



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

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|------------------------------|---|
| Study program | Basic Academic Studies, Physical Education and Sport |
| Study Module (if applicable) | |
| Course title | Hygiene |
| Level of study | <input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral |
| Type of course | <input checked="" type="checkbox"/> Obligatory <input type="checkbox"/> Elective |
| Semester | <input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring |
| Year of study | Second |
| 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)

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 | Practical examination | 10 |
| Practicals | 5 | Theoretical examination (oral, written, test) | 20 |
| Colloquium 1 | 12 | | |
| Colloquium 2 | 18 | | |
| Seminar paper | 15 | | |
| Interactive teaching | 15 | OVERALL SUM | 100 |

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