

# University of Pretoria Yearbook 2022

## Fundamental nutrition 143 (JXE 143)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Education</a>
<b>Module credits</b>	8.00
<b>NQF Level</b>	05
<b>Programmes</b>	<a href="#">Higher Certificate in Sports Sciences</a>
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	1 lecture per week, Online hybrid supported
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Humanities Education
<b>Period of presentation</b>	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.

The regulations and rules for the degrees published here are subject to change and may be amended after the publication of this information.

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations.