

University of Pretoria Yearbook 2019

Nutrition for exercise and sport 223 (EXE 223)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	16.00
Programmes	BSportSci
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Human Nutrition
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

Understanding the basic principles of substrate location and utilization in an exercise and sport-related context, as well as the application of nutrition recommendations for exercise and sport.

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