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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