

FNUT 3720 - Nutrition, Health, and Aging

Fall 2026 Syllabus, Section 02, CRN 41490,

Credit hours: 3

Instructor

Matthew Good

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Public Instructor Information

Instructor Title: Part-Time Faculty

Instructor Professional Qualifications: M.S., University of Akron; Registered Dietitian Nutritionist; Licensed Dietitian, State of Ohio

Instructor Office Location: Cushwa 3201

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Course Description

3720. Nutrition, Health, and Aging. Current knowledge of nutrition as it relates to overall health and human aging. Needs of the elderly in normal and diseased conditions. Nutritional needs/concerns of the elderly in the contexts of their physiological, social, and psychological dilemmas. Prereq.: SOC 1500. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Nutrition for the Older Adult, Third Edition	Melissa Bernstein and Nancy Munoz	9781284149005

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Video Mini-Lectures (Blackboard)	Nutrition Overview	Introduce Yourself (Extra Credit)
8/31	Video Mini-Lectures (Blackboard), continued	Nutrition Overview, continued	Nutrition Overview Exam (Extra Credit)
9/7	Chapter 1	Introduction and Demographics of Aging	Chapter 1 Exam due Sunday by 11:59 p.m.
9/14	Chapter 2	The Physiology of Aging	Chapter 2 Exam due Sunday by 11:59 p.m. Research Review Parts 1 and 2 (Round 1) due Sunday by 11:59 p.m.
9/21	Chapter 3	Macronutrient, Water, and Alcohol Recommendations	Chapter 3 Exam due Sunday by 11:59 p.m.
9/28	Chapter 6	Health Promotion and Disease Prevention	Chapter 6 Exam due Sunday by 11:59 p.m.
10/5	Chapter 7	Nutrition Screening and Assessment of the Older Adult	Chapter 7 Exam due Sunday by 11:59 p.m.
10/12	Chapter 8	Nutritional Implications of Gastrointestinal Disorders	Chapter 8 Exam due Sunday by 11:59 p.m. Research Review Part 3 (Round 1) due Sunday by 11:59 p.m.
10/19	Chapter 9	Nutritional Implications of Cardiovascular and Respiratory Disease	Chapter 9 Exam due Sunday by 11:59 p.m.
10/26	Chapter 10	Nutritional Implications of Renal and Genitourinary Disease	Chapter 10 Exam due Sunday by 11:59 p.m.
11/2	Chapter 11	Nutritional Implications of Endocrine and Metabolic Alterations	Chapter 11 Exam due Sunday by 11:59 p.m.



11/9	Chapter 12	Nutritional Implications of Cognitive Disorders	Chapter 12 Exam due Sunday by 11:59 p.m. Research Review Parts 1 and 2 (Round 2) due Sunday by 11:59 p.m.
11/16	Chapter 13	Nutritional Implications of Oral Health	Chapter 13 Exam due Sunday by 11:59 p.m.
11/23	Chapter 15	Nutritional Implications of Skeletal Health	Chapter 15 Exam due Sunday by 11:59 p.m.
11/30	Chapter 16	Nutritional Implications of Obesity and Malnutrition	Chapter 16 Exam due Sunday by 11:59 p.m.
12/7			Research Review Part 3 (Round 2) due Thursday, December 10, by 11:59 p.m.

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.