SYLLABUS

1. Course title:

Dietary supplements

2. Code:

3. Cycle of study:

I

4. ECTS credits:

3

5. Type of course:

Elective

6. Prerequisites:

None

7. Class restrictions:

None

8. Duration / semester(s):

1 | 3

9. Weekly contact hours and student workload:

Semester (1)	1	Semester (2)		(for two-semester courses)	Workload: (hours)
9.1. Lectures	2			Classes:	22.50
9.2. Seminars	0			Individual work:	61.08
9.3. Laboratory / Practice classes	0			In total:	83.58

10. Faculty:

Faculty of Pharmacy

11. Department/study program:

Cosmetology

12. Lecturer:

13. Course aims:

The aim of this course is to educate students about dietary supplements that have an effect on the skin, the recommended daily intake, interactions, and the rational use of dietary supplements with effects on the skin.

14. Learning outcomes:

After passing the exam, the student will be able to describe and define dietary supplements used in maintaining skin health, understand their use and classification, recognize the benefits and risks of using dietary supplements, identify indications for their use, and recommend a dietary supplement for the purpose of maintaining skin health.

15. Course content:

Nutraceuticals and functional food, dietary food. The role of antioxidants as dietary supplements (vitamins, carotenoids, flavonoids, and minerals) in protecting skin health. Anti-aging substances as dietary supplements (antioxidants, coenzyme Q10, phytoestrogens, amino acids, probiotics, and omega-3 fatty acids). DRI (Dietary Reference Intakes). Rational use of dietary supplements. Interactions.

16. Learning methods:

Lectures, consultations

Lectures – Students are required to attend lectures and actively participate in them.
Consultations – Through consultations, students can resolve uncertainties and deepen their acquired knowledge.
Seminar paper – Students write a seminar paper based on collected literature on a given topic and defend it orally.

17. Assessment methods:

Activity – Through attendance at lectures, the student can earn 0–10 points.
Seminar paper – By preparing and defending a seminar paper, the student can earn up to 40 points.
Final exam, which is taken in written or oral form, involves the assessment of knowledge of the entire covered material. The maximum number of points a student can earn on the final exam is 50, and a minimum of 28 points is required to pass.

18. Assessment components:

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

10 (A) – 95–100: Outstanding performance with no or only minor errors

9 (B) – 85–94: Above average, with some errors

8 (C) – 75–84: Noticeable errors

7 (D) – 65–74: Generally good, with significant shortcomings

6 (E) – 54–64: Meets the minimum criteria

5 (F, FX) – < 54: Does not meet the minimum criteria

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: