Nebraska Wesleyan University

HHP 101 Nutrition

Catalog

2012-2013

Course Description

A course designed to study foods and their effects upon health, development, and performance of the individual. The student will be introduced to concepts of healthful nutrition, sports nutrition, basic essential nutrients, digestion and absorption, and body composition relative to both exercise and nutrition of optimal health and physical performance. Healthy eating plans will focus on the Recommended Dietary Allowances and the USDA MyPyramid.

Prerequisite(s): HHP 015 Health and Wellness.

(Normally offered each semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance