

University of Pretoria Yearbook 2019

Applied nutrition in exercise and sport 702 (HNT 702)

Qualification	Postgraduate
Faculty	Faculty of Health Sciences
Module credits	15.00
Programmes	BScHons Sports Science
Contact time	1 hour per week
Language of tuition	Module is presented in English
Department	Human Nutrition
Period of presentation	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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