

BIOL127L : Nutrition for Health and Fitness with Laboratory

This course is a study of the nutrients and how the body handles the nutrients throughout the life cycle. Topics include metabolism of macro- and micronutrients; physiological benefits of an optimal diet with exercise; behavioral issues related to eating; energy balance and weight control; and disease prevention strategies related to diet. Life style behaviors, which optimize nutritional health and wellness, are also emphasized. The labs are designed to reinforce selected topics covered in the lecture portion of the course. (Credit can only be given for BIOL1270L or BIOL1290.)

Credits 4

Lab Hours 2

Class Hours 3