

Basic Course Information

Semester:	Fall 2019 Non credit	Instructor Name:	Edgar O. Torres Felix
Course Title & #:	Health Education Older Adults	Email:	edgar.torres@imperial.edu
CRN #:	12035	Webpage (optional):	
Classroom:	CC HEBER	Office #:	
Class Dates:	Start 8-19-19 End 11-13-19	Office Hours:	
Class Days:	MW	Office Phone #:	7608123784
Class Times:		Emergency Contact:	
Units:	0		

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, illnesses and nutrition and basic skills about eating well).

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

Attendance

The students have to attendance more than 80% of the total attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend; children are not allowed.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services \(DSP&S\)](#) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **Student Health Center.** A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.
- **Mental Health Counseling Services.** Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential,

supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling Services at 760-355-6310 or in the building 1536 for appointments or more information..

Veteran's Center

The mission of the [IVC Military and Veteran Success Center](#) is to provide a holistic approach to serving military/veteran students on three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie; to serve as a central hub that connects military/veteran students, as well as their families, to campus and community resources. Their goal is to ensure a seamless transition from military to civilian life. The Center is located in Building 600 (Office 624), telephone 760-355-6141.

Student Equity Program

- The Student Equity Program strives to improve Imperial Valley College's success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addresses disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial need, Veterans, foster youth, homelessness, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbooks, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students' access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to a university. Contact: 760.355.5736 or 760.355.5733 Building 100.
- The Student Equity Program also houses IVC's Homeless Liaison, who provides direct services, campus, and community referrals to students experiencing homelessness as defined by the McKinney-Vento Act. Contact: 760.355.5736 Building 100.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Date or Week	Assignment, and/or Topic	Activity
Week 1 August 19 - 23	Presentation and introduction of studying plan	Physical Exercises
Week 2 August 26 - 29	What is the healthy plate?	Physical Exercises
Week 3 September 2-5	Why is it important to eat vegetables?	Physical Exercises
Week 4 September 9-12	Why is it important to eat proteins?	Physical Exercises
Week 5 September 16-19	Why is it important to eat carbohydrates?	Physical Exercises
Week 6 September 23-26	Why is it important to eat fats?	Physical Exercises
Week 7 Sept 30 –Oct 3	Oils and fats	Physical Exercises
Week 8 October 7-10	How many water do you drink?	Physical Exercises
Week 9 October 14-17	How to read Nutrition labels	Physical Exercises
Week 10 October 21-24	High blood pressure and nutrition	Physical Exercises
Week 11 October 28-31	Diabetes and nutrition	Physical Exercises
Week 12 November 4-7	High cholesterol and nutrition	Physical Exercises
Week 13 November 11-14	Quiz and semester end	Physical Exercises

*****Tentative, subject to change without prior notice*****