

Course Syllabus

[Jump to Today](#)

 [Edit](#)

MARIAN UNIVERSITY

Indianapolis

ESS 236 Basic Human Nutrition 3 Credits

Semester and Year: First Five-Weeks, Fall 2023

Email: Contact via Canvas email

Required Textbook(s):

Stephenson, T.J., Sanctuary, M.R., & Passerello, C.W. (2022). Human nutrition: Science for healthy living. 3rd edition. McGraw-Hill Education.

ISBN10: 1260702375

ISBN13: 9781260702378.

Additional Resources:

The Mother Teresa Hacklemeier Memorial Library at Marian University provides various databases <http://www.marian.edu/library/Pages/default.aspx>

[\(http://www.marian.edu/library/Pages/default.aspx\)](http://www.marian.edu/library/Pages/default.aspx)

- **Marian University requires all work be completed on a laptop or PC; this includes all exams and quizzes.**

Course Description

This course will cover all the basics of human nutrition and to the relationships between nutrition, health, and disease prevention. Students will be expected to integrate what they will learn about nutrition with their knowledge of chemistry and physiology.

Upon successful completion of this course, students will be able to:

Student Learning Objectives

1. Conduct a thorough nutritional analysis
2. Design an effective nutritional program based on this analysis

3. Make productive and effective linkages between such a nutritional program and the resultant components related to health and disease prevention.
4. Use this experience as a way to prepare to pass a nationally-recognized certification in nutrition or as a Well Coach.

Teaching Strategies

Lecture, DVDs, handouts, small group work, written assignments, class presentation and discussion, power points, current media news.

Assignments & Assessment Methods:

Assignment	Total Points
Discussions: 5 at 15 points each	75
Assignments: 4 at 15 points each, 1 at 10 points, and 1 at 25 points	95
Exams: 3 at 80 points each	240
Final: 1 at 150 points	150
Total	560

Methods of Evaluation

Assignments are graded in regard to completeness, accuracy, quality (including English grammar, spelling and composition skills, thoroughness and neatness), compliance with guidelines and promptness. Late assignments will be deducted 10% for 3 days, with no late assignments accepted after that time.

Exams consist of multiple choice questions in which the student applies knowledge, analysis, and critical thinking skills. There are 3 scheduled unit tests and one final. Unit tests are 80 points each and the final 150 points. NOTIFICATION OF ABSENCE MUST BE MADE TO THE INSTRUCTOR PRIOR TO AN EXAM. Make-up examinations must be taken on the assigned day. The test may be administered via an essay or multiple choice formats. The University's Code of Academic Integrity will be strictly enforced as listed in the university catalog.

Grading Scale

Grade Scale


Letter Grade	Percentage
A	93 and above
A-	90-92
B+	87-89
B	83-86
B-	80-82

C+	77-79
C	73-76
C-	70-72
D+	67-69
D	60-66
F	Below 60

Course Policies:

Late Policy & Due Date Extensions: Acceptance of work submitted past the due date or requests of due date extensions may be considered in the event of unforeseen, documentable events. Examples of such events include medical emergencies, documentable technical issues, death of a loved one, etc. However, simply forgetting, time zone differences, going on vacation, or not performing a well as intended are not acceptable excuses.

Plagiarism Statement: Plagiarism is using the words or ideas of another as your own without giving credit to the source author. This also includes taking a paper found online and submitting it as one's own paper and/or cutting and pasting from a website and submitting it as your work product.

Plagiarism is defined in detail in the [Code of Student Rights and Responsibilities](https://www.marian.edu/docs/default-source/campus-life/codeofstudentrightsandresponsibilities.docx?sfvrsn=14)  (<https://www.marian.edu/docs/default-source/campus-life/codeofstudentrightsandresponsibilities.docx?sfvrsn=14>) under Section 8: Academic Conduct Procedures, as well as an extended description of academic dishonesty.

The following are some helpful websites for understanding plagiarism, documentation and citation:

- Plagiarism.org: <https://plagiarism.org/>
(https://urldefense.com/v3/___https://plagiarism.org/___;!!DUogwUQ!T_yXRW2Aa1Gbx09gkwJ_Q3X0PNE2K)
- Purdue OWL: <https://owl.purdue.edu/>
(https://urldefense.com/v3/___https://owl.purdue.edu/___;!!DUogwUQ!T_yXRW2Aa1Gbx09gkwJ_Q3X0PNE2K)

Accommodation/Accessibility Statement: Marian University, through policy and practice, is committed to providing equitable access to learning opportunities for all students. If you experience, or anticipate experiencing, barriers to your education due to a disability please contact the Personalized Learning Center by emailing plc@marian.edu (<mailto:plc@marian.edu>) or calling **317.955.6540** to start a conversation.

Although a student may request an accommodation at any time, it is best to initiate the accommodation process as early as possible as it may take time to complete the interactive process and accommodations will not be implemented retroactively. If a reasonable accommodation is determined, a Course Accommodation Letter will be created at the Personalized Learning Center for the student to








provide to their faculty members with information related to their accommodations. Faculty will not set up disability-related accommodations without a current semester Course Accommodation Letter.









Faculty, Staff or Student questions or concerns regarding the accommodation process can be sent to [plc@marian.edu \(mailto:plc@marian.edu\)](mailto:plc@marian.edu) or Mandie Greiwe, [agreiwe@marian.edu \(mailto:agreiwe@marian.edu\)](mailto:agreiwe@marian.edu), Director of the Personalized Learning Center.

Diversity & Inclusion Statement: Marian's Adult and Online Programs (MAP) at Marian University is a collaborative academic community committed to fostering a diverse and inclusive community across the intersections of race, ethnicity, religion, sexual orientation, gender identity, age, disability status, socio-economic background, political perspective, culture, immigration status, and national origin. Online programs is committed to creating a safe and just environment of respect for students, faculty, and staff following our shared Franciscan values.

~~**Any changes to this syllabi will be communicated to the student~~

Course Summary:

Date	Details	Due
Fri Aug 25, 2023	 Submit: Label Comparison Paper (https://marian.instructure.com/courses/3828745/assignments/42026975)	due by 11:59pm
Sat Aug 26, 2023	 Discuss: Community and Nutrition Discussion (https://marian.instructure.com/courses/3828745/assignments/42026968)	due by 11:59pm
Sat Aug 26, 2023	 Submit: Reading and Understanding Food Labels Worksheet (https://marian.instructure.com/courses/3828745/assignments/42026978)	due by 11:59pm
Tue Aug 29, 2023	 Take Exam 1, Covers Module 1 (https://marian.instructure.com/courses/3828745/assignments/42026965)	due by 11:59pm
Fri Sep 1, 2023	 Submit: Alcohol Assessment (https://marian.instructure.com/courses/3828745/assignments/42026974)	due by 11:59pm
Sat Sep 2, 2023	 Discuss: Comparing Labels Discussion (https://marian.instructure.com/courses/3828745/assignments/42026969)	due by 11:59pm
Sat Sep 2, 2023	 Submit: Vitamin Chart Worksheet	due by 11:59pm

Date	Details	Due
	(https://marian.instructure.com/courses/3828745/assignments/42026979)	
Thu Sep 7, 2023	 Take Exam 2, Covers Module 2 (https://marian.instructure.com/courses/3828745/assignments/42026977)	due by 11:59pm
Sat Sep 9, 2023	 Discuss: Time Restricted Eating Discussion (https://marian.instructure.com/courses/3828745/assignments/42026970)	due by 11:59pm
	 Submit: Nutritional Topic Presentation (https://marian.instructure.com/courses/3828745/assignments/42026976)	due by 11:59pm
Fri Sep 15, 2023	 Take Exam 3, Covers Module 3 (https://marian.instructure.com/courses/3828745/assignments/42026964)	due by 11:59pm
Sat Sep 16, 2023	 Discuss: Nutritional Topic Presentation Discussion (https://marian.instructure.com/courses/3828745/assignments/42026971)	due by 11:59pm
Thu Sep 21, 2023	 Submit: Personal Dietary Plan and Summary Paper (https://marian.instructure.com/courses/3828745/assignments/42026977)	due by 11:59pm
Sat Sep 23, 2023	 Discuss: Foodborne Illness (https://marian.instructure.com/courses/3828745/assignments/42026972)	due by 11:59pm
	 Take Final Exam: Modules 1-5 (https://marian.instructure.com/courses/3828745/assignments/42026966)	due by 11:59pm