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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | |  | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Medicine** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Hygiene with medical ecology | | |
| Level of study | | | | ☐Bachelor x Master’s ☐ Doctoral | | |
| Type of course | | | | x Obligatory ☐ Elective | | |
| Semester | | | | x Autumn ☐Spring | | |
| Year of study | | | | 5 | | |
| Number of ECTS allocated | | | | 4 | | |
| Name of lecturer/lecturers | | | | |  |  | | --- | --- | | Stojanović B. Dušica | redovni profesor | | Nikolić D. Maja | vanredni profesor | | Stanković A. Aleksandra | vanredni profesor | | Vuković Mirković D. Bojana | saradnik u nastavi | | | |
| Teaching mode | | | | xLectures ☐Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work x Seminar  ☐Distance learning ☐ Blended learning x Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| Students should acquire fundamental knowledge about environmental factors and their protective and deleterious effects on human health.Upon completion of the course, students should be able to:   * Interpret the protective and adverse effects of environmental factors on human health; * Give advice as to healthy life styles and proper nutrition of different population groups; * Give advice in the area of environmental protection. | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| Theory  Hygiene with medical ecology – definition and significance. Nutrition and health. Energy needs and consumption. Proteins, carbohydrates, and lipids. Hydrosoluble vitamins. Liposoluble vitamins. Minerals in nutrition (macro- and microelements). Nutrition of different population groups. Obesity, malnutrition. Nutrition and cardiovascular diseases. Nutrition and diabetes mellitus. Nutrition and malignant diseases. Food safety and safety of objects for general use. Alimentary risk factors and their control. HACCP system in food production. Alimentary diseases. Physiological significance and role of water. Safety of drinking water. School environment and health of children and youth. Good hygienic practice in health care institutions and risk management. Mental hygiene. Physical activity, sport, and health. Climate, microclimatic factors and their impact on health. Air pollution and its impact on health. Non-ionizing and ionizing radiation and its impact on health. Hygienic aspects of soil. Hygienic disposition of waste, medical waste, and its impact on health. Hygiene of human settlements and assessment of their impact on health. Hygiene in emergency situations.  Practice  Foods. Food contaminants. Good hygienic practice in food industry and food market. Planning of proper nutrition. Evaluation of food. Evaluation of nutrition status. Control of drinking water safety. Chemical safety of drinking water. Objects providing drinking water. Purification and disinfection of drinking water. Personal hygiene. Air pollution assessment. Measurement of noise in an environment. Evaluation of non-ionizing and ionizing radiation and assessment of its impact on health. | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| xSerbian (complete course) x English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Activity during lectures** | **10** | | **Written examination** | | |  |
| **Practical teaching** | **10** | | **Oral examination** | | | **70** |
| **Seminars** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |