



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

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

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