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# University of Pretoria Yearbook 2022

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## Nutrition for exercise and sport 223 (EXE 223)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	16.00
<b>NQF Level</b>	06
<b>Programmes</b>	<a href="#">BSportSci</a>
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Human Nutrition
<b>Period of presentation</b>	Semester 2

### Module content

\*Closed – requires departmental selection

Understanding the basic principles of substrate location and utilization in an exercise and sport-related context, as well as the application of nutrition recommendations for exercise and sport.

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