

COURSE DETAIL

EXERCISE METABOLISM AND SPORTS NUTRITION

Country

United Kingdom - England

Host Institution

King's College London

Program(s)

King's College London

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences Biological Sciences

UCEAP Course Number

108

UCEAP Course Suffix**UCEAP Official Title**

EXERCISE METABOLISM AND SPORTS NUTRITION

UCEAP Transcript Title

EXERCISE METABOLISM

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course builds upon compulsory level 4 courses with a review of the muscle cell and an understanding of the biochemical processes involved in the metabolism of carbohydrates, fats and aminoacids to provide the energy for muscle contraction. It also provides an understanding of how metabolism changes and is regulated in different types of exercise, and the role of nutrition in modulating these changes.

Language(s) of Instruction

English

Host Institution Course Number

5BBN0332

Host Institution Course Title

EXERCISE METABOLISM AND SPORTS NUTRITION

Host Institution Campus

King's College/Guy's Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Nutrition & Dietetics

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