

University of Pretoria Yearbook 2021

Fundamental nutrition 143 (JXE 143)

Qualification	Undergraduate
Faculty	Faculty of Education
Module credits	8.00
NQF Level	05
Programmes	Higher Certificate in Sports Sciences
Prerequisites	No prerequisites.
Contact time	1 lecture per week, Online hybrid supported
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Quarter 3

Module content

This module introduces the student to the field of basic nutrition. The module addresses key concepts related to nutrients and their work in the body and describes the role of foods and nutrients in energy balance and physical activity. The module will cover various aspects of self-evaluation of the student athlete. It will take the student on a learning experience by application of sound nutrition principles: from assessment of current intake, correction of quantity of food, quality of food sources and meal planning to integrate theoretical aspects.

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