

Brief Course Description	The Geriatric Nutrition course explores nutritional methods to retard the aging process, and shows the student how to apply these methods.	
Course Prerequisites	<ul style="list-style-type: none"> • Pediatric Nutrition • Adult Nutrition 	
Textbooks Required for this Course	Stop Aging Now! By J. Carper	
Equipment Required for this Course	None	
Course Duration	Course is self paced, distance education. Approximately 62 hours of study.	
Homework Hours	None.	
Delivery Methods	Indicate how the course is delivered:	
	<input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> <i>Distance delivery.</i> <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>	
Instructional Method	Method of Delivery. (reflect all methods used.) Distance Education.	Contact Hours. Monday-Friday, 9am to 5pm
Learning Objectives/Outcomes	<p>Upon completion of this course the successful student will have reliably demonstrated the ability to:</p> <p>At the end of this course you will be able to recommend nutritional methods and menus that will slow the aging process and enable the enjoyment of a healthy, active senior life.</p>	

Student Progress/Assessment Methods

Students are assessed based on an open-book exam at the end of the course.
Students must score 80% to be considered successful.

Attendance Expectations

N/A

Dress Expectations (if applicable)

N/A

Course Details

The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.

<u>Lesson:</u>	<u>Topics Covered</u>
1	Factors that Affect the Human Life Span
2	How and Why we Age
3	Supplement and their Anti Aging Effects
4	Aging without Senility
5	Common Ailments of Seniors
6	Substance Abuse & the Elderly