

**Questions for the test lesson (final test) in the discipline  
"Basics of a healthy lifestyle"**

1. Approaches to a healthy lifestyle in different countries and their impact on public health.
2. International organizations involved in health conservation .
3. Basic concepts of health and a healthy lifestyle.
4. Factors affecting health.
5. The concept of prevention. Types of prevention.
6. forms of prevention. The ratio of types and forms of prevention.
7. lifestyle and living conditions.
8. The impact of lifestyle on the health of various population groups.
9. The concept of medical activity.
10. Motivations, types of motivations.
11. Personal and public hygiene.
12. Methods of formation, improvement and restoration of physical health.
13. Individual and social activities aimed at improving health.
14. hardening. Physical culture, fitness, yoga, mass sports, children's mass sports, professional sports.
15. Hypodynamia as a factor in the occurrence of diseases.
16. Rational nutrition is the main factor of a healthy lifestyle. Determination of body mass index.
17. Emotional stress: concept, causes, effects on the body, ways to relieve stress.
18. Addictive behavior: concept, classification.
19. Pathological gambling.
20. Food addictions: concept, types, preventive measures.
21. Orthorexia: concept, types, preventive measures.
22. Internet addiction : concept, types, preventive measures.
23. Diagnostic criteria for anorexia.
24. Harm of alcohol on the human body, causes of alcoholism, ethanol metabolism.
25. Features of alcoholization of children and adolescents, possible consequences.
26. Features of the course of pregnancy with alcohol, complications.
27. Smoking. The composition of the components of tobacco smoke, the effect of smoking on organ systems.
28. Psychological and physiological effects of smoking on the human body.
29. The influence of hookah and electronic cigarettes on the human body.
30. Drugs and their impact on physical and mental health.
31. Toxic substances, their negative impact on the body. The concept of substance abuse. Difference from addiction.
32. Acute respiratory viral diseases: features of the prevention of acute respiratory viral infections, influenza and COVID -19.
33. Sexually transmitted infections: concept, consequences, ways of prevention.
34. HIV / AIDS : concept, actions of medical workers in an emergency.
35. Planning and organization of rational life of a student.

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