

## Syllabus for FHN 604 – Seminar in Faith-Based Holistic Nutrition (FA24)

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### *Course Information*

- **Course Title:** Seminar in Faith-Based Holistic Nutrition
  - **Course Code:** FHN 604
  - **Term:** Fall 2024 (FA24)
  - **Course Duration:** 8 Weeks
  - **Course Format:** Online
  - **Lead Instructor:** Audrey Harris, Ph.D., R.T.(R)(M)(CT)(QM)
  - **Co-Faculty:** Roxanne Kemp, Ph.D.
  - **Instructor Email:** [faculty@ebedmelech.ac](mailto:faculty@ebedmelech.ac)
  - **Office Hours:** Thursdays at 7:00 PM via Zoom
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### *Instructor Bios*

#### **Audrey Harris, Ph.D.**

Dr. Audrey Harris is an experienced educator and leader in radiologic sciences with a strong background in higher education and the healthcare industry. She holds a Ph.D. in Education with a concentration in Professional Studies from Capella University and a Ph.D. in Healthcare Administration from Warren National University. Dr. Harris is skilled in program evaluation, academic advising, adult education, and curriculum development. Her expertise in radiologic sciences and holistic approaches to health care has shaped her approach to teaching and mentoring students in the field of holistic nutrition.

#### **Roxanne Kemp, Ph.D.**

Dr. Roxanne Kemp is a distinguished academic with a Ph.D. in Technology and extensive doctoral studies in Business and Psychology. She also holds a Graduate Certificate in Telehealth, reflecting her commitment to integrating technology into education and health practices. As a co-founder of Ebed-Melech University, Dr. Kemp has held various leadership roles, including Chief Academic Officer and Chief Online Education Officer. Her interdisciplinary expertise in technology, psychology, and business allows her to bring a unique perspective to the study of holistic nutrition, particularly from a faith-based angle.

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### *Course Description*

As the foundational course in the doctoral program, this seminar provides a comprehensive exploration of holistic nutrition from a faith-based perspective. Over 8 weeks, students will delve into the entire spectrum of holistic nutrition, integrating physical, emotional, and spiritual dimensions of health. The course will cover key topics such as nutritional biochemistry, herbal

medicine, mind-body practices, and the spiritual aspects of dietary choices. Students will critically examine both scientific evidence and faith-based teachings to develop a nuanced understanding of holistic nutrition. By the end of the course, students will be prepared to create a scholarly presentation that synthesizes their understanding of holistic nutrition and its application in faith-based settings.

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### *Learning Outcomes*

1. **Comprehensive Understanding of Holistic Nutrition:** By Week 2, evaluate the core principles of holistic nutrition, including nutritional biochemistry, dietary strategies, and mind-body practices, through a faith-based lens. Develop a foundational knowledge base that integrates both scientific and spiritual perspectives.
2. **Critical Analysis of Nutritional Theories and Practices:** By Week 3, critically analyze various nutritional theories and practices, including plant-based diets, fasting, herbal medicine, and dietary supplementation, and assess their relevance and effectiveness in promoting overall well-being within faith-based communities.
3. **Integrating Spiritual and Nutritional Health:** By Week 4, explore the connection between spiritual practices (such as prayer, meditation, and fasting) and nutritional health. Prepare a discussion paper that examines how these practices can be integrated into holistic nutrition programs.
4. **Research and Application of Holistic Nutrition Principles:** By Week 5, conduct a literature review on a selected topic within holistic nutrition, identifying current research trends and gaps. Use this review to inform the development of a comprehensive holistic nutrition model that can be applied in real-world settings.
5. **Developing a Holistic Nutrition Framework:** By Week 6, design a holistic nutrition framework that incorporates physical, emotional, and spiritual components. This framework should be adaptable for use in diverse faith-based organizations and communities.
6. **Creating a Scholarly Presentation:** By Week 7, develop a scholarly presentation that synthesizes key concepts from the course, demonstrating a deep understanding of holistic nutrition from both scientific and faith-based perspectives. The presentation should be suitable for an academic audience or a professional conference.
7. **Final Presentation and Peer Review:** By Week 8, present the developed holistic nutrition framework and scholarly presentation to the class. Engage in a peer review process, providing and receiving feedback to refine the presentation for potential publication or professional use.
8. **Ethical and Practical Considerations in Holistic Nutrition:** Throughout the course, demonstrate an understanding of the ethical considerations in holistic nutrition, including cultural sensitivity, inclusivity, and the integration of diverse spiritual beliefs.

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### *Course Schedule and Assignments*

#### **Week 1:**

7901 4th Street North, St. Petersburg, Florida 33702, United States

[1 \(904\) 290-4425](tel:19042904425) | [info@ebedmelech.ac](mailto:info@ebedmelech.ac)



- **Reflection Assignment:** Write a 500-word reflection on the role of nutrition in spiritual wellness. Discuss how holistic nutrition can enhance physical, emotional, and spiritual health.
- **Quiz:** Take the Week 1 Course Certification Quiz.

#### Week 2:

- **Nutrition Assignment:** Evaluate the core principles of holistic nutrition and their alignment with faith-based teachings. Write a 1,000-word paper discussing how these principles can promote health and well-being in faith-based communities.

#### Week 3:

- **Theory Analysis Assignment:** Critically analyze a selected nutritional theory or practice, discussing its benefits, challenges, and relevance in promoting holistic health within faith-based communities.

#### Week 4:

- **Discussion Paper:** Write a discussion paper (1,500 words) examining how spiritual practices such as prayer, meditation, and fasting can be integrated into holistic nutrition programs. Discuss the benefits and challenges of this integration.

#### Week 5:

- **Literature Review Assignment:** Conduct a literature review on a selected topic within holistic nutrition, identifying current research trends and gaps. Use this review to develop a comprehensive holistic nutrition model.

#### Week 6:

- **Framework Development Assignment:** Design a holistic nutrition framework that incorporates physical, emotional, and spiritual components. Ensure that your framework is adaptable for use in diverse faith-based organizations and communities.

#### Week 7:

- **Presentation Development Assignment:** Develop a scholarly presentation that synthesizes key concepts from the course, demonstrating a deep understanding of holistic nutrition from both scientific and faith-based perspectives.

#### Week 8:



- **Final Presentation Assignment:** Finalize and submit your holistic nutrition framework and scholarly presentation. Engage in the peer review process, providing and receiving feedback to refine your presentation.

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### *Grading Criteria*

- **Assignments and Papers:** 60%
- **Final Presentation and Peer Review:** 40%

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### *Grade Scale*

- **A:** 90-100%
- **B:** 80-89%
- **C:** 70-79%
- **F:** 60-69%

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### *Academic Policies*

#### **Attendance and Participation:**

Regular attendance and active participation in all online discussions, assignments, and activities are required to succeed in this course. Students are expected to engage with course materials, participate in forums, and contribute thoughtfully to discussions.

#### **Late Submission Policy:**

Assignments submitted after the deadline may be subject to a grade reduction of 10% per day late unless prior arrangements have been made with the instructor. No assignments will be accepted more than one week after the due date without extenuating circumstances.

#### **Academic Integrity:**

Students are expected to uphold the highest standards of academic integrity. Plagiarism, cheating, and any form of academic dishonesty will not be tolerated and may result in disciplinary action, including a failing grade for the assignment or course.

#### **Disability Services:**

Ebed-Melech University is committed to providing equal access to educational opportunities for students with disabilities. If you require accommodations, please contact the Disability Services Office as soon as possible.

#### **Communication Policy:**

All communication for this course should be conducted through the official university email or course portal. Instructors will respond to emails within 24-48 hours, excluding weekends and holidays.



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*Required Texts and Resources*

- **Textbook:** *Integrating Faith and Nutrition: A Holistic Approach* by [Author Name].
- **Additional Readings:** Provided via the course portal.

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*Contact Information*

For questions or additional support, please contact the instructors via email at [faculty@ebedmelech.ac](mailto:faculty@ebedmelech.ac).