

# Curriculum

## 1. Major in Nutrition Education

## 2. Educational Objectives

- 1) To train nutrition teachers who can guide and counsel on rational dietary habits.
- 2) To cultivate nutrition experts who can design rational dietary plans.
- 3) To develop nutrition researchers who are well-versed in both theory and practice.

## 3. Professor

Professor's name	Field of Study	note
Jae-Yong Park	Food Microbiology	Head of department
Eunjung Kim	Clinical and Molecular Nutrition	
Kyng A Lee	Institutional Food Service and Cookery	
Young-A Lee	Nutritional Neuroscience and Biochemistry	

## 4. Curriculum Table - Major in Nutrition Education

### 1) 1st Semester (first-year student)

Semester	Subject Code	Subject Title	Credits	Remarks
1st grade (new students)	501666	Philosophy and History of Education	2	General Teaching (Required)
	501653	Educational Psychology	2	General Teaching (Required)
	501655	Sociology of Education	2	General Teaching (Required)

### 2) 2nd to 6th grade

Semester	Subject Code	Subject Title	Credits	Remarks
2024 - 1 <sup>st</sup> Semester	501690	Diet Therapy and Practice	2	Core Subject (4)
	501697	Advanced Food Chemistry	2	
	501686	Advanced Food Microbiology	2	
2024 - 2 <sup>nd</sup> Semester	503009	Nutrition	2	Core Subject (2)
	501681	Advanced Physiology	2	
	501693	Advanced Fermented Food Science	2	
2025 - 1 <sup>st</sup> Semester	501678	Life Cycle Nutrition	2	Core Subject (2)
	501695	Food Hygiene	2	Core Subject (3)
	501699	Institutional Food Service and Practice	2	Core Subject (3)
2025 - 2 <sup>nd</sup> Semester	501684	Principles of Cooking and Practice	2	Core Subject (5)
	501692	Advanced Food Processing Science	2	
	501680	Advanced Biochemistry	2	
2026 - 1 <sup>st</sup> Semester	501689	Nutrition Education and Counseling Practice	2	Core Subject (1)
	501679	Food Science	2	Core Subject (4)
	501685	Nutrition Assessment and Practice	2	Core Subject (5)

※ At least one course from each of the Core Subject areas (1) to (5) must be completed.

※ In the 5th semester, students must register for 'Thesis Research I,' and in the 6th semester, 'Thesis Research II' is mandatory.

### 501699 Institutional Food Service and Practice

This course covers nutrition management, menu planning, food purchasing, operational management, hygiene management, financial management, and food quality management necessary for school meal management and operation. This course will help you provide safe, high-quality meals to students who are growing as nutrition teachers and guide them to have proper eating habits.

### 501693 Advanced Fermented Food Science

Study the basic significance of fermentation and the basic fermentation theories of organic acids, alcohols, nucleic acids, antibiotics, enzymes, etc. Learn about the characteristics and functions of various fermented foods to enhance understanding of traditional and widely consumed fermented foods. This course aims to teach the importance and role of fermented foods in our diet.

### **501681 Advanced Physiology**

By learning about the structure and function of cells, tissues, organs, and organ systems that make up the human body, students can acquire basic knowledge for maintaining health and preventing and treating diseases.

### **501678 Life Cycle Nutrition**

This course focuses on analyzing the physical conditions and physiological characteristics associated with each stage of human life, classified according to growth and developmental processes. It also explores appropriate nutritional intake and methods relevant to each stage. The aim of this course is to develop nutritional management skills throughout the human life cycle, from pregnancy to old age.

### **501680 Advanced Biochemistry**

This course focuses on studying the properties of substances and the metabolic processes that constitute living organisms. It covers carbohydrate, lipid, and protein metabolism in the body, as well as the buffering effects of body fluids, enzyme mechanisms, gene replication, and protein synthesis and regulation. The aim of this course is to develop the fundamental nutritional knowledge necessary for understanding nutrient metabolism in the human body, specifically for nutrition professionals.

### **501690 Diet Therapy and Practice**

By understanding the causes, symptoms, and physiological/metabolic changes of various diseases and learning how to treat and prevent them through nutritional management, you can achieve rational nutritional management for diseases.

### **501692 Advanced Food Processing Science**

Understand the significance of food processing and the current status and prospects of the food industry. Deepen basic theories in food chemistry and systematically understand the theories and technical aspects of food manufacturing and processing industries. This course aims to convey accurate knowledge about processed foods.

### **501686 Advanced Food Microbiology**

Study the types and characteristics of microorganisms used in food manufacturing or contaminating food, microbial toxins and their effects, infections, and prevention methods. Deepen knowledge about food microorganisms and develop the ability to utilize fermentation microorganisms and prevent contamination.

### **501695 Food Hygiene**

Deepen knowledge about food poisoning and infectious diseases caused by bacteria, molds, viruses, parasitic infections, natural toxic foods, and various contaminants. Develop the ability to protect individuals and families from various diseases and poisoning mediated by food. This course also aims to guide students in hygienic eating habits as a nutrition teacher.

### **501679 Food Science**

This course provides a comprehensive overview of the history, composition, and physical properties of foods. It also explores the knowledge necessary to evaluate the production, processing, and nutritional value of various foods. The aim of this course is to contribute to the promotion of human health through a thorough understanding of food science, specifically for nutrition professionals.

### **501697 Advanced Food Chemistry**

Study the components, structure, and properties of food to lay the foundation for nutrition. Learn about changes in components and physical properties during cooking and processing. This course aims to develop qualities necessary for institutional food service management and nutrition education.

### **501689 Nutrition Education and Counseling Practice**

This course covers understanding of techniques for using nutritional knowledge to change eating habits and helping people with current or potential nutritional problems through nutrition education and counseling.

### **501685 Nutrition Assessment and Practice**

By learning the theory and application of nutritional assessment methods such as anthropometric, biochemical, clinical, and dietary assessment, you can assess the nutritional status of subjects and provide nutritional interventions.

### **503009 Nutrition**

This course focuses on studying the types and properties of nutrients, as well as the processes of digestion, absorption, metabolism, overconsumption, and deficiency of nutrients in the body, while developing an understanding of modern nutritional issues. The aim of this course is to enable the planning and management of a balanced diet and to explore in depth the relationship between nutrition and disease, including both overnutrition and undernutrition, specifically for nutrition professionals.

### **501684 Principles of Cooking and Practice**

This course learns about physicochemical changes during the cooking process according to the type of food through theory and practice, and cultivates the ability to guide proper cooking methods that can minimize nutritional loss and the creation of harmful substances.