



UNIVERSITY OF NIŠ

Course Unit Descriptor**Faculty****Faculty of Sport and Physical Education in Nis****GENERAL INFORMATION**

Study program Basic academic studies, physical education and sport

Study Module (if applicable)

Course title Health education

Level of study Bachelor academic Bachelor professional Master's Doctoral

Type of course Obligatory Elective

Semester Autumn Spring

Year of study First

Number of ECTS allocated 5

Name of lecturer/lecturers Ljiljana Bjelaković, Ph.D associate professor

Teaching mode Lectures Group tutorials Individual tutorials
 Laboratory work Project work Seminar
 Distance learning Blended learning Other

PURPOSE AND OVERVIEW (max. 5 sentences)

Acquiring knowledge on the theoretical and practical values of health education in sport and physical education, students are familiar with the basic principles and possibilities of their practical application in everyday practice. The students through lectures, practical exercises and consultations have gained basic knowledge and are trained to rule the theoretical and practical skills related to the implementation of health education in sport and physical education.

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Theory: Nutrition - the importance and role of nutrients in the diet of healthy people. Nutrition - Recommendations for proper nutrition (with special emphasis on the needs and problems in the diet of children and youth, and athletes). Nutrition and chronic non-communicable diseases. Obesity - etiology, epidemiology, complications and diet therapy; Conduct disorders and nutrition. Characteristics and prevention of infection. Preparticipation screening. Prevention of drug abuse; Prevention of diseases that are transmitted through sexual contact. Prevention of sports injuries. Prevention of noncommunicable diseases. Sports dermatology (skin prevention of the most common diseases in the sports population).

Practical teaching: Practicals follows the theoretical classes.

LANGUAGE OF INSTRUCTION

Serbian (complete course) English (complete course) Other _____ (complete course)

Serbian with English mentoring Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	Points
Theory + practicals	5+5	The theoretical examination (oral, written, electronic test)	40
Teaching colloquia 1	12		
Teaching colloquia 2	13		
Seminar paper	10		
Activity during lectures	15	OVERALL SUM	100

***Final examination mark is formed in accordance with the Institutional documents**