



# HANYANG UNIVERSITY

## 2019 HISS Syllabus Principles of Nutrition

Professor: **Zhuo Fu**  
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Home Univ.: Virginia Tech  
Dept.: Neuroscience

Description: This course is designed to provide a broad understanding of the basic principles of nutrition and some of the issues and controversies in this field. In this course, we will identify the essential nutrients and their functions, as well as describe nutritional behaviors that promote optimal nutrition and disease prevention throughout the life cycle. The course will also cover energy balance, nutrition for fitness, and food safety. During the class, students will make dietary record and assess and evaluate their own diet and develop dietary plan for specific needs.

Objective:

1. Identify and describe nutrients and their functions, recommendations, and guidelines.
2. Understand why we eat what we eat
3. Describe the processes of digestion, absorption, and transport
4. Understand the concepts of energy balance and weight control
5. Recognize the relationship between physical fitness, health, and nutrition
6. Explain the relationship between diet and health
7. Describe the nutritional needs during pregnancy and lactation
8. Understand consumer concerns about foods and water
9. Evaluate own diet

Preparations:

1. Textbook: Course Packet Provided by Instructor
2. Other Materials: Laptop or notebook computer

Credits	3	Contact Hours	45
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### Hanyang International Summer School

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Schedule:	Week 1	<ul style="list-style-type: none"><li>• An Overview of Nutrition</li><li>• Healthy Diet</li><li>• Digestion, Absorption, and Transport</li></ul>
	Week 2	<ul style="list-style-type: none"><li>• The Carbohydrates: Sugars, Starches, and Fibers</li><li>• The Lipids: Triglycerides, Phospholipids, and Sterols</li><li>• Protein: Amino Acid</li><li>• Vitamin and Mineral Supplements</li></ul>
	Week 3	<ul style="list-style-type: none"><li>• Energy Metabolism and Effects of Alcohol</li><li>• Energy Balance and Body Composition</li><li>• Weight Management</li><li>• Chronic Disease and Nutrition</li></ul>
	Week 4	<ul style="list-style-type: none"><li>• Fitness: Physical Activity, Nutrients, and Body Adaptations</li><li>• Life Cycle Nutrition</li></ul>

Evaluation(%)	Midterm	Final	Attendance	Assignments	Participation	Etc.
	20	20	20	20	20	