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 Course Details
https://curriculum.maastrichtuniversity.nl/education/contract/public-health-med…

Host Institution Campus
Maastricht University

Host Institution Faculty
University College Maastricht

Host Institution Degree

Host Institution Department
Sciences

Course Last Reviewed
2024-2025

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