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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