

# 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

**UCEAP Course Number**

18

**UCEAP Course Suffix****UCEAP Official Title**

DIET AND NUTRITION FOR HEALTH AND SPORT

**UCEAP Transcript Title**

DIET & NUTRITION

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## **Course Description**

This course examines how to make informed food choices. It covers myth of common diets, supplements and fads touted by the media, the anatomy and physiology of digestion, the link between common diseases and nutrition practices, nutrition for sports performance, practical tips for shopping and cooking and the use of food to improve cognition.

## **Language(s) of Instruction**

English

## **Host Institution Course Number**

EDGU1003

## **Host Institution Course Title**

DIET AND NUTRITION FOR HEALTH AND SPORT

## **Host Institution Course Details**

## **Host Institution Campus**

## **Host Institution Faculty**

## **Host Institution Degree**

## **Host Institution Department**

## **Course Last Reviewed**

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