

**Federal state budgetary educational institution of the higher education  
«North - Ossetian 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* A.R. Kusova  
« *29* » *08* 2023 year

**Calendar-thematic plan of lectures**

Discipline Hygiene  
Course III  
The facult Dentistry (partially implemented in English)  
for the V semester 2023–2024 academic year

No	Date	The title of the topic	Lecturer
1.	12.09.2023	The role of hygienic and environmental science in ensuring preventive health care tasks. Factors shaping population health.	Associate professor Tsilidas E.G.
2.	26.09.2023	Atmospheric air as an external environment. The influence of meteorological factors on the body. Air pollution as a hygienic and environmental problem. Solar radiation and its role in ensuring life on earth.	Associate professor Tsilidas E.G.
3.	10.10.2023	Water as a factor in the biosphere and necessary conditions for the existence of life on earth. Hygienic requirements for water quality. Modern methods for improving the quality of drinking water.	Associate professor Tsilidas E.G.
4.	24.10.2023	Soil as an environmental factor. The role of soil in the occurrence of human diseases. Soil pollution and self-purification.	Associate professor Tsilidas E.G.
5.	07.11.2023	Nutrition as a factor in maintaining and promoting health. The importance of individual food components in human nutrition. Ecological problems of human nutrition.	Associate professor Tsilidas E.G.
6.	21.11.2023	Fundamentals of occupational hygiene. Occupational hazards and occupational diseases. Main directions of prevention of occupational diseases.	Associate professor Tsilidas E.G.
7.	28.11.2023	The main problems of occupational health when working with radioactive substances and sources of ionizing radiation. Requirements for X-ray rooms and dental installations.	Associate professor Tsilidas E.G.
8.	05.12.2023	Occupational hazards in the work of personnel of dental treatment institutions. Prevention measures.	Associate professor Tsilidas E.G.
9.	12.12.2023	Factors shaping the health of children and adolescents. Patterns of growth and development of children. Hygienic principles for ensuring normal growth and development of a child.	Associate professor Tsilidas E.G.

Head of the educational part of the department,  
associate professor

*Tsilidas* —

E.G. Tsilidas

« *29* » *08* 2023 year

**Note:**

Lectures on the discipline are delivered in the auditorium No.318 of the academic building No.2 of the Academy from 09.00–10.35.