Nebraska Wesleyan University

HHP 2600 Human Nutrition II

Catalog

2015-2016

Course Description

This is a course designed to study foods and their effects upon health, development, and performance of the individual. The student will build on materials and knowledge learned from Nutrition I. The student will be introduced to the concepts of: link between food and energy, proper water balance, and electrolytes, science of supplementation, manipulation of macronutrient intake, nutrient timing, customized nutrition plans, and the key concepts of sport nutrition relative to both exercise and nutrition for optimal health and physical performance.
Prerequisite(s): HHP 2500 Human Nutrition I
Normally offered each spring semester.

Course Hours

2 hours

Departments

1. Health and Human Performance