</b>	TOPIC: Social Considerations of Eating
<b>Week 12: April 8-14, 2013</b>	TOPIC: Community Support for Nutrition in the Older Adult
IMPORTANT: Self-Assessment Due April 14 <sup>th</sup> .	

**COURSE ASSESSMENT:**

<b>Online forum postings, online participation &amp; self-assessment (20%)</b>	Due: Continuous
<b>Quizzes #1 10% #2 15% #3 20%</b>	Due: <b>Jan 27, Feb 17, and March 10, 2013</b>
<b>Nutrition Interview – 35%</b>	Due: <b>Mar 27, 2013</b>

**Online postings and Discussion Board:**

Throughout the course there are many discussion forums that you must contribute to. Please refer to the **Program Information Page** “Older Adult Fitness & Wellness Program” and review the **Discussion Board Rubric** and **Netiquette: Appropriate Network Etiquette** prior to posting within a discussion board.

**Assignment Policy:**

All assignments are to be digitally submitted on the day they are due. **Digital submissions will be accepted up until 11:59pm on the due date.** Extensions on assignments may be granted and must be negotiated with the instructor **prior** to the due date and with a date specified for late submission. A penalty of 10% per day will be deducted from the final mark of a late assignment. **All submissions are to contain a title page (where applicable) including; student name, course number and assignment title.**

**Student Rights and Responsibilities:**

Please use your GPRC student email address, all correspondence regarding this course will be communicated through this webmail address. When sending emails to the course instructor, be sure to highlight which course you are corresponding about in the subject matter box.

Please refer to the Student Rights and Responsibilities policy in the Grande Prairie Regional College Calendar or at <http://www.gprc.ab.ca/downloads/documents/StudentRightsandResponsibilities.pdf>

**Plagiarism and Cheating:**

**We expect honesty from our students.** Penalties will be given according to the degree of the plagiarism or cheating. If you are unsure whether an action is plagiarism or not, please consult the Library student resource center or refer to the Student Conduct section of the College Admission Guide at

<http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline