COURSE DETAIL

NUTRITION AND EXERCISE
Country Australia
Host Institution University of Queensland
Program(s) University of Queensland
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Health Sciences
UCEAP Course Number 118
UCEAP Course Suffix
UCEAP Official Title NUTRITION AND EXERCISE
UCEAP Transcript Title NUTRITION& EXERCISE
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description
This course focuses on the biochemical and physiological foundations underpinning the relationship between nutrition and exercise performance and how diet and physical activity impact on health. In the first half of the course, the influence of macro and micro nutrients on athletic performance is closely examined. In the second half of the course, the influence of exercise and nutrition on the development, prevention and management of diseases such as obesity, type II diabetes and cardiovascular disease are addressed.

Language(s) of Instruction
English

Host Institution Course Number
NUTR3000

Host Institution Course Title
NUTRITION & EXERCISE

Host Institution Course Details

Host Institution Campus
Queensland

Host Institution Faculty

Host Institution Degree

Host Institution Department
Nutrition Sciences

Course Last Reviewed

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