Basic Course Information

Semester:	Fall 2021	Instructor Name:	Edgar Torres
Course Title & #:		Email:	edgar.torres@imperial.edu
CRN #:	12027	Webpage (optional):	
Classroom:		Office #:	
Class Dates:	**Aug 16- 18 nov 2021**	Office Hours:	
Class Days:	Monday - Wednesday	Office Phone #:	760 812 3784
Class Times:	10 am - 11:20 am	Emergency Contact:	
Units:	0	Class Format:	On line

Course Description

This course is designed to promote the health, safety and well-being of older adults to provide strength, stability and flexibility and improve balance. It is further designed to improve self-confidence and reduce depression/anxiety through mental exercises ad social interactions.

Course Prerequisite(s) and/or Corequisite(s)

None

Student Learning Outcomes

Upon course completion, the successful students will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

- 1- Maintain appropriate mental and physical health in older adults (flexibility, strength, balance and endurance).

- 2- The successful student will have the knowledge about nutrition (healthy plate, chronic illnesses and nutrition and basic skills about eating well).

Course Objectives

[Paste in the course objectives from the COR, located at https://imperial.curricunet.com/Search]

Textbooks & Other Resources or Links

N/A

Course Requirements and Instructional Methods

Individual Assistance
As students complete activities, the instructor will provide individual assistance as appropriate to improve students' performance.
Group Activity
Participants will work together on solving puzzles and other tasks/games requiring group input.

Course Grading Based on Course Objectives

Pass/No pass

Course Policies

Other Course Information

[Optionally, include other necessary information.]

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit http://www.imperial.edu/studentresources or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 August 16 - 18	Syllabus & Introduction Basic Nutrition skills * Take your measures - Physical activity	PP presentation
Week 2 August 23 - 25	-Healthy plate -Recipes. - Physical activity	PP presentation
Week 3 Aug 30 - Sep 2	Macronutrients - Physical activity	PP presentation / pdf older adults page. 11-23 PDF Older Adults
Week 4 Sep 6-9	Micronutrients - Physical activity	PP presentation. Diagrama /Proyecto dietoterapia
Week 5 Sep 13-16	Nutritional Eduction Older Adults / Micronutrients - Physical activity	PP presentation
Week 6 Sep 20-23	Make your own nutrition plan - Physical Activity	PP presentation / Do your own Nutrition Plan
Week 7 Sep 27-30	Obesity and overweight - Physical activity	PP presentation / nut older adults page. 54-55
Week 8 Oct 4-7	Diet therapy and Nutritional Support Overweight and Obesity - Physical activity	PP presentation /nutricion en el anciano page. 58-59
Week 9 Oct 11-14	What is Healthy Plate ? / Salud y Nutricion a su alcance - Physical activity	PP presentation
Week 10 Oct 18-21	High Blood Pressure - Physical activity	PP presentation
Week 11 0ct. 25-28	Diabetes and Nutrition - Physical activity	PP presentation
Week 12 Nov 1-4	High Blood Pressure - Physical activity	PP presentation
Week 13 Nov 8-11	hyperthyroidism - Physical activity	PP presentation
Week 14 May 15-18	Present your recipe /Final Class -Physical Activity	PP presentation

Subject to change without prior notice