Course:

HHP 3010 Nutrition

3 hours

Departments/Programs:

Health and Human Performance

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 My Plate.
(Normally offered each semester.)