

CGS HEALTH AND EXERCISE SCIENCES (CGS HES)

CGS Health and Exercise Sciences Courses

CGS HES 209X Nutrition and Weight Management

3 cr.

Basic principles of nutrition, digestion, and metabolism. Interpretation and analysis of the effects of these principles on one's diet, weight, fitness level, and overall health.

Prerequisites: none.

General Education Requirements: NS

Last Taught: Spring 2021, UWinterIM 2021, Fall 2020, Summer 2020.

Current Offerings: <https://catalog.uwm.edu/course-search/>