

COURSE DETAIL

METABOLISM, NUTRITION, AND EXCERCISE

Country

Netherlands

Host Institution

Maastricht University - University College Maastricht

Program(s)

Biological and Life Sciences, Maastricht, University College Maastricht

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences Biological Sciences

UCEAP Course Number

109

UCEAP Course Suffix**UCEAP Official Title**

METABOLISM, NUTRITION, AND EXCERCISE

UCEAP Transcript Title

METABOLISM

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

The course provides a solid understanding of the key aspects of energy metabolism and the effects of nutrients on skeletal muscle metabolism during exercise of different types. The first part of the course provides a theoretical framework on the basics of exercise biochemistry and exercise physiology. In the form of tutorial groups, the physiology of muscles, the metabolism of macronutrients, the hormonal regulation of metabolism, and the biochemical and physiological role of micronutrients in relation to exercise and fatigue are discussed. The second part of the course investigates a case study. A recommendation on your case, in the form of a group assignment, concludes this part of the course. The course requires prior knowledge of some simple (bio)chemical concepts (e.g. the structure and function of macromolecules, common forms of chemical reactions, basic cell structure, and metabolism of macromolecules).

Language(s) of Instruction

English

Host Institution Course Number

SCI3005

Host Institution Course Title

METABOLISM, NUTRITION, AND EXCERCISE

Host Institution Campus

Maastricht University

Host Institution Faculty

University College Maastricht

Host Institution Degree

Host Institution Department

Sciences

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