

As an extension of the concepts you have learned in this class, as well as other classes including EXSC 107 'Lifestyles & Human Behavior', gut health is being considered one of the most important indicators of health and wellness. Everything from our food choices to the way we manage stress has a direct impact on our gut health, and our gut health affects everything from our sports performance to our mood!

Based upon our guest lecture and using a minimum of three additional resources including articles and podcasts within [Week 9: Gut Health & Nutrition Consultation with Athletes \(Chapter 10\)](#).

please write a 3 to 4-page paper that discusses your own views on gut health and how you feel gut health affects everything from health to performance.

In your paper please be sure to touch upon the following including your own expressed viewpoints:

- Links between gut health and stress
- Impact of gut health on mood
- Nutritional strategies to promote and support gut health
- Supplements that promote and support gut health

Note: For those not in attendance of Monday's guest lecture, you are required to perform the same assignment but instead provide an additional two academic resources related to gut health from peer-reviewed sources.

Paper Specifications:

****Please refer to [Week 0: Class Intro Plus Supplementary Materials to help with Academic Writing as well as Grading Criteria for Major Assignments](#) for sample essays and APA guidelines, in addition to the 'Library Resource Guide' link listed on the Canvas side-bar****

- Format
 - APA Format
 - Cover Page
 - Essay
 - Reference Page
- PaperDetails
 - 3-4 pages
 - Double-Spaced
 - Times New Roman Font

Essay Rubric (20 Points)

Criteria	Ratings					Pts
Attention Grabber	2.0 pts Above Standards The introductory paragraph has a strong hook or attention grabber that is appropriate for the audience. This could be a strong statement, a relevant quotation, statistic, or question addressed to the reader.	1.5 pts Meets Standards The introductory paragraph has a hook or attention grabber, but it is short or incomplete.	1.0 pts Approaching Standards The author has an interesting introductory paragraph but the connection to the topic is not clear.	0.5 pts Below Standards The introductory paragraph is not interesting AND is not relevant to the topic.	0.0 pts No Marks	2.0 pts
Position Statement	2.0 pts Above Standards The position statement provides a clear, strong statement of the author's position on the topic.	1.5 pts Meets Standards The position statement provides a clear statement of the author's position on the topic.	1.0 pts Approaching Standards A position statement is present, but does not make the author's position clear.	0.5 pts Below Standards There is no position statement.	0.0 pts No Marks	2.0 pts
Support for Position	2.0 pts Above Standards Includes 3 or more pieces of evidence (facts, statistics, examples, real-life experiences) that support the position statement. The writer anticipates the reader's concerns, biases or arguments and has provided at least 1 counter-argument.	1.5 pts Meets Standards Includes 3 or more pieces of evidence (facts, statistics, examples, real-life experiences) that support the position statement.	1.0 pts Approaching Standards Includes 2 pieces of evidence (facts, statistics, examples, real-life experiences) that support the position statement.	0.5 pts Below Standards Includes 1 or fewer pieces of evidence (facts, statistics, examples, real-life experiences).	0.0 pts No Marks	2.0 pts
Evidence and Examples	2.0 pts Above Standards All of the evidence and examples are specific, relevant and explanations are given that show how each piece of evidence supports the author's position.	1.5 pts Meets Standards Most of the evidence and examples are specific, relevant and explanations are given that show how each piece of evidence supports the author's position.	1.0 pts Approaching Standards At least one of the pieces of evidence and examples is relevant and has an explanation that shows how that piece of evidence supports the author's position.	0.5 pts Below Standards Evidence and examples are NOT relevant AND/OR are not explained.	0.0 pts No Marks	2.0 pts

Sequencing	2.0 pts Above Standards Arguments and support are provided in a logical order that makes it easy and interesting to follow the author's train of thought.	1.5 pts Meets Standards Arguments and support are provided in a fairly logical order that makes it reasonably easy to follow the author's train of thought.	1.0 pts Approaching Standards A few of the support details or arguments are not in an expected or logical order, distracting the reader and making the essay seem a little confusing.	0.5 pts Below Standards Many of the support details or arguments are not in an expected or logical order, distracting the reader and making the essay seem very confusing.	0.0 pts No Marks	2.0 pts
Transitions	2.0 pts Above Standards A variety of thoughtful transitions are used. They clearly show how ideas are connected	1.5 pts Meets Standards Transitions show how ideas are connected, but there is little variety	1.0 pts Approaching Standards Some transitions work well, but some connections between ideas are fuzzy.	0.5 pts Below Standards The transitions between ideas are unclear OR nonexistent.	0.0 pts No Marks	2.0 pts
Closing Paragraph	2.0 pts Above Standards The conclusion is strong and leaves the reader solidly understanding the writer's position. Effective restatement of the position statement begins the closing paragraph.	1.5 pts Meets Standards The conclusion is recognizable. The author's position is restated within the first two sentences of the closing paragraph.	1.0 pts Approaching Standards The author's position is restated within the closing paragraph, but not near the beginning.	0.5 pts Below Standards There is no conclusion - the paper just ends.	0.0 pts No Marks	2.0 pts
Grammar & Spelling	2.0 pts Above Standards Author makes no errors in grammar or spelling that distract the reader from the content.	1.5 pts Meets Standards Author makes 1-2 errors in grammar or spelling that distract the reader from the content.	1.0 pts Approaching Standards Author makes 3-4 errors in grammar or spelling that distract the reader from the content.	0.5 pts Below Standards Author makes more than 4 errors in grammar or spelling that distract the reader from the content.	0.0 pts No Marks	2.0 pts
Sources	2.0 pts Above Standards All sources used for quotes, statistics and facts are credible and cited correctly.	1.5 pts Meets Standards All sources used for quotes, statistics and facts are credible and most are cited correctly.	1.0 pts Approaching Standards Most sources used for quotes, statistics and facts are credible and cited correctly.	0.5 pts Below Standards Many sources are suspect (not credible) AND/OR are not cited correctly.	0.0 pts No Marks	2.0 pts

Presentation	2.0 pts Above Standards Paper fits all the outlined specifications (i.e. spacing, font, length etc.). Margins are reasonable. Paper looks professionally done to the highest academic standard	1.5 pts Meets Standards Most standards are met although 1-2 inconsistencies are present (i.e. margins off, font or font size incorrect, length incorrect, etc.).	1.0 pts Approaching Standards Paper has multiple inconsistencies (i.e. margins, font, length, etc.) that detract from the overall paper.	0.5 pts Below Standards Paper does not meet the specifications outlined in the assignment description (font, margins, length, etc.)	0.0 pts No Marks	2.0 pts
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