SYLLABUS

1. Course title:

Hygiene of sport

2. Code:

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Attended course, with min.25% points of student pre-requisites

7. Class restrictions:

8. Duration / semester:

15 1

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	0

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical education and sport

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

15. Course aims:

The objectives of the subject are the training of students for knowledge and understanding of personal hygiene, hygiene of sports, recreation, nutrition and the like.

16. Learning outcomes:

At the end of the course, students will be able to use the available literature independently to solve different problems Content of this course.
Students will be able to solve problems of different complexity, individually and in the team, and present them written or verbal form and acquire skills to solve various problems in practice and be able to pass final exam at the first exams at the end of the semester.

17. Course content:

Hygiene of sport and recreation; Anthroposophy and anthropometry; Sports athlete; Atmosphere and physical activity; Water i physical activity; Hygiene of sports facilities; Hygiene of sportswear; Personal hygiene; Special hygiene; Ailments caused by biological agents; Allergic skin diseases; Changes in skin caused by physical factors; Photodermatosis; Diseases transmitted by sexual contact; Sports massage (the basis of human physiology from the aspect hygiene and sports massage).

18. Learning methods:

Lectures and consultations.

19. Assessment methods:

The exam is oral.

20. Assessment components:

NUMBER OF BODIES FINAL EVALUATION
94 - 100 Ten (10) A
84 - 93 Nine (9) B
74 - 83 Eight (8) C
64 - 73 Seven (7) D
53 - 63 Six (6) E
<53 Pet (5) F

21. Required reading list:

Ranđelović, J., Đurašković, R. (2006). Hygiene of sport. Niš: Faculty of Sport and Physical Education.

22. Web sources:

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session: