



KEVIN REN

INTEGRATED SCIENCE
AMBASSADOR

4TH YEAR, MAJOR

THEME OF MY INTEGRATION: Chronic Disease Prevention

Through a comprehensive multidisciplinary approach from a physiological, nutritional, pharmacological, pathological, and exercise perspective, I hope to gain a deeper insight into how chronic diseases could be prevented and managed. Armed with the understandings of preventative medicine in relation to physiology, I would be well prepared to pursue a career in health-care.

WHAT I AM INTEGRATING:

DISCIPLINE #1

Physiology:

A good understanding of human physiology is required to fully grasp the complex interplay of nutrients, exercise, and drugs in the broader context of the human body to achieve the end goal of keeping us healthy.

DISCIPLINE #2

Preventative Medicine:

Preventative medicine comprises keeping a healthy diet, and regular exercise to avoid the development of risk factors. So, the study of nutrition and exercise will be useful. In addition, the studies of pharmacology and pathology would also be crucial, as they would illustrate how to identify and manage the existing conditions.

SAMPLE CURRICULUM RATIONALE

CAPS 301 – Human Physiology

This course covers the fundamentals of human physiology by touching on all major organ systems. It would form the basis of my physiology integration as it is a pre-requisite to all upper-level physiology courses. In addition, it would also lay the physiological foundation for my preventative medicine discipline.

FNH 350 – Fundamentals of Nutrition

This course forms the basis of my preventative medicine discipline by providing me knowledge of all major classes of macro-nutrients such as protein, carbohydrates, lipids, and how they are absorbed and metabolized. This course would bridge my understanding of physiology with nutrition as it places an emphasis on metabolism.

CONTACT

kevin.ren@alumni.ubc.ca