



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional Studies, Sport**

Study Module (if applicable)

Course title

Health education

Level of study

Bachelor professional  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

First

Number of ECTS allocated

6

Name of lecturer/lecturers

Ljiljana Bjelaković, Ph.D, assistant 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**

| <b>Pre exam duties</b>          | <b>Points</b> | <b>Final exam</b>   | <b>points</b> |
|---------------------------------|---------------|---|---------------|
| <b>Theory + practicals</b>      | <b>10</b>     | <b>Practical examination</b>  | <b>10</b>     |
| <b>Teaching colloquia 1</b>     | <b>12</b>     | <b>The theoretical examination (oral, written, electronic test)</b> | <b>20</b>     |
| <b>Teaching colloquia 2</b>     | <b>18</b>     |   |               |
| <b>Seminar paper</b>            | <b>15</b>     |   |               |
| <b>Activity during lectures</b> | <b>15</b>     | <b>OVERALL SUM</b>  | <b>100</b>    |

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