

University of Pretoria Yearbook 2017

Nutrition 701 (HNT 701)

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| Qualification | Postgraduate |
| Faculty | Faculty of Humanities |
| Module credits | 14.00 |
| Prerequisites | No prerequisites. |
| Contact time | 1 discussion class per week, 1 other contact session per week |
| Language of tuition | Afrikaans and English is used in one class |
| 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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