

# University of Pretoria Yearbook 2018

## Applied nutrition in exercise and sport 702 (HNT 702)

<b>Qualification</b>	Postgraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	15.00
<b>Programmes</b>	<a href="#">BScHons Sports Science</a>
<b>Contact time</b>	1 hour per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Human Nutrition
<b>Period of presentation</b>	Semester 1

### Module content

Nutrition plays an important role to achieve optimal health and performance of athletes. In this module theoretical principals of sport nutrition are illustrated through practical application in sport specific scenarios. Sport nutrition-related phenomena are discussed, e.g.iron deficiency anaemia, female athlete triad, nutritional matters of gastro-intestinal distress in athletes, and nutritional approaches to changing anthropometric indicators.

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