SYLLABUS

1. Course title:

Bromatology

2. Code:

3. Cycle of study:

I

4. ECTS credits:

6

5. Type of course:

Mandatory

6. Prerequisites:

None

7. Class restrictions:

None

8. Duration / semester(s):

1 3

9. Weekly contact hours and student workload:

	Semester (1)	Semester (2)	(for two-semester courses)	Workload: (hours)	
9.1. Lectures	3			Classes:	56.25
9.2. Seminars	0			Individual work:	96.30
9.3. Laboratory / Practice classes	2			In total:	152.25

10. Faculty:

Faculty of Pharmacy

11. Department/study program:

Cosmetology

12. Lecturer:

13. Course aims:

The aim of the course is to acquire knowledge about the composition of food and proper nutrition. During the course, students acquire knowledge related to the role of food in the body, nutrition principles, dietary recommendations, and essential food components with an emphasis on the effects on skin health.

14. Learning outcomes:

At the end of the course, successful students who have continuously fulfilled their obligations throughout the entire instructional period will be qualified to: understand the biochemical basis of digestion and metabolism of food components, advise both healthy and ill individuals on how to use food properly, and provide guidance on proper nutrition and diet in pathological conditions.

15. Course content:

Macronutrients and micronutrients; Basics of digestion and nutrient metabolism; The impact of nutrient intake on skin health; Principles of proper nutrition; Dietary movements (macrobiotics, vegetarianism); Improper nutrition and eating disorders (malnutrition, obesity) and their effects on skin health; Functional food, organically produced food; Biologically active substances in food and cosmetics; Water.

16. Learning methods:

Lectures, consultations, practical exercises.

Lectures – Students are required to attend lectures and actively participate in them.
Consultations – Through consultations, students can resolve any uncertainties and deepen their acquired knowledge.
Practical exercises – Students are required to complete the assigned number of experimental exercises and pass the midterm exam.
Seminar paper – Students write a seminar paper based on collected literature on a given topic and defend it orally.

17. Assessment methods:

Knowledge assessment during the semester is conducted through participation in practical exercises, a midterm test (colloquium), a partial exam, and a final exam. The colloquium is held at the end of the semester during the scheduled practical class hours and covers material related to the practical aspects of the exercises. The final exam is conducted in written and/or oral form during the scheduled exam periods and includes the material outlined in the indicative course content.

Participation in practical exercises carries a maximum of 5 points.
The colloquium carries a maximum of 10 points (minimum 6 points required).
The partial exam carries a maximum of 25 points (minimum 13 points required).
The final exam carries a maximum of 50 points (minimum 26 points required).

18. Assessment components:

The final success of a student, after all prescribed forms of knowledge assessment, is evaluated and graded as follows:

10 (A) – 95–100 points - Exceptional performance with no or only minor errors
9 (B) – 85–94 points - Above average, with some errors
8 (C) – 75–84 points - Generally good, with noticeable errors
7 (D) – 65–74 points - Generally satisfactory, with significant shortcomings
6 (E) – 54–64 points - Meets minimum requirements
5 (F, FX) – less than 54 points - Does not meet minimum requirements

19. Mandatory reading list:

M.Jašić i L.Begić: Biohemija hrane I, PrintCom d.o.o., Tuzla, 2008

20. Additional reading list:

R.Gruić, I.Miletić: Nauka o ishrani čovjeka, Univerzitet u Banjoj Luci, 2007
P.Insel R.E.Turner i D.Ros: Discovering Nutrition, American dietetic association and Jones and Bartlett Publishers International, Sudbury, 2007

21. Web sources:

22. Applicable from the academic year:

2025/26.

23. Adopted in the Faculty/Academy session: