
University of Pretoria Yearbook 2017

Applied nutrition 220 (EXE 220)

Qualification Undergraduate

Faculty [Faculty of Health Sciences](#)

Module credits 16.00

Contact time 3 lectures per week

Language of tuition Afrikaans and English is used in one class

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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