

COURSE DETAIL

MOLECULAR NUTRITION

Country

Denmark

Host Institution

Aarhus University

Program(s)

Aarhus University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences Biological Sciences

UCEAP Course Number

111

UCEAP Course Suffix**UCEAP Official Title**

MOLECULAR NUTRITION

UCEAP Transcript Title

MOLECULAR NUTRITION

UCEAP Quarter Units

8.00

UCEAP Semester Units

5.30

Course Description

This course provides a basic introduction to human nutrition with emphasis on the underlying molecular mechanisms and aspects. Topics include: an introduction to the anatomy and physiology of the gastrointestinal system, including an introduction to the natural bacterial microbiota in the digestive system and its influence on human nutrition and health; the study types used in human nutrition studies; energy balance and macro nutrients in human nutrition; a detailed mapping of the structure and mechanisms of action of vitamins, and their influence on human health; an overview of minerals and trace elements in food and the importance on health conditions; "functional foods" and selected additives and their mechanism of action and impact on health; the relation between diet and the development of lifestyle diseases. The course involves laboratory exercises of glucose tolerance test after intake of different food components and DEXA body scanning.

Language(s) of Instruction

English

Host Institution Course Number

555171U005

Host Institution Course Title

MOLECULAR NUTRITION

Host Institution Course Details

<https://kursuskatalog.au.dk/en/course/120811/Molecular-Nutrition>

Host Institution Campus

Aarhus

Host Institution Faculty

Natural Sciences

Host Institution Degree

Bachelor

Host Institution Department

Molecular Biology and Genetics

Course Last Reviewed

2023-2024

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