

Applied Nutrition and Exercise Science

(SPEX801)

Pathways, programmes/specialisations the paper is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Sport and Exercise, Postgraduate Diploma in Sport and Exercise, Postgraduate Certificate in Sport and Exercise

Am I eligible to enrol in this paper?

Any student within one of the programmes listed above. There are no pre-requisite papers.

What is this paper about?

Explores and challenges applied nutrition and exercise prescription practice for health through critical review of scientific research and best practice guidelines.

What can I expect to learn?

- Food guidance systems
- Alternative nutrition concepts
- Nutritional guidelines for symptomatic populations
- Nutritional guidelines for asymptomatic populations
- Exercise and nutrition motivation and adherence
- Exercise for body composition
- Resistance training for health
- Manipulating exercise prescription modalities

How is this paper taught?

Teaching Period(s): Semester 1

Teaching Style: Online content is provided during Semester 1, with a compulsory 3-day on-campus component at the AUT Millennium campus is held during week 8. Final dates are available from the paper coordinator.

How will I be assessed?

1. Written assignment (1,000 words)
2. Written assignment (up to 4,500 words)

Who will be teaching me?

Paper Coordinator: Dr Nigel Harris

Dr Harris' research activities are centered on the assessment and improvement of metabolic health through exercise, with an emphasis on resistance training and high intensity intermittent exercise. The additive effects of such exercise with a nutritional approach emphasising whole food that is nutrient dense, low in refined carbohydrate, and high in healthy fats and protein is an additional area of research interest.

Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

Enrolment and enquires

Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.