

## SYLLABUS

**1. Course title:**

Food supplements

**2. Code:****3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory  Elective**6. Prerequisites:**

none

**7. Class restrictions:**

none

**8. Duration / semester:****9. Weekly contact hours:**

9.1. Lectures:

9.2. Seminars:

9.3. Laboratory/Practice classes:

**10. Faculty:**

Faculty of Pharmacy

**11. Department/study program:**

Pharmacy (integrated 1st and 2nd cycle)

**12. Lecturer:****13. Lecturer's e-mail:**

**14. Web site:**

www.frmf.untz.ba

**15. Course aims:**

The aim of the course is to acquire basic knowledge about nutritional supplements, types of supplements, legal regulations and regulations for their declaration, and indications for the use of nutritional supplements in the diet.

**16. Learning outcomes:**

After passing the exam, the student will be able to:

1. Describe and define food supplements, know their application and division
2. Recognize the benefits and risks of using food supplements
3. Recognize the indications for the use of food supplements
4. To recommend a specific food supplement in a particular condition

**17. Course content:**

Definition and division of food supplements

The role of food supplements in meeting nutritional needs and preventing the development of diseases

Legal regulations in the field of food supplements

Vitamins as dietary supplements

Minerals as dietary supplements

Other types of food supplements

Complex food supplements for target groups of consumers

**18. Learning methods:**

Lectures, seminars, consultations, workshops, independent assignments

**19. Assessment methods:**

Quality monitoring that ensures the acquisition of exit competencies:

Continuous monitoring of the student's work in lectures, seminars and during project assignments, writing essays, evaluating presentations and tests.

The verification of theoretical knowledge will be done through a partial exam during classes, as well as a final, remedial and additional remedial exam.

As part of the pre-examination requirements, students prepare an individual or group seminar paper that will cover a certain topic from the content of the course and will be specially valorized. The seminar paper is submitted in written form to the subject teacher for review and evaluation, and then it can be presented orally. All students of the group participate in the preparation and presentation of the group seminar work, whose participation is valued individually. The final exam is written and/or oral. All students have the right to take the final exam. At the final exam, students take an unpassed partial exam/test.

Tests on all forms of knowledge are recognized as a cumulative exam if the achieved result is positive after each individual test and amounts to at least 55% of the total expected and/or required knowledge and skills.

In order to pass the course, the student must obtain a minimum of 55 cumulative points.

Student obligations / minimum and maximum number of points:

Attendance and activity: 5-10 points

Seminar paper (on a given topic): 12-20 points

Partial exam/Test: 38-70 points

**20. Assessment components:**

The student's progress is monitored continuously throughout the course and expressed in points. The final achievement of the student, after all prescribed forms of knowledge assessment, is evaluated and graded as follows:

10 (A) -95-100- outstanding performance without errors or with minor errors

9 (B) - 85-94-above the average, with some errors

8 (C) - 75-84- average, with noticeable errors

7 (D) - 65-74 generally good, but with significant shortcomings

6 (E) - 55-64- meets the minimum criteria

5 (F, FX) <55- does not meet the minimum criteria

**21. Required reading list:**

Authorized lectures

Geoffrey P. Webb (2006) Dietary supplements and functional foods, Blackwell Publishing Ltd, UK

**22. Web sources:****23. Applicable starting from the academic year:**

2023/2024.

**24. Adopted in the Faculty/Academy session:**

17.11.2025.