**Nebraska Wesleyan University**

# HHP 101 Nutrition for Health, Fitness, and Sport

## Catalog

2013-2014

## 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