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|  **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** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |