

COURSE DETAIL

NUTRIVERSE: EXPLORING A WORLD OF HEALTH IN ENGLISH (HONORS)

Country

Korea, South

Host Institution

Yonsei University

Program(s)

Yonsei University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

50

UCEAP Course Suffix**UCEAP Official Title**

NUTRIVERSE: EXPLORING A WORLD OF HEALTH IN ENGLISH (HONORS)

UCEAP Transcript Title

A WORLD OF HEALTH

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This honors-level course equips students with a comprehensive understanding and practical skills for embracing a holistic approach to healthy living. The curriculum empowers individuals to make informed decisions about nutrition, while cultivating habits that contribute to overall well-being. Through engaging discussions, in-depth research, and critical analysis of scientific studies, students integrate theoretical knowledge into practical applications. The course provides a strong foundation in holistic health, enabling informed choices and sustainable practices for lifelong wellness. Students maintain a health journal, recording insights and progress as topics are explored. Topics include Unpacking Your Beliefs about Health & Nutrition, Whole Foods vs Processed Foods, Macronutrients & Micronutrients, Becoming Literate in Nutritional Labels, Protein Packed Punch: The Science Behind Proteins, Careful with Carbs, Breaking Down Food: The Digestive System, and more.

Language(s) of Instruction

English

Host Institution Course Number

UCK1166

Host Institution Course Title

NUTRIVERSE: EXPLORING A WORLD OF HEALTH IN ENGLISH (HONORS)

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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