

PROJECT GUIDELINES

FSN 315 NUTRITION IN AGING, WINTER 2006

Of your FSN 315 grade, 28% will be based on a significant project. You have 2 options:

OPTION #1: A Community Service-Learning Based Project. This requires 12 hours of community service plus a paper with background from the published literature and a summary of your experience. The 12 hours generally is in addition to any preparation time needed (e.g., you might design a simple activity to be conducted at an adult day care center). The community service project possibilities are summarized in the tables on the last pages of this handout. In addition, here are some general guidelines and ground rules:

- The community service component of the project will be coordinated by The Community Center on campus.
- You must read, agree to, and sign the dress and behavior code form (bright orange).
- You **MUST** attend class on Tuesday January 10 to sign up with your agency of choice. There should be enough total spots available, although it is likely that a given agency might “fill” – so have a second choice agency in mind.
- You **MUST** contact your chosen agency at the very latest by the end of the 3rd week of classes (January 20) to make arrangements. Failure to do so means that you will forfeit the opportunity to do a community service project and you **MUST** choose option 2 described below.
- All projects will involve 12 hours of service, plus a 5-page paper. It is possible (and sometimes even necessary) to work in pairs for the activities, but the papers **MUST** be written individually. The papers should include a background section on the agency and population. The background should include **AT LEAST THREE** literature citations from professional literature putting the issues in a national perspective; these do not have to be original research papers. The referencing format should follow the American Medical Association guidelines (which are followed by the Journal of the American Dietetic Association), available online at <http://www.samford.edu/schools/pharmacy/dic/amaquickref.pdf>. I will hand out a copy in class as well. We will talk later about how to write and organize your papers.
- If you work with the Senior Nutrition Program and interview seniors in their homes, you **MUST** work in pairs. Therefore, plan your schedule with a partner ASAP.
- For this 100 point project, 50 points are for completing the volunteer work and 50 points is the highest score possible for the paper.

THIS OPTION CAN HELP YOU SEE FIRST-HAND THE CAPABILITIES AND NEEDS OF SENIORS (OFTEN WITH SOME PHYSICAL AND/OR COGNITIVE IMPAIRMENTS), ALLOWING YOU TO RELATE CLASSROOM LEARNING TO THE REAL WORLD. YOU MIGHT ALSO LEARN WHETHER WORKING WITH SENIORS IS SOMETHING YOU'D LIKE TO DO IN THE FUTURE. IN ADDITION, YOU'LL GET PRACTICE AT RESEARCHING, ORGANIZING, AND WRITING A REPORT.