

Thematic plan of the student's independent work discipline
"Hygiene" in the specialty 33.05.01" Pharmacy"
for the 2026-2027 academic year

№	Themes of the student's independent work	Volume per semester, hours (academician)
4 semester		
1.	Healthy lifestyle. Traditional and intensive hardening - hygienic aspects of organization	10
2.	Healthy lifestyle. Physical education and sports are components of health-preserving technologies.	9
	Total	19

Discussed at a meeting of the Department of General Hygiene and Ecology, named after N.P. Grigorenko, protocol No. 10 of May 29, 2026.

Head of the Department  N.I. Latyshevskaya