Nutrition and Functional Foods for Healthy Aging
ALHS 5325.060
Spring 2018 Course Syllabus

I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.—UT Tyler Honor Code


Course Description

This course reviews the health issues and nutritional needs of adults, from an optimal health perspective. Nutritional status of adults for normal nutrition status, therapeutic nutrition, and metabolic pathways of the nutrients and functional foods will be explored.

Course Prerequisite

At least 3 credits of undergraduate nutrition course is required or instructor approval.

This syllabus was created to inform students in this course of the learning expectations. As a person interested in the health professions, this course will be extremely valuable. The syllabus is your resource during the semester to be successful in the course. The schedule is located at the end of the syllabus and on Canvas.

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UT Tyler Honor Code

Purpose

The purpose of this course is to develop skills needed to practice and communicate healthy weight management.

This course is different from the normal face-to-face class instruction as it is taught online only. There are no scheduled meeting times. You will access online content as needed to meet the deadlines set out.

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” - Ann Wigmore

Course Goal and Requirements

By the completion of this course you will demonstrate knowledge of evidenced-based scientific nutrition principles and use that knowledge to analyze nutrition intake at the individual adult level.

In taking this course you must:

Demonstrate math and writing skills by completing assignments.

Use scientific method to analyze data and draw conclusions from selected readings in scientific literature.

Exhibit computer skills through use of Canvas and completion of assignments.

Course Prerequisites — This course is a senior level course. While there is no prerequisite for this course, you are expected to have a basic understanding of anatomy and physiology. If you have not had a nutrition course you may have to do additional outside of class reading and preparation.
Course Student Learning Objectives

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science.

As a student completing this course, the following requirements will be expected of you:

CSLO 1. Describe the physiological changes that occur with age that affect nutritional status.

CSLO 2. Evaluate the use of functional foods in relation to maintaining health during the aging process.

CSLO 3. Assess the nutritional status of an adult individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues in relation to the aging process and communicate it effectively in a written report.
Participation Expectations

There are expectations of you, as the student, for this course. There are course requirements for this course in general chemistry to be completed before taking the class. This course requires attendance in class one day each week. You will spend approximately 4 to 5 additional hours preparing for the course each week with online activities and study time. You must have the writing and math skills that are needed for this course.

Writing:

All students must present a professional demeanor in their writing. Students should use correct spelling and punctuation in any correspondence in this course. This includes in emails, discussion boards, and assignments (even tweets). Students should use APA style of writing for written assignments. Do use the Writing Center to have them edit your written assignments before you submit them. The Writing Center at the University of Texas is a place for all students, faculty, and staff to work on their writing projects and writing skills. Make an appointment TODAY!

https://www.uttyler.edu/writingcenter/

Response Policy

While the following are anticipated response times, typically the response will be quicker.

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available within 2 weeks of the due date. Much of the time you will be able to see grades sooner than the times listed. However, there are times when it takes longer to grade some assignments.

Voice mail messages: within 48 hours except on weekends and Holidays

Email: within 48 hours except on week-

If you leave me a voice message or send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!

Grading

<table>
<thead>
<tr>
<th>Refresher</th>
<th>10 points</th>
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<tbody>
<tr>
<td>Function of Proteins</td>
<td>10 points</td>
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<tr>
<td>Function of Carbohydrates</td>
<td>10 points</td>
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<tr>
<td>Function of Lipids</td>
<td>10 points</td>
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<tr>
<td>Function of Vitamins</td>
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<tr>
<td>Function of Minerals</td>
<td>10 points</td>
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<tr>
<td>Nutrient Calculations</td>
<td>10 points</td>
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<tr>
<td>Module 1 Assignment #1 Journal Article Review</td>
<td>50 points</td>
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<tr>
<td>Module 2 Assignment #2 Personal Journal</td>
<td>40 points</td>
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<tr>
<td>Assignment #3 Personal Health Plan</td>
<td>50 points</td>
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<tr>
<td>Module 3 Assignment #4 Dietary Supplements</td>
<td>50 points</td>
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<tr>
<td>Module 4 Assignment #5 Client/patient Health Analysis</td>
<td>200 points</td>
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<tr>
<td>Quizzes</td>
<td>4 @ 25 points each</td>
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<tr>
<td>Midterm Exam</td>
<td>100 points</td>
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<tr>
<td>Final Exam</td>
<td>150 points</td>
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<tr>
<td>Discussion Participation</td>
<td>4 @ 25 points each</td>
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Total Possible: 900 points

Grades: 810 –900 points: A
        721-809 points: B
        630-720 points: C
        540-629 points: D
        <540 points: F

There is no “curve.” Please note that 809 points is a B, NOT an A.

Students must be prepared to discuss assigned readings.
All items are due by 5:00 pm, Central Standard Time on the assigned due date. If assignments are late, 10% will be deducted for each day past the deadline.

**Refresher** - The Refresher Section covers basic information to refresh you on basic nutrition information. Complete the 6 components of this section.

**Assignment 1**—Journal Article: You will be assigned a research article regarding a functional food. You will present a video summary of the article for your class mates. Additional instructions are posted in Canvas. (CLSO 1)

**Assignment 2** - Personal Journal: Record your intake, (everything you eat or drink including supplements) and everything you do for 5 days using an internet resource to analyze your diet with an eye toward chronic disease risk. Create reports for Macronutrient ranges, Lipid profile, nutrient levels, and Intake in a spreadsheet. Additional instructions are posted in Canvas. (CLSO 1)

**Assignment 3** - Personal Health Plan: Using your Personal Journal data, develop 2 nutrition goals include the use functional foods to decrease your personal risk of chronic disease. The written summary will include how the goals fit into a long term health plan. Additional instructions are posted in Canvas. (CLSO 2 & 3)

**Assignment 4** – Dietary Supplements: You will give an in-depth oral presentation on an assigned dietary supplement. Additional instructions are posted in Canvas.

**Assignment 5** - Client/Patient Health Plan. Using a volunteer older than 65 years of age, you will complete an informed consent with the client. You will then assess their nutritional status and complete a written report for them with recommendations which you will provide them after it has been graded. Additional instructions are posted in Canvas. (CLSO 3)

When submitting work or emails be sure to include your name and class section number, the assignment title, and the date.
Tentative Course Schedule (the schedule may change if needed):

**Week of January 16th through January 20th – Refresher: Nutrition General Principles**
Mini-refresher of the general functions of Proteins, Carbohydrates, Lipids, Vitamins, Minerals, and how to calculate % kcals.
**Complete:** 6 activities in Canvas  
**View:** Video lectures  
**Due January 27th**

**Weeks of January 22th through February 17th – Module 1: Overview of Health & Aging**
**Read:** Chapters 1 through 10 in the textbook.  
**View:** Video lectures  
**Complete Quiz**  
**Assignment #1: Journal Article Presentation. Due February 5th**

**Weeks of February 18th through March 17th – Module 2: Nutrients in Health & Aging**
Realistic Weight goals, Exercise, Supplements, Eating Patterns  
**Read:** Chapters 11 through 17  
**View:** Video lectures  
**Complete Quizzes**  
**Assignment #2: Personal Journal, due March 10th.**  
**Assignment #3: Personal Health Plan, Due March 20th.**

**Midterm Exam (Exam 1): March 13th multiple choice, true/false, matching and short answer.**

**Weeks of March 18th through April 14th – Module 3: Dietary Supplements**
**View:** Video lectures  
**Read:** Chapters 18 through 25  
**Complete Quizzes**  
**Assignment #4: Dietary Supplements, Due April 10th.**

**Weeks of April 8th through April 28th Module 4: Protein & Energy**
**Read:** Chapters 26 through 29  
**View:** Video lectures  
**Complete Quizzes**  
**Assignment #5: Patient/Client Health Analysis, Due April 24th.**

**Comprehensive Final (Exam 2): May 1 - essay questions**
Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www2.uttyler.edu/wellness/rightsresponsibilities.php

Grade Replacement/Forgiveness

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (January 16, 2018) is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)

University of Texas at Tyler is a Tobacco-Free University

- All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.
- Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.
- There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free

Campus Concealed Carry at the University of Texas at Tyler

The UT Tyler Concealed Handguns on Campus Policy was approved by the UT System Board of Regents and went into effect at all UT Tyler facilities beginning Aug.1, 2016. Senate Bill 11 authorizes handgun license holders to carry their concealed handguns on campus and also requires each university to develop specific guidelines regarding campus concealed carry.

Under UT Tyler’s policy, which was developed through an extensive process led by the Campus Concealed Carry Working Group, all licensed handgun carriers are required to carry the handgun in a holster or other secure weapon case that completely covers the trigger and the entire trigger guard area. The holster must sufficiently retain the handgun in place so that it will not discharge in the event of sudden movement.

In addition, UT Tyler’s policy categorizes certain areas as exclusion zones, where the concealed carrying of a handgun is prohibited. Signs are posted at the entry points of areas identified in the policy as exclusion zones. Exclusion zones include all or part of certain buildings. Specific areas are detailed in UT Tyler’s Concealed Handguns on Campus Policy.
Disability Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.