

University of Pretoria Yearbook 2021

Nutrition 701 (HNT 701)

Qualification Postgraduate

Faculty [Faculty of Humanities](#)

Module credits 14.00

NQF Level 08

Prerequisites No prerequisites.

Contact time 1 discussion class per week, 1 other contact session 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.)

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