

COURSE DETAIL

EXERCISE NUTRITION

Country

New Zealand

Host Institution

University of Auckland

Program(s)

University of Auckland

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

106

UCEAP Course Suffix**UCEAP Official Title**

EXERCISE NUTRITION

UCEAP Transcript Title

EXERCISE NUTRITION

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines human nutrition as it applies to sport and exercise. It introduces principles of physiology and biochemistry that underpin diets and nutritional practices for physical activity. It looks at the fundamentals of nutrition, macro- and micro-nutrients, fluids, dietary supplements, and drugs in sport.

Language(s) of Instruction

English

Host Institution Course Number

EXERSCI 206

Host Institution Course Title

EXERCISE NUTRITION

Host Institution Course Details

<https://courseoutline.auckland.ac.nz/dco/course/EXERSCI/206/1215>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2024-2025

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