

**Thematic plan of seminar-type classes
in discipline «Hygiene»
for students of 2023 year of admission
under the educational programme
31.05.01 General Medicine,
specialisation (profile) 31.05.01 General Medicine
(Specialist's),
form of study full-time
for the 2025-2026 academic year**

№	Thematic blocks	Practical training within thematic block 1	Hours (academic) ²
4 semester			
1.	Hygienic assessment of chemical and microbial air pollution in residential, educational, and medical premises.	PT	4
2.	Hygienic assessment of insolation, natural and artificial lighting in residential, educational, and medical premises.	PT	4
3.	Hygienic assessment of indoor microclimate, its impact on heat exchange and human health.	PT	4
4.	Hygienic assessment of drinking water quality and water supply sources.	-	4
5.	Methods for improving water quality.	-	4
6.	Food and biological value of animal- and plant-based food products.	PT	4
7.	Assessment of food product quality and safety.	-	4
8.	Hygienic assessment of nutritional adequacy. Alimentary-dependent diseases: causes and prevention.	-	4
9.	Assessment of individual diet adequacy by macronutrient composition and energy.	-	4
10.	Assessment of individual diet adequacy by micronutrients: vitamins and minerals.	-	4
11.	Assessment of nutritional status and health risk characterization. Hygienic recommendations for correcting actual diet.	-	4
12.	Prevention of food poisoning.	-	4
13.	Medical supervision of food service organization in healthcare facilities. Hygienic requirements for the operating regime of a hospital food block.	-	4
14.	Hygienic assessment of the location, planning, and internal environment of preventive and medical institutions.	-	4
15.	Factors of the production environment; forecasting their impact on workers' health; preventive measures.	-	4
16.	Physical and mental workload; impact on functional state and health of workers.	PT	4
17.	Medical and sanitary provision for workers of industrial enterprises.	-	4
18.	Hygienic aspects of computer operators' work.	-	4
19.	Ensuring radiation safety for medical personnel.	-	4
20.	Study of working conditions for medical personnel, using the example of medical staff at a physiotherapy clinic.	-	4
5 semester			

21.	Physical development of children and adolescents as an indicator of health; methods of research and assessment. Part 1	PP	4
22.	Physical development of children and adolescents as an indicator of health; methods of research and assessment. Part 2	-	4
23.	Comprehensive assessment of the health status of children and adolescents; criteria and health groups	-	4
24.	School readiness. Determining a child's readiness for school.	-	4
25.	Hygienic foundations of nutrition for organized groups of children and adolescents.	-	4
26.	Hygienic assessment of conditions for children and adolescents in educational institutions. Risk factors and measures for optimizing the indoor environment.	-	4
27.	Hygienic requirements for the use of teaching aids and educational materials in schools. School furniture.	-	4
28.	Hygienic foundations of physical education for children. Hygienic assessment of a physical education class in school.	-	4
29.	Formation of a healthy lifestyle.	-	4
30.	Healthy lifestyle. Hygienic foundations of hardening for children and adolescents.	-	4
31.	Assessment of the sanitary and hygienic well-being of the urban environment.	-	4
32.	Hygienic aspects of handling household and medical waste (collection, transportation, disposal).	-	4
33.	Hygienic assessment of soil.	-	4
34.	Hygiene of water supply for organized population groups in emergency situations and field conditions.	-	4
35.	Hygiene of nutrition for organized population groups in emergency situations and field conditions.	-	4
36.	Labor hygiene for military personnel working with radiofrequency electromagnetic fields. Prevention of occupational pathology.	-	4
37.	Labor hygiene for military personnel working with hazardous chemicals and technical fluids.	-	4
		Итого	148

¹ - PT (practical training)

² – one thematic block includes several lessons, the duration of one lesson is 45 minutes, with a break between lessons of at least 5 minutes

Considered at the department meeting of the Department of General Hygiene and Ecology of the N.P. Grigorenko Institute of Public Health, protocol of «23» May 2025. № 10.



Head of the Department

N.I. Latyshevskaya