

# University of Pretoria Yearbook 2022

## 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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