

NUTR 503. NUTRITION AND EXERCISE.

Credits: 3

Offered by: Human Nutrition (Faculty of Agric Environ Sci)

Terms offered: Winter 2026

View offerings for Winter 2026 in Visual Schedule Builder.

Description

Interaction of exercise physiology with nutrient and energy metabolism in healthy adults. Principles of physical training and role of physical activity and exercise in weight management and food intake regulation. Importance of physical activity in childhood, during pregnancy, in healthy adults and in improving functional capacity in the elderly.

- Fall
- Prerequisites: Undergraduate Basic Biochemistry (ANSC 234 or BIOC 311), Undergraduate Mammalian Physiology (EDKP 395 or PHGY 210 or ANSC 323), Undergraduate Introductory Nutrition (EDKP 292 or NUTR 207 or NUTR 307).

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