Overview

Weight loss fads in the form of diets and exercise regimes (with mostly unrealistic claims) are ubiquitous in modern day life; however, there is surprising ignorance and confusion about how we lose weight, with most people unable to answer the simplest question: when you lose weight, where does the fat go? Popular (incorrect) answers include energy, heat, faeces and sweat. Surprisingly, this question has also baffled health professionals including general practitioners, dietitians and professional trainers.

This course will lift the veil on weight loss by tracing every atom you eat into and out of your body, and you will learn the fate of fat during weight loss, that is, it is converted to carbon dioxide and water and exits your body mainly through your lungs. Along the way, you will also learn how humans convert foods into useful energy, what exactly is happening in your bodies during weight loss and weight gain, and by the end you will be able to critically examine popular weight loss claims as well as your own diet and lifestyle. Diet myths and wellness nonsense topple like dominoes along the way.

No prior scientific knowledge is assumed as we aim to provide you with the knowledge to answer this big, fat myth.
Faculty
Faculty of Science

School
School of Biotechnology and Biomolecular Sciences

Study Level
Undergraduate

Offering Terms
Term 1, Term 3

Campus
Kensington

Delivery Mode
Fully online

Indicative contact hours
3

Timetable
Visit timetable website for details
Exclusion Courses

DPST1051  |  6 UOC
Molecules, Cells and Genes

GENS1111  |  6 UOC
Big Fat Myths

BABS1201  |  6 UOC
Molecules, Cells and Genes
Fees

Commonwealth Supported Students $1191
Domestic Students $5970
International Students $5970

DISCLAIMER
Please note that the University reserves the right to vary student fees in line with relevant legislation. This fee information is provided as a guide and more specific information about fees, including fee policy, can be found on the fee website.

For advice about fees for courses with a fee displayed as "Not Applicable", including some Work Experience and UNSW Canberra at ADFA courses, please contact the relevant Faculty. Fees for courses delivered through UNSW Global are published and charged by UNSW Global and thus appear as "Not Applicable" on this site.

Where a Commonwealth Supported Students fee is displayed, it does not guarantee such places are available.
Additional Information

This course is offered as General Education.
Pre-2019 Handbook Editions

Access past handbook editions (2018 and prior)

Pre-2019 Handbook Editions
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University will try to avoid or minimise any inconvenience, changes may also be
made to programs, courses and staff after enrolment. The University may also set
limits on the number of students in a course.

Authorised by Deputy Vice-Chancellor (Academic)
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ABN: 57 195 873 179