



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS, AND KINESIOLOGY

COURSE OUTLINE – WINTER 2011

**PF 2230 (3)
Nutrition and Pharmacology for Active Older Adults
(45 hours; 3-0-0)**

Instructor	Melanie Hamilton RN, BN, MN	Phone:	780-539-2761
Office	H231	Email	mhamilton@gprc.ab.ca
Office Hours	Email or Phone to make an appointment		

PREREQUISITE(S)/COREQUISITE: Nil

REQUIRED TEXTS:

Thompson, J. L., Manore, M. M., Vaughan, L. A. (2011). The science of nutrition. (2nd Ed). Pearson: Montreal

CALENDAR DESCRIPTION

This course covers effects and considerations for activity related to the range of pharmaceuticals that older adults may have been prescribed as well as the consequences of varying nutritional needs for older adults.

CREDIT/CONTACT HOURS (per week) : 14 week course

LECTURE (Moodle): 3 SEMINAR: 0 LAB: 0

DELIVERY MODE(S):

The course will be delivered on-line through GPRC's on – line course management system (Moodle). This is an asynchronous online course. This means there is no established time when you must log on. The purpose of the weekly input is to keep each of us focused on the same topic. You must log-on twice a week at a minimum. However, to benefit most from this part of the course, you are advised to check in on the discussion several times a week, adding your thoughts and comments to those of others so that the discussion grows as it continues back and forth.

Contact Information

Communication will be carried out by course email, news forum (general news and announcements) and Moodle Discussion Forums; you can also schedule on-site visits to my office or by phone if you require additional assistance.

General News and Announcements will be made in Moodle through the **News Forum**.

Technical Requirements: Computer System

In order to participate in the program, each student must own or have ready access to a PC. Students are responsible for their own communication costs such as long distance telephone charges and subscriptions to an Internet node, or any other communication service requirements.

Go to <http://moodle.gprc.ab.ca/>

On the Right Hand side of the page; **Click Technical Requirements** to view Moodle Technical Requirements.

Also on the Right Hand side of the page; Click Browser Check-up. Here you will see a **Green Check Mark (√)** in the programs that you already have. If you see a **Red X** you will need to download the program. (The Browser Check-up is also available at the top of the Technical requirements page).

SPECIALIZED SUPPORT and DISABILITY SERVICES:

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with Student Services.

DISTANCE EDUCATION SUPPORT

For **help with Moodle**, Click Moodle Support and/or E-Campus Support at <http://moodle.gprc.ab.ca/> or drop in and ask for assistance at the Library Information desk. Also, if you click Moodle 101 at <http://moodle.gprc.ab.ca/> you will be able to access the Student Guide.

Grande Prairie Regional College has a **Distance Education Support Line** that is toll free number 1-877-832-7667.

Logging In

If you are a new student, you will first have to set up your GPRC IT account and network password. Find the instructions for this at <http://libguides.gprc.ab.ca/distancestudents> and go to the Activating Computer Account tab. Once you have completed the setup of your GPRC IT account, you will be able to log into Moodle.

Type "<http://moodle.gprc.ab.ca>" in the address bar of your internet browser. When the page loads, enter your username and password in the Login box.

- Your username will be your 7-digit student ID
- Your password will be the same as the network password used to login to the PC's on campus.
- **Note:** If you change your network password, then your Moodle password changes too.

Navigating Moodle

Once you login to Moodle, you will see the “My Courses” page where all your courses will be listed.

Choose the **PF 2230_A3_EC_W11- Nutrition and Pharmacology for the Active Older Adult to access the course.**

OBJECTIVES:

Upon completion of PF 2230, participants will be able to:

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

GRADING CRITERIA:

GRADING

Grading will follow these GPRC approved guidelines as closely as possible:

<u>Alpha Grade</u>	<u>4-pt Equivalent</u>	<u>Percentage Guidelines</u>	<u>Designation</u>
A+	4.0	90-100	Excellent
A	4.0	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3.0	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2.0	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Poor
D	1.0	50-54	Minimal Pass
F	0.0	0-49	Fail

ASSESSMENTS:

<i>EVALUATION</i>	<i>VALUE</i>
<i>Quiz #1</i>	<i>10%</i>
<i>Quiz #2</i>	<i>15%</i>
<i>Quiz #3</i>	<i>20%</i>
<i>Nutrition Interview</i>	<i>35%</i>
<i>Participation</i>	<i>20%</i>

1. **Quizzes -45% TOTAL**

The purpose of these quizzes is to assist the student to have an understanding of the concepts covered in a particular week. Each quiz will consist of multiple choice and true and false questions. Each quiz is CLOSED BOOK. You will only have one attempt and 15 minutes to complete the quiz.

DUE:

Week 2 – January 21st/2011-covers content from week 2 - (10%)

Week 5- February 11th/2011-covers content from week 3, 4, and 5 – (15%)

Week 7- March 4th/2011-covers content from weeks 6, 7 – (20%)

2. **Nutrition Assignment-35%**

For the purpose of this assignment you will be required to interview an Older Adult that has been diagnosed with one of the following chronic diseases:

1. Diabetes (Type 1 or Type 2)
2. Cardiovascular Disease
3. Hypertension
4. Osteoporosis

Ask your client to keep track of his/her diet for three days during which their eating habits are typical. A good guideline is to include two week days and one weekend day. Have them record all foods and drinks they consume for each of the three days. Be sure they estimate the quantities of each item to the best of their abilities.

Using the guidelines and questions provided in week 9, research information about your client's diet. Ensure that you include information about the current recommend guidelines for your client's specific chronic disease. Also, an expectation of this assignment includes recommendations you may have to help guide your client to make healthier life style choices. Remember to include proper APA referencing within your paper.

DUE: March 27th by Midnight

3. **Self-Assessment and Evaluation-20%**

Conference Participation

The assessment structure for PF 2230 indicates that 20% of your final grade will be determined by your participation in the course. Your participation will be measured against the following criteria below. Keep these criteria in mind as you proceed through the course, and gauge your own efforts toward achieving your full share of this significant portion of your course grade. You will submit a final self-evaluation at week 13. Your participation mark is the mark given by you for this self-evaluation. The instructor reserves the right to override this mark if it is deemed it is not an accurate evaluation of your participation. The instructor will be watching for the introduction of new ideas, the support of others, offering of reference sites, and interesting interpretation or application of the course content.

Participation Criteria

1. Respond to online discussions at least twice each week.
 - Post my input into the discussion board forum at least once each week.
 - Respond to online discussions at least once each week.
2. Contribute original thoughts or ideas to online discussions.
3. Bring up new and related perceptions of an issue being discussed.
4. Cite relevant research to validate points made.
5. Be open to divergent points of view.
6. Be respectful of the perceptions of others.
7. Integrate material from previous units to formulate ideas and generate dialogue.
8. Follows directions
9. Follow rules of grammar and spelling.

Conference participation is critical to course success. Cooperative and collegial learning is fundamental to this course. Your participation is not being evaluated relative to others in the class but rather against the above stated criteria.

Due: April 13th/2011

STUDENT RESPONSIBILITIES

Policies and Dates:

Please refer to the 2010/11 Grande Prairie Regional College Calendar for specific PEAK program policies and dates.

Late Assignment Policy:

All quizzes and assignments are expected to be completed on-line within the time frame given. Extensions on assignments may be granted and must be negotiated with the instructor prior to the due date and with a date and time specified for late submissions.

If applicable, a penalty of one letter grade for each working day that an assignment is submitted after the due date will be deducted from the final mark. For example, a quiz scored at 80% (B+) would receive an adjusted grade of 75 (B) if submitted one day late when an extension was not negotiated with the instructor

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to the GPRC's 2010-2011 Academic Calendar for the policy regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

http://www.gprc.ab.ca/downloads/documents/Calendar_1011_Student_Conduct.pdf

COURSE SCHEDULE/TENTATIVE TIMELINE:

Note: Here is a basic overview of the course structure. Please note that this is a general guideline and it may be possible to change the order of the material delivered at the discretion of the course instructor.

Unit	Date	Topic	Important Information
Week 1	January 10-16	Understanding Pharmacology	
Week 2	January 17-23	Over the Counter Medication, Dietary Supplements and Polypharmacy	Quiz #1
Week 3	January 24-30	Analgesics and Anti-inflammatories	
Week 4	January 31-February 6	Cardiovascular and Respiratory Medications	
Week 5	February 7-13	Common Medications for Diabetes	Quiz #2
Week 6	February 14-20	Menopause and Hormone Replacement Therapy and Steroid Use	
Reading week-February 21-27			
Week 7	February 28-March 6	Nutrition: Basic Concepts to Healthy Eating	Quiz #3

Week 8	March 7-March 13	Cancer: Nutritional Requirements, Prevention and Education	
Week 9	March 14-March 20	Special Diets in the Older Adult	
Week 10	March 21- March 27	Dietary Needs during Exercise	Nutrition Assignment Due
Week 11	March 28-April 3	Social Concerns During Eating	
Week 12	April 4-April 10	Community Support for Nutrition in the Older Adult	
Week 13 Course Wrap-up	April 11-17		Self-Assessment Due