ACADEMIC CATALOG
2026-2027



MIDWAY
UNIVERSITY

Midway University

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Course

EXS 220 - Sport Nutrition

This course is a study of nutrition as it relates to performance and health. Nutrient needs, sources, functions, and interactions will be reviewed according to the latest scientific findings. Principles of body conditioning will be emphasized with attention to diet and lifestyle practices that promote health and decrease risks of nutrition-related diseases.

Grade Basis: L
Credit hours: 3.0
Lecture hours: 3.0

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