

EDKP 292. NUTRITION AND WELLNESS.

Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

This course is not offered this catalogue year.

Description

This course will examine the role of carbohydrates, fats, proteins, vitamins, minerals and water in a balanced diet. Students will be introduced to the affects of nutrition on exercise, sport performance and wellness. The validity of claims concerning nutrient supplements will be studied.

- Restriction: Not open to students who have taken EDKP 392

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

[Launch Visual Schedule Builder](#)