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# University of Pretoria Yearbook 2021

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## Fundamental nutrition 143 (JXE 143)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Education</a>
<b>Module credits</b>	8.00
<b>NQF Level</b>	05
<b>Programmes</b>	<a href="#">Higher Certificate in Sports Sciences</a>
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	1 lecture per week, Online hybrid supported
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Humanities Education
<b>Period of presentation</b>	Quarter 3

### Module content

This module introduces the student to the field of basic nutrition. The module addresses key concepts related to nutrients and their work in the body and describes the role of foods and nutrients in energy balance and physical activity. The module will cover various aspects of self-evaluation of the student athlete. It will take the student on a learning experience by application of sound nutrition principles: from assessment of current intake, correction of quantity of food, quality of food sources and meal planning to integrate theoretical aspects.

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