

## 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**

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### **Host Institution Course Details**

### **Host Institution Campus**

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

## Course Last Reviewed

2024-2025

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