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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

Head of the Department
of Disaster Medicine and Health and Safety
_____/ Kotelnikov V.N./
"3rd" of April 2025

SUBJECT GUIDE FOR TEACHERS AND STUDENTS FOR

Б1.О.48 Health and safety

(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)

Department

of Disaster Medicine and Health and
Safety

Subject guide for teachers and students for **Б1.О.48 Health and safety** 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 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), 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.

Subject guide for teachers and students for the discipline was developed by the writing team of the Department of Disaster Medicine and Health and Safety of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the head of the department Doctor of Medical Sciences, Professor Kotelnikov V.N

Developed by:

Head of the department
(position held)

Doctor of Medical Sciences,
Professor
(academic degree, academic title)

Kotelnikov V.N.
(full name)

1. GENERAL PROVISIONS

Subject guide for **B1.O.48 Health and safety** 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.O.48 Health and safety**. 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 (questions) 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.O.48 Health and safety**. 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.O.48 Health and safety** course.

Continuous assessment during the **B1.O.48 Health and safety** 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.O.48 Health and safety** 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, conducting discussions, working with tests, and writing 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 test format after the student has mastered all sections of **B1.O.48 Health and safety** and takes into account learning outcomes for all types of student work over the entire period of mastering the **B1.O.48 Health and safety** 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.O.48 Health and safety**. 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.O.48 Health and safety** Lectures

Topic No.1 Theoretical basis of health and safety	
Duration of the lecture (in academic hours):	2
Purpose of the lecture: 1. tell students about theoretical basis of health and safety; 2. define key terms: risk, environment, noxosphere; 3. examine the main principles of quantifying danger and maintaining safety.	
Lecture plan, order of presentation of its sections: 1. Object, subject, methodology, theory, and practice of safety 2. Safety and risk theory 3. Safety in various spheres of life 4. Criteria for Excessive and Acceptable Risk	
Recommended reading: 1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента» 2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента» 3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.	
Topic No.2 Natural emergencies and population protection: potential of the Big-Data-driven technology	
Duration of the lecture (in academic hours):	2
Purpose of the lecture: 1. tell students about natural emergencies; 2. define key terms: natural emergencies; 3. examine organization of population protection during natural emergencies.	
Lecture plan, order of presentation of its sections: 1. Concept of a natural emergency. Classification and patterns of occurrence. 2. Geological emergencies. Wildfires. 3. Meteorological emergencies. 4. Hydrological and marine hazards. 5. Biological emergencies. 6. Space and heliophysical emergencies.	
Recommended reading: 1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента» 2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента» 3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.	

Topic No.3 Technological (manmade) and social emergencies and population protection

Duration of the lecture (in academic hours):

2

Purpose of the lecture:

1. tell students about technological (manmade) and social emergencies;
2. define key terms: technological (manmade) and social emergencies;
3. examine organization of public protection during technological (manmade) and social emergencies.

Lecture plan, order of presentation of its sections:

1. Concept of technological (manmade) emergencies. Classification and patterns of technological (manmade) emergencies
2. Accidents with releases (threat of release) of chemically and biologically hazardous substances
3. Accidents with releases (threat of release) of radioactive substances
4. Hydrodynamic accidents
5. Utility-related accidents
6. Transport emergencies
7. Concept of social emergencies. Classification and patterns of manifestation of social emergencies
8. Wartime emergencies
9. Dangerous crime-related situations
10. Economic, information, and food security.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.4 Problems of national and international security of the Russian Federation

Duration of the lecture (in academic hours):

2

Purpose of the lecture:

1. tell students about national security of the Russian Federation;
2. define key terms: threats of national security;
3. examine main protection methods.

Lecture plan, order of presentation of its sections:

1. National interests of Russia
2. Contemporary terrorism. Methods of combatting and preventing terrorism
3. Organization of security in educational institution
4. Ensuring national security of the Russian Federation

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»

3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.5 Civil defense and fire safety in an educational institution

Duration of the lecture (in academic hours):

2

Purpose of the lecture:

1. tell students about civil defense;
2. define key terms: contents and objectives of civil defense of the Russian Federation;
3. examine main protection methods.

Lecture plan, order of presentation of its sections:

1. Civil defense and its objectives
2. Organization of population protection during peacetime and wartime
3. Organization of evacuation measures during peacetime and wartime
4. Civil defense shelter
5. Personal protective equipment
7. Organization of civil defense in educational institutions. What should the teacher and the students do in case of different kinds of emergencies

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.6 Occupational safety and health. Negative factors of the environment

Duration of the lecture (in academic hours):

2

Purpose of the lecture:

1. tell students about occupational safety;
2. define key terms: negative factors of the environment;
3. examine protection against negative factors of the environment.

Lecture plan, order of presentation of its sections:

1. Subject, concepts, main objectives of occupational safety
2. Main laws and regulations of the Russian Federation on occupational safety
3. Occupational safety
4. Workplace hygiene and personal hygiene
5. Habitability conditions and factors
6. Light, air, and temperature conditions of the premises
7. Vibration and noise
8. Electric current, electrical safety, lightning protection. Electromagnetic fields and radiation

Topic No.7 Organization of medical care and methods of providing medical care to victims in combat situations and emergency situations

Duration of the lecture (in academic hours):

2

Purpose of the lecture:

1. tell students about the concept, goals, and objectives of providing medical care to victims in emergency situations;
2. examine structure and main objectives of the military medical service and organization and provision of medical care;
3. improve the skills of understanding and using specific tactical terminology.

Lecture plan, order of presentation of its sections:

1. The concept of first aid and its scope in different emergencies
2. Terminal conditions first aid
3. Wounds and bleeding first aid
4. Thermal injury first aid
5. Poisoning first aid
6. Contusion, dislocation, sprain, rupture, and fracture first aid

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

3. SUBJECT GUIDES FOR PRACTICAL CLASSES

Table 2. Subject Guides for Practical **Б1.О.48 Health and safety** Classes

Topic No.1 Theoretical basis of health and safety	
Duration of the practical class (in academic hours):	4
Purpose of the practical class: 1. consolidate acquired knowledge of theoretical basis of health and safety; 2. thoroughly go over definitions and concepts of risk, environment, noxosphere; 3. study patterns of the main principles of quantifying danger and maintaining safety.	
Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.	
Independent work of the student: writing a report on the lecture, working with study materials.	
Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.	
Recommended reading: 1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента» 2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»	

3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.2 Natural emergencies and population protection: potential of the Big-Data-driven technology

Duration of the practical class (in academic hours):	4
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Purpose of the practical class:
1. consolidate acquired knowledge of natural emergencies;
2. thoroughly go over definitions and concepts of natural emergencies;
3. study patterns of population protection during natural emergencies.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:
1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.3 Technological (manmade) emergencies and population protection

Duration of the practical class (in academic hours):	4
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Purpose of the practical class:
1. consolidate acquired knowledge of technological (manmade) emergencies;
2. thoroughly go over definitions and concepts of technological (manmade) emergencies;
3. study patterns of population protection during technological (manmade) emergencies.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:
1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа,

2022. - 303 p.

Topic No.4 Social emergencies and population protection

Duration of the practical class (in academic hours):

4

Purpose of the practical class:

1. consolidate acquired knowledge of social emergencies;
2. thoroughly go over definitions and concepts of social emergencies;
3. study patterns of population protection during social emergencies.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
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Topic No.5 Problems of national and international security of the Russian Federation

Duration of the practical class (in academic hours):

4

Purpose of the practical class:

1. consolidate acquired knowledge of national security of the Russian Federation;
2. thoroughly go over definitions and concepts of threats to national security;
3. study patterns of basic principles of protecting national security.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
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2022. - 303 p.

Topic No.6 Civil defense and fire safety in an educational institution

Duration of the practical class (in academic hours):

4

Purpose of the practical class:

1. consolidate acquired knowledge of civil defense;
2. thoroughly go over definitions and concepts of fire safety;
3. study patterns of main protection methods.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
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3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - M. : ГЭОТАР-Медиа, 2022. - 303 p.

Topic No.7 Occupational safety and health. Negative factors of the environment

Duration of the practical class (in academic hours):

4

Purpose of the practical class:

1. consolidate acquired knowledge of negative factors of the environment and occupational safety;
2. during the discussion, outline basics of occupational safety;
3. study patterns of protection negative factors of the environment.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - M. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - M. : ГЭОТАР-Медиа,

2022. - 303 p.

Topic No.8 Organization of medical care and methods of providing medical care to victims in combat situations and emergency situations

Duration of the practical class (in academic hours):

4

Purpose of the practical class:

1. consolidate acquired knowledge of first aid for victims in emergency situations;
2. during the discussion, outline first aid for victims in emergency situations;
3. study rules and techniques of providing first aid for wounds, injuries, and special cases.

Practical classes requirements: classrooms equipped with multimedia equipment, blackboards, and subject guides for the discipline.

Independent work of the student: writing a report on the lecture, working with study materials.

Methods of evaluation of acquired knowledge and skills: discussion of the reports, classroom questioning, tests.

Recommended reading:

1. Levchuk, I. P. First aid in case of accidents and disasters / I. P. Levchuk, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2023. - 128 с. - ЭБС «Консультант студента»
2. Levchuk I. P. Life Safety in Medicine : textbook / I. P. Levchuk, A. P. Nazarov, M. V. Kostyuchenko. - М. : ГЭОТАР-Медиа, 2021. - 112 с. - ЭБС «Консультант студента»
3. Disaster medicine : textbook / A. V. Garkavi, G. M. Kavalersky. - М. : ГЭОТАР-Медиа, 2022. - 303 p.

4. GUIDELINES FOR CONTINUOUS AND INTERIM ASSESSMENT

Table 3. Guidelines for Conducting Continuous and Interim Assessment during the **Б1.В.08 Fundamentals of economics and financial literacy** Course

Type of assessment	Assessment format
Continuous assessment	<ul style="list-style-type: none">- conducting and evaluating oral or written quizzes during lectures and practical classes;- assessment and evaluation of completion and results of working with mini case studies;- assess and evaluate completion and results tests;- assessment and evaluation of lecture notes quality.
Interim certification	is conducted in 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.

