

## 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 Campus

Aarhus

## Host Institution Faculty

Natural Sciences

## Host Institution Degree

Bachelor

## Host Institution Department

Molecular Biology and Genetics

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