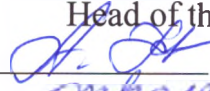
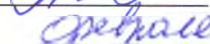


**Federal State Budgetary Educational Institution of Higher Education
"North Ossetia State Medical Academy"
of the Ministry of Healthcare of the Russian Federation**

Department of General Hygiene and Physical Culture

«APPROVED»


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

Thematic plan for practical exercises

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

No. Topics	Topic Title	Duration of the lesson
1.	Introductory lesson. Test control of the incoming level of hygienic knowledge.	2
2.	Hygienic assessment of the human environment.	2
3.	Hygienic assessment of the physical properties of air.	2
4.	Hygienic assessment of indoor microclimate.	2
5.	Hygienic assessment of solar radiation. The use of artificial ultraviolet radiation for preventive purposes.	2
6.	Hygienic assessment of natural and artificial lighting.	2
7.	Air pollution and its consequences. Public health risk assessment.	2
8.	Ecological and hygienic problems of the urban environment.	2
9.	Hygiene of residential and public buildings.	2
10.	Modular lesson "Hygiene of the environment".	2
11.	Hygienic assessment of water supply sources in populated areas.	2
12.	Hygienic assessment of drinking water quality.	2
13.	Methods for improving the quality of drinking water.	2
14.	Solution of situational problems on the topic "Hygiene of drinking water and water supply".	2
15.	Hygienic assessment of soil safety for public health.	2
16.	Methods for cleaning populated areas.	2
17.	Modular lesson "Hygiene of water, water supply and soil".	2
18.	Hygienic assessment of rational nutrition of the population.	2
19.	Evaluation of the qualitative composition of the diet. The role of macronutrients in nutrition.	2
20.	Minerals and their role in nutrition.	2
21.	Hygienic assessment of the vitamin value of nutrition. Prevention of vitamin deficiency.	2
22.	Protection of independent work on the assessment of actual nutrition.	2
23.	Hygienic examination of the nutritional value and good quality of products of animal origin.	2
24.	Hygienic examination of the nutritional value and good quality of products of plant origin.	2
25.	Food poisoning of microbial etiology and their prevention.	2
26.	Food poisoning of a non-microbial nature and their prevention.	2
27.	Investigation and prevention of food poisoning.	2
28.	Hygienic requirements for the layout and operation of the catering unit. Sanitary examination of the catering department.	2
29.	Hygienic assessment of therapeutic and preventive nutrition.	2
30.	Modular lesson "Food Hygiene"	2

Head of the department
Associate Professor, Ph.D.

« 7 »  2022 г.


I.K. Bitarova