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 Course Details
https://keats.kcl.ac.uk/mod/url/view.php?id=5899388

Host Institution Campus
King's College/Guy's Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Nutrition & Dietetics

Course Last Reviewed
2022-2023

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