Course Syllabus

Jump to Today   ✎ Edit

MARIAN UNIVERSITY
— Indianapolis —

ESS 236 Basic Human Nutrition 3 Credits

Semester and Year: First Five-Weeks, Summer 2025

Email: Contact via Canvas email

Required Textbook(s):

Stephenson, T. J., & Passerrello, C. W. (2024). *Human nutrition: Science for healthy living. 2024 Release*. McGraw-Hill Education.

ISBN10: 1264864043
ISBN13: 9781264864041

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)**

- **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-recognize 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
Worksheets: 1 at 10 points, 1 at 20 points	30
Written Assignments: 2 at 15 points each, 1 at 20 points, and 1 at 30 points	80
Exams: 3 at 80 points each	240
Final: 1 at 150 points	150
Total	575

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:

Assignments will close for submission 72 hours after the due date. Any assignment submitted late in that 72 hour time period will receive a 10% late penalty. For any final exam, paper, etc. that is due the last day of the term/session, the 72-hour late policy does not apply past the date the term or session ends. Late initial posts in discussion boards will receive a 2-point deduction in the rubric.

Further extensions and accommodations, including exams, may be given consideration for unforeseen, documented hardships, such as medical emergencies, documentable technical issues, death of a loved one, travel and weather emergencies, etc. However, simply forgetting, time zone differences, going on vacation, or not preforming as well as intended are not acceptable excuses. If you believe an extension or accommodation is warranted, please contact your instructor.

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)** 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_Q3X0PNE2**
- Purdue OWL: **https://owl.purdue.edu/ (https://urldefense.com/v3/__https:/owl.purdue.edu/__;!!DUogwUQ!T_yXRW2Aa1Gbx09gkwJ_Q3X0PNE:**

Adherence to Academic Integrity & Use of AI and Chat GPT: At Marian University, all students are called to uphold academic integrity in all their academic endeavors, including the responsible use of AI tools, reflecting both the institution's commitment to intellectual and moral integrity and its foundational Franciscan values. Students are expected to exemplify honesty, honor, and respect for the truth, demonstrating their intellectual and moral integrity as outlined in the Code of Student Rights and Responsibilities. By embodying these responsibilities, students contribute to a just and flourishing academic community. Students are allowed to use advanced automated tools (artificial intelligence or machine learning tools such as ChatGPT or Dall-E 2) on assignments in this course if that use is properly documented and credited. For example, text generated using ChatGPT-3 should include a citation such as:
"Chat-GPT-3. (YYYY, Month DD of query). "Text of your query." Generated using OpenAI. https://chat.openai.com/"

Material generated using other tools should follow a similar citation convention. Decisions are at the discretion of the instructor, so students are encouraged to communicate with their instructors.

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)** or Mandie Greiwe, **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.

Please click here to download a [PDF of the syllabus.](https://marian.instructure.com/courses/7545547/files/318567304?wrap=1) ↓
[(https://marian.instructure.com/courses/7545547/files/318567304?wrap=1)](https://marian.instructure.com/courses/7545547/files/318567304/download?download_frd=1)

Course Summary:

Date	Details	Due
Wed May 7, 2025	⮒ [Discuss: Current Affairs and Nutrition Discussion (https://marian.instructure.com/courses/7545547/assignments/50198290)](https://marian.instructure.com/courses/7545547/assignments/50198290)	due by 11:59pm
Fri May 9, 2025	✎ [Submit: Label Comparison Paper (https://marian.instructure.com/courses/7545547/assignments/50198295)](https://marian.instructure.com/courses/7545547/assignments/50198295)	due by 11:59pm
	✎ [Submit: Tracking Lipids, Vitamins, Water, and Minerals (https://marian.instructure.com/courses/7545547/assignments/50198299)](https://marian.instructure.com/courses/7545547/assignments/50198299)	due by 11:59pm
Sat May 10, 2025	✎ [Submit: Reading and Understanding Food Labels Worksheet (https://marian.instructure.com/courses/7545547/assignments/50198298)](https://marian.instructure.com/courses/7545547/assignments/50198298)	due by 11:59pm
Tue May 13, 2025	🚀 [Take: Exam 1 (https://marian.instructure.com/courses/7545547/assignments/50198287)](https://marian.instructure.com/courses/7545547/assignments/50198287)	due by 11:59pm
Wed May 14, 2025	⮒ [Discuss: Alcohol Intake (https://marian.instructure.com/courses/7545547/assignments/50198291)](https://marian.instructure.com/courses/7545547/assignments/50198291)	due by 11:59pm
Sat May 17, 2025	✎ [Submit: Vitamin Chart Worksheet (https://marian.instructure.com/courses/7545547/assignments/50198300)](https://marian.instructure.com/courses/7545547/assignments/50198300)	due by 11:59pm
Wed May 21, 2025	⮒ [Discuss: Exploring Options (https://marian.instructure.com/courses/7545547/assignments/50198292)](https://marian.instructure.com/courses/7545547/assignments/50198292)	due by 11:59pm
Thu May 22, 2025	🚀 [Take: Exam 2 (https://marian.instructure.com/courses/7545547/assignments/50198289)](https://marian.instructure.com/courses/7545547/assignments/50198289)	due by 11:59pm

Date	Details	Due
Sat May 24, 2025	📝 **Submit: Nutritional Topic Presentation** (https://marian.instructure.com/courses/7545547/assignments/50198296)	due by 11:59pm
Wed May 28, 2025	🗨 **Discuss: Nutritional Topic Presentation Discussion** (https://marian.instructure.com/courses/7545547/assignments/50198293)	due by 11:59pm
Fri May 30, 2025	🚀 **Take: Exam 3** (https://marian.instructure.com/courses/7545547/assignments/50198288)	due by 11:59pm
Wed Jun 4, 2025	🗨 **Discuss: Food Safety** (https://marian.instructure.com/courses/7545547/assignments/50198294)	due by 11:59pm
Thu Jun 5, 2025	📝 **Submit: Personal Dietary Plan and Summary Paper** (https://marian.instructure.com/courses/7545547/assignments/50198297)	due by 11:59pm
Sat Jun 7, 2025	🚀 **Take: Final Exam** (https://marian.instructure.com/courses/7545547/assignments/50198286)	due by 11:59pm