

23rd January 2026г., protocol №7

**CURRICULUM OF PRACTICAL CLASSES IN 4TH SEMESTER
DISCIPLINE "GENERAL HYGIENE" FOR SPECIALTY 7-07-0911-01
"GENERAL MEDICINE" FOR ENGLISH-SPEAKING STUDENTS
OF THE MEDICAL FACULTY FOR INTERNATIONAL STUDENTS
IN 2025/2026 ACADEMIC YEAR**

For 3rd batch groups: №№ 6211ая – 6219ая;

For 4th batch groups: №№ 6220ая, 6228ая, 6229ая, 6231ая – 6236ая.

For 5th batch groups: №№ 6230ая

№	Topic	Practical classes hours
1	Hygienic assessment of energy value and nutritional adequacy of the diet. Criteria for rationing the body's needs for nutrition, physiological requirements for the nutrition of the population. Methods for determining the body's needs for energy and nutrients.	2
2	Hygienic assessment of energy value and nutritional adequacy of the diet. Calculation of the actual nutrient intake and energy value of the diet according to the 24-hour re-call method.	2
3	Hygienic assessment of energy value and nutritional adequacy of the diet. Evaluation of the adequacy of actual nutrition to the needs of the human body,	2
4	Hygienic assessment of the provision of the human body with vitamins. Recommendations for optimizing human nutritional status	2
5	Hygienic assessment of the provision of the human body with vitamins. Recommendations for optimizing the vitamin supply of the human body	2
6	Prevention of microbial food poisoning.	2
7	Prevention of non-microbial food poisoning.	2
8	Hygienic basics of human nutrition in case of major somatic diseases. Hygienic principles of medical and dietary nutrition.	2
9	Hygienic basics of human nutrition in case of major somatic diseases. Hygienic principles of medical and dietary nutrition. Final class.: Hygiene of nutrition.	2
10	Hygiene of children and adolescents	2
11	Occupational hygiene. Prevention of negative impacts of occupational environmental factors on the human body in healthcare organizations. Harmful occupational factors of physical, chemical, and biological nature in healthcare.	2
12	Occupational hygiene. Prevention of negative impacts of occupational environmental factors on the human body in healthcare institutions. Preventive medical examinations and their frequency for healthcare employees.	2
13	Occupational hygiene. Prevention of negative impacts of occupational environmental factors on the human body in healthcare facilities. Final classes.	2
TOTAL hours		26

Head of the Department,
associate professor



N.L. Batsukova