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# University of Pretoria Yearbook 2018

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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>Programmes</b>	<a href="#">Higher Certificate Sport Science Education</a>
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	3 lectures 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 2

### Module content

Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

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