

**THE NAMES OF THE TOPICS OF PRACTICAL CLASSES AND THE  
NUMBER OF HOURS PER SEMESTER OF STUDYING THE ACADEMIC  
DISCIPLINE (MODULE) "FUNDAMENTALS OF A HEALTHY  
LIFESTYLE"**

п/№	The name of the topics of practical classes of the basic part of the discipline according to the Federal State Educational Standards of Higher Education and forms of control	Volume by semesters
		№ 3
<b>1</b>	<b>2</b>	<b>3</b>
	<b>Module 1. Basic concepts of health and a healthy lifestyle.</b>	
1.	Individual and social aspects of health and a healthy lifestyle. Modern policy of promoting the health of the population in the world. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
2.	Factors affecting health. Lifestyle: definition, categories. Dispensary of the population. . <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
3.	Elements of a healthy lifestyle. Motivations underlying the formation of a healthy lifestyle. Medical activity and its parameters. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
4.	Health center and its functions. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
	<b>Module 2. Rational nutrition as the main factor in a healthy lifestyle.</b>	
5	Rational nutrition is the main factor of a healthy lifestyle. Determination of body mass index. Awareness about the quality of the products used. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
6.	Energy value of food products and diet. Key Nutrients. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
	<b>Module 3. Physical activity and health.</b>	
7.	Methods of formation, improvement and restoration of physical health. Physical inactivity as a risk factor for the development of diseases. <i>Current control: interview, oral survey, solution of</i>	2

	<i>situational problems, testing</i>	
	<b>Module 4. Psychological foundations of health. Stress and its impact on health. addictive behavior.</b>	
8.	Mental health and its assessment. Regulation of the psychological state. Principles and means of psychotraining. Stress, its causes, effects on the body, ways to relieve stress. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
9.	addictive behavior. Pathological gambling . Measures of preventive interventions. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
10.	Food addictions (bulimia nervosa, anorexia nervosa). Orthorexia . <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
	<b>Module 5. Psychological and physiological impact of bad habits on the human body.</b>	
11.	Harm of alcohol. Causes and factors leading to alcohol-associated pathology. The effect of alcohol on the development of the fetus and newborn. Measures for the prevention and control of the abuse of alcoholic beverages. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
12.	Harm of smoking. The effect of smoking on the child's body, the body of a teenager. The effect of smoking during pregnancy on the development of the fetus and newborn. Prevention measures and smoking cessation. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
13.	Narcotic substances and their negative impact on the human body. Drug addiction and its types. Measures for the prevention and control of drug use. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
14.	Toxic substances and their negative impact on the human body. Substance abuse and its types. Measures to prevent and combat the consumption of toxic substances. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
	<b>Module 6. A healthy lifestyle is the basis for the prevention of major communicable and non-</b>	

	<b>communicable diseases .</b>	
15.	Colds and catarrhal infectious diseases, their effect on the human body. Risk factors and ways to prevent colds and colds and infectious diseases. Increasing the body's defenses. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
16.	Sexually transmitted infections and their impact on the human body. Risk factors and ways to prevent sexually transmitted infections. <i>Current control: interview, oral survey, solution of situational problems, testing</i>	2
17.	Final lesson, credited	2
	<b>Total:</b>	<b>34</b>

Заведующий кафедрой профилактики  
заболеваний, здорового образа жизни  
и эпидемиологии

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