

University of Pretoria Yearbook 2018

Nutrition 701 (HNT 701)

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 are used in one class

Department 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.)

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.