



# 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**