



# 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	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	First
Number of ECTS allocated	5
Name of lecturer/lecturers	Ljiljana Bjelaković, Ph.D, assistant professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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	10	Practical examination	10
Teaching colloquia 1	12	The theoretical examination (oral, written, electronic test)	20
Teaching colloquia 2	18		
Seminar paper	15		
Activity during lectures	15	<b>OVERALL SUM</b>	<b>100</b>

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