

Subject Title : HEALTH, NUTRITION & SPORT
Subject Code : FIT3208-E
Credit Points : 2.0 (Theory)
Teaching Hours : 1400 Minutes/23.3 Hours
Subject Type : Elective
Semester : 3 & 4

Subject Description:

The focus of this subject is to learn the basic concept of health, nutrition and exercise. The students should know the methods and theory concerning how positive health habits and a proper diet effects physical activity, and how this contributes to a positive lifestyle.

Objective:

This course aimed to enable the candidate knowledge of about establishment of health habits and proper diet to clients, and how to give general recommendations relating to nutrition and physical activity.

Subject Content:

- Health in a global perspective
- Lifestyle diseases
- Energy
- Carbohydrates
- Fat
- Proteins
- Vitamins
- Minerals and trace elements
- Fluid
- Diets, diet in practice
- Sports Nutrition
- Supplements