

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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