



FACULTY OF MEDICINE
UNIVERSITY OF BANJA LUKA
Department of Physiology



Academic year	Subject	Subject code	Study program	Cycle study	Year of study	Semester	Number of students	Number of groups
2024/2025.	PHYSIOLOGY OF PHYSICAL ACTIVITY	ISM22PHA	Medicine in English International programme	The first	The second	IV	63	3

CURRICULUM

THEORETICAL LECTURES and PRACTICAL EXERCISES

Week	Lecture	Topic	Day	Date	Time	Place	Class	Professor
I	L 1	Physiology of exercising muscle (brief review).	Freiday	21.02.	11:30-14:30	Amphitheatre of The Faculty of Political Sciences (AMPH FPS), The Campus	1+1	Prof. Dr Ponorac N
II	L 2	Metabolism and bioenergetics (fuel for exercising muscle)	Freiday	28.02.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
III	L 3	Energy expenditure, Ergometry and fatigue	Freiday	07.03.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N

IV	L 4	Acute response of the cardiorespiratory system to physical activity	Freiday	14.03.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
V	L 5	Adaptation to aerobic and anaerobic training	Freiday	21.03	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
VI	L 6	Hormonal regulation in physical activity, balance of water and electrolytes during physical exertion, Dehydration and Hypernatremia	Freiday	28.03	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
VII	L 7	Thermoregulation	Freiday	04.04.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
VIII	L 8	Exercise in hot and cold environment	Freiday	11.04.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
IX	L 9	Exercise at altitude: Physical activity in hypobaric/hyperbaric conditions	Freiday	25.04.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
X	L 10	Body composition and nutrition for sport	Freiday	16.05.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
XI	L 11	Ergogenic aids and sport: Doping	Freiday	23.05.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
XII	L 12	Prescription of exercise for health and diseases prevention	Freiday	30.05.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
XIII	L 13	Obesity, Diabetes and physical activity	Freiday	30.05.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
XIV	L 14	Exercise and cardiovascular disease	Freiday	06.06.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
XV	L 15	COLLOQUIUM	Freiday	06.06.	11:30-14:30	AMPH FPS	1+1	Prof. Dr Ponorac N
Total W 15	L 15						C 30	