

**COURSE DATA****DATA SUBJECT****Code:** 33958**Name:** Food and Nutrition for the Elderly**Cycle:** Undergraduate Studies**ECTS Credits:** 4.5**Academic year:** 2025-26**STUDY (S)**

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de L'alimentació	4	First quarter

SUBJECT-MATTER

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

COORDINATION

RODRIGUEZ GARCIA JULIA

SUMMARY

Diet and Nutrition in Older Adults is an optional course offered in the first semester of the fourth year of the degree in Human Nutrition and Dietetics, with a workload of 4.5 ECTS credits. The learning strategy of this course is based on three pillars: (i) the development of theoretical knowledge; (ii) problem-based learning, where students will participate in solving clinical cases; (iii) the development of practical clinical skills through simulation experiences. This course aims to equip students with the necessary competencies to intervene in the diet of older adults in various settings (home, hospital, institutional), 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.

COMPETENCES / LEARNING OUTCOMES

-

Advise on the most suitable diet for each individual and collective situation.

Assess and monitor the nutritional status of individuals and communities.

Know the most common eating problems in the elderly.

Provide dietary-nutritional support to individuals and communities both to treat and to prevent disease.

Understand the physiological, psychological, social and cultural bases of aging.

DESCRIPTION OF CONTENTS

1. Introduction

1.1. Theories of aging.

1.2. Health of older adults.

1.2.1. Physiological changes

1.2.2. Conditions and diseases

1.2.3. Geriatric syndromes: frailty and others

1.3. Dietary guidelines for the elderly population

1.4. Active ageing

1.5. Communication with older patients

1.6. Clinical simulation

2. Dietary and Nutritional intervention approach for older adults in different settings: home,

**hospital, and institutional**

- 2.1. Nutritional assessment.
- 2.2. Nutritional diagnosis.
- 2.3. Nutritional intervention.
- 2.4. Monitoring and evaluation of progress and results.

WORKLOAD**PRESENCIAL ACTIVITIES**

Activity	Hours
Tutorials	2,00
Theory	30,00
Seminar	2,00
Computer classroom practice	8,00
Total hours	42,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	15,50
Independent study and work	40,00
Preparation of lessons	5,00
Preparation for assessment activities	10,00
Resolution of case studies	0,00
Total hours	70,50

TEACHING METHODOLOGY

Theoretical Classes: Three main learning methodologies will be applied in these face-to-face sessions:

- (1) Sessions aimed at presenting key concepts and content of each topic, to help students acquire relevant knowledge.
- (2) Sessions aimed at solving clinical case studies, focusing on various diseases and situations requiring dietary-nutritional interventions to improve patient health.



(3) Sessions aimed at developing clinical skills through simulation experiences (videos and role-playing), where students will develop communication, conflict management, and professional and ethical attitudes. These sessions will seek learning through feedback and reflection to identify and close gaps in knowledge and skills and reinforce experiential learning.

Seminars: Coordinated seminars will be held on topics provided by the professor or proposed by the students and agreed with the academic, following the regulations for coordinated seminars indicated on the Bachelor's Degree website. These seminars could be presented at a conference organized by the Bachelor's Degree Coordinator. The preparation of the seminar will be supervised by tutorials, which will be agreed between the academic and students

Tutorials: There will be 2 tutorials, of 1 hour each, distributed at the beginning and end of the semester. The tasks (activities, short questions, problems) will be previously provided on the virtual platform. In these sessions, doubts on the subject will also be resolved, concepts will be reinforced and others will be expanded.

Practical Classes: These sessions are based on simulations with real patients both at the Faculty of Pharmacy and Food Sciences and at the Center for Interdisciplinary Simulation in Health (CESIS). The student will have a guide of the clinical cases, which they must know in depth and use for the preparation of the practical sessions. The practices are carried out in small groups and at the end of the sessions the students have to prepare and submit a final report. These clinical simulation practices are designed for the student to develop clinical practical skills, self-confidence, self-perception, professional ethics, time and conflict management, and teamwork, among other skills necessary to address the nutritional intervention of the elderly successfully.

EVALUATION

The evaluation of the learning of outcomes and skills acquired by students will be done continuously throughout the subject.

The assessable items of the subject are the following:

- a) Written test in which theoretical/practical knowledge is evaluated
- b) Resolution of practical cases of clinical simulation
- c) Tutorial sessions and reports
- d) Seminar session and preparation of activities
- e) Continuous assessment activities other than tutorials and practicals

Continuous assessment activities, practical, tutorials and seminars sessions are compulsory to attend and,



therefore, are not recoverable.

To pass the subject, it will be necessary to pass the written test and the practice sessions separately, obtaining a minimum score of 5 out of 10 in each of them.

a) Acquisition of theoretical/practical concepts and application of them in a written test (55%). The acquisition of the concepts developed in the theoretical, practical and continuous assessment classes; as well as the ability to apply these concepts, analyse and propose a nutritional and dietary strategy in clinical cases will be assessed through a written test. The exam will consist of two parts, one with open and short answer questions or alternative answer (true-false) with reasoning, that will represent 30% of this final test. The second part of the exam will be a clinical case to be solved with a description and reasoned justification of the necessary nutritional intervention process, which will represent 70% of the total value of the test. This test represents 55% of the final grade of the subject. It is required to obtain a minimum of 5 points out of 10 to add the rest of the marks of this subject and pass the subject.

b) Resolution of clinical cases in simulation practical sessions (20%). Students' ability to apply theoretical concepts, analyse a clinical cases, propose a nutritional and dietary strategy-intervention, and stage their clinical skills in clinical simulation sessions will be assessed. Practical and clinical skills will be assessed taking into account the following aspects:

- Demonstrated attitude and aptitude: prior preparation of the sessions, active intervention in the prebriefing and debriefing sessions, ethical and collaborative attitude in the work teams and the care and use of the material.
- Performance in the clinical simulation session: human and professional quality in their intervention and treatment of the patient, collaboration and respect of the simulation team, quality of the intervention planned and developed.
- Quality of the report presented: description and discussion of the different aspects of the nutritional-dietary intervention of the clinical cases presented, correct use of calculations, terms, writing style and final presentation.

The grade obtained in this evaluation will represent 20% of the final grade of the subject.

It is required to obtain a minimum of 5 points out of 10 to add the rest of the marks of this subject and pass the subject.

c) Tutorials (5%). The completion and resolution of the proposed tasks will be assessed, as well as the participation and attitude in these sessions. The evaluation of this section will represent 5% of the final grade of the subject.

(d) Seminars (10%). In the evaluation of coordinated seminars, the level of understanding of the contents, the quality of the written work (and other proposed activities), as well as the presentation and oral presentation skills in accordance with the regulations available on the Bachelor's Degree website, will be taken into account. The seminar held will contribute with a maximum of 10% of the final grade of the subject.



e) Continuous evaluation activities (10%). In the assessment of the completion of the tasks proposed as continuous assessment activities, the student's attitude, the previous preparation of the activity and the resolution of the proposed tasks, other than practical and tutorial activities, will be taken into account. The evaluation of this section will represent 10% of the final grade of the subject

Explanatory notes:

(i) **Continuous assessment activities, practical, tutorials and seminars** sessions are **compulsory to attend** and, therefore, **not recoverable**, in accordance with the provisions of article 6.5 of the UV Evaluation and Qualification Regulations for Bachelor's and Master's degrees." In the event that, for justified reasons, it is not possible to attend any of these activities, you must communicate well in advance. In this way, the person in charge of the subject will be able to assign the student a session in another group.

(ii) The copying or manifest plagiarism of any task that is part of the evaluation will make it impossible to pass the subject, and will then be subject to the appropriate disciplinary procedures. Please note that, in accordance with Article 13. d) of the University Student Statute (RD 1791/2010, of 30 December), it is the duty of a student to refrain from using or cooperating in fraudulent procedures in assessment tests, in the work carried out or in official documents of the university. In the event of fraudulent practices, the procedure will be as determined by the "Protocol of action against fraudulent practices in the Universitat de València" (ACGUV 123/2020): <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>.

(iii) The subject is considered **approved** when the minimum established in the **written test and practical sessions is reached in each of these items, separately**. Numerically, it is a score equal to or greater than **5.0** (out of 10).

(iv) Attendance at continuous assessment sessions, practical, seminars and tutorials sessions is essential to pass the subject.

(v) In the event of failing the exam in the first call, the grade of practical, seminars, tutorials and continuous assessment activities will be kept for the second call of the current academic year.

(vi) For students who repeat the subject, the attendance and grades of tutorials, seminars and practical sessions are kept during the two years following their completion. After this period, tutorials, seminars and practical sessions must be carried out again.

REFERENCES

- Agencia Española de Seguridad Alimentaria y Nutrición. Orientaciones para la elaboración de menús saludables y medioambientalmente sostenibles en centros residenciales y centros de día para personas mayores. Madrid: Ministerio de Consumo; 2023.
- Bermejo Boixareu C, Rodríguez Salazar J, coordinadores. Manual terapéutico en geriatría. 2ª ed. Madrid: Panamericana; 2021. ISBN: 9788491109167.
- Brown J. Nutrición en las diferentes etapas de la vida. 5ª ed. México: McGraw-Hill; 2015. ISBN: 9786071511874.



- Gil Gregorio P, Ramos Cordero P, Cuesta Triana F, Mañas Martínez MC, Cuenllas Díaz A, Carmona Álvarez I. Nutrición en el anciano. Guía de buena práctica clínica en geriatría. Madrid: Sociedad Española de Geriatría y Gerontología; 2013. ISBN: 9788493965686.
- Generalitat Valenciana. Conselleria de Bienestar Social. Manual de planificación de dietas en centros sociosanitarios. Residencias de personas mayores de la Comunidad Valenciana. Valencia: Generalitat Valenciana; 2004. 188 p.
- Generalitat Valenciana. Conselleria de Bienestar Social. Protocolo de valoración nutricional. Valencia: Generalitat Valenciana; 2004. Disponible en: <https://serviciossociales.gva.es/documents/610460/720085/Protocolo+de+Valoraci%C3%B3n+Nutricional/a3d293f5-29ed-43ed-9b3e-e23b073afe4b>
- González Caballero M. Manual de alimentación geriátrica. 2ª ed. Alcalá de Henares: Grupo Editorial; 2021. ISBN: 9788413239552.
- Junta de Andalucía. Consejería para la Igualdad y Bienestar Social. Libro Blanco del Envejecimiento Activo. Sevilla: Junta de Andalucía; 2010. Depósito Legal: SE-3379-2010.
- Krause M, Raymond JL, Morrow K, coordinadoras. Krause. Dietoterapia. 15ª ed. Barcelona: Elsevier España; 2021. ISBN: 9788491139379.
- Organización Mundial de la Salud. Informe mundial sobre el envejecimiento y la salud. Ginebra: OMS; 2015. ISBN: 9789240694873.
- Sociedad Española de Geriatría y Gerontología. Envejecimiento y nutrición. Pautas de intervención nutricional en el anciano frágil. Madrid: IMC; 2014.
- Sociedad Española de Geriatría y Gerontología, Fundación Española de Nutrición. Libro Blanco de la Nutrición de las Personas Mayores en España. 1ª ed. Madrid: Editorial varios; 2019. ISBN: 9788409133956.