Nebraska Wesleyan University

HHP 3400 Advanced Human Nutrition

Catalog

2020-2021

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 HHP 2500 Basic Human Nutrition. 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 Basic Human Nutrition, BIO 1090 Introduction to Human Anatomy and Physiology I, BIO 1100 Introduction to Human Anatomy and Physiology II or permission of the instructor.

(Normally offered spring semester)

Archway Curriculum: Essential Connections: Writing Instructive

Course Hours

2 hours

Departments

1. Health and Human Performance