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 Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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