

Course Syllabus

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MARIAN UNIVERSITY
Indianapolis

ESS 236 Basic Human Nutrition 3 Credits

Spring 2019

Online Instructor: Pennie Rogers, MSN, RN

Email: Contact via Canvas email

Required Textbook(s):

Stephenson, T.J. & Schiff, W.J. (2019). *Human Nutrition: Science For Healthy Living*. 2nd edition. McGraw-Hill Education.

ISBN: 978-1-259-70995-1.

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>)

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

Student Learning Outcomes

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:

Exams	Three exams worth 40 points each	120 points
Comprehensive Final	One final	100 points
Assignments	Four assignments worth 15 points each	60 points
Worksheets	Two worksheets worth 10 points each	20 points
	Total:	300 points

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 40 points each and the final

100 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

The grading scale is based upon the Marian University Department of Nursing recommended scale and is included in the *Nursing Student Handbook*.

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

* A grade of 77% is required to pass the course. The School of Nursing policy states that receiving a grade lower than a C+ (77%) in any two nursing courses, results in automatic dismissal from the nursing program; and the student is ineligible for readmission for a period of five (5) years. See *Nursing Student Handbook* for more information.

Course Policies:

Student Handbook

Please refer to the Student Handbook for academic and school of nursing policies. The Student Handbook provides information regarding:

All Nursing students are responsible for reviewing and signing the School of Nursing Student Handbook each semester which holds you accountable for all information and addendums made

throughout the semester.

NOTE: Students with disabilities who have proper documentation must contact the Director of Academic Support Services in the Learning and Counseling Center to set up a documentation review. If after the review, accommodations are deemed appropriate, an accommodation plan will be developed. As per the ADA (Americans with Disabilities Act) no accommodations can be provided until this process is complete. Contact Marj Batic, Director of Academic Support Services (mbatic@marian.edu; 317.955.6150; or stop by the office in Clare Hall).

Note: Students who may require assistance in emergency evacuations should contact the instructor as to most appropriate procedure to follow. If there are questions regarding such a procedure, contact the Dean of Student Affairs (Ruth Rodgers – rrodders@marian.edu) or the Director of Academic Support Service for additional information.

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











Course Outline

Schedule

Course Summary:

Date

Details

Date	Details
	 Alcohol Assessment (https://marian.instructure.com/courses/2331388/assignments/17865552)
	 Exam 1: Modules 1-4 (https://marian.instructure.com/courses/2331388/assignments/18312175)
	 Exam 2: Modules 5-8 (https://marian.instructure.com/courses/2331388/assignments/18313968)
	 Exam 3: Modules 9-11 (https://marian.instructure.com/courses/2331388/assignments/18397539)
	 Final Exam: Modules 1-14 (https://marian.instructure.com/courses/2331388/assignments/18397540)
	 Label Comparison Paper (https://marian.instructure.com/courses/2331388/assignments/17865550)
	 Nutritional Topic Presentation (https://marian.instructure.com/courses/2331388/assignments/17865553)
	 Personal Dietary Plan and Summary Paper (https://marian.instructure.com/courses/2331388/assignments/17865551)
	 Reading and Understanding Food Labels Worksheet (https://marian.instructure.com/courses/2331388/assignments/17865549)
	 Vitamin Chart Worksheet (https://marian.instructure.com/courses/2331388/assignments/17865554)