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ФИО: Стегний Кирилл Владимирович
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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
First Vice-Rector

_____ / Trankovskaya L.V./
"9" июня 2025

DISCIPLINE WORK PROGRAM

Б1.О.18 Sanitary science and fundamentals of dietetics

(name of discipline)

Specialty	**31.05.01 General Medicine for international students (in English)** (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, 2025

Program of the discipline **Б1.О.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 for international students (in English), 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. 8/24-25 dated March 31, 2025.

Work program for the discipline was 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.

Developed by:

Assistant Professor	Candidate of Medical Sciences, Associate Professor	Gritsina O.P.
(position held)	(academic degree, academic title)	(full name)
Assistant Professor	Candidate of Medical Sciences	Yamilova O.Y.
(position held)	(academic degree, academic title)	(full name)

1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering Б1.О.18 Sanitary science and fundamentals of dietetics

The purpose of mastering the discipline is acquiring knowledge, mastering skills, and understanding principles of preventive measures as an important part of fulfilling work activities outlined in the Federal State Educational Standard of Higher Education for the specialty.

Objectives of mastering the discipline:

1. Develop an ability to motivate population towards preserving and promoting one's own health and health of others, following recommendations aimed at the development of a healthy lifestyle (physical activity, rational nutrition, rational work/life balance, rational sleep schedule, etc.);
2. Develop skills necessary to conduct preventive medical examination, periodic health examination, and follow-up care;
3. Learn to collect and conduct statistical analysis of indices characterizing health of various age/sex population groups;
4. Develop skills necessary to maintain conditions favorable for the patients' stay and work of the staff of medical facilities;
5. Improve skills of analyzing scientific literature and official statistical reviews, participating in statistical analysis, and public presentation of the results;
6. Learn to implement preventive and anti-epidemic measures to prevent the occurrence of infectious and non-communicable diseases;
7. Develop skills of examining and assessing factors and conditions of the human environment, as well as identifying the link between the prevalence of diseases and those factors;
8. Learn to summarize and analyze the contents of information sources that reflect the sanitary and hygienic situation on a particular territory;
9. Develop skills of using natural environmental factors, including climate factors, in treatment.

2. DISCIPLINE AS PART OF THE BASIC EDUCATIONAL PROGRAM

Discipline **Б1.О.18 Sanitary science and fundamentals of dietetics** is included in the Mandatory part of the Unit 1 of the basic educational program for the specialty 31.05.01 General Medicine for international students (in English), 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), and is part of the 4th and 5th semesters' curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline **Б1.О.18 Sanitary science and fundamentals of dietetics** is aimed at the development of students' competencies. The discipline facilitates the development of students' competencies corresponding to the types of professional activity.

Name of competency category (group)	**Code and Name of competency of the graduate**	**Competency Indicators**
General professional competencies		
Healthy lifestyle	GPC-2. Is able to conduct and monitor the effectiveness of disease prevention measures, actions aimed at development of a healthy lifestyle, and health and hygiene education of the population	CI.GPC-2_1- plans disease prevention measures and evaluates their efficiency CI.GPC-2_2- proposes actions aimed at development of a healthy lifestyle CI.GPC-2_3- uses different types of health and hygiene education of the population when working to achieve objectives of professional activity CI.GPC-2_4- has a grasp of methods of primary prevention, assessment of natural, medical and social factors influencing disease progression
Treatment of diseases and conditions	GPC-7. Is able to prescribe treatment and monitor its efficacy and safety	CI.GPC-7_1- prescribes treatment, selects dosage of medications and treatment regimens in accordance with existing guidelines with no outside help CI.GPC-7_2- monitors the efficacy of treatment and adjusts the medication regimen if necessary CI.GPC-7_3- considers contraindications when prescribing treatment and identifies adverse drug reaction

3.2. Types of professional activity corresponding to competencies developed over the course of mastering **Б1.О.18 Sanitary science and fundamentals of dietetics**:

Types of professional activity objectives

1. *Medical*

Kinds of professional activity objectives

1. *Diagnostics*
2. *Treatment*

3.3. Planned learning outcomes of mastering the discipline are represented by knowledge, skills, abilities and/or experience, characterize the stages of developing competencies and ensure achievement of the planned outcomes of mastering the basic educational program. Learning outcomes of a discipline are correlated with competency indicators.

4. SCOPE AND CONTENT OF THE DISCIPLINE

4.1. Scope of the Discipline and Types of Academic Work

Type of Academic Work		Total Hours	Semesters	
			4	5
			hours	hours
1		2	3	4
Classroom hours (total), including:		**88**	**48**	**40**
Lectures (L)		20	12	8
Practical classes (C)		68	36	32
Independent work of the student (IW), including:		**56**	**24**	**32**
Preparing for classes (CP)		26	12	14
Preparing for continuous assessment (CAP)		22	12	10
Preparing for interim assessment (IAP)		8		8
Interim assessment		36		36
Type of interim assessment	pass/fail test (T)			
	exam (E)	E		E
TOTAL: TOTAL credit value	hrs.	**180**	**72**	**108**
	credits	**5**	**2**	**3**

4.2. Contents of the Discipline

4.2.1. Topics of Discipline Lectures and Academic Hours per Semester

No.	Lecture Topic	Hours
1	2	3
	Semester No. 4	
1.	The subject, history, purpose, and objectives of sanitary science as a science and field of practical activity. Differentiation, integration, and methodology	2
2.	Fundamentals of bioclimatology as applied to problems of sanitary science	2
3.	Hygienic aspects of solar radiation and its artificial analogues	2
4.	Fundamentals of air hygiene	2
5.	Water as a factor of public health	2
6.	Ionizing radiation as an natural and industrial environment factor	2
	Hours per semester total	**12**
	Semester No. 5	
1.	Basics of hygiene in children and adolescents	2
2.	Fundamentals of workplace hygiene	2
3.	Nutrition in modern conditions and the consequences of poor nutrition	2
4.	Therapeutic nutrition. Methodological approaches in the treatment of a sick person	2
	Hours per semester total	**8**

4.2.2. Topics of Discipline Practical Classes and Academic Hours per Semester

No.	Practical Class Topic	Hours
1	2	3

	Semester No. 4	
1	General methodology of health and hygiene education of the population	4
2	Sanitary assessment of the complex influence of meteorological and microclimatic factors on the human thermal condition at positive and negative air temperatures	4
3	Air hygiene. Dust pathology. Ventilation	4
4	Sanitary and epidemiological assessment of the quality and safety of the water factor of the human habitat	4
5	Fundamentals of soil hygiene	4
6	Principles of studying natural and artificial lighting of rooms for various purposes	4
7	Sanitary significance of vibroacoustic factors of human environment	4
8	Principles of studying non-ionizing electromagnetic and electrostatic fields of man-made origin	4
9	Hygiene of populated areas	4
	Hours per semester total	**36**
	Semester No. 5	
1	Fundamentals of medical ecology (environmental sanitary science)	4
2	Fundamentals of hospital hygiene. Current issues of medical waste management	4
3	Types of nutrition and their characteristics. Main food components	4
4	Rational nutrition. Methodology of determining the nutritional status of a person	4
5	Methods of studying the nutrition of the population	4
6	Nutritional diseases	4
7	General principles of therapeutic and preventive nutrition	4
8	Food poisoning: hygienic diagnosis, prevention, investigation, elimination	4
	Hours per semester total	**32**

4.2.3. Independent Work of the Student

No.	Name of the Discipline Section	Type of IW	Total Hours
1	3	4	5
	Semester No. 4		
1	Sanitary science as a science and field of practical activity. Health and hygiene education of the population	Preparing for practical classes, preparing for the continuous assessment	6
2	Hygienic aspects of the main factors and conditions of the human environment	Preparing for practical classes, preparing for the continuous assessment	14
3	Hygiene of populated areas	Preparing for practical classes, preparing for the continuous assessment	4
	Hours per semester total		**24**
	Semester No. 5		
1	Fundamentals of hospital hygiene. Current issues of medical waste management	Preparing for practical classes, preparing for the continuous assessment	4
2	Modern hygienic aspects of population nutrition	Preparing for practical classes, preparing for the continuous assessment	20
3	Preparation for interim assessment	Preparing answers to select questions on the discipline, preparing for the demonstration of practical skills and abilities	8

	Hours per semester total	**32**

5. REQUIREMENTS FOR IMPLEMENTATION OF DISCIPLINE

5.1. Discipline Requirements for Educational Materials and Provided Information

Essential reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	**2**	**3**	**4**	**5**
1	Educational and methodological textbook for practical classes on hygiene : tutorial	E.A. Shashina, V.V. Makarova	M. : GEOTAR-Media, 2020. URL: http://www.studentlibrary.ru/	Unlimited access
2	Hygiene : textbook [Electronic resource]	Melnichenko P.I.	M.: GEOTAR-Media, 2023. http://www.studentlibrary.ru/	Unlimited access
3	General hygiene. A guide to practical exercises: studies. the manual [Electronic resource]	O.C. Mitrokhin, V.E. Arkhangelsky, N.A. Yerakova [et al.]	M. GEOTAR-Media, 2021. -168 p. URL: http://www.studentlibrary.ru	Unlimited access

Supplementary reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	**2**	**3**	**4**	**5**
1	Hygiene in children and adolescents : tutorial [Electronic resource]	V.S. Kaveshnikov, T.V. Andropova, M.V. Gudina	Hygiene in children and adolescents : tutorial / V. S. Kaveshnikov, T. V. Andropova, M. V. Gudina, etc. - Tomsk : SibSMU Publishing House, 2019. - 94 p. - Text : electronic // EBS "Bookup" : [website]. - URL : https://www.books-up.ru/ru/book/hygiene-in-children-and-adolescents-9291552	Unlimited access
2	Food Hygiene : tutorial [Electronic resource]	Yu.A. Pfarger, V.S. Koveshnikov, V.N. Serebryakova [et al.]	Tomsk : SibSMU Publishing House, 2018 http://www.studentlibrary.ru/	Unlimited access
3	Industrial Hygiene : tutorial [Electronic resource]	Kaveshnikov, T.V. Andropova, M.V. Gudina [et al.]	Tomsk: SibSMU Publishing House, 2021. - 181 p.-text: electronic // EBS "Bukap": [website]. - URL : https://www.books-up.ru/ru/book/industrial-hygiene-12564697	Unlimited access

Online resources

1. Electronic library system "Student Consultant" http://studmedlib.ru/
2. Electronic library system "University Library Online"http://www.biblioclub.ru/
3. Electronic library system "Urait" https://urait.ru/
4. Electronic library system "BookUp" https://www.books-up.ru/
5. Resources owned by the Library and Information Center of FSBEI HE PSMU of the Ministry of Health of Russia https://tgmu.ru/university/bibliotechno-informacionnyj-centr/resursy-bic/sobstvennye/

Online resources and respective user guides are available on the Library and Information Center website Library and Information Center — PSMU (tgmu.ru)

5.2. Discipline Requirements for Facilities and Resources

Information on the facility and resource availability and requirements of the discipline is available on the Facility and resource availability and requirements. FSBEI HE PSMU of the Ministry of Health of Russia (tgmu.ru)" page of the official website of the university.

5.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software):

1. PolycomTelepresence M100 Desktop Conferencing Application (Videoconference system)
2. SunRav Software tTester
3. 7-PDF Split & Merge
4. ABBYYFineReader
5. Kaspersky Endpoint Security
6. INDIGO online testing system
7. Microsoft Windows 7
8. Microsoft Office Pro Plus 2013
9. 1C:University
10. GARANT system
11. MOODLE (Modular Object-Oriented Dynamic Learning Environment)

6. ASPECTS OF THE IMPLEMENTATION OF THE DISCIPLINE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

6.1. 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.

6.2. Ensuring 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.

6.3. Availability of the Internal Policies and Procedures of FSBEI HE PSMU of the Ministry of Health of Russia to Students with Disabilities in a Format 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 format accessible to them.

6.4. Increase in the Time Limit of Interim Assessment for 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 conducted for students with disabilities and special needs is selected taking into account individual characteristics of the students (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.

7. 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.

8. TUTORIAL WORK

Type of tutorial work	Forms and approaches to tutorial work	Assessment criteria
Assistance in personal growth	Overt Problem-centric debates, workshops, Olympiads, professional events (volunteers, organizers, administrators) Measures to prevent delinquency, extremism, and deviant behavior. Participation in volunteer events. Participation in events to promote a healthy lifestyle. Participation in subject and interdisciplinary Olympiads, practical skills competitions, applied science conferences and symposia Talks and problem-centric debates on topics of ethics and deontology in interactions with different categories of participants of professional activity	Portfolio
	Covert – creating atmosphere and infrastructure. Developing a culture of healthy lifestyle and cultivating skills aimed at preserving and improving health. Motivating students to participate in professional, research,	

	administrative, and other kinds of professional activity. Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline	
Civic position and values	Overt Conducting events that facilitate development of civil culture (roundtable discussions, discussions/debates, and talks). Short discussions on current significant events in case the latter occur.	Portfolio
	Covert Focusing on civic values-oriented position and legal awareness. Cultivating mindful social position during professional activity. Cultivating socially-relevant characteristics and personal experience of community work	
Social values	Overt Highlighting aspects of organization of healthy lifestyle based on health-preserving technologies. Participation in volunteer events. Highlighting ecology-related questions, environmental issues as a factor affecting population health and select population risks.	Portfolio
	Covert Identification in social structure during period of education and in professional activity. Development of environmental awareness and sustainable ecological behavior.	