

Study program: Physical Education and Sport			
Type and level of studies: Basic academic studies			
Course title: HEALTH EDUCATION			
Lecturer or lecturers (for lectures): Marina Đorđević-Nikić			
Lecturer / Associate (for practice): Marina Đorđević-Nikić			
Course status: Obligatory			
ECTS: 4			
Condition: passed a physiology exam			
Course objectives: Acquiring knowledge of proper nutrition, doping in sports and environmental factors that may have an impact on the occurrence of illness in humans. Introduction to the physiological role and importance of regular physical exercise in preventing the disease of a modern man. Identification and preventive action in relation to risk factors that can endanger the health of people, especially children and youth in the school environment, sports club and recreation center.			
Course outcome: Successfully mastering the program in this course allows the student to: - Recognizes and points to the risk factors for the occurrence of children and youth diseases in the school environment, sports club and recreation center; - It is competent to use the acquired knowledge in the immediate health education work in the middle of the work in which he / she performs his / her job.			
Contents description: <i>Theoretical instruction</i> 1. Significance and recommendations for proper nutrition of healthy people and athletes; 2. Dietary supplements and ergogenic aids in sport; 3. Doping in sport; 4. Prevention of drug addiction and alcoholism; 5. Characteristics, method of transmission and causes of infectious diseases; 6. Prevention of diseases that are transmitted full-time; Basis of personal hygiene; 8. Prevalence of school breaks and traumatism; 9. Hygiene in school environment; 10. The health significance of changes in the atmosphere; 11. Climate and microclimate as factors of thermal stress; 12. Medical-ecological character of drinking water; 13. Medical significance of radiation; 14. Medical significance of noise and vibration <i>Practical classes:</i> 1. Nutrition (principles of compilation of nutrition program, plenary discussion on topics covered in lectures, presentation of seminar papers, designing school workshops); 2. Doping (plenary discussion, presentation of seminar papers); 3. Practical presentation, plenary discussion and designing of school workshops on the theoretical topics (4-14)			
References: Đorđević-Nikić, M. : Ishrana sportista (Nutrition of athletes), Belgrade, 2002. Đorđević-Nikić, M. : Doping u sportu (Doping in sport), Belgrade, 2009. Kocijančić et al. : Higijena (Hygiene), Institute for Publishing Textbooks, Belgrade, 2002. Nikolić i sar. : Praktikum iz higijene (Practicum from hygiene), Faculty of Medicine, Belgrade, 2000.			
No. of active classes			Other classes:
Lectures: 3	Exercises/ Practical classes: 1	Other forms of teaching:	
		Study research work:	
Teaching method Theoretical lectures; practical lectures			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	4	Written examination	56

Practical instruction		Practical examination	
Preliminary exam / Colloquium	30	Oral examination	
Seminar papers	10	