

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Evolution of Human Nutrition
Module:	
Department:	Physiology, Anatomy and Cell Biology
Academic Year:	2017-18
Term:	First
ECTS credits:	4.5
Year:	4th year
Type:	Optional
Language:	Spanish

Course Model:	A1	
a. Basic learning (EB):		70 %
b. Practical learning (EPD):		30 %

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2. LECTURERS

2.1. Coordinator: Antonio Prado Moreno

2.2. Lecturers	
Name:	Antonio Prado Moreno
School:	School of Experimental Sciences
Department:	Physiology, Biology and Cell Biology
Area:	Physiology
Office Hours:	In-person tutoring: Thursdays 12.00-14.00 and Fridays 10.00-14.00 Virtual tutoring: through the webct
Office:	22.1.04
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Name:	Javier Márquez Ruiz
School:	School of Experimental Sciences
Department:	Physiology, Biology and Cell Biology
Area:	Physiology
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3. TOPICS

1. INTRODUCTION

Unit 1. Introduction to the evolution of human nutrition. Basic concepts and purpose of the course.

2. THE ROLE OF NUTRITION WITHIN HUMAN EVOLUTION

Unit 2. The evolutionary paradox in human nutrition.

Unit 3. Nutrition and the first hominids.

Unit 4. The focus on meat and its consequence on the development of new humans.

Unit 5. Palaeolithic nutrition. Harvest and hunt. The discovery of fire.

Unit 6. Neolithic nutrition.

3. HUMAN NUTRITION THROUGH HISTORY

Unit 7. Introduction to the study of human nutrition through history.

Unit 8. The study of the nutritional evolution. Fire, society and culture.

Unit 9. Nutrition and human evolution.

Unit 10. The impacts of diet on gene expression.

Unit 11. Nutrition since Neolithic.

Unit 12. 'What is good for thinking is good for eating.'