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,BABS1111

Host Institution Course Title
BIG FAT MYTHS

Host Institution Course Details
https://www.handbook.unsw.edu.au/undergraduate/courses/2026/GENS1111

Host Institution Campus
Sydney

Host Institution Faculty
Science

Host Institution Degree

Host Institution Department

Course Last Reviewed
2025-2026

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