Introduction to nutrition, exercise, and health: student study guide and workbook. 4th ed. [1993]

Katch V.L.
Katch F.I.
McArdle W.D.
National Agricultural Library (USA). [Corporate Author]

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Abstract

A resource companion to the textbook, Introduction to nutrition, exercise, and health. Its purpose is to facilitate understanding of the text by focusing on key terms and concepts and on specific questions within each chapter. Includes self-assessment tests (with answers) and helpful hints for studying and preparing for exams.

Other subjects

- calorific value
- sante
- foods
- produit alimentaire
- actividad fisica

Other information

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Nutrition, Exercise and Health BSc (Hons). Apply Online. If you are applying for this course from within the UK/EU, click apply now. Course starts: 16 September 2019 Apply now. We have links with health and fitness providers as well as sports clubs and organisations such as Sunderland City Council, City Hospitals Sunderland Foundation NHS Trust, Wearfit, The Performance Clinic, Sunderland Foundation of Light, Sunderland AFC, Durham CC and many local schools. Additionally, a number of our teaching staff work with high level athletes offering sport and exercise science support including advice regarding nutrition, health and wellbeing and fitness training. Introduction to Human Nutrition (20 credits). Instructing Health and Fitness (20 credits). Study London Official University Guide.

Examples of modules: Year 1 - Food and Nutrition 1: An Introduction; Sport and Exercise Psychology 1; Functional Anatomy and Exercise Physiology; Essentials for Sport and Exercise Science; Year 2 - Food and Nutrition 2: Applied Nutrition; Sport and Exercise Psychology 2; Health and Exercise Physiology; Research Methods in Exercise Science; Year 3 - Food and Nutrition 3: Public Health Nutrition; Exercise and Health Psychology; Food. and Nutrition 4: Contemporary Issues in Food and Nutrition OR Extreme Environments and Ergogenic Aids; Project or Dissertation (Nutrition) OR Sport and Exercise Sci