## 0981學期 課程基本資料

<table>
<thead>
<tr>
<th>系所 / 年級</th>
<th>健管系碩專(長照) 1年級</th>
<th>課號 / 班別</th>
<th>38E00015 / A</th>
</tr>
</thead>
<tbody>
<tr>
<td>學分數</td>
<td>2學分</td>
<td>選 / 必修</td>
<td>選修</td>
</tr>
<tr>
<td>科目中文名稱</td>
<td>老年營養學</td>
<td>科目英文名稱</td>
<td>Geriatric Nutrition</td>
</tr>
<tr>
<td>主要授課老師</td>
<td>蔡仲弘</td>
<td>開課期間</td>
<td>一學年之學期</td>
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<tr>
<td>人數上限</td>
<td>30 人</td>
<td>已選人數</td>
<td>12人</td>
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### 起始週 / 結束週 / 上課地點 / 上課時間

|           | 第1週 / 第18週 / H213 / 星期1第10節 | 第1週 / 第18週 / H213 / 星期1第11節 |

請各位同學遵守智慧財產權觀念：請勿非法影印。

## 教學綱要

### 一、教學目標 (Objective)
Reading assignments: You will be directed to read selected articles in each subject area and to complete questions or homework. Your homework will be graded with comments. Discussion will be done during those weeks that the instructor is in Taiwan. Term

### 二、先修科目 (Pre Course)

### 三、教材內容 (Outline)
1. Nutrition Care of the Older Adult”--A handbook for dietetics professionals working throughout the continuum of care. 2nd Edi. //American Dietetic Association. 2. Selected journal articles and Web-Pages.

### 四、教學方式 (Teaching Method)
Method of teaching: This course will employ lecturing, group discussions, and individual presentations.

### 五、參考書目 (Reference)
To be provided during the term.

<table>
<thead>
<tr>
<th>日期</th>
<th>主題</th>
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<tbody>
<tr>
<td>2009/9/21</td>
<td>The aging process--Overview (a) Overview of the aging process. (b) Causes of aging蔡仲弘</td>
</tr>
<tr>
<td>2009/9/28</td>
<td>Introduction to geriatric nutrition (a) Nutrition in the elderly--Overview (Chapter 1) (b) Failure to thrive in the elderly蔡仲弘</td>
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<tr>
<td>2009/10/5</td>
<td>a) Risk factors associated with poor nutrition (Chapter 2) (b) Aging and GI problems (Chapter 9) (c) Anorexia in the elderly蔡仲弘</td>
</tr>
<tr>
<td>2009/10/12</td>
<td>Aging-associated changes in CHO &amp; lipid metabolism (a) Nutrition care for CHD patients--(Chapter 5).蔡仲弘</td>
</tr>
<tr>
<td>2009/10/19</td>
<td>(a) Aging, nutrition and atherosclerosis--The new view. (b) Nutrition care for DM patients--(Chapters 6 &amp; 8).蔡仲弘</td>
</tr>
</tbody>
</table>
六、教學進度(Syllabi)

2009/10/26  Aging-associated changes in protein metabolism (a) Protein &
amino acid metabolism and sarcopenia (b) Sarcopenia (c) Aging and sarcopenia (d) Liver problems (Chapter 7)

2009/11/2  Aging-associated changes in immune functions (a) Hormone &
immune function--implication of aging (b) Immunity and aging--the enemy within

2009/11/9  Aging-associated changes in calcium metabolism (a) Calcium
need of the elderly (b) Aging, nutrition and osteoporosis

2009/11/16  Neurological diseases & dementia in the elderly (Chapter 11 &
12) Nutrition care of demented patients

2009/11/23  Psychological stress and nutrition in the elderly--The mind-body
interaction & stress management for LTC patients

2009/11/30  Nutritional status and nutrient requirements of the elderly

2009/12/7  Risk and nutritional assessment for the elderly

2009/12/14  Role of nutrition in successful aging (a) Successful aging (b)
Optimal aging (c) Nutrition interventions in aging and aging-
associated diseases

2009/12/21  Nutritional interventional and exercise measures for the elderly

2009/12/28  Term-project presentations

2010/1/4  Term-project presentations

2010/1/11  Term-project presentations

2010/1/18  Final report due

七、評量方式(Evaluation)

Grading: Grade will be based on (a) test scores, (b) performance and participation of assigned
works/class activities, and (c) the quality term project.