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# University of Pretoria Yearbook 2019

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## Applied nutrition 220 (EXE 220)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	16.00
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Biokinetics and Sports Science
<b>Period of presentation</b>	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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