



MEDICINE AND SOCIETY

SIXTH YEAR OF STUDIES

HYGIENE AND ECOLOGY

school 2025/2026.

Course unit:

HYGIENE AND ECOLOGY

The course is evaluated with 6 ECTS. There are 6 hours of active classes per week (4 hours of lectures and 2 hours of work in a small group).

Teachers ::

No	Name	Email	Title
1.	Prof. Dr Nela Đonović	ndjonovic@fmn.kg.ac.rs	Full professor
2.	Prof. dr Marija Sekulić	msekulic82@gmail.com	Associate professor
3.	Prof. Dr Dalibor Stajić	stajicdalibor@yahoo.com	Associate professor
4.	dr Nikoleta Janićijević	nikoleta.janicijevec@gmail.com	Teaching associate
5.	dr Nikola Jovanović	nikola.jovanovic130899@gmail.com	

COURSE STRUCTURE:

Module	Name of module	week	Weekly lectures	Work in a small group per week	Teacher-head of the module
1	Communal hygiene, ecology, ecotoxicology	4	4	2	Prof. Dr Nela Đonović Prof. dr Marija Sekulić
2	Nutrition	7	4	2	Prof. Dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić
3	School hygiene, occupation hygiene, mental hygiene, sanitary hygiene, hygiene in emergency situations, general hygiene	4	4	2	Prof. Dr Nela Đonović Prof. dr Dalibor Stajić
Σ60+30=90					

ASSESSMENT:

The student masters the course by modules. The grade is equivalent to the number of points earned (see tables). Points are earned in three ways:

ACTIVITY DURING THE LESSON: In this way, the student can earn up to 15 points by answering 2 exam questions from that week of class in the last class of work in a small group and, in accordance with the demonstrated knowledge, earns a total of 0 - 1 points.

COLLOQUIUMS: In this way, the student can gain up to 20 points.

MODUL		Maximal poents		
		Activity during classes		
1	Communal hygiene, ecology, ecotoxicology	4		4
2	Nutrition	7		7
3	School hygiene, occupation hygiene, mental hygiene, sanitary hygiene, hygiene in emergency situations, general hygiene	4		4
4	Colloquiums			20
5	Oral exam			65
Σ		15		100

CONSULTATIVE TEACHING: Consultations are held every week on Fridays from 12:00 to 2:00 p.m. and can be scheduled with the head of the course, prof. dr. Nela Đonović (ndjonovic@medf.kg.ac.rs)

The final grade is formed as follows:

In order to pass the course, the student have to obtain a minimum of 51 points and pass all modules.

To pass the module, the student must:

1. obtains more than 50% points in that module
2. acquires more than 50% of the points provided for the activity in class in each module
3. pass the module test, have more than 50% correct answers.

Total number of points	Description	grade
0 - 50	Not passed	5
51 - 60	Six	6
61 - 70	Seven	7
71 - 80	Eight	8
81 - 90	Nine	9
91 - 100	Ten	10

LITERATURE:

Modules	the name of the textbook	authors	publisher	library
1,2,3	• Oxford Textbook of Global Public Health Oxford: • Preventing disease through healthy environments: a global assessment of the burden of disease from environmental risks. Geneva: • Guidelines for drinking – water quality. 3 rd ed. Geneva: • WHO. Monitoring ambient air quality for health impact assessment. Copenhagen: WHO Regional Publications, European Series, No. 85; 2003. • Hand Hygiene. WHO guidelines on hand hygiene in health care. Geneva: • Diet, nutrition and the prevention of chronic disease. Geneva: • Burden of disease from environmental noise. Quantification of healthy life years lost in Europe. Geneva: • Promoting mental health: concepts, emerging evidence, practice : summary report / a report from the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne. Geneva:.	Detels R, Karim QA, Baum F, Li L, Leyland A. WHO WHO WHO WHO WHO WHO	Oxford University Press; 2009. World Health Organization; 2016. World Health Organization, 2011. WHO; 2009. WHO Technical Report Series 916; 2003. World Health Organization; 2011. World Health Organization; 2004	

All lectures are available on the website of the Faculty of Medical Sciences: www.medf.kg.ac.rs

PROGRAM:**FIRST MODULE: HYGIENE, ECOLOGY, ECOTOXICOLOGY****TEACHING UNIT 1 (FIRST WEEK):**

Introduction to hygiene, atmosphere, influence on health:	
lectures 4 hours	exercises 2 hours
Introduction to ecology; Atmosphere – impact on health;	• Introduction to ecology – practical aspects; Atmosphere – impact on health – practical aspects;

TEACHING UNIT 2 (SECOND WEEK):

Climate, microclimate, noise, vibrations, radiation – impact on health	
lectures 4 hours	exercises 2 hours
• Climate, microclimate, noise, vibrations, radiation – impact on health;	• Climate, microclimate, noise, vibrations, radiation - impact on health – practical aspects;

TEACHING UNIT 3 (III WEEK):

Drinking water – impact on health; Waste materials – impact on health	
lectures 4 hours	exercises 2 hours
• Drinking water – impact on health; Waste materials – impact on health; Soil	• Drinking water – impact on health – practical aspects; Waste materials – impact on health – practical aspects; Soil – practical aspects;

TEACHING UNIT 4 (IV WEEK):

Ecotoxicology; Environmental poisoning	
lectures 4 hours	exercises 2 hours
• Ecotoxicology; Environmental poisoning	• Ecotoxicology – practical aspects; Environmental poisoning – practical aspects;

SECOND MODULE: NUTRITION**TEACHING UNIT 5 (V WEEK):**

Food hygiene: introduction and nutrition, foodstuffs, macronutrients	
lectures 4 hours	exercises 2 hours
• Food hygiene: introduction and nutrition, foodstuffs, macronutrients	• Food hygiene: introduction and nutrition, foodstuffs, proper nutrition – practical aspects

TEACHING UNIT 6 (VI WEEK):

Nutrients, Micronutrients-vitamins, Water in the diet.

lectures 4 hours	exercises 2 hours
• Nutrients • Micronutrients-vitamins • Water in the diet	• Određivanje mikronutritijenata u hrani • Određivanje kvantitativnog i kvalitativnog sastava hrane.

TEACHING UNIT 7 (VII WEEK):

Mineral substances Diet products	
lectures 4 hours	exercises 2 hours
• Mineral substances • Diet products	• Mineral substances- practical aspects • Diet products- practical aspects

TEACHING UNIT 8 (VIIIWEEK):

Examination of nutrition and nutritional status;	
lectures 4 hours	exercises 2 hours
• Examination of nutrition and nutritional status; • Malnutrition diseases; • Obesity	• Examination of nutrition and nutritional status – practical aspects; Malnutrition diseases – practical aspects; Obesity – practical aspects;

TEACHING UNIT 9 (IX WEEK):

Proper nutrition	
lectures 4 hours	exercises 2 hours
• Proper nutrition; • Energy needs and energy expenditure of people	• Proper nutrition; energy needs and energy expenditure of people- practical aspects

TEACHING UNIT 10 (X WEEK):

Diet prophylaxis and Diet therapy	
lectures 4 hours	exercises 2 hours
• Diet prophylaxis and Diet therapy;	• Diet prophylaxis and Diet therapy- practical aspects.

TEACHING UNIT 11 (XI WEEK):

Health food safety; Quality systems; Food contamination	
lectures 4 hours	exercises 2 hours
• Health food safety; • Quality systems; • Food contamination;	• Health food safety – practical aspects; Quality systems – practical aspects; Food contamination – practical aspects;

THIRD MODULE: GROWTH AND DEVELOPMENT HYGIENE, SCHOOL HYGIENE, WORK HYGIENE, SPORTS AND PHYSICAL ACTIVITY HYGIENE, MENTAL HYGIENE, SANITARY HYGIENE, HYGIENE IN EMERGENCY SITUATIONS, GENERAL HYGIENE

TEACHING UNIT 12 (XII WEEK):

Growth and development hygiene; School hygiene; work-occupation hygiene	
lectures 4 hours	exercises 2 hours
• Growth and development hygiene; School hygiene; work-occupation hygiene	• Growth and development hygiene – practical aspects; School hygiene – practical aspects; work-occupation hygiene

TEACHING UNIT 13 (XIII WEEK):

Sports and physical activity hygiene, Mental hygiene ,Stress prevention, Prevention of addiction

lectures 4 hours	exercises 2 hours
• Sports and physical activity hygiene • Mental hygiene • Stress prevention • Prevention of addiction	• Sports and physical activity hygiene – practical aspects; Personal hygiene – practical aspects; Mental hygiene – practical aspects; Stress prevention – practical aspects; Prevention of addiction- practical aspects

TEACHING UNIT 14 (XIV WEEK):

Hospital infection prevention; Sanitary hygiene; Personal hygiene	
lectures 4 hours	exercises 2 hours
• Hospital infection prevention; • Sanitary hygiene; • Personal hygiene	• Hospital infection prevention – practical aspects; Sanitary hygiene – practical aspects; Personal hygiene- practical aspects;

TEACHING UNIT 15 (XV WEEK):

Hygiene in emergency situations; Living and working environment – assessment of the impact on health	
lectures 4 hours	exercises 2 hours
• Hygiene in emergency situations; • Living and working environment – assessment of the impact on health.	• Hygiene in emergency situations – practical aspects; Living and working environment - assessment of the impact on health – practical aspects.

class schedule

modul	Week	Type	Name of lesson	Teachers
1	1	L	Introduction to hygiene, atmosphere, influence on health	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić
1	1	S	Introduction to hygiene, atmosphere, influence on health	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
1	2	L	Climate, microclimate, noise, vibrations, radiation – impact on health	Prof. dr Dalibor Stajić Prof. dr Marija Sekulić Prof. dr Nela Đonović
1	2	S	Climate, microclimate, noise, vibrations, radiation – impact on health	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
1	3	L	Drinking water – impact on health; Waste materials – impact on health	Prof. dr Dalibor Stajić Prof. dr Marija Sekulić Prof. dr Nela Đonović
1	3	S	Drinking water – impact on health; Waste materials – impact on health	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
1	4	L	Ecotoxicology; Environmental poisoning	Prof. dr Marija Sekulić Prof. dr Dalibor Stajić Prof. dr Nela Đonović

class schedule

modul	Week	Type	Name of lesson	Teachers
1	4	S	Ecotoxicology; Environmental poisoning	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
2	5	L	Food hygiene: introduction and nutrition, foodstuffs, macronutrients	Prof. Dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić
2	5	S	Food hygiene: introduction and nutrition, foodstuffs, macronutrients	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
2	6	L	Nutrients, Micronutrients-vitamins, Water in the diet.	Prof. dr Dalibor Stajić Prof. dr Marija Sekulić Prof. dr Nela Đonović
2	6	S	Nutrients, Micronutrients-vitamins, Water in the diet.	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
2	7	L	Mineral substances Diet products	Prof. dr Marija Sekulić Prof. Dr Nela Đonović Prof. dr Dalibor Stajić
2	7	S	Mineral substances Diet products	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović

class schedule

modul	Week	Type	Name of lesson	Teachers
2	8	L	Examination of nutrition and nutritional status;	Prof.dr Dalibor Stajić Prof. Dr Nela Đonović Prof. dr Marija Sekulić
2	8	S	Examination of nutrition and nutritional status;	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
2	9	L	Proper nutrition	Prof. Dr Nela Đonović Prof.dr Dalibor Stajić Prof. dr Marija Sekulić
2	9	S	Proper nutrition	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
2	10	L	Diet prophylaxis and Diet therapy	Prof. Dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić
2	10	S	Diet prophylaxis and Diet therapy	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
3	11	L	Health food safety; Quality systems; Food contamination	Prof. dr Marija Sekulić Prof. dr Dalibor Stajić Prof. dr Nela Đonović

class schedule

modul	Week	Type	Name of lesson	Teachers
3	11	S	Health food safety; Quality systems; Food contamination	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
3	12	L	Growth and development hygiene; School hygiene; work-occupation hygiene	Prof. dr Marija Sekulić Prof. dr Dalibor Stajić Prof. dr Nela Đonović
3	12	S	Growth and development hygiene; School hygiene; work-occupation hygiene	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
3	13	L	Sports and physical activity hygiene, Mental hygiene ,Stress prevention, Prevention of addiction	Prof.dr Dalibor Stajić Prof. dr Marija Sekulić Prof. dr Nela Đonović
3	13	S	Sports and physical activity hygiene, Mental hygiene ,Stress prevention, Prevention of addiction	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
3	14	L	Hospital infection prevention; Sanitary hygiene; Personal hygiene	Prof. dr Marija Sekulić Prof. dr Dalibor Stajić Prof. dr Nela Đonović
3	14	S	Hospital infection prevention; Sanitary hygiene; Personal hygiene	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović

class schedule

modul	Week	Type	Name of lesson	Teachers
3	15	L	Hygiene in emergency situations; Living and working environment – assessment of the impact on health	Prof. Dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić
3	15	S	Hygiene in emergency situations; Living and working environment – assessment of the impact on health	Prof. dr Nela Đonović Prof. dr Marija Sekulić Prof. dr Dalibor Stajić dr Nikoleta Janićijević dr Nikola Jovanović
		I	COLLOQUIUM	
		I	EXAM (JANUARY-FEBRUARY TERM)	