



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Academic Studies, Physical Education and Sport**

Study Module (if applicable)

Course title

Hygiene

Level of study

Bachelor academic    Master's    Doctoral

Type of course

Obligatory    Elective

Semester

Autumn    Spring

Year of study

Second

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)

*To introduce students to the basic principles and possibilities of their practical application in daily practice. To familiarize students through lectures, practical exercises, and consultation with the basic knowledge and enable them to master the theoretical and practical skills related to the application of hygiene in sport and physical education.*

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

**Theory: The effect of biological agents on the human body. The effect of physical factors on the human body, allergic disease in athletes and schoolchildren. Sexually transmitted diseases. Hygiene of clothes and shoes. Personal hygiene. Sports nutrition. Nutrition of children and athletes, test methodology. Hygiene of the working environment. Environmental hygiene. Practicals: Practical teaching 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**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory</b>	<b>5</b>		
<b>Practicals</b>	<b>5</b>	<b>Theoretical examination (oral, written, e test)</b>	<b>40</b>
<b>Colloquium 1</b>	<b>12</b>		
<b>Colloquium 2</b>	<b>13</b>		
<b>Seminar paper</b>	<b>10</b>		
<b>Interactive teaching</b>	<b>15</b>	<b>OVERALL SUM</b>	<b>100</b>

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