



HL105V Nutritional Physiology

5.0 credits

Näringsfysiologi

This is a translation of the Swedish, legally binding, course syllabus.

If the course is discontinued, students may request to be examined during the following two academic years

Establishment

Course syllabus for HL105V valid from Autumn 2009

Grading scale

P, F

Education cycle

First cycle

Main field of study

Technology

Specific prerequisites

General entry requirements

Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

Intended learning outcomes

After completing the course the student should be able to:

- Describe the conditions for good nutritive value
- Describe nutritive substance and its effects on the human body
- Present a nourishing plan that fulfils the need for active sportsmen and women

Course contents

Theoretical and practical knowledge of basic nutritional physiology:

- Theoretical nutritional physiology
- The need for good nourishing food for active sportsmen and women
- Economic aspects on meals suited to active sportsmen and women
- The principle of the "Swedish model" within sports

Course literature

Idrottarnas kostbok: Anki Sundin

Examination

- TEN1 - Examination, 5.0 credits, grading scale: P, F

Based on recommendation from KTH's coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.