

NUTRITION/ELDERLY
3 credits
FACS 585 – A70 – 40175
Course Syllabus SU 18
Department of Applied Human Sciences

Type	Time	Days	Where	Date Range	Schedule Type	Instructors
Class	TBA		Web-Course Delivery	June 4 – 29, 2018	Lecture	Margaret E. Cook-Newell (P)

Instructor Information:

Margaret E. Cook-Newell, PhD, RDN, LD, CN

Office: Academic Complex 410A

Phone/voicemail: 270-745-3899

Email: margaret.cook-newell@wku.edu

Office Hours: Online Appointments PRN

Mailing Address:

Western Kentucky University
Department of Applied Human Sciences
1906 College Heights Blvd., Building #11037
Bowling Green, KY 42101

COURSE INFORMATION

Basic Information: This course will be conducted entirely online through Blackboard. The exams will be taken at the WKU DELO Testing Center in Garrett Conference Center or at an approved, designated testing site.

Course Description: Exploration of the nutritional needs of the aging adult, focusing on non-disease and disease states and their nutritional ramifications. The nutritional implications for demographic groups in the aging population and issues related to food consumption, pharmacology and physical activity in the elderly are reviewed. Field experiences may be virtual.

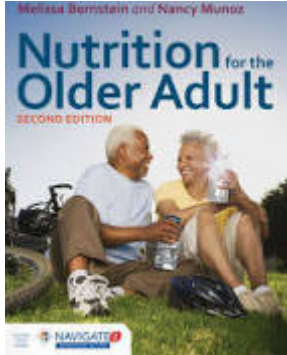
Objectives: Upon the completion of this course, regarding the Older Adult the student will be able to:

1. List characteristics representative of the aging population
2. Describe how physiologic changes of aging impact nutrition
3. Distinguish between natural physiologic changes of aging and disease
4. Identify DRI for the aging population
5. Explain the significance of nutrition in Health Promotion & Disease Prevention.
6. Identify Steps of Nutrition Assessment.
7. Define nutrition support and explain its function
8. Discuss the role medications play in the health of older adults including impact on nutrition

9. Identify nutrition-related challenges facing the aging population
10. Earn an Adult Malnutrition Certificate of Training

Prerequisite: Graduate Status

Text: Bernstein and Munoz. *Nutrition for the Older Adult*. 2nd ed. Burlington, MA: Jones & Bartlett Learning, 2016.



Teaching Methods:

This course will involve readings, weekly assignments, participation in online discussion and use of course resources posted on Blackboard.

The posted readings contain basic information. Course resources provide detail and depth on the topics.

Getting Started:

All students must contact the instructor during the first week of the semester.

Please send an email to margaret.cook-newell@wku.edu

Click on the Email Instructor link in the FACS 585 BB course menu to email the instructor the information asked for in the Getting Started section of the syllabus.

Address email / correspondence to Dr. Cook-Newell or Dr. MCN

Identify the email in the subject line as follows:

FACS 585 Initial Contact [Student Name]

Provide the following information in the email:

- 1) **Greeting for example: Hello Dr. Cook-Newell or Dr. MCN**
- 2) **Content**
 - Your name preference ... if your name is Roberta, but you want to be called Bobbi, please state such. If necessary, include pronunciation of your name.
 - A telephone number where you can be reached if needed.
 - The anticipated testing site
WKU DELO Testing Center in Garrett Conference Center or at an approved, designated testing site
- 3) **Sign-Off** your name and other info you wish to include

To Contact the Instructor – Dr. Cook-Newell or Dr. MCN

E-mail preferred margaret.cook-newell@wku.edu or

Call the office, **270-745-3899**, during office hours

Leave a message if not in and email as follow-up.

When sending an e-mail, include the course number in the subject line in the following format:

FACS 585 [topic of the e-mail message] [Your Three Initials].

EX: FACS 585 – Part 1 HW Question MCN. *Note: MCN = the instructor's three initials*

Emails will be responded to within 48 hours during weekdays.

Course Content

The course is divided into three parts.

Each part will culminate in an exam.

Exams: There will be three (3) exams.

Preparation for each exam includes:

Weekly assignment(s)

Readings & course resources

Review quizzes

Participation in the Discussion Board

Assignments: Post all Assn. to site on BB where accessed.

Content Assignments, for credit and/or bonus, are posted under Content on BB

- The Content Assignments are found in Content in the week assigned
- Please see specific assn details where posted.
- Post the completed FACS 585 Content Assn to the site where accessed.

Nutrition Education Handout Details posted under *Assignments* on BB.

Research Brief Details posted under *Assignments* on BB.

ANHI Adult Malnutrition Certificate of Training Details posted under *Assignments* on BB

Before you click 'submit' to post your files on BB please:

- Make sure you upload the right file(s)
- If you submit a wrong file, the grade will be based on the material submitted.
- All students are expected to work *independently* to complete course work.
- Do not ask for or give a copy of your work to classmates
- If issues with coursework, students are to e-mail the instructor for assistance.

Discussion Board:

- Students will participate in three (3) online discussions related to course content.
- Access DB under Discussion on BB
- E-mail to the instructor will NOT be considered class discussion.
- When a topic is proposed by the instructor, students will need to participate in "group" discussion about that topic by the posted due date.
- This participation will be tracked by the instructor.
- Points will be deducted if participation does not meet guidelines or if posted after the due date.

WKU DL Exams/Testing:

1. There will be three (3) exams.

Exams will be computerized.

Special Instructional Materials: Although exams are computerized, please take a No. 2 pencil to each exam "just in case" the computerized system is not functioning properly.

ALL Students will SCHEDULE and take exams *at Western Kentucky University OR at a designated off-campus testing sites by arrangement with the DELO Testing Center in Garrett Conference Center Rm 108.*

Any changes to this process will be posted in Blackboard.

NOTE: *The WKU DL Testing Centers do not charge a fee; however, the WKU Remote Proctoring Network includes both proctor locations who charge for proctoring services as well as those who do not charge. Students are responsible for payment of any proctoring fees if they choose to use a proctor who charges a fee for this service. Students are also responsible for any additional fees that might be associated with the use of a particular proctoring site, such as parking fees.*

2. If you are taking exams in Bowling Green, you will be going to the DELO Testing Center in Garrett Conference Center RM 108 on the WKU campus.

You will schedule each exam with the DELO Testing Center and pick from the days and times available to take the exams.

The testing center is generally open during the normal work week between 8:00 a.m. and 3:00 p.m. (or perhaps later, based on times listed when trying to schedule).

To register for your exams go to TopNet. When in TopNet, click on Student Services. When in Student Services, click on Registration. Under Registration, there will be a tab called Online Exam Reservation at the bottom of the list. The system will lead you through the process of making the reservation.

Only the dates established by your instructor for the exam will be shown.

The system will confirm your date and time immediately and you will be able to print the confirmation page as a reminder.

Be careful! Once you make your reservation and receive the confirmation you will not be able to alter the reservation.

Call 745-5122 to have the system reset.

You must then follow the instructions as before in TopNet to schedule your exam again.

3. If you will NOT be testing in Bowling Green but WILL be testing AWAY from Bowling Green, Kentucky, then you will be working with the DELO Testing Center to locate a proctored site and to schedule exams.

You are required to SCHEDULE to take the exam with two (2) places

1. The Off-campus Site AND
2. The DELO Testing Center at WKU

-There could be a charge for testing at sites away from Bowling Green.

-To make an appointment with your chosen proctor location, fill out the online exam request form on the Testing Center website <http://www.wku.edu/testing/>.

-To find a testing location, go to the website at <https://www.wku.edu/testing/offsite-exam.php>.

-Contact one of the testing sites listed at the website & ask what days/times of the week that test proctoring is offered & how far in advance testing should be scheduled - then schedule the exam with them.

-Then schedule with the DELO Testing Center at WKU, using the link above. If you have any questions, you can contact the DELO Testing Center at 745-5122 or email delo.testing@wku.edu.

4. Exam Taking Specifics

You will have at least 90 minutes for each exam.

NO notes, books, or cell phones may be used when taking exams.

Assistance from another person is NOT allowed.

No additional web browsers or computer files may be open during an exam session.

Violation of any of these policies may result in a failing grade for the exam and/or the course.

5. Exam Time Specifics

Students must take each exam in the appropriate testing time-frame.

Extenuating circumstances for missing the exam time frame include the student's sickness

or serious illness or death of an immediate family member.

Athletes and students who accompany athletic teams for official purposes will also be excused for documented games/meets out-of-town.

In all cases, documentation must be provided to substantiate the absence.

Documentation for excused absences (personal medical excuses, family member/close friend funeral, WKU-team/group event) MUST be provided within two weeks of the absence.

Routine medical appointments (e.g., dental, eye, chiropractic) and are NOT excused absences.

Any missed exam must be taken within three days of the original exam date.

Grades in the class are final and will not be changed unless there is a computational error.

- Do not email at the end of the semester to “negotiate” your final grade or to question a grade from an assignment or exam completed and returned during the semester.
- Do not email at or near the end of the semester to ask if there is anything you can do to raise your grade one letter

Grading and Evaluation:

Grades will be assigned according to the total points achieved in the class as follows (the % of points accumulated divided by the total points available):

Points		Total Points
Exams	3 @ 75 pts ea	225
Assignments		250
Chapter Review Quizzes		
18 @ 2 pts ea	36 pts	
Content Assignments	69 pts	
Nutrition Education Handout	20 pts	
Research Brief	25 pts	
AHNI Adult Malnutrition Certificate of Training	100 pts	
Discussion Board		25
DB 1	5 pts	
DB 2	10 pts	
DB 3	10 pts	
TOTAL		500

Grade	Percentage	Points
A	90 - 100%	450-500
B	80 - 89%	400-449.9

C	70 - 79%	350-399.9
D	60 - 69%	300-349.9
F	59% or less	<300

WKU Academic Dishonesty Policy

Students will be expected to do his/her own work for exams/quizzes and assignments. Failure to comply with this policy will result in a failing grade for the exam/assignment and, perhaps, the course. If caught cheating, the student will receive a minimum of a zero on the assignment/quiz/exam and the cheating incident will be reported to WKU's Office of Student Life.

Students should be aware of WKU's academic dishonesty policy (WKU Catalog, 2017-2018), which states: "Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of the Dean of Student Life for disciplinary sanctions."

Student Disability Services

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DSU 2123 of the Student Success Center in Downing Student Union. The phone number is 270-745-5004.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services

Title IX Sexual Misconduct/Assault Policy

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.