

University of Pretoria Yearbook 2018

Fundamental nutrition 143 (EXE 143)

Qualification Undergraduate

Faculty [Faculty of Health Sciences](#)

Module credits 6.00

Contact time 3 lectures per week

Language of tuition Afrikaans and English are used in one class

Department Biokinetics and Sports Science

Period of presentation Quarter 3

Module content

*Closed – requires departmental selection

*Offered by the Department of Human nutrition for the students in Biokinetics, Sport and Leisure sciences

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

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