

# COURSE DETAIL

## NUTRITION AND BEHAVIOR

**Country**

United Kingdom - England

**Host Institution**

University of Bristol

**Program(s)**

University of Bristol

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Health Sciences

**UCEAP Course Number**

128

**UCEAP Course Suffix**

N

**UCEAP Official Title**

NUTRITION AND BEHAVIOR

**UCEAP Transcript Title**

NUTRITION&BEHAVIOR

**UCEAP Quarter Units**

8.00

**UCEAP Semester Units**

5.30

### **Course Description**

The course examines the inter-relationships between nutrition and behavior and their implications for health and psychological well-being. Topics covered relate to appetite and weight control (including obesity and dieting); eating disorders; food preferences; dietary influences on mood and cognitive function; caffeine psychopharmacology; and food craving and “addiction.” An underlying theme is the interplay of biological, psychological, and social processes influencing behavior. The course provides a broad understanding of major topics in nutrition and behavior, and explores contemporary issues and emerging research in this field.

### **Language(s) of Instruction**

English

### **Host Institution Course Number**

PSYC31052

### **Host Institution Course Title**

NUTRITION AND BEHAVIOUR

### **Host Institution Course Details**

<https://www.bris.ac.uk/unit-programme-catalogue/UnitDetails.jsa?ayrCode=18%2F19...>

### **Host Institution Campus**

University of Bristol

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

School of Psychological Science

### **Course Last Reviewed**

2023-2024

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