

# University of Pretoria Yearbook 2019

## Fundamental nutrition 143 (JXE 143)

**Qualification** Undergraduate

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

**Module credits** 8.00

**Programmes** [Higher Certificate Sport Science Education](#)

**Prerequisites** No prerequisites.

**Contact time** Online hybrid supported, 3 lectures per week

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

**Department** Humanities Education

**Period of presentation** Quarter 2

### Module content

Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

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