



## Basic Course Information

Semester:	Spring 2021	Instructor Name:	Edgar Torres
Course Title & #:		Email:	<a href="mailto:edgar.torres@imperial.edu">edgar.torres@imperial.edu</a>
CRN #:	22018	Webpage (optional):	
Classroom:		Office #:	
Class Dates:		Office Hours:	
Class Days:	Tuesday and Thursday	Office Phone #:	760 812 3784
Class Times:	9am - 10:25	Emergency Contact:	
Units:		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 and 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.]



<b>Date or Week</b>	<b>Activity, Assignment, and/or Topic</b>	<b>Pages/ Due Dates/Tests</b>
Week 1 Feb 16 - 18	Syllabus & Introduction Basic Nutrition skills * Take your measures - Physical activity	PP presentation
Week 2 Feb 23 - 25	-Healthy plate -Recipes. - Physical activity	PP presentation
Week 3 March 2-4	Macronutrients - Physical activity	PP presentation / pdf older adults page. 11-23 PDF Older Adults
Week 4 March 9-11	Micronutrients - Physical activity	PP presentation. Diagrama /Proyecto dietoterapia
Week 5 March 16-18	Nutritional Education Older Adults / Micronutrients - Physical activity	PP presentation
Week 6 March 23-25	Make your own nutrition plan - Physical Activity	PP presentation / Do your own Nutrition Plan
Week 7 March 30 - April 1	Obesity and overweight - Physical activity	PP presentation / nut older adults page. 54-55
Week 8 April 6-8	Diet therapy and Nutritional Support Overweight and Obesity - Physical activity	PP presentation /nutricion en el anciano page. 58-59
Week 9 April 13-15	What is Healthy Plate ? / Salud y Nutricion a su alcance - Physical activity	PP presentation
Week 10 April 20 -22	High Blood Pressure - Physical activity	PP presentation
Week 11 April 27-29	Diabetes and Nutrition - Physical activity	PP presentation
Week 12 May 4- 6	High Blood Pressure - Physical activity	PP presentation
Week 13 May 11-13	hyperthyroidism - Physical activity	PP presentation
Week 14 May 18-20	High Cholesterol - Physical activity	PP presentation
Week 15 May 25-27	Present your recipe /Final Class -Physical Activity	PP Student presentation

**\*\*\*Subject to change without prior notice\*\*\***