



# 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	<b>OVERALL SUM</b>	<b>100</b>

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