



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

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