

Study program / study programs: Recreation			
Type and level of studies: Basic professional studies			
Course title: Nutrition in recreation			
Lecturer or lecturers (for lectures): Marina Đorđević-Nikić			
Lecturer / Associate (for practice):			
Course status: Obligatory			
ECTS: 4			
Condition:			
Course objectives: Understanding the principles of proper nutrition for healthy people; Familiarization with the principles of nutrition for people suffering from chronic non-communicable diseases; Acquiring basic knowledge in the field of doping in sports.			
Course outcome: Ability to plan and correct nutrition in accordance with the current needs of recreational players; to learn about the problem of the use of illicit, harmful substances in the recreational population and the occurrence of doping in sports; competence to acquire knowledge in the field of nutrition and doping for use in health education – preventive work in a fitness center.			
Contents description: <i>Theoretical instruction</i> 1.The importance of proper nutrition for the preservation of human health. 2. Chemistry and energy of muscular contractions; 3. Importance, role and recommended input for nutrients in the diet of healthy people and those involved in regular physical exercise. Dehydration and fluid replacement after recreational training; 5. Recommendations for proper nutrition and diet; 6. Achieve optimum body composition: reduction and weight gain; 7. Obesity-characteristics, complications and dietary therapy. 8. Eating disorders 9. Nutrition and chronic non-communicable diseases; 10. Nutritional supplements and ergogens in sports and recreational physical exercise; 11. Doping in sport: substances and methods of doping.			
References: Đorđević-Nikić, M .: Nutrition of athletes, Belgrade, 2002. Đorđević-Nikić, M .: Doping in sport, Belgrade, 2009. Kocijančić et al .: Hygiene, Institute for Publishing Textbooks, Belgrade, 2002. Nikolić i sar .: Practicum from hygiene, Faculty of Medicine, Belgrade, 2000.			
No. of active classes			Other classes:
Lectures:	Exercises/ Practical classes:	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	58
Practical instruction		Practical examination	
Preliminary exam / Colloquium	30	Oral examination	
Seminar papers	8	

