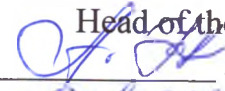
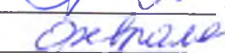


Federal State Budget Educational Institution of Higher Education "North Ossetian State Medical Academy" Ministry of Health of the Russian Federation

Department of General Hygiene and Physical Culture

APPROVED

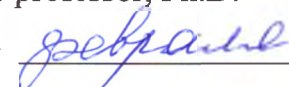
Head of the department
Professor  A.R. Kusova
« 7 »  2022 y.

Calendar-themed lecture plan

Discipline Hygiene
Course II
The faculty Therapeutic (educational program partially implemented in English)
for the IV semester 2021-2022 academic year

№	Date	Topic title	Lecturer
1.	15.02.22	The role of hygienic and environmental sciences in ensuring preventive health care tasks. Factors shaping the health of the population.	Associate Professor E.G. Cilidas
2.	01.03.22	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 E.G. Cilidas
3.	15.03.22	Solar radiation and its biological effect on the body. Prevention of ultraviolet deficiency in children and adolescents.	Associate Professor E.G. Cilidas
4.	29.03.22	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 E.G. Cilidas
5.	12.04.22	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 E.G. Cilidas
6.	26.04.22	Soil as an environmental factor. The role of soil in the occurrence of human diseases. Pollution and self-purification of the soil.	Associate Professor E.G. Cilidas
7.	10.05.22	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 E.G. Cilidas
8.	24.05.22	The importance of macronutrient composition of food and its imbalance for human health. Principles of rationing.	Associate Professor E.G. Cilidas
9.	07.06.22	Importance of vitamins and minerals in human nutrition.	Associate Professor E.G. Cilidas

Head of the department,
associate professor, Ph.D.

« 7 »  2022 г.

I.K. Bitarova

Note:

Lectures on the discipline are given in the audience number 311 of the academic building of the Academy No. 2 09.00 - 10.35.