HES 3893: Facts and Fallacies of Exercise and Nutrition

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Meeting Dates: December 29th, 30th, January 3rd – 7th, 10th – 13th  
Time: 9:30am-1:50pm

This 3 credit hour course will discuss many of the myths and fallacies associated with exercise and nutrition. Specific course discussions will include:

- Exercise/nutrition fads, infomercial products, and other influences of mass media
- Weight loss, cardio exercise, weight lifting, dietary supplements and exercise/sport nutrition
- Proper exercise technique, guidelines, recommendations for nutrition, exercise and dietary supplements

THIS COURSE WILL COUNT AS AN UPPER-DIVISION ELECTIVE FOR ALL ACADEMIC DISCIPLINES

ALL ACADEMIC DISCIPLINES ARE WELCOME

!!! ENROLL TODAY !!!