

Syllabus [2025Year 1 Term]

Course Information

Course Title	Nutrition and Disease	Credits	3
Course Code	517150-1	Required/Elective (For Undergraduate Courses)	
Department or Major	College	Language	English
Methods of Teaching		Lecture Room	목13,14,15,16,17,18(3공318)
Time Allotment	Lecture(3) Experiments(0) Trainging & Practice(0) P erformance(0) Designing & Planning(0)	Cyber Lectures	
Course Type			

Lecturer

Lecturer	Name	Seong Yeonsun	Rank	Professor	Final Academic Degree	의학박사
	Department & college	Department of Pre-medical Course		Office	215-01	
	Office Phone Number	—		e-mail	seongys@dankook.ac.kr	
	Field of Interest					

Course Summary

Course Description	<p>As society and the economy develop today, everyone wants to lead a healthy life and live a long life. In order to maintain a healthy life in a modern society that has entered an era of infinite competition, stable jobs, physical health, emotional stability, and constant intellectual activities are very important, which requires intellectual consideration of the nutrition and disease of the human body and requires it to be made a daily life. Modern people have a high interest in maintaining health, but they are suffering from chronic adult diseases and diseases due to stress, lack of exercise, excess and lack of nutrition, drinking and smoking, and irregular eating and living. In this subject, we would like to convey more easily the right knowledge of nutrition, health and disease, which has led to closer relationships with modern people in accordance with the changing times.</p> <p>The curriculum will cover the nutrition knowledge used by nutrients in the human body, diseases caused by lack and excess nutrients, and excess nutrition caused by adult diseases in modern society. In addition, we would like to deal with nutrition-related issues (global hunger, the current situation related to rising grain prices due to the rapid increase in co</p>
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	nsumption of feed for livestock, alcohol, coffee, fermented food, food poisoning) that are commonly encountered by modern people.
Description Related Courses	Human physiology, Biochemistry, Nutrition
Course Goals	Nutrition of the human body is an essential area of knowledge for quality of life and healthy life. In this liberal arts curriculum, the direction of understanding and studying the study of nutrition is presented and the basic concept of nutrition is described. It also describes the nutritional physiology and the structure and type of each nutrient, the process used in the body, and the problems associated with various nutrients in modern society (fast, diet, alcohol, and food).
Projected Results	1. Understand the nutrients associated with the nutrition of the human body. 2. To acquire knowledge of various nutrition centers. 3. Understand the process by which various nutrients are used in the human body. 4. Understand various diseases related to nutrition. 5. Acquire nutrition-related problems in modern society.
Percentage of the original language classes(%)	

Syllabus

Times	Lecture Topic	Lecture Goals	Lecture Methods	Assignments
1	Overview of subjects, nutrition standards, and dietary guidelines	Understand nutrition. To understand the maintenance of health and nutrition to prevent disease. Students can understand how to design dietary plans.	Canvas.dankook.ac.kr	
2	The function of digestive organs, related diseases	Understand the function of digestive organs and related disease	Canvas.dankook.ac.kr	
3	carbohydrate, related diseases	It explains the nutritional recommendations of Korean carbohydrates. Explain the importance of ingestion of dietary fiber. for the prevention of ketosis	Canvas.dankook.ac.kr	
4	Protein, associated diseases	Explain the significance of protein as a nutrient. Explain the amount of protein needed in Korean nutrition.	Canvas.dankook.ac.kr	
5	Lipid, dyslipidemia	Explain the amount of lipid intake in Korean nutritional reco	Canvas.dankook.ac.kr	

Times	Lecture Topic	Lecture Goals	Lecture Methods	Assignments
		<p>mmendations.</p> <p>Explain and explain the importance of essential fatty acids.</p> <p>Describe and describe the risks of trans fatty acids.</p> <p>Explain the problem of cholesterol.</p>		
6	Energy metabolism, calorific balance, obesity	<p>fasting problem</p> <p>diet problem</p> <p>Explain how to pre-examine nutrient deficiency diseases.</p> <p>The energy of food and the energy of food.</p> <p>Chemistry, Energy in Physics</p> <p>And explain the energy of nutrients and the energy consumption of the human body.</p>	Canvas.dankook.ac.kr	
7	Exercise and Nutrition	<p>Understand the effects of exercise on life.</p> <p>Student can explain the effect of exercise on weight loss.</p> <p>Student can explain the proper diet of the athlete.</p>	Canvas.dankook.ac.kr	
8	Mid term exam		Canvas.dankook.ac.kr	
9	water-soluble vitamin 1, deficiency disease	<p>Students can explain the importance and role of vitamins B1, B2, niacin, riboflavin, pantothenic acid, etc. in the body and explain the foods they need to eat to prevent deficiency.</p>	Canvas.dankook.ac.kr	
10	water-soluble vitamin 2 deficiency disease	<p>Students can explain the roles of vitamin B6, B12, folic acid, vitamin C, etc. and the importance of life.</p>	Canvas.dankook.ac.kr	
11	at-soluble vitamins, deficiency diseases	<p>Students can explain the role of vitamin</p>	Canvas.dankook.ac.kr	

Times	Lecture Topic	Lecture Goals	Lecture Methods	Assignments
		ADEK and its importance in life.		
12	water and alcohol, related diseases	1. Familiarize yourself with the function of moisture in the human body. 2. Familiarize yourself with the amount of moisture in your body. 3. Familiarize yourself with the symptoms in the absence of fluids. 4. Familiarize yourself with the daily moisture needs and sources. 5. Familiarize yourself with the effects of alcohol intake on the human body. 6. Understand the energy metabolism path of alcohol. 7. Check the nutritional properties of various alcohols. 8. Familiarize yourself with the problems caused by excessive consumption of alcohol. Students can explain the types of minerals that the human body needs and their role in living things.	Canvas.dankook.ac.kr	
13	inorganic introductory mineral calcium, phosphorus	1. Identify minerals important to the composition of bones and teeth. 2. Understand and explain deficiency and excess symptoms of calcium, phosphorus and magnesium. 3. Understand and apply foods rich in calcium, phosphorus and magnesium to daily life	Canvas.dankook.ac.kr	

Times	Lecture Topic	Lecture Goals	Lecture Methods	Assignments
14	sodium mineral, potassium, iron	<p>Students can explain the types of minerals that the human body needs and the role in living things.</p> <p>1. Familiarize yourself with how to understand and prevent sodium deficiency and excess conditions.</p> <p>2. Understand and understand how to prevent excess and lack of potassium.</p> <p>3. Understand the stage of iron deficiency and understand the iron deficiency, iron deficiency.</p> <p>4. Understand and apply foods rich in iron to daily life.</p>	Canvas.dankook.ac.kr	
15	Final exam		Canvas.dankook.ac.kr	

Methods of Grading

sequence	Description	Percentage	Details
1	Mid-term Exam	40%	
2	Final-exam	40%	
3	Pop Quizzes	0%	
4	Assignments	10%	영양성분표 조사 자기가 먹는 음식 영양성분 조사 영양제 조사
5	Reports	0%	
6	Presentations & Discussions	0%	
7	Attendance	10%	4회 이상 결석이면 F 성적이 동점이 나온 경우 출석을 우선으로 함
8		0%	
9	Others	0%	성적이 동점이 나온 경우 출석, 수시시험, 기말고사 점수, 중간고사 점수, 비관련 전공학생, 고학년을 우선으로 함
All		100%	

Core of Value

핵심가치	핵심역량	하위역량	역량정의	역량구분	값 (%)
혁신 (Discovery)	문제해결 (Deliberation)	분석력 창의력 종합적 사고력	문제상황을 명확하게 이해하고 체계적으로 분석하여 창의적으로 해결할 수 있는 능력	부역량	0%
혁신 (Discovery)	전문지식 (Knowledge)	탐구능력 논리적 사고력 전문지식/기술	전공분야 지식과 기술, 그리고 관련된 다양한 정보를 활용하여 논리적으로 사고하고 탐구하는 역량	부역량	0%
헌신 (Dedication)	세계시민 (Universal value)	외국어능력 다문화 수용 능력 공감능력	세계 각지의 다양한 언어, 문화, 역사에 대한 이해를 바탕으로 글로벌 이슈에 대응할 수 있는 능력		30%
헌신 (Dedication)	협력.헌신 (Dedication)	대인관계능력 협업 능력 공동체의식	공통의 목적과 가치를 위해 개방적인 태도와 균형 잡힌 시간으로 서로 돕고 헌신할 수 있는 능력		10%
능동 (self-Determination)	자기주도 (maNagement)	독립성 성찰 능력 자기개발능력	자기 스스로 목표를 세우고 목표를 달성하기 위해 주체적으로 실천할 수 있는 능력	주역량	30%
능동 (self-Determination)	의사소통 (Articulation)	표현력 이해력 조정력	언어 또는 다양한 매체를 활용하여 다른 사람들과 효과적으로 상호작용할 수 있는 능력		30%

Textbook(s) & References

Description	Title	Author	Publisher
Recommended Textbook	2015년 한국인 영양섭취 기준 1100 page	보건복지부	보건복지부
Required Textbook	건강한 삶을 위한 영양학	김숙희 외	신광출판사

Descrip tion	Title	Author	Publisher
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Reco mmen ded T extbo ok	2015년 한국인 영양섭취 기준 요약본	보건복 지부	보건복지부
Reco mmen ded T extbo ok	스포츠영양학	Asker J eukendr up,Mich ael Glee s	라이프사이언스

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