

# COURSE DETAIL

## EXERCISE AND NUTRITION

**Country**

Australia

**Host Institution**

University of New South Wales

**Program(s)**

University of New South Wales

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Education Health Sciences

**UCEAP Course Number**

18

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

EXERCISE AND NUTRITION

**UCEAP Transcript Title**

EXERCISE & NUTRI

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course focuses on the basics of nutrition and exercise for health and wellbeing, teaching the fundamentals of designing exercise and physical activity programs and using nutrition to enhance exercise and sports performance. It develops an understanding of how exercise and nutrition relate to health outcomes, including the role of diet in chronic disease and obesity.

## Language(s) of Instruction

English

## Host Institution Course Number

EXPT1182

## Host Institution Course Title

EXERCISE AND NUTRITION

## Host Institution Course Details

<https://www.handbook.unsw.edu.au/undergraduate/courses/2026/EXPT1182>

## Host Institution Campus

Sydney

## Host Institution Faculty

Health Sciences

## Host Institution Degree

## Host Institution Department

## Course Last Reviewed

2025-2026

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