

University of Pretoria Yearbook 2016

Applied nutrition 220 (EXE 220)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	16.00
Programmes	BSportSci BSportSci
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management. Food environment, nutrition during growth, nutrition and physical fitness, nutrition and stress management.

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