

Module Synopses

Applied Nutrition

This module aims to provide students with a basic understanding of the science of nutrition and the importance of nutritional adequacy and balance for optimal growth and health. The Dietary sources of the major nutrients, their digestion, absorption, and metabolism are covered in the module. Students will learn the different functions of nutrients, including their deficiencies and excesses affecting health. They will also learn about the nutrient needs in the different stages of growth and learn how to read food labels.

Diet and Disease

This module provides students with an understanding of the role of nutrition in disease prevention and management, with particular emphasis of key chronic lifestyle diseases and nutrition-related deficiencies like heart disease, diabetes and osteoporosis. Student will learn to develop sound recommendations in the nutritional prevention of these diseases.

Exercise Physiology

The aim of this module is to provide students with an overview and appreciation of physiological principles that explain how the human body functions during exercise. Concepts such as how the different energy systems affect exercise performance as well as the body's adaptation to chronic exercise and its use of various substrates during different exercise intensities will be covered.

Sports Nutrition

This module aims to provide students with an overview and appreciation of the underlying principles and practice involved in the evolving field of exercise and sports nutrition. Students will be able to develop skills targeted in optimising nutrition-related strategies in both the fields of exercise undertaken for good health, as well as sports for performance.

Physical Fitness Conditioning and Exercise Prescription

The aim of this module is to provide students with an overview and appreciation of the wide spectrum of physical fitness assessment and exercise prescription. The students will learn to apply the knowledge of exercise physiology in the fitness and performance arena to attain general wellness levels and achieve maximum performance in sport or exercise. Students will also be taught the various methods and considerations in prescribing exercise for the general and special populations.

Exercise Rehabilitation

Students will gain an understanding of the process of evaluating and diagnosing movement inefficiencies, thereby improving movement quality and enhancing injuries reduction. Topics

include the applications of biomechanical principles, movement analysis and therapeutic exercises principles.