

Course Syllabus

1	Course title	Geriatric Nutrition
2	Course number	0603766
3	Credit hours (theory, practical)	3
	Contact hours (theory, practical)	16 weeks, 3 hours per week; total of 48 hours
4	Prerequisites/corequisites	-----
5	Program title	Nutrition and Dietetics
6	Program code	036
7	Awarding institution	The University of Jordan
8	School	Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	MSc
11	Year of study and semester (s)	second semester
12	Final Qualification	MSc
13	Other department (s) involved in teaching the course	---
14	Language of Instruction	English
15	Date of production/revision	2019

16. Course Coordinator: Dr Hadeel Ghazzawi

Office number: 188
Office hours, 2-3 Mon-Wed
Phone numbers, 22415
E. mail: h.ghazzawi@ju.edu.jo

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

18. Course Description:

Study theories of aging. Physiological and biochemical changes Psycho-social developments during aging. Their influence on the nutritional status and requirements, Emphasis on diseases related to nutrition, Nutrient drug interaction. It also deals with the study of nutritional care principles, nutrition programs and services for the aged.

19. Course aims and outcomes:

A- Aims:

Upon completion of this course, the student will be able to:

1. Demonstrate an understanding of the myths and stereotypes related to older people and “ageism”; the diversity among the elderly; the importance of multidisciplinary collaboration; a compassion for individuals providing day-to-day care to the elderly; and the appreciation for the importance of maximizing function rather than just focusing on disease.
2. Describe the basic concepts of demography and epidemiology of aging; molecular, cellular, genetic and biopsychosocial theories of aging; “normal aging” versus disease at the molecular, cellular, tissue and organisms levels, and the role of failure of homeostatic mechanisms; anatomic and histologic changes associated with aging and age-related disease; the physiology of aging; the pharmacology of aging; nutrition and aging; as well as sexuality and the aging individual.
3. Describe the ethical issues that are aging related, advance directives, decision-making capacity, health-care rationing, pain management and end-of-life care.
4. Identify and demonstrate the “best practices” of geriatric communication.

B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to:

A. Knowledge and Understanding: Student is expected to

A1- Understand the nutrition basic concepts.

A2- Understand the 6 nutrient groups.

A3- Understand the importance of nutrition science.

B. Intellectual Analytical and Cognitive Skills: Student is expected to

B1- applied the meaning of nutrient groups on the food intake.

B2- Address the main nutritional needs.

B3- The main nutritional aspects

C. Subject- Specific Skills: Students is expected to

C1- Use the world wide web to document information when performing assignments.

C2- Manage the over and under consumption.

D. Transferable Key Skills: Students is expected to

D1- Discuss the nutritional concepts.

D2- Discuss the characteristics, nutritional needs.

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods
1. 1. Study of theories of aging,	1-2	Dr Hadeel Ghazzawi		
2. Physiological and biochemical changes during aging	3-4	Dr Hadeel Ghazzawi		
3. Psycho-social developments during aging	5-6	Dr Hadeel Ghazzawi		
4.				
5. The nutritional status and requirements,	7	Dr Hadeel Ghazzawi		

6. Emphasis on diseases related to nutrition	8-9	Dr Hadeel Ghazzawi		
7. Nutrient drug interaction.	10-11	Dr Hadeel Ghazzawi		
8. the study of nutritional care principles	12-13	Dr Hadeel Ghazzawi		
9. Nutrition programs and services for the aged.	14	Dr Hadeel Ghazzawi		

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:

Lectures, group discussion and student critical reading and presentation of research papers. Teaching tools include the use of the board, transparencies, PowerPoint presentation and handouts.

22. Evaluation Methods and Course Requirements:

ILO/s	Learning Methods	Evaluation Methods
A- Knowledge and Understanding (A1-A4)	Lectures and Discussions.	Exam, Quiz, oral speech
B- Intellectual Analytical and Cognitive Skills (B1-B3)	Lectures and Discussions.	Assignments ,
C. Subject- Specific Skills (C1-C2)	Lectures and Discussions.	Group work exercise
D. Transferable Key Skills (D1-D2)	Lectures and Discussions.	Exam, Quiz,

23. Course Policies:

A- Attendance policies:

B- Absences from exams and handing in assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

F- Available university services that support achievement in the course:

24. Required equipment: (Facilities, Tools, Labs, Training....)

25. References:

<ol style="list-style-type: none"> 1. Geriatric Nutrition: The Health Professional's Handbook Jones & Bartlett Learning; 4 edition (August 16, 2013) ISBN-10: 0763782629 ISBN-13: 978-0763782627 2. Williams SR. & Anderson SA. Nutrition and Diet Therapy. Saint Louis: CV.Mosby Co. (Latest edition or reprint), 2004. 3. Weigly ES., Mueller DH. & Robinson CH. Robinsons' Basic Nutrition and Diet Therapy. London: Merrill Prentice Hall, 2000. 4. Whitney E. & Rolfes SR Understanding Nutrition. USA: Thomson-Wadsworth, 2011.

26. Additional information:

<u>Evaluation</u>		
Evaluation	Point %	Date
Midterm Exam	30	
2 presentations	20	
Term paper	10	
Final Exam	40	

Notes:

- Concerns or complaints should be expressed in the first instance to the module lecturer; if no resolution is forthcoming, then the issue should be brought to the attention of the module coordinator (for multiple sections) who will take the concerns to the module representative meeting. Thereafter, problems are dealt with by the Department Chair and if still unresolved the Dean and then ultimately the Vice President. For final complaints, there will be a committee to review grading the final exam.
- For more details on University regulations please visit:
<http://www.ju.edu.jo/rules/index.htm>

Name of Course Coordinator: -----Signature: ----- Date: -----

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----