HES 3893: Facts and Fallacies of Exercise and Nutrition

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Meeting Dates: May 17-20, 24-28, June 1
Time: 9:00am-1:20pm

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 !!!