

## COURSE DETAIL

### BIG FAT MYTHS

**Country**

Australia

**Host Institution**

University of New South Wales

**Program(s)**

University of New South Wales

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Biological Sciences

**UCEAP Course Number**

11

**UCEAP Course Suffix****UCEAP Official Title**

BIG FAT MYTHS

**UCEAP Transcript Title**

BIG FAT MYTHS

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course examines weight loss by tracing every atom one eats into and out of the body while investigating the fate of fat during weight loss. There will be a focus on how humans convert food into useful energy, why energy is important, what exactly happens in the body during weight loss and weight gain, and how one can change their lifestyle in subtle ways to live a healthier life.

### Language(s) of Instruction

English

### Host Institution Course Number

GENS1111

### Host Institution Course Title

BIG FAT MYTHS

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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