

# University of Pretoria Yearbook 2019

## Nutrition 701 (HNT 701)

**Qualification** Postgraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 14.00

**Prerequisites** No prerequisites.

**Contact time** 1 other contact session per week, 1 discussion class per week

**Language of tuition** Module is presented in English

**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.