

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 AND EXERCISE

Host Institution Campus

Queensland

Host Institution Faculty

Host Institution Degree

Host Institution Department

Nutrition Sciences

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