

COURSE DETAIL

DIET AND NUTRITION FOR HEALTH AND SPORT

Country

Australia

Host Institution

University of Sydney

Program(s)

University of Sydney

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences Education

UCEAP Course Number

48

UCEAP Course Suffix**UCEAP Official Title**

DIET AND NUTRITION FOR HEALTH AND SPORT

UCEAP Transcript Title

DIET: HEALTH&SPORT

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

In this course, students analyze the content and quality of their own diet and make informed decisions concerning foods, nutrients, and supplements to optimize their daily nutrient intake and physical performance. Nutrition is important for physical growth and health throughout the human lifespan, during pregnancy, childhood, adolescence, adulthood, and senior years. It is a crucial factor in sports performance and athletic endeavors, as food is used as fuel for physical activity. Diet and nutrition affect body composition, the day to day functioning of the human body, and brain and cognitive performance.

Language(s) of Instruction

English

Host Institution Course Number

EDGU1003

Host Institution Course Title

DIET AND NUTRITION FOR HEALTH AND SPORT

Host Institution Campus

sydney

Host Institution Faculty

Host Institution Degree

Host Institution Department

Education

[Print](#)