

Nutrition and Health: Human Microbiome

Course Syllabus

<https://courses.edx.org/courses/course-v1:WageningenX+NUTR104x+1T2020/course/>

Learn how you can impact your health by balancing your gut health; how your microbiome together with your diet can improve normal gut function.

Learning Outcomes

After successful completion of this course, you will be able to:

- Understand the concepts of host associated microbiome
- Explain the impact of the microbiome on health and disease
- Relate microbiome composition to diet and nutrition
- Understand the concept of microbiome based therapies
- Explain the possibilities of the microbiome as a tool for policy makers, medical doctors, non-profit organizations and industry

Level & Prerequisites

The level of the course is introductory. The prerequisites are basic biology.

Time Commitment

The total effort for this course is estimated at 30 hours for an average learner. So, if you have 3 to 5 hours per week to spend, it will take you about 6 weeks. However, since the course is run in a self-paced mode, you can progress through the modules at your own speed.

Course Structure

Module 1: The Human Microbiome
Module 2: Early Life Microbiota Development
Module 3: Microbiota and Aging
Module 4: Microbiota Diet and Disease
Module 5: Microbial Therapies and Diagnostics
Module 6: Applicability and Societal Impact

Important Dates

Event	Date	Time*
Opening course	3 March 2020	1:00 UTC
Submit final exam module 6	9 July 2020	23:00 UTC
Module exams modules 1 - 6	23 July 2020	23:00 UTC
Review peers in final exam module 6		
Closing course		

* Please be aware that these are UTC times; check what time this is for your time zone.

Grading & Assignments

Quizzes under the videos

You will find short quizzes under most of the videos. These are meant for you to practice and to check your understanding of the videos. They are not graded.

Assignments

In this course you will find different assignments for practice. Completing these assignments will help you to assimilate the information and apply what you have learned. These assignments will not be graded.

Exams

You will find an exam at the end of each module. These exams include a set of multiple choice questions which serve to test your understanding of the module. The exams in module 1 and module 6 will each contribute 10% to your final mark. The exams for module 2, 3, 4 and 5 will each contribute 12,5% to your final mark.

Peer-review

In Module 6 you are challenged to integrate everything you have learned in a peer-graded assignment. In this assignment we ask you to write a peer-reviewed blog about the double burden of malnutrition in relation to the gut microbiota. You will also give feedback on the proposal of three other peers in a peer review. This assignment will contribute 30% of your final mark.

Grading

For those of you who are taking the course to obtain a Verified Certificate, a minimum grade of 60% is required.

Module	Type	Weight
Module 1	Exam	9%
Module 2	Exam	13%
Module 3	Exam	13%
Module 4	Exam	13%
Module 5	Exam	13%
Module 6	Exam	9%
	Peer assignment	30%

Academic Policy

We expect each learner to complete the graded exams on their own, not in collaboration with other students. This rule is part of the [edX Honor Code](#), that you agreed to by enrolling in this course.

Discussion Forum Participation

As a learner of this course you are part of a diverse learning community that is at the heart of a meaningful learning experience. The discussion forum is an essential part of this online course. In many assignments you are asked to discuss your findings on the forum with other learners. Moderators and/or instructors are participating in the forum to help facilitate an effective dialogue and support the discussion forum guidelines. If you are new to our online courses, please take a moment to read the discussion guidelines.

What's the difference between audit and verified track?

The course offers two possibilities: an audit track and a verified learner track. The audit track comprises most of the course but also lacks important information. In every module there is content that is only available to verified learners, for example extra video's and exams. The verified track provides the complete course and the full experience. Below you see the differences, per module for audit and verified learners.

Topic / activity	Module	Available in audit track (free)	Available in verified track (paid)
The Human Microbiome	1	✓	✓
Early Life Microbiota Development	2	✓	✓
Microbiota and Aging	3	✓	✓
Microbiota Diet and Disease	4	✓	✓
Microbial Therapies and Diagnostics	5	✓	✓
Applicability and Societal Impact	6	✓	✓
Extra video's	1 to 6	✗	✓
Module Exams (graded)	1 to 6	✗	✓
Peer Review Assignment (graded)	6	✗	✓
Certificate (if you receive a passing grade)	N/A	✗	✓

If you are looking for some basics about microbiota, we welcome you in the audit track. However we encourage everyone who want to use this course for a career enhancement and who's looking for more in-depth knowledge about health and microbiota, to upgrade to the verified track to get access to all course materials.