

**COURSE DATA****Data Subject**

Code	33958
Name	Food and Nutrition for the Elderly
Cycle	Grade
ECTS Credits	4.5
Academic year	2023 - 2024

Study (s)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	4	First term

Subject-matter

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	37 - Food and nutrition in the elderly	Optional

Coordination

Name	Department
BLESA JARQUE, JESUS	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

SUMMARY

Food and Nutrition in the Elderly is an optional subject that is taught with a load of 4.5 ECTS credits in the first quarter of the fourth year of the degree in Human Nutrition and Dietetics. With this subject, the aim is for the student to acquire the necessary skills to intervene in the nutrition of the elderly in different areas of action (home, hospital and institutionalized), contributing to improving the quality of life through nutrition.

PREVIOUS KNOWLEDGE



Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

It is advisable to take courses in the assignments of Nutrition, Dietetics (I and II), Dietary Therapy and Physiology.

OUTCOMES

1205 - Degree in Human Nutrition and Dietetics

- Understand the physiological, psychological, social and cultural bases of aging.
- Know the most common eating problems in the elderly.
- Provide dietary-nutritional support to individuals and communities both to treat and to prevent disease.
- Advise on the most suitable diet for each individual and collective situation.
- Assess and monitor the nutritional status of individuals and communities.

LEARNING OUTCOMES

- To assess the physiological, psychological and socioeconomic factors inherent to the process of aging, along with the individual circumstances of the elderly (pathologies, social environment, physical activity, degree of dependency) that influence food.
- To carry out the assessment of nutritional status and dietary history in the elderly person.
- To approach and follow up on the integral nutritional and dietary intervention of the elderly person in different circumstances.
- To apply the knowledge acquired in previous courses to the specific characteristics of the older person.

DESCRIPTION OF CONTENTS

1. Introduction

- 1.1.Theories of aging
- 1.2.Vulnerability and fragility of the elderly. Main pathologies.
- 1.3.Food and active ageing.

**2. Nutritional status assessment**

- 2.1. Comprehensive nutritional clinical assessment
- 2.2. Evaluation of body composition.
- 2.3. Changes with age in dietary intake and its impact on nutritional status.

3. Dietary-nutritional approach to the elderly in different settings: home, hospital and institutional.

- 3.1. Nutritional evaluation.
- 3.2. Nutritional diagnosis.
- 3.3. Nutritional intervention.
- 3.4. Monitoring and evaluation of the results.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Computer classroom practice	8,00	100
Seminars	2,00	100
Tutorials	2,00	100
Study and independent work	60,00	0
Resolution of online questionnaires	7,50	0
TOTAL	109,50	

TEACHING METHODOLOGY

Theoretical classes. On-site classes intended for the presentation by the teacher of the most important concepts and contents of each subject in order for the student to acquire the knowledge related to the subject. Student participation will be encouraged

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Seminars: They are mandatory completion and attendance for students who are enrolled. 1 coordinated seminar will be held with a theme and format proposed by the students and agreed with the professor, following the regulations for coordinated seminars indicated on the Faculty website. The preparation of the seminar will be supervised through tutorials, which will be agreed between the teacher and the students. The seminars will be presented in writing and will be presented by the students. After the oral presentation, there will be a turn for intervention by the rest of the students, moderated by the teacher. The assessment of this activity will consider both the scientific content treated and the way in which they have been presented, especially valuing the ability to communicate and transmit ideas and concepts, as well as the ability to integrate into a working group.



Tutorials: They are compulsory attendance and the students will attend them in organized groups and there will be 2 in total evenly distributed at the beginning and at the end of the semester. The duration of these tutorials will be 1 hour. The tasks (short questions and/or problems) previously provided on the virtual platform will be worked on in the group and students will be able to ask questions about the matter. In them, the professor will evaluate the learning process of the students in a globalized way and will guide the students on the most useful work methods for solving problems that may arise.

Practice class: They will be held in small groups and their attendance is mandatory. In these sessions, the student's work is directed step by step, to ensure that they acquire the necessary skills to successfully address the nutritional intervention of the elderly.

Tasks and activities: throughout the course the student will arise a number of practical issues and problems

EVALUATION

The evaluation will be distributed, for the purposes of percentages in the qualification, as follows:

Evaluation of the theoretical contents: The exam matter includes the subjects exposed in the theoretical classes, the practical classes and computer sessions, with open and short answer questions or alternative answers (true-false) with reasoning, numerical resolution of cases practical sessions. This test represents 60% of the final grade. It is required to obtain a minimum of 5 points out of 10 to count this test in the final grade.

Evaluation of the practical contents: The qualification obtained in this evaluation will represent 15% of the final qualification of the subject. The practical classes will be evaluated through the attitude and demonstrated aptitude (care and use of the material, calculations, record of all the work done, and the report presented).

Evaluation of tutorials: The evaluation of this section will represent 0.5 points. In said qualification, the resolution of the proposed tasks will be taken into account, other than laboratory practices and homework and attendance at tutorials.

Evaluation of activities and tasks: The evaluation of this section will represent 1 point. In this qualification, the resolution of the proposed tasks, other than laboratory practices and tutorials, will be taken into account.

Evaluation of the seminars: The seminar carried out will contribute a maximum of 1.0 point to the final grade for this subject. The work carried out will be evaluated, both the scientific content of the work, as well as the work of preparing it and the ability to present it in public and discuss it with the teacher and classmates, as well as its integration into the group. Attendance will also be taken into account.

The activities of continuous assessment, which in this subject are practices, tutorials and seminars, are of MANDATORY ATTENDANCE and, therefore, NOT RECOVERABLE, in accordance with the provisions of Article 6.5 of the Regulation of Evaluation and Qualification of the UV for Bachelor and Master degrees. If it is not possible to attend any of these activities for justified reasons, it must be communicated in advance. In this way, the person in charge of the subject may assign the student a session in another group.



In the case of suspending the subject in the first call, only will be saved until the second call the obtained note corresponding to tutoring, homework and seminars. In no event will be saved the obtained note in the test (not even the corresponding to the theoretical questions not recounted to the practical questions of the same one).

In the case of suspending the course in the second call, laboratory practices must not repeat them during the two following years.

In the first call they will be qualified as **not presented**:

1 ° The students who were not submitted to the written theory examination, but who have participated and have notes somewhere/s of activities (seminars, laboratory, computer science tutorials,...).

2° Students who were not submitted to the written theory exam or have participated or retrieved note in the rest of the activities of the course.

In the second call will be rated as **not presented**, only the students that were not submitted to the written theory exam or have participated or retrieved note in the rest of the activities of the course. Instead, which is presented to the theory test but have a score of other kinds of activities, they will be qualified as **suspense**.

*Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents. In the event of fraudulent practices, the “**Action Protocol for fraudulent practices at the University of Valencia**” will be applied (ACGUV 123/2020):*
<https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

REFERENCES

Basic

- KRAUSE. DIETOTERAPIA. 15ª ED. JANICE L. RAYMOND Y KELLY MORROW (COORS.). ELSEVIER ESPAÑA - 9788491139379

MANUAL DE ALIMENTACIÓN GERIÁTRICA. 2º ED. MARTA GONZALEZ CABALLERO. ALCALA GRUPO EDITORIAL 9788413239552.

MANUAL TERAPÉUTICO EN GERIATRÍA 2ª ED. CRISTINA BERMEJO BOIXAREU Y JAIME RODRIGUEZ SALAZAR (COORS.). PANAMERICANA 9788491109167.

NUTRICIÓN EN LAS DIFERENTES ETAPAS DE LA VIDA. 5ª ED. JUDITH BROWN. MCGRAW-HILL - 9786071511874.