

# University of Pretoria Yearbook 2020

## Applied nutrition in exercise and sport 702 (HNT 702)

<b>Qualification</b>	Postgraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	15.00
<b>Programmes</b>	<a href="#">BScHons Sports Science</a>
<b>Contact time</b>	1 hour per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Human Nutrition
<b>Period of presentation</b>	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.

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.