

COURSE DETAIL

NUTRITION THROUGHOUT THE LIFE CYCLE

Country

Korea, South

Host Institution

Korea University

Program(s)

Korea University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

107

UCEAP Course Suffix**UCEAP Official Title**

NUTRITION THROUGHOUT THE LIFE CYCLE

UCEAP Transcript Title

NUTRITION LIFECYCL

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This course provides an in-depth understanding of nutritional needs from infancy through older adulthood. Students explore how nutritional requirements evolve across various life stages including pregnancy, lactation, infancy, childhood, adolescence, adulthood and aging. Topics include physiological changes impacting nutrient metabolism, dietary guidelines for optimal health at each stage, and the role of nutrition in preventing and managing diseases. Students learn to identify practical nutritional challenges and to critically evaluate information and resources to provide evidence-supported suggestions.

Language(s) of Instruction

English

Host Institution Course Number

HEED482

Host Institution Course Title

NUTRITION THROUGHOUT THE LIFE CYCLE

Host Institution Course Details

<https://infodepot.korea.ac.kr/lecture1/lecsujectPlanViewPop.jsp?languageDi v=en...>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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