

HELH-109. SPORT NUTRITION & WEIGHT MANAGEMENT

Fall 2012

05/06/1999

SECTION A - Course Data Elements

No

Credit - Degree Applicable

Health (Master's Degree)

Or

Physical Education (Master's Degree)

HELH - Health

109

Health (HELH)

Kinesiology & Athletics

Sport Nutrition & Weight Management

Sport Nutrition & Weight Mgmt

0837.00 - Health Education

NBS - Not Basic Skills

E - Non-Occupational

Review

SECTION B - Course Description

This course is designed to provide students with a foundation of optimal nutrition for health and fitness. Focus is on importance of nutrients in a healthy diet for sports and weight management; appropriate 'fueling' for increased endurance; basics of energy metabolism and maximum performance.
cr p c cr Apcb o No c en sro en sesF

