

**Federal state budgetary educational institution of higher education
«North-Ossetia state medical academy»
Healthcare ministry of the Russian Federation**

Department of general hygiene and physical culture

«APPROVED»

Head of the department

Professor  A.R. Kusova
« 08 » february 2023 year

Calendar-thematic plan of lectures

Discipline Hygiene
Course II
The faculty General Medicine (partially implemented in English)
for the IV semester 2022–2023 academic year

№	Date	The title of the topic	Lecturer
1.	16.02.23	The role of hygienic and environmental sciences in ensuring preventive health care tasks. Factors shaping the health of the population.	Associate professor Tsilidas E.G.
2.	02.03.23	Atmospheric air as an external environment. The complex influence of air environment factors on the human body. meteorotropic diseases. Atmospheric air pollution. Sanitary protection of atmospheric air.	Associate professor Tsilidas E.G.
3.	16.03.23	Solar radiation and its biological effect on the body. Prevention of ultraviolet deficiency in children and adolescents.	Associate professor Tsilidas E.G.
4.	30.03.23	Harmful impurities and aerosols in the air and their effects on health. Pollution and self-purification of atmospheric air. Sanitary protection of atmospheric air.	Associate professor Tsilidas E.G.
5.	13.04.23	Water as a factor of the biosphere. Hygienic requirements for drinking water quality. Principles of rationing. Methods to improve the quality of drinking water. The choice of water sources.	Associate professor Tsilidas E.G.
6.	27.04.23	Soil as an environmental factor. The role of soil in the occurrence of human diseases. Pollution and self-purification of the soil.	Associate professor Tsilidas E.G.
7.	11.05.23	Nutrition as a factor in the preservation and promotion of health. Fundamentals of rational nutrition. Actual nutrition of various population groups in modern conditions.	Associate professor Tsilidas E.G.
8.	25.05.23	The importance of macronutrient composition of food and its imbalance for human health. Principles of rationing.	Associate professor Tsilidas E.G.
9.	01.06.23	Importance of vitamins and minerals in human nutrition.	Associate professor Tsilidas E.G.

Head of the educational part of the department,
associate professor

« 08 » february 2023 year

I.K. Bitarova

Note:

Lectures on the discipline are given in the audience number 312 of the academic building of the academy No.2 11.10–12.45.