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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
Director of the Institute of
Preventive Medicine
_____ / Trankovskaya L.V./
"8th" of April 2026

SUBJECT GUIDE FOR TEACHERS AND STUDENTS FOR

B1.C.18 Sanitary science and fundamentals of dietetics

(Name of discipline)

Specialty	**31.05.01 General Medicine (English-language program)** (code, name)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	**Full-time**
Period of mastering the BEP	**6 years** (nominal length of study)
Institute	of Preventive Medicine

Vladivostok, 2026

Subject guide for teachers and students for **B1.C.18 Sanitary science and fundamentals of dietetics** is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 988 of Ministry of Science and Higher Education of the Russian Federation
dated August 12, 2020.

2) Curriculum for the 31.05.01 General Medicine (English-language program), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia, Report No. 1-7/25-26 dated March 27, 2026.

Subject guide for teachers and students for the discipline were developed by the writing team of the Institute of Preventive Medicine of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the director of the Institute, Doctor of Medical Sciences, professor Trankovskaya L.V.

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1. GENERAL PROVISIONS

Subject guide for **B1.C.18 Sanitary science and fundamentals of dietetics** is a set of recommendations and explanations that facilitate to optimal organization of mastering this discipline.

Regular analysis of lecture materials and work with end-of-the-text questions are necessary for better understanding of the material and systematization of knowledge of **B1.C.18 Sanitary science and fundamentals of dietetics**. Particular attention should be paid to emerging questions, confusing terms, and conflicts of points of view during the independent review of the lecture material. If necessary, a student should contact the teacher for advice. Lecture material streamlines students' thinking, while practical classes provide deeper insight into the material of the discipline.

Special attention should be paid to the content of the main provisions and conclusions, explanation of phenomena and facts, and clarification of the practical application of theoretic aspects of topic when preparing for a practical class. During this process students should aim to understand and remember the main provisions of the material under consideration, examples provided, as well as understand the illustrative material.

Collections of assessment tools are used to organize independent study of topics of the discipline.

Independent work of students is facilitated by the following:

1. availability and accessibility of the necessary educational and reference material;
2. a system of regular quality control of completed independent work;
3. availability of teacher's advice.

Subject guides for self-study are presented as literary sources. Subject guides for independent work of students include a list of library resources of the educational institution and other materials accessible to students.

Independent work is a type of in-person extracurricular work of teachers and students of **B1.C.18 Sanitary science and fundamentals of dietetics**. Control of independent work is conducted by the leading teacher. Evaluation of independent work results is taken into account when conducting interim examination of students throughout the **B1.C.18 Sanitary science and fundamentals of dietetics** course.

Continuous assessment during the **B1.C.18 Sanitary science and fundamentals of dietetics** course is implemented in order to check indicators of achieving competencies, to stimulate students' academic work, and improve methods of mastering new knowledge. Continuous assessment during the **B1.C.18 Sanitary science and fundamentals of dietetics** course is conducted during the semester to assess all types and sections of the academic discipline that encompass the competencies developed by the discipline: classroom questioning, discussions, working with tests, and preparing reports. Continuous assessment of students' knowledge and results of their preparation for practical classes is conducted during every class session.

Interim assessment aims to determine the level of mastery of competency indicators. It is conducted in the pass/fail test format after the student has mastered all sections of **B1.C.18 Sanitary science and fundamentals of dietetics** and takes into account learning outcomes for all types of student work over the entire period of mastering the **B1.C.18 Sanitary science and fundamentals of dietetics** course.

Time allotted for interim assessment is indicated in the schedule.

Assignments given during practical classes, as well as assignments aimed to prepare students for continuous and interim assessment, are included in the collection of assessment tools for **B1.C.18 Sanitary science and fundamentals of dietetics**. If necessary, students should contact the teacher for advice. It is necessary to thoroughly think over questions that need clarification before seeking teacher's advice.

2. SUBJECT GUIDES FOR LECTURE CLASSES

Table 1. Subject Guides for **B1.C.18 Sanitary science and fundamentals of dietetics** Lectures

Topic No.1 The subject, history, purpose, and objectives of sanitary science as a science and field of practical activity. Differentiation, integration, and methodology	
Duration of the lecture (in academic hours):	2
Purpose of the lecture: 1. summarize and systematize knowledge on the topic; 2. improve motivation to study and interest in the subject.	
Lecture plan, order of presentation of its sections: 1. The subject, purpose and main objectives of sanitary science and hygienic practice; select concepts associated with the concept of hygiene. 2. Types, levels, and measures of prevention; the role of certain types of prevention in improving public health. 3. The laws of hygiene; their role in the development of preventive measures. 4. Differentiation of sanitary science at the present stage of development. 5. General methodology and methods of sanitary science.	
Recommended reading: 1. Hygiene: textbook ed. P. I. Melnichenko. - Moscow : GEOTAR-Media, 2023. - 512 p.-ISBN 978-5-9704-7909-4. - Text: electronic // EBS "Student Consultant": [website]. - URL : https://www.studentlibrary.ru/book/ISBN9785970479094.html	
Topic No.2 Fundamentals of bioclimatology as applied to problems of sanitary science	
Duration of the lecture (in academic hours):	2
Purpose of the lecture: 1. summarize and systematize knowledge on the topic; 2. improve motivation to study and interest in the subject.	
Lecture plan, order of presentation of its sections: 1. The essence and differentiation of the concepts of climate and weather; their hygienic significance. 2. Physiological and hygienic characteristics of the monsoon climate; the main directions of prevention of its adverse effects on public health. 3. Acclimatization as a socio-biological process; phases of acclimatization and their characteristics.	
Recommended reading: 1. Hygiene: textbook ed. P. I. Melnichenko. - Moscow : GEOTAR-Media, 2023. - 512 p.-ISBN 978-5-9704-7909-4. - Text: electronic // EBS "Student Consultant": [website]. - URL : https://www.studentlibrary.ru/book/ISBN9785970479094.html	

3. SUBJECT GUIDES FOR PRACTICAL CLASSES

Table 2. Subject Guides for Practical **B1.C.18 Sanitary science and fundamentals of dietetics** Classes

Topic No.1 General methodology of health and hygiene education of the population	
Duration of the practical class (in academic hours):	4
Purpose of the practical class: 1. consolidate acquired knowledge on the means and methods of health and hygiene education of the population, its role in the practical work of a medical professional in the development of a healthy lifestyle; 2. during the discussion, outline the main aspects of the implementation of health and hygiene education of the population necessary in the work of a doctor; 3. thoroughly go over means and methods of health and hygiene education of the population; 4. develop skills of conducting health and hygiene education of the patients and their families.	
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.	
Independent work of the student: Working with working with study materials, preparing for practical skills demonstration, preparing for continuous assessment.	
Methods of evaluation of acquired knowledge and skills: review of reports, discussions, classroom questioning, tests	
Recommended reading: 1. Hygiene: textbook ed. P. I. Melnichenko. - Moscow : GEOTAR-Media, 2023. - 512 p. - ISBN 978-5-9704-7909-4. - Text: electronic // EBS "Student Consultant" : [website]. - URL : https://www.studentlibrary.ru/book/ISBN9785970479094.html 2. Educational and methodological textbook for practical classes on hygiene: tutorial [Electronic resource] / E. A. Shashina,. - Moscow : GEOTAR-Media, 2021. - 208 p. - ISBN 978-5-9704-5875-4. - Text : electronic // EBS "Student Consultant" : [website]. - URL : https://www.studentlibrary.ru/book/ISBN9785970458754 3. O. V. Mitrokhin, V. I. Arkhangelsky, N. A. Ermakova [et al.] General hygiene. Guidelines for practical exercises: studies. manual [Electronic resource] M. GEOTAR-Media, 2021. 168 p. URL: http://www.studentlibrary.ru	
Topic No.2 Sanitary assessment of the complex influence of meteorological and microclimatic factors on the human thermal condition at positive and negative air temperatures	
Duration of the practical class (in academic hours):	4
Purpose of the practical class: 1. consolidate acquired knowledge on the nature of the interaction of meteorological and microclimatic factors on the human thermal condition at positive and negative air temperatures; 2. during the discussion, outline the main methodological approaches to assessing the impact of meteorological and microclimatic factors on the human thermal condition at positive and negative air temperatures; 3. thoroughly go over assessment of the complex influence of meteorological and microclimatic factors on the human thermal condition at positive and negative air temperatures using rational methods; 4. study patterns of development of disorders and diseases associated with hypo- and hyperthermia of the body; 5. develop skills of providing recommendations for the prevention of adverse effects of exposure to meteorological complex at positive and negative air temperatures.	

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.
Independent work of the student: Working with working with study materials, preparing for practical skills demonstration, preparing for continuous assessment.
Methods of evaluation of acquired knowledge and skills: review of reports, discussions, classroom questioning, tests
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4. GUIDELINES FOR CONTINOUS AND INTERIM ASSESSMENT

Table 3. Guidelines for Conducting Continuous and Interim Assessment during the **B1.C.18 Sanitary science and fundamentals of dietetics** Course

Type of assessment	Assessment format
Continuous assessment	- conducting and evaluating oral or written quizzes during lectures and practical classes; - assessment and evaluation of completion and results of assignments given during practical classes; - assess and evaluate completion and results of individual assignments and exam tasks given during practical classes; - assessment and evaluation of lecture notes quality.
Interim certification	is conducted in oral test format; it allows to assess the development of students' competencies correlating with types of professional activity.

5 ASPECTS OF THE IMPLEMENTATION OF THE COURSE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

5.1. Availability of accessible environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Compliance with the following general requirements is ensured: teaching aids for collective and individual use are provided, required technical assistance is provided by an assistant, buildings and premises where lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

5.2. Compliance with general requirements

When lectures and practical classes are carried out at the written application of the student, the following general requirements are met: lectures and practical classes for students with disabilities and special needs take place at the same location as for students who do not have disabilities, if this

does not cause difficulties for students; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided; necessary teaching aids are provided, taking into account individual characteristics of the student.

5.3. Availability of the internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia to students with disabilities in a form accessible to them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a form accessible to them.

5.4. Increase in the duration of interim assessment of students with disabilities and special needs in relation to the established duration

Format of the interim assessment of academic performance within the scope of the discipline for students with disabilities and special needs is selected taking into account individual characteristics (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours

6. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the 31.05.01 General Medicine specialty; list of the aforementioned personnel is available on the website of the educational organization.