

University of Pretoria Yearbook 2016

Nutrition 701 (HNT 701)

Qualification	Postgraduate
Faculty	Faculty of Humanities
Module credits	14.00
Programmes	BAHMSHons Biokinetics
Prerequisites	No prerequisites.
Contact time	1 discussion class per week, 1 other contact session per week
Language of tuition	Double Medium
Academic organisation	Human Nutrition
Period of presentation	Semester 1

Module content

Nourishment is very important in the lifestyle of any people. Many problems that threaten the wellness of people arise from a lack of knowledge about nutrition. Nutrition is also very important in the preparation of sportsmen. In this module, the principles of nutrition are covered with specific approaches to work-like situations such as the "sport diet" and "carboloading".

(1 hour contact time per week with work assignments for the following week.)

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