

BIOL 120: NUTRITION FOR HEALTH AND SPORT (N)

This course introduces students to the most interesting and practical aspects of medicine from a nutritional and perspective at the interface of two basic disciplines-biology and chemistry. Among the topics to be discussed: nutrients and nutritional processes within the body; energy metabolism, intake and expenditure; metabolic disorders (obesity,diabetes,alcoholism,vitamin deficiencies); nutrition and the contemporary diseases of our civilization (atherosclerosis, cancer,AIDS); interactions of drugs with nutrients, etc. This course is appropriate for students interested in the health professions, especially nursing. Chemistry 110 or strong high school preparation in chemistry/biology is recommended.

Credits: 3

Department: [Biology](#)