

Study program / study programs: Sport			
Type and level of studies: Basic professional studies			
Course title: NUTRITION AND STIMULANTS			
Lecturer or lecturers (for lectures): Marina Đorđević-Nikić			
Lecturer / Associate (for practice):			
Course status: Obligatory			
ECTS: 4			
Condition:			
Course objectives: Getting acquainted with the principles of proper nutrition for athletes, to achieve success in sports, accelerated recovery after training/competition, and preserving the health of an athlete. 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 athletes; Understand the problem of doping in sports; Competence to acquire knowledge in the field of nutrition and doping use in immediate health education in a sports club.			
Contents description: <i>Theoretical instruction</i> 1.The importance of proper nutrition for achieving success in sports and preserving the health of athletes; 2.Chemistry and energy of muscular contractions; 3.Significance, role and recommended intake for all nutrients in the nutrition of athletes; 4.Dehydration and rehydration in sports; 5.Special requirements in nutrition of athletes: achieving optimal body composition; nutrition versus time of training and competition; nutrition in endurance / strength sports; behavioral disorders in athletes' diet; 6.Application of dietary supplements and ergogenic substances in sports; 7.Doping in sport: substances and methods of doping, doping control and sanctioning doping athletes.			
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:	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	