

LLS44 : Diet and Nutrition for Seniors

General Information

Author:	<ul style="list-style-type: none">Maria Czech
Course Code (CB01) :	LLS44
Course Title (CB02) :	Diet and Nutrition for Seniors
Department:	LLS
Proposal Start:	Summer 2025
TOP Code (CB03) :	(4999.00) Other Interdisciplinary Studies
CIP Code:	(30.9999) Multi-/Interdisciplinary Studies, Other.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000652032
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	LLS 44 discusses nutritional basics for mature adults. Students will create their own personal healthy, simple, and effective diet plan. Lecture 12-24 hours. Note: This is a course designed for the older adult. Note: This course is Pass/No Pass only.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Noncredit
Mode of Delivery:	<ul style="list-style-type: none">To-Be-Announced (TBA)
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Older Adults:-Non-Credit
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

 Allow Students to Gain Credit by Exam/Challenge**Course Special Class Status (CB13)**

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID**General Education Status (CB25)**

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours**Summary**

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	12 - 24
Total Course Out-of-Class Hours	0 - 0
Total Student Learning Hours	12 - 24

Credit / Non-Credit Options**Course Type (CB04)**

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience Education Status (CB10)
Weekly Student Hours

	In Class	Out of Class
Lecture Hours	12 - 24	0
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	12 - 24
Laboratory	0
Studio	0

Total 12 - 24

Course Out-of-Class Hours

Lecture 0

Laboratory 0

Studio 0

Total 0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Minimum

Summary

Minimum Credit Units (CB07) 0

Maximum Credit Units (CB06) 0

Total Course In-Class (Contact) Hours 12

Total Course Out-of-Class Hours 0

Total Student Learning Hours 12

Faculty Load 0

Detail

Weekly Student Hours

In Class **Out of Class**

Lecture Hours 12

Laboratory Hours 0

Studio Hours 0

Course Student Hours

Course Duration (Weeks) 0

Hours per unit divisor 0

Course In-Class (Contact) Hours

Lecture 12

Laboratory 0

Studio 0

Total 12

Course Out-of-Class Hours

Lecture 0

Laboratory 0

Studio 0

Total 0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Minimum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Maximum

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	24
Total Course Out-of-Class Hours	0
Total Student Learning Hours	24
Faculty Load	24

Detail

Weekly Student Hours

Course Student Hours

	In Class	Out of Class	Course Duration (Weeks)	
Lecture Hours	24	0	Hours per unit divisor	0
Laboratory Hours	0	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	24

Laboratory	0
Studio	0
Total	24

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 24

Units and Hours: Maximum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
N/A	No Value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Discussion

Methods of Instruction

Field Activities (Trips)

Methods of Instruction

Multimedia

Methods of Instruction

Independent Study

Out of Class Assignments

N/A

Methods of Evaluation

Rationale

Writing Assignment

Journaling and utilizing worksheets to track dietary habits

Evaluation

Participation in self-evaluation activities

Activity (answering journal prompt, group activity)

Group discussions

Writing Assignment

Creating a personal nutrition plan

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
--------	-------	-----------	------	------

No Value	No Value	No Value	No Value	No Value
----------	----------	----------	----------	----------

Other Instructional Materials (i.e. OER, handouts)

No Value

Learning Outcomes

Course Objectives

Describe personal nutritional status.

Examine personal dietary habits and identify goals for change.

Identify dietary needs specific to seniors.

Explain the function of proteins, carbohydrates, fats, water, herbs, and vitamins in the body.

Develop healthy dietary plan for the individual student.

Examine the effects of diet on various health conditions, particularly those prevalent in the older population.

Describe the ways in which dietary habits affect health and well-being of the older adult.

SLOs

Identify and apply key dietary practices that support healthy aging, including nutrient-dense food choices, portion control. Expected Outcome Performance: 70.0

Identify strategies for managing age-related health conditions such as osteoporosis, heart disease, and diabetes. Expected Outcome Performance: 70.0

Course Content

Lecture Content

Introduction and Orientation (1-2 hours)

- Staying healthy as we age
- Responsibilities of participation in the class
- Observing and Recording
 - Observing as a method of inquiry
 - Use of worksheets and journal
 - Methods of self evaluation

Evaluation of Individual Nutritional Status (1-2 hours)

- Characteristics of the older age group
- Personal statistics
- Relevant health conditions related to aging
- Food sensitivities and allergies
- Hereditary factors
- Personal activity level

Dietary Influences (3-6 hours)

- Effects of family dynamics
- Effects of emotions
- Cultural influence

Reading Labels (1-2 hours)

- USDA nutrition pyramid
- Calculating calorie and fat percentages
- Identifying desirable ingredients
 - Specific nutrients
 - Heart healthy fats
- Identifying undesirable ingredients
 - M.S.G.
 - Allergens
 - Food dyes
 - Sodium
 - Unhealthy fats
 - Sweeteners

Purpose of Nutrients (1-2 hours)

- Micronutrients
 - Vitamins
 - Minerals
- Macronutrients
 - Proteins
 - Fats
 - Carbohydrates

Water (1-2 hours)

- Sources
- Benefits
- Hazards

Sources of Specific Nutrients (1-2 hours)

- Natural
- Artificial
- Supplements

Herbs (1-2 hours)

- Identification and culinary uses of various herbs
- Benefits of various herbs

- Hazards of various herbs

Safety (1-2 hours)

- Avoiding food poisoning
- Preparation
 - Storage
 - Expiration dates
- Pesticides vs. organics
- Medical issues
 - Food sensitivities and allergies
 - Food and drug interactions of danger for the older population
 - Hypervitaminosis

Designing a Personal Dietary Plan (1-2 hours)

- Identification of personal goals
- Identification of personal preferences
- Identification of lifestyle factors
- Making healthy choices in the market and the pantry
- Calculation of personal dietary intake goals
- Writing a personal meal plan

Total Hours: 12-24

Additional Information**Repeatability**

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value