

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

**Federal State Autonomous Educational Institution of Higher Education  
«National Research Lobachevsky State University of Nizhny Novgorod»**

Институт клинической медицины

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УТВЕРЖДЕНО

решением Ученого совета ННГУ

протокол № 10 от 02.12.2024 г.

**Working programme of the discipline**

Hygiene

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Higher education level

Specialist degree

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Area of study / speciality

31.05.01 - General Medicine

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Focus /specialization of the study programme

General Medicine

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Mode of study

full-time

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Nizhny Novgorod

Year of commencement of studies 2025

## 1. Место дисциплины в структуре ОПОП

Дисциплина Б1.О.29 Гигиена относится к обязательной части образовательной программы.

## 2. Планируемые результаты обучения по дисциплине, соотнесенные с планируемыми результатами освоения образовательной программы (компетенциями и индикаторами достижения компетенций)

Формируемые компетенции (код, содержание компетенции)	Планируемые результаты обучения по дисциплине (модулю), в соответствии с индикатором достижения компетенции		Наименование оценочного средства	
	Индикатор достижения компетенции (код, содержание индикатора)	Результаты обучения по дисциплине	Для текущего контроля успеваемости	Для промежуточной аттестации
УК-7: Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности	УК-7.1: Поддерживает должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности и соблюдает нормы здорового образа жизни. УК-7.2: Использует основы физической культуры для осознанного выбора здоровьесберегающих технологий с учетом внутренних и внешних условий реализации конкретной профессиональной деятельности.	УК-7.1: <i>Maintain an adequate level of physical fitness to ensure full-fledged social and professional activities and observe the norms of a healthy lifestyle.</i>  УК-7.2: <i>To use the basics of physical culture for an informed choice of health-saving technologies, taking into account the internal and external conditions of the implementation of a specific professional activity.</i>	Контрольная работа Тест Дискуссия	Зачёт: Контрольные вопросы  Экзамен: Контрольные вопросы
ОПК-2: Способен проводить и осуществлять контроль эффективности мероприятий по профилактике, формированию здорового образа жизни и санитарно-гигиеническому просвещению населения	ОПК-2.1: Анализирует информированность населения о здоровом образе жизни и медицинской грамотности, на этой основе разрабатывает план организационно-методических мероприятий, направленных на повышение информированности населения о здоровом образе жизни, его грамотности в вопросах профилактики болезней ОПК-2.2: Осуществляет диспансеризацию взрослого и детского населения с целью раннего выявления	ОПК-2.1: <i>To analyze the awareness of the population about a healthy lifestyle and medical literacy, on this basis develops a plan of organizational and methodological measures aimed at raising public awareness about a healthy lifestyle and its literacy in the prevention of diseases.</i>  ОПК-2.2: <i>To carry out medical examinations of adults and children with the aim of early detection of chronic</i>	Контрольная работа Дискуссия Тест	Зачёт: Контрольные вопросы  Экзамен: Контрольные вопросы

	<p>хронических неинфекционных заболеваний и основных факторов риска их развития в соответствии с действующими нормативными правовыми актами и иными документами</p> <p>ОПК-2.3: Определяет медицинские показания к введению ограничительных мероприятий (карантина) и показания для направления к врачу-специалисту при возникновении инфекционных (паразитарных) болезней. Проводит противоэпидемические мероприятия в случае возникновения очага инфекции, в том числе карантинные мероприятия при выявлении особо опасных карантинных инфекционных заболеваний</p>	<p>noncommunicable diseases and the main risk factors for their development in accordance with current regulatory legal acts and other documents</p> <p>ОПК-2.3: Determine medical indications for the introduction of restrictive measures (quarantine) and indications for referral to a specialist in the event of infectious (parasitic) diseases. To carry out anti-epidemic measures in case of outbreak of infection, including quarantine measures in case of detection of particularly dangerous quarantine infectious diseases</p>		
<p>ПК-3: Готовность к сбору и анализу жалоб пациента, данных его анамнеза, результатов осмотра, лабораторных, инструментальных, патолого- анатомических и иных исследований в целях распознавания состояния или установления факта наличия или отсутствия заболевания, проведение дифференциальной диагностики</p>	<p>ПК-3.1: Знать методы сбора анамнеза, жалоб, осмотра больного с терапевтической патологией для распознавания заболеваний, этиологию, патогенез, и клинику наиболее часто встречающихся заболеваний внутренних органов; современную классификацию, принципы и особенности основных методов клинических, лабораторных и инструментальных методов обследования, их диагностическое значение</p> <p>ПК-3.2: Уметь получить информацию о заболевании, интерпретировать жалобы, анамнез заболевания и жизни, данные, применить объективные методы обследования, выявить общие и специфические признаки заболевания;</p>	<p>ПК-3.1: He knows the methods of collecting anamnesis, complaints, examination of a patient with therapeutic pathology for disease recognition, etiology, pathogenesis, and clinic of the most common diseases of internal organs; modern classification, principles and features of the main methods of clinical, laboratory and instrumental examination methods, their diagnostic significance</p> <p>ПК-3.2: He is able to obtain information about the disease, interpret complaints, anamnesis of the disease and life, data, apply objective examination methods, identify common and specific signs of the disease; build a patient examination plan taking into account standards and</p>	<p>Контрольная работа Дискуссия Тест</p>	<p>Зачёт: Контрольные вопросы</p> <p>Экзамен: Контрольные вопросы</p>

	<p>построить план обследования больного с учетом стандартов и интерпретировать дополнительные методы обследования (лабораторно-инструментальные) с учетом нормы</p> <p>ПК-3.3: Владеть методами сбора анамнеза, жалоб больного с терапевтической патологией; навыком составления плана дополнительного обследования больного; интерпретацией результатов лабораторных и инструментальных исследований и проведения дифференциальной диагностики</p>	<p>interpret additional examination methods (laboratory and instrumental) taking into account the norm.</p> <p>ПК-3.3: He knows the methods of collecting anamnesis, complaints of a patient with therapeutic pathology; the skill of drawing up a plan for additional examination of the patient; interpretation of the results of laboratory and instrumental studies and differential diagnosis</p>		
<p>ПК-9: Готовность к осуществлению комплекса мероприятий, направленных на сохранение и укрепление здоровья</p> <p>и включающих в себя формирование здорового образа жизни, предупреждение возникновения и (или) распространения заболеваний, в том числе обучению пациентов и их родственников, раннюю диагностику, диспансеризацию, проведение медосмотров выявление причин и условий возникновения заболеваний и устранение вредного влияния на здоровье человека факторов среды его обитания</p>	<p>ПК-9.1: Знать принципы ранней диагностики заболеваний, проведения скринингов</p> <p>ПК-9.2: Уметь проводить мероприятия по ранней диагностике заболеваний</p> <p>ПК-9.3: Владеть методами ранней диагностики заболеваний, в том числе - организации и проведения скринингов</p>	<p>ПК-9.1: Knows the principles of early diagnosis of diseases, screening</p> <p>ПК-9.2: He is able to carry out measures for the early diagnosis of diseases</p> <p>ПК-9.3: He knows the methods of early diagnosis of diseases, including the organization and conduct of screenings</p>	<p>Контрольная работа Дискуссия Тест</p>	<p>Зачёт: Контрольные вопросы</p> <p>Экзамен: Контрольные вопросы</p>

### 3. Структура и содержание дисциплины

#### 3.1 Трудоемкость дисциплины

	<b>очная</b>
<b>Общая трудоемкость, з.е.</b>	<b>4</b>
<b>Часов по учебному плану</b>	<b>144</b>
в том числе	
<b>аудиторные занятия (контактная работа):</b>	
- занятия лекционного типа	<b>30</b>
- занятия семинарского типа (практические занятия / лабораторные работы)	<b>30</b>
- КСР	<b>3</b>
<b>самостоятельная работа</b>	<b>45</b>
<b>Промежуточная аттестация</b>	<b>36</b> <b>Экзамен, Зачёт</b>

#### 3.2. Содержание дисциплины

(структурированное по темам (разделам) с указанием отведенного на них количества академических часов и виды учебных занятий)

Наименование разделов и тем дисциплины	Всего (часы)	в том числе			
		Контактная работа (работа во взаимодействии с преподавателем), часы из них			Самостоятельная работа обучающегося, часы
		Занятия лекционного типа	Занятия семинарского типа (практические занятия/ лабора- торные работы), часы	Всего	
	о ф о	о ф о	о ф о	о ф о	о ф о
Introduction. Biological environmental factors and biological pollution. Federal Law "On Sanitary and Epidemiological Welfare of the Population" dated 30.03.1999 N 52-FZ (latest edition)/Introduction. Biological environmental factors and biological pollution. Federal Law "On Sanitary and Epidemiological Welfare of the Population" dated March 30, 1999 No. 52-FZ (latest version).	13	2	4	6	7
Radiation safety.	12	2	4	6	6
Hygienic requirements for the conditions of educational and residential buildings. Sanitary and epidemiological requirements for drinking water, as well as for drinking and household water supply.	12	2	4	6	6
Requirements for the working conditions of medical personnel. Work factors in medical institutions	11	2	3	5	6
Sanitary and epidemiological requirements for organizations engaged in medical activities. Sanitary and epidemiological rules and norms SanPiN 2.1.3.2630-10.	13	4	3	7	6
Biorhythms. Adaptations: stress, specific and nonspecific adaptability of the body. Temperance.	13	4	3	7	6

Food hygiene. Creating an adequate nutrition plan based on energy expenditure, gender, and age.	9	4	3	7	2
Infectious diseases. Types of infections, components and dynamics of the infectious process, methods of infection prevention. "National Concept for the Prevention of Infections Associated with the Provision of Medical Care" (approved by the Chief State Sanitary Doctor of the Russian Federation on November 6, 2011).	10	5	3	8	2
Methods of recovery after physical and mental exertion.	12	5	3	8	4
Аттестация	36				
КСР	3			3	
Итого	144	30	30	63	45

### Contents of sections and topics of the discipline

Introduction. Biological environmental factors and biological pollution. Federal Law "On Sanitary and Epidemiological Welfare of the Population" dated 30.03.1999 N 52-FZ (latest edition)/Introduction. Biological environmental factors and biological pollution. Federal Law "On Sanitary and Epidemiological Welfare of the Population" dated March 30, 1999 No. 52-FZ (latest version).

Radiation safety.

Hygienic requirements for the conditions of educational and residential buildings. Sanitary and epidemiological requirements for drinking water, as well as for drinking and household water supply/Hygienic requirements for the conditions of educational and residential buildings. Sanitary and epidemiological requirements for drinking water, as well as for drinking and household water supply.

Requirements for the working conditions of medical personnel. Labor factors in medical institutions/Requirements for the working conditions of medical personnel. Work factors in medical institutions Sanitary and epidemiological requirements for organizations engaged in medical activities. Sanitary and epidemiological rules and regulations SanPiN 2.1.3.2630-10/Sanitary and epidemiological requirements for organizations engaged in medical activities. Sanitary and epidemiological rules and norms SanPiN 2.1.3.2630-10.

Biorhythms. Adaptations: stress, specific and nonspecific adaptations of the body. Hardening/Biorhythms.

Adaptations: stress, specific and nonspecific adaptability of the body. Temperance.

Food hygiene. Preparation of an adequate diet depending on the level of energy consumption, gender and age/Food hygiene. Creating an adequate nutrition plan based on energy expenditure, gender, and age.

Infectious diseases. Types of infections, components and dynamics of the infectious process, methods of infection prevention. "National concept of prevention of infections related to the provision of medical care" (approved by the Chief State Sanitary Doctor of the Russian Federation on 06.11.2011)/Infectious diseases.

Types of infections, components and dynamics of the infectious process, methods of infection prevention.

"National Concept for the Prevention of Infections Associated with the Provision of Medical Care" (approved by the Chief State Sanitary Doctor of the Russian Federation on November 6, 2011).

Methods of recovery after physical and mental exertion/Methods of recovery after physical and mental exertion.

### 4. Учебно-методическое обеспечение самостоятельной работы обучающихся

Самостоятельная работа обучающихся включает в себя подготовку к контрольным вопросам и заданиям для текущего контроля и промежуточной аттестации по итогам освоения дисциплины приведенным в п. 5.

Вара Н. Г. Медицина и гигиена / Вара Н. Г., Жура В. В., Мартинсон Ж. С. - Волгоград : ВолгГМУ, 2023. - 208 с. - Книга из коллекции ВолгГМУ - Медицина. - ISBN 978-5-9652-0843-2.

## **5. Assessment tools for ongoing monitoring of learning progress and interim certification in the discipline (module)**

### **5.1 Model assignments required for assessment of learning outcomes during the ongoing monitoring of learning progress with the criteria for their assessment:**

#### **5.1.1 Model assignments (assessment tool - Control work) to assess the development of the competency YK-7:**

1. The subject of hygiene and human ecology, its goals and tasks. Methods of
2. hygienic research, hygienic regulation.
3. Sections of hygiene. Prevention. Types of prevention.
4. Chemical composition of atmospheric air, its hygienic significance.
5. Physical properties of air, their hygienic significance.
6. Air humidity, its hygienic significance.
7. Air temperature, its hygienic significance.
8. Atmospheric pressure, its hygienic significance.
9. Hygienic significance of air movement. Wind rose.
10. Solar radiation, its hygienic significance.
11. The complex impact of meteorological conditions on the human body.
12. Microclimate of the room and measures for its optimization.
13. The influence of climate and weather on the physiological state of the human body.
14. Hygienic significance of climate, weather, and microclimate.
15. Natural and artificial lighting of premises, hygienic requirements for it.
16. Sources of atmospheric air pollution. Measures to protect atmospheric air from pollution.
17. Urbanization and human ecology. Hygienic principles of urban planning and building of populated areas.
18. Sources of water supply and their hygienic characteristics.
19. Physiological and epidemiological significance of water.
20. Hygienic requirements for the quality of drinking water.

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#### **5.1.2 Model assignments (assessment tool - Control work) to assess the development of the competency OIK-2:**

1. What are the key principles of personal hygiene?
2. Why is it important to teach children proper hygiene habits early on?
3. How often should you wash your hair and why?
4. What role does handwashing play in preventing the spread of diseases?
5. How does poor oral hygiene affect overall health?
6. What is the proper technique for handwashing?
7. Why is wearing clean clothes essential for good hygiene?
8. How does regular exercise contribute to better hygiene?
9. What are the dangers of sharing personal hygiene items like razors or towels?
10. Why is it important to clean and disinfect your phone regularly?
11. What are some hygiene practices teenagers should follow as they go through puberty?
12. How can teachers promote hygiene in schools?

13. What hygiene measures should you follow in public restrooms?
14. How does access to clean water improve personal and community hygiene?
15. What are the potential health effects of exposure to mold and damp environments?
16. How does poor hygiene contribute to infections such as food poisoning?
17. What are the signs of poor hygiene in a person?
18. Why is keeping kitchen surfaces clean important for maintaining hygiene?
19. What is the importance of regular dental check-ups?
20. How should you clean and care for wounds to prevent infections?

**5.1.3 Model assignments (assessment tool - Control work) to assess the development of the competency IIK-3:**

1. How often should you change your toothbrush?
2. Why is proper menstrual hygiene essential for women's health?
3. What are the risks of not properly washing fruits and vegetables?
4. Why is it essential to maintain hygiene in hospitality businesses?
5. How should hygiene fit into daily routines of senior citizens?
6. How does climate impact hygiene needs and practices?
7. What are the principles of food hygiene during storage and preparation?
8. What personal hygiene habits are non-negotiable while caring for others?
9. How does mental health affect personal hygiene practices?
10. How should reusable water bottles be cleaned to maintain hygiene?
11. Why is it necessary to clean household appliances like refrigerators and microwaves?
12. What role does hygiene play in preventing skin infections?
13. How does good hygiene increase productivity in the workplace?
14. Why is it important to wear socks with shoes to maintain hygiene?
15. What hygiene practices should be followed after exercising?
16. How can pets affect household hygiene?
17. Why is it essential to thoroughly wash reusable shopping bags?
18. What are the basic steps in maintaining hygiene during camping trips?
19. How do hygiene practices differ across cultures?
20. What are the challenges of maintaining hygiene in crowded urban areas?

**5.1.4 Model assignments (assessment tool - Control work) to assess the development of the competency IIK-9:**

1. Why is it essential to clean your keyboard and mouse regularly?
2. What are the health risks associated with not covering your mouth while sneezing?
3. How can you ensure hygiene in a home kitchen?
4. What is the impact of hygiene on self-esteem and social relationships?
5. How often should bedding and towels be washed?
6. Why is wearing deodorant or antiperspirant part of good hygiene?
7. What are the most effective disinfectants for home cleaning?
8. How does sustainable hygiene differ from general hygiene practices?
9. Why is it necessary to thoroughly clean fresh meat and seafood before cooking?
10. How can workplace hygiene policies prevent the spread of illness?
11. What are the risks of not washing reusable straws and cutlery?
12. Why should you avoid touching your face with unwashed hands?
13. What are the hygiene practices that travelers should adhere to?
14. How should shared vehicles like taxis or rental cars be cleaned for better hygiene?
15. Why is hygiene in hospitals critical for patient safety?
16. How does smoking affect oral hygiene?



17. Why is nail hygiene important for preventing fungal infections?
18. Why do doctors recommend cutting nails short to maintain good hygiene?
19. How does poor hygiene affect the immune system?
20. Why is it essential to keep bathroom surfaces clean and dry?

#### **Assessment criteria (assessment tool — Control work)**

Grade	Assessment criteria
pass	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made.
fail	The level of knowledge is below the minimum requirements. There were gross mistakes.

#### **5.1.5 Model assignments (assessment tool - Test) to assess the development of the competency YK-7:**

Difficulty level: Easy

1. What is the most effective way to prevent the spread of germs?
  - a) Avoiding contact with others
  - b) Regular handwashing (Correct)
  - c) Wearing gloves
  - d) Using hand sanitizer occasionally
2. How long should you wash your hands to effectively remove germs?
  - a) 5 seconds
  - b) 10 seconds
  - c) 20 seconds (Correct)
  - d) 30 seconds
3. Why is it important to keep your nails trimmed and clean?
  - a) For aesthetics
  - b) To prevent the trapping of dirt and bacteria (Correct)
  - c) To avoid breaking them
  - d) It has no effect on hygiene
4. Which practice is essential for oral hygiene?
  - a) Brushing teeth once a week
  - b) Flossing daily (Correct)
  - c) Using mouthwash only
  - d) Avoiding sugar completely
5. What is a potential consequence of poor personal hygiene?
  - a) Increased social interaction
  - b) Improved confidence
  - c) Development of infections (Correct)
  - d) None of the above
6. How should food be stored to ensure safety?
  - a) In an unsealed container
  - b) At room temperature
  - c) In the refrigerator (Correct)
  - d) Mixed with other food types

7. What does "cross-contamination" refer to in food safety?
  - a) Cooking food at the same temperature
  - b) Transferring harmful bacteria from one food to another (Correct)
  - c) Storing food in the same fridge
  - d) Using the same kitchen equipment
8. Which of the following is a sign of good mental hygiene?
  - a) Ignoring stress
  - b) Practicing mindfulness (Correct)
  - c) Avoiding social situations
  - d) Overworking
9. What is the best practice for keeping personal items sanitary?
  - a) Sharing frequently
  - b) Cleaning them regularly (Correct)
  - c) Storing them in a damp place
  - d) Leaving them out in the open
10. Why should you avoid touching your face with unwashed hands?
  - a) It's a habit
  - b) It can introduce bacteria and viruses to mucous membranes (Correct)
  - c) It looks bad
  - d) There is no reason
11. What is the proper way to handle raw meats?
  - a) Wash them under running water
  - b) Use separate utensils and cutting boards (Correct)
  - c) Store them with vegetables
  - d) Touch them with bare hands without washing
12. How often should you clean your bathroom to maintain hygiene?
  - a) Once a week (Correct)
  - b) Twice a year
  - c) Only when it looks dirty
  - d) Monthly
13. Which of the following is a benefit of regular exercise on hygiene?
  - a) It decreases metabolic rate
  - b) It leads to poor circulation
  - c) It helps in regulating body odor (Correct)
  - d) It has no effect on hygiene
14. What should be done with used tissues or napkins?
  - a) Reuse them
  - b) Discard them immediately (Correct)
  - c) Leave them on surfaces
  - d) Store them for future use
15. Which type of soap is more effective for killing germs?
  - a) Antibacterial soap (Correct)
  - b) Hand soap
  - c) Liquid soap
  - d) All soap types are equally effective
16. How can you ensure your drinking water is safe?
  - a) Boiling it (Correct)
  - b) Leaving it out overnight
  - c) Buying bottled water only
  - d) Adding flavoring

17. What is a common hygiene practice when sneezing or coughing?
- a) Sneezing into your hands
  - b) Turning away and sneezing into your elbow (Correct)
  - c) Ignoring it
  - d) Covering only with your hands
18. Why should you avoid sharing personal hygiene products?
- a) It saves time
  - b) It can lead to the spread of infections (Correct)
  - c) It keeps them clean
  - d) There is no harm
19. What temperature should chicken be cooked to ensure it's safe to eat?
- a) 145°F (63°C)
  - b) 165°F (74°C) (Correct)
  - c) 160°F (71°C)
  - d) 180°F (82°C)
20. Which of the following activities can result in poor hand hygiene?
- a) Washing hands frequently
  - b) Using hand sanitizer regularly
  - c) Touching surfaces in public places and not washing hands (Correct)
  - d) Using soap and water after using the restroom
21. What is a key benefit of maintaining a clean living environment?
- a) Greater allergies
  - b) Reduced risk of illness (Correct)
  - c) Less space for storage
  - d) Increased clutter

Номер задания	Верный вариант ответа
1	b
2	c
3	a
4	b
5	a
6	d
7	c
8	b
9	c
10	a
11	b

Номер задания	Верный вариант ответа
12	a
13	c
14	d
15	c
16	b
17	d
18	a
19	b
20	c
21	d

### 5.1.6 Model assignments (assessment tool - Test) to assess the development of the competency ОПК-2:

Difficulty level: Easy

- When should you replace the filters in your home's HVAC system to maintain air hygiene?
  - Every month (Correct)
  - Once a year
  - Only when they look dirty
  - Every six months
- What should you do with food that has been left out at room temperature for more than two hours?
  - Reheat it
  - Throw it away (Correct)
  - Eat it cold
  - Store it for later
- What is the primary benefit of using a handkerchief instead of tissues?
  - It is more stylish
  - It is reusable and reduces waste (Correct)
  - It doesn't require washing
  - There are no benefits
- Why is it important to dry your hands after washing?
  - To prevent germs from spreading (Correct)
  - To save water
  - It doesn't matter
  - Only for aesthetic purposes

5. What is the appropriate way to dispose of sanitary products?
  - a) Flushing them down the toilet
  - b) Disposing them in the trash (Correct)
  - c) Leaving them in public restrooms
  - d) Burning them
6. How should you clean fruits and vegetables before consumption?
  - a) Rinsing with water (Correct)
  - b) Wiping with a cloth
  - c) Peeling them without washing
  - d) No cleaning needed
7. What hygiene practice is essential during menstruation?
  - a) Ignoring it
  - b) Using clean sanitary products (Correct)
  - c) Changing products once every few days
  - d) Not using anything
8. Which type of food is most susceptible to bacterial contamination?
  - a) Fruits
  - b) Meat (Correct)
  - c) Grains
  - d) Nuts
9. How can you maintain hygiene in shared spaces, like kitchens?
  - a) Clean up after yourself (Correct)
  - b) Leave it for someone else
  - c) Only clean occasionally
  - d) Don't worry about it
10. What type of toothbrush is recommended for most people?
  - a) Hard bristle
  - b) Medium bristle
  - c) Soft bristle (Correct)
  - d) Any type
11. Why is it important to stay hydrated for good hygiene?
  - a) It has no effect
  - b) Helps maintain skin elasticity (Correct)
  - c) Causes water retention
  - d) Decreases energy levels
12. How is dental floss used properly?
  - a) Just on the front teeth
  - b) Between each tooth, in a gentle sawing motion (Correct)
  - c) Only on the back teeth
  - d) It is not necessary
13. What can excessive sweating potentially lead to?
  - a) No effect
  - b) Skin irritation and odor (Correct)
  - c) Better comfort
  - d) Increased energy
14. Which personal item should be replaced if you have a cold?
  - a) Hairbrush
  - b) Toothbrush (Correct)
  - c) Towel
  - d) Clothes

15. Which of the following can help improve indoor air quality?
- a) Smoking indoors
  - b) Opening windows for ventilation (Correct)
  - c) Using strong air fresheners
  - d) Not cleaning regularly
16. What should be done with expired medications?
- a) Flush them down the toilet
  - b) Discard them safely (Correct)
  - c) Give them to someone else
  - d) Store them for later use
17. How can you tell if meat has gone bad?
- a) Resealable packaging
  - b) Unpleasant odor (Correct)
  - c) The color looks different
  - d) It's still in the fridge
18. When food is reheated, what temperature should it reach?
- a) 120°F (49°C)
  - b) 140°F (60°C)
  - c) 165°F (74°C) (Correct)
  - d) 150°F (65°C)
19. Why is it important to wash reusable grocery bags?
- a) It's not important
  - b) To prevent cross-contamination (Correct)
  - c) They never get dirty
  - d) They are always clean
20. What is the purpose of using a disinfectant?
- a) To make surfaces smell good
  - b) To kill germs and reduce infection risk (Correct)
  - c) To make cleaning easier
  - d) To increase surface shine
21. How often should you clean your cell phone?
- a) Once a year
  - b) Every month
  - c) Every few days (Correct)
  - d) Only when it looks dirty

Номер задания	Верный вариант ответа
1	b
2	a
3	c
4	d
5	b
6	a

Номер задания	Верный вариант ответа
7	c
8	d
9	b
10	c
11	a
12	d
13	b
14	c
15	a
16	d
17	b
18	c
19	a
20	d
21	b

### 5.1.7 Model assignments (assessment tool - Test) to assess the development of the competency ПК-3:

Difficulty level: medium

- What items should not be shared for hygiene reasons?
  - Clothes
  - Makeup (Correct)
  - Books
  - Tools
- Which nutrient is crucial for immune function?
  - Carbohydrates
  - Vitamins (Correct)
  - Fats
  - None
- How should you wash your hands effectively?
  - Only rinse with water

- b) Use soap and warm water, scrubbing all surfaces (Correct)
  - c) Wipe on a towel
  - d) Use only alcohol-based solutions
4. What does “personal grooming” include?
- a) Only hair cutting
  - b) Overall cleanliness and hygiene practices (Correct)
  - c) Buying new clothes
  - d) Ignoring personal hygiene
5. How long should a shower typically last for effective cleaning?
- a) 1 minute
  - b) 5-10 minutes (Correct)
  - c) 30 minutes
  - d) 15 minutes
6. Why is it important to avoid eating from unsealed packages?
- a) They taste bad
  - b) They could harbor pests or bacteria (Correct)
  - c) They are often damaged
  - d) No reason
7. What can result from not brushing your teeth regularly?
- a) Improved breath
  - b) Cavities and gum disease (Correct)
  - c) Whiter teeth
  - d) More fluoride
8. What practice enhances mental hygiene?
- a) Focusing on negative thoughts
  - b) Practicing gratitude (Correct)
  - c) Isolating from others
  - d) Ignoring feelings
9. What is the minimum safe cooking temperature for ground beef?
- a) 140°F (60°C)
  - b) 150°F (65°C)
  - c) 160°F (71°C)
  - d) 165°F (74°C) (Correct)
10. Why should raw eggs be handled carefully?
- a) They are expensive
  - b) They can harbor Salmonella bacteria (Correct)
  - c) They have a bad taste
  - d) They spoil quickly
11. What is an important consideration when handling cleaning products?
- a) Mix them for better cleaning
  - b) Read labels for safety precautions (Correct)
  - c) Use them all together
  - d) There are no necessary precautions
12. Which of the following is a sign of dehydration?
- a) Smoother skin
  - b) Dark yellow urine (Correct)
  - c) Increased energy
  - d) Improved digestion
13. Why is it important to wear shoes in public bathrooms?
- a) To look fashionable



- b) To minimize exposure to bacteria and fungi (Correct)
  - c) To protect from water
  - d) No reason
14. How can kitchen sponges be sanitized?
- a) Soaking them in water
  - b) Microwaving them (Correct)
  - c) Letting them air dry
  - d) Rinsing under running water
15. Which personal hygiene item should be changed daily?
- a) Toothbrush
  - b) Deodorant (Correct)
  - c) Hairbrush
  - d) Clothes
16. What is the proper way to dispose of expired food?
- a) Throwing it in the sink
  - b) Composting it
  - c) Disposing in the trash (Correct)
  - d) Eating it anyway
17. Which hygiene practice can help prevent skin irritations?
- a) Using too much soap
  - b) Moisturizing regularly (Correct)
  - c) Ignoring skin changes
  - d) Skipping showers
18. What is a good way to keep your workspace clean?
- a) Leaving items scattered
  - b) Regularly wiping down surfaces (Correct)
  - c) Only cleaning when it's messy
  - d) Avoiding any clutter
19. Why is it advisable to use a clean towel for drying your face?
- a) It looks better
  - b) To avoid transferring bacteria (Correct)
  - c) They have less detergent
  - d) It doesn't matter
20. How should you store opened condiments to ensure hygiene?
- a) In a warm cupboard
  - b) In the refrigerator (Correct)
  - c) On the countertop
  - d) In a drawer
21. What does proper sleep hygiene include?
- a) Watching TV until you sleep
  - b) Keeping a regular sleep schedule (Correct)
  - c) Napping throughout the day
  - d) Sleeping in a loud environment

Номер задания	Верный вариант ответа
1	c
2	a

Номер задания	Верный вариант ответа
3	d
4	b
5	c
6	a
7	d
8	b
9	c
10	a
11	d
12	b
13	c
14	a
15	d
16	b
17	c
18	a
19	d
20	b
21	c

### 5.1.8 Model assignments (assessment tool - Test) to assess the development of the competency ПК-9:

Difficulty level: high

1. What is the main purpose of hygiene?
  - a) To enhance beauty
  - b) To promote health (Correct)

- c) To increase stress
  - d) To gain popularity
2. Which of the following is considered an essential practice for personal hygiene?
- a) Wearing clean clothes
  - b) Regular handwashing (Correct)
  - c) Using deodorant
  - d) Brushing teeth only when necessary
3. What is the recommended duration for handwashing with soap?
- a) 5 seconds
  - b) 10 seconds
  - c) 20 seconds (Correct)
  - d) 30 seconds
4. What is one of the most effective ways to prevent the spread of infectious diseases?
- a) Sharing food
  - b) Regular handwashing (Correct)
  - c) Covering your mouth when sneezing
  - d) Avoiding vaccinations
5. What should be used to properly clean surfaces in the kitchen?
- a) Water only
  - b) Soap and water (Correct)
  - c) Only a cloth
  - d) Air drying
6. How often should one replace a toothbrush?
- a) Every month
  - b) Every 3 months (Correct)
  - c) Only when it's broken
  - d) Every 6 months
7. What is the main function of deodorant?
- a) To mask body odor (Correct)
  - b) To eliminate sweat
  - c) To moisturize skin
  - d) To enhance fragrance
8. Which vitamin is essential for maintaining skin health?
- a) Vitamin B
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin E (Correct)
9. What is the ideal temperature for washing clothes to ensure hygiene?
- a) Cold
  - b) Warm
  - c) Hot (Correct)
  - d) Any temperature
10. Which of the following can lead to foodborne illnesses?
- a) Eating freshly cooked meals
  - b) Consuming contaminated water (Correct)
  - c) Eating vegetables
  - d) Using clean utensils
11. When is it essential to wear gloves while handling food?
- a) When it looks messy
  - b) When handling raw meat or poultry (Correct)

- c) Only when baking
  - d) It is not necessary
12. What should you do if someone has an open wound?
- a) Ignore it
  - b) Clean and bandage it properly (Correct)
  - c) Leave it exposed
  - d) Cover it with a dirty cloth
13. How does smoking affect personal hygiene?
- a) It has no effect
  - b) It can lead to bad breath and oral health issues (Correct)
  - c) It improves overall hygiene
  - d) It only affects skin
14. What is the benefit of keeping a first aid kit at home?
- a) It looks good on display
  - b) To be prepared for emergencies (Correct)
  - c) It has no practical use
  - d) It only contains band-aids
15. Why should personal grooming include hair maintenance?
- a) It's not necessary
  - b) To prevent lice and other scalp issues (Correct)
  - c) To style your hair
  - d) None
16. How can you ensure your mascara is hygienic?
- a) Sharing it with friends
  - b) Replacing it every three months (Correct)
  - c) Using it daily
  - d) Cleaning the brush with water
17. What is a risk of poor hygiene related to clothing?
- a) Improved fashion sense
  - b) Skin irritations or infections (Correct)
  - c) Increased comfort
  - d) No effect
18. Which habit can reduce the chance of catching a cold?
- a) Sleeping in poorly ventilated rooms
  - b) Frequent handwashing (Correct)
  - c) Ignoring symptoms
  - d) Sharing drinks with others
19. What is an important aspect of kitchen hygiene?
- a) Cooking all food at the same temperature
  - b) Washing hands before and after handling food (Correct)
  - c) Using one spatula for all dishes
  - d) Leaving food out to cool
20. What can be an unhealthy habit regarding personal hygiene?
- a) Regular showering
  - b) Skipping dental visits (Correct)
  - c) Cleaning your face daily
  - d) Washing clothes regularly
21. How should fruits be stored for maximum freshness?
- a) In direct sunlight
  - b) In a cool, dry place (Correct)

- c) In the refrigerator only
  - d) In a damp area
22. Why is diuretic use without medical guidance dangerous?
- a) It improves health
  - b) It can lead to dehydration (Correct)
  - c) It has no effect
  - d) It benefits everyone
23. What should be regularly done with a pet's accessories?
- a) Left out in the open
  - b) Cleaned often (Correct)
  - c) Ignored
  - d) Only cleaned when they smell
24. Which of the following describes a proper method of cooling leftovers?
- a) Letting them sit at room temperature
  - b) Placing in the refrigerator within 2 hours (Correct)
  - c) Freezing them immediately
  - d) Eating them directly from the oven
25. Why is hydration key to maintaining skin health?
- a) It doesn't make a difference
  - b) It keeps skin supple and reduces acne (Correct)
  - c) It causes dryness
  - d) It only matters for hair
26. How can you tell if someone is maintaining good hygiene?
- a) Avoiding bathing
  - b) Clean clothing and fresh scent (Correct)
  - c) Wearing the same clothes daily
  - d) Ignoring personal care products
27. What is one of the first signs that you need to wash your hands?
- a) They are not visible
  - b) After using the restroom (Correct)
  - c) Before sleeping
  - d) Only when they look dirty

Номер задания	Верный вариант ответа
1	a
2	d
3	b
4	c
5	a
6	d
7	b

Номер задания	Верный вариант ответа
8	c
9	a
10	d
11	b
12	c
13	a
14	d
15	b
16	c
17	a
18	d
19	b
20	c
21	a
22	d
23	b
24	c
25	a
26	d
27	b

**Assessment criteria (assessment tool — Test)**

Grade	Assessment criteria
pass	The level of knowledge in the volume corresponding to the training program. Several minor mistakes

Grade	Assessment criteria
	were made.
fail	The level of knowledge is below the minimum requirements. There were gross mistakes.

#### **5.1.9 Model assignments (assessment tool - Discussion) to assess the development of the competency YK-7:**

1. What is personal hygiene, and why is it important?
2. How does proper hygiene impact your health?
3. Can poor hygiene affect mental health? How?
4. What are the consequences of neglecting personal hygiene?
5. Why is handwashing essential, especially before meals?
6. What role does hygiene play in preventing diseases?
7. How often should you wash your hair, and why does it vary for different people?
8. What are the key signs of good oral hygiene?
9. How can proper hygiene improve one's self-esteem and confidence?
10. What habits are part of everyday personal hygiene?
11. Why is daily showering or bathing important for the body?
12. What are the risks of not washing your hands regularly?
13. How can schools and workplaces promote better hygiene practices?
14. What does "social hygiene" mean, and how does it differ from personal hygiene?
15. Why is it important to wash fruits and vegetables before eating?
16. How does keeping nails clean contribute to overall health?
17. What is the correct way to wash hands?
18. How does personal hygiene vary across different cultures?
19. Why is it important to use deodorant or antiperspirant?
20. How can you encourage children to maintain proper hygiene?

#### **5.1.10 Model assignments (assessment tool - Discussion) to assess the development of the competency OIK-2:**

1. What are the dangers of sharing personal hygiene products?
2. How often should you change your toothbrush?
3. In what ways does hygiene affect one's physical appearance?
4. What role does hygiene play during the flu season?
5. How can neglecting hygiene lead to the spread of infections?
6. Why is oral hygiene so important for overall health?
7. How often should you visit a dentist for regular check-ups?
8. How does proper hygiene positively affect relationships?
9. What are the dangers of wearing unclean clothes regularly?
10. Why is cleaning bed linens and towels frequently important?
11. How often should you clean your ears, and what is the safest method?
12. What are some common myths about personal hygiene?
13. How does sweat affect the skin, and how can good hygiene help?
14. Why is foot hygiene important, and how can neglecting it cause problems?
15. What hygiene habits should be prioritized during travel?
16. How can you effectively clean and sanitize your mobile devices?

- 17.What is the importance of hygiene in food preparation?
- 18.How do good hygiene practices differ for babies compared to adults?
- 19.Why is it important to regularly clean makeup tools, such as brushes?
- 20.How does hygiene affect the workplace environment?

**5.1.11 Model assignments (assessment tool - Discussion) to assess the development of the competency IIK-3:**

1. How can communities promote public hygiene initiatives?
2. What's the importance of grooming in personal hygiene?
3. Why is regular exercise connected to better hygiene practices?
4. How should you sanitize your living space to maintain good hygiene?
5. Why is cleaning and disinfecting commonly touched surfaces vital?
6. What are the risks of using expired personal care products?
7. How do sanitation practices affect global health?
8. Why is dental flossing as important as brushing?
9. How can lack of proper hygiene lead to stigmatization or discrimination?
- 10.What role does hygiene play in managing chronic medical conditions?
- 11.Why is it important to wash reusable water bottles regularly?
- 12.What are the best practices for feminine hygiene?
- 13.How can you maintain hygiene in areas with limited access to clean water?
- 14.Why is proper waste disposal essential for community hygiene?
- 15.How does dressing appropriately for the weather connect to personal hygiene?
- 16.What role does hygiene play in preventing skin infections?
- 17.How does regular exercise influence sweat production and hygiene?
- 18.What is the link between personal hygiene and allergies?
- 19.Why is adequate ventilation in living spaces important for hygiene?
- 20.What are some dos and don'ts of public restroom hygiene?

**5.1.12 Model assignments (assessment tool - Discussion) to assess the development of the competency IIK-9:**

1. Why is it important to use sunscreen in daily hygiene routines?
2. What's the best way to keep shoes odor-free and clean?
3. How often should you clean your household appliances, like refrigerators or microwaves?
4. Why is using separate towels for face and body recommended?
5. How can workplaces promote hand hygiene effectively?
6. How does stress affect personal hygiene habits?
7. Why is it important to educate children about hygiene from an early age?
8. How can good hygiene reduce the risk of food poisoning?
9. What are the challenges of maintaining hygiene during outdoor activities?
- 10.What is the importance of washing bed sheets and pillowcases for skin health?
- 11.How has COVID-19 changed global hygiene standards?
- 12.Why is it important to properly clean and store reusable masks?
- 13.What is the role of hygiene in recovering from illness or surgery?
- 14.How does regular cleaning of HVAC systems contribute to indoor hygiene?
- 15.What are the differences between hygiene standards in urban and rural areas?
- 16.Why should you avoid biting your nails from a hygiene perspective?
- 17.How can poor hygiene affect pets and vice versa?
- 18.What are some common hygiene mistakes people make without realizing?
- 19.Why is hydrating properly considered part of good hygiene?
- 20.How often should you clean your gym equipment or yoga mats?



## Assessment criteria (assessment tool — Discussion)

Grade	Assessment criteria
pass	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made.
fail	The level of knowledge is below the minimum requirements. There were gross mistakes.

## 5.2. Description of scales for assessing learning outcomes in the discipline during interim certification

### Шкала оценивания сформированности компетенций

Уровень сформированности компетенций (индикатора достижения компетенций)	плохо	неудовлетворительно	удовлетворительно	хорошо	очень хорошо	отлично	превосходно
	не зачтено		зачтено				
<u>Знания</u>	Отсутствие знаний теоретического материала. Невозможность оценить полноту знаний вследствие отказа обучающегося от ответа	Уровень знаний ниже минимальных требований. Имели место грубые ошибки	Минимально допустимый уровень знаний. Допущено много негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько несущественных ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Ошибок нет.	Уровень знаний в объеме, превышающем программу подготовки.
<u>Умения</u>	Отсутствие минимальных умений. Невозможность оценить наличие умений вследствие отказа обучающегося от ответа	При решении стандартных задач не продемонстрированы основные умения. Имели место грубые ошибки	Продemonстрированы основные умения. Решены типовые задачи с негрубыми ошибками. Выполнены все задания, но не в полном объеме	Продemonстрированы все основные умения. Решены все основные задачи с негрубыми ошибками. Выполнены все задания в полном объеме, но некоторые с недочетами	Продemonстрированы все основные умения. Решены все основные задачи. Выполнены все задания в полном объеме, но некоторые с недочетами.	Продemonстрированы все основные умения. Решены все основные задачи с отдельными несущественными недочетами, выполнены все задания в полном объеме	Продemonстрированы все основные умения. Решены все основные задачи. Выполнены все задания, в полном объеме без недочетов
<u>Навыки</u>	Отсутствие базовых навыков. Невозможность оценить наличие	При решении стандартных задач не продемонстрированы базовые	Имеется минимальный набор навыков для	Продemonстрированы базовые навыки при решении	Продemonстрированы базовые навыки при решении	Продemonстрированы навыки при решении	Продemonстрирован творческий подход к решению

	навыков вследствие отказа обучающегося от ответа	навыки. Имели место грубые ошибки	решения стандартны х задач с некоторым и недочетами	стандартны х задач с некоторым и недочетами	стандартны х задач без ошибок и недочетов	нестандарт ных задач без ошибок и недочетов	нестандартны х задач
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### Scale of assessment for interim certification

Grade		Assessment criteria
pass	outstanding	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "outstanding", the knowledge and skills for the relevant competencies have been demonstrated at a level higher than the one set out in the programme.
	excellent	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "excellent",
	very good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "very good",
	good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "good",
	satisfactory	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "satisfactory", with at least one competency developed at the "satisfactory" level.
fail	unsatisfactory	At least one competency has been developed at the "unsatisfactory" level.
	poor	At least one competency has been developed at the "poor" level.

### 5.3 Model control assignments or other materials required to assess learning outcomes during the interim certification with the criteria for their assessment:

#### 5.3.1 Model assignments (assessment tool - Control questions) to assess the development of the competency УК-7

1. What role does hygiene play in preventing workplace absenteeism?
2. How should you disinfect items after being sick?
3. How can public transportation systems improve hygiene standards?
4. Why is it necessary to clean hairbrushes and combs regularly?
5. How do cultural norms influence hygiene education in schools?
6. Why is it important to trim and file nails regularly?
7. What considerations should people have when selecting hygiene products?
8. How does hygiene relate to maintaining healthy skin?
9. How can personal hygiene help avoid environmental pollution?
10. What role does physical hygiene play in intimate relationships?
11. How do seasonal changes impact hygiene routines?
12. What are the risks of using communal grooming tools in salons?
13. Why should you always cover your mouth while coughing or sneezing?
14. How does technology (e.g., apps and devices) help track hygiene habits?

15. Why is it important to avoid overusing antibacterial products?
16. What steps can be taken to ensure hygiene in shared housing spaces?
17. How does traveling to different countries influence one's understanding of hygiene?
18. What are the ethical considerations in promoting global hygiene awareness?
19. Why do regular hygiene audits matter in healthcare facilities?
20. How can individuals balance environmental sustainability with good hygiene practices?
21. Discuss the importance of hygiene in different cultures.
22. Why is it essential to clean toys regularly for children's hygiene?
23. What are the consequences of neglecting personal hygiene?
24. How can you educate others about the importance of hygiene practices?
25. What role do health organizations play in promoting hygiene?
26. Describe the term "hygiene hypothesis."

### **5.3.2 Model assignments (assessment tool - Control questions) to assess the development of the competency ОПК-2**

1. How should baby bottles and feeding equipment be sanitized?
2. How does lying on unclean surfaces affect skin hygiene?
3. Why is a balanced diet an important component of hygiene?
4. What role does sunlight play in maintaining healthy hygiene?
5. How can family routines improve hygiene among children?
6. How important is hand hygiene after handling raw meat or eggs?
7. Could poor hygiene trigger allergies or worsen existing ones?
8. What are the hygiene essentials when traveling by plane or train?
9. What are the risks of overusing sanitizers or alcohol-based solutions?
10. How frequently should carpets and rugs be cleaned to maintain hygiene?
11. How can regular bathing protect against skin diseases?
12. What is cross-contamination, and how does it relate to poor hygiene?
13. Why is dental floss important for oral hygiene?
14. What does "personal hygiene etiquette" mean, and why does it matter?
15. What are best practices for maintaining hygiene after playing with pets?
16. Why is hygiene crucial for food industry workers?
17. Why should gym equipment be sanitized after every use?
18. How can the beauty industry promote hygiene-friendly practices?
19. What are the best hygiene practices in hot and humid climates?
20. Why is education essential for spreading awareness about good hygiene?
21. What is a simple method to teach children about hand hygiene?
22. Why is it vital to maintain hygiene during a pandemic?
23. How does climate affect personal hygiene practices?
24. Explain the concept of "hygiene theater" and its relevance today.
25. What are the benefits of using alcohol-based hand sanitizers?
26. How can personal hygiene impact professional life?
27. What materials are appropriate for making reusable face masks from a hygiene perspective?

### **5.3.3 Model assignments (assessment tool - Control questions) to assess the development of the competency ПК-3**

1. What is personal hygiene?
2. Why is handwashing important in maintaining hygiene?
3. True or False: Washing hands with soap is more effective than washing with water.
4. What are the key moments when you should wash your hands?
5. Define "oral hygiene."

6. Name three practices that promote good oral hygiene.
7. What is the recommended duration for brushing teeth?
8. True or False: You only need to brush your teeth once a day.
9. How does diet affect personal hygiene?
10. What is the importance of showering regularly for skin health?
11. What are common skin care practices to maintain hygiene?
12. Why is it important to keep your nails trimmed?
13. Which habits can contribute to body odor?
14. How does regular exercise relate to personal hygiene?
15. What is the impact of stress on personal hygiene practices?
16. What is the role of deodorant in personal hygiene?
17. Define "environmental hygiene."
18. Why is sanitation important in public health?
19. How can you prevent the spread of germs in shared spaces?
20. What is the purpose of disinfectants?
21. How often should you wash your bedding to maintain hygiene?
22. What are some key practices for kitchen hygiene?
23. What is food safety, and how does it relate to hygiene?
24. True or False: You can consume expired food if it looks fine.
25. What are the signs of food spoilage?

#### **5.3.4 Model assignments (assessment tool - Control questions) to assess the development of the competency ΠΚ-9**

1. Why is it important to keep raw and cooked foods separate?
2. Name three diseases that can be transmitted through poor hygiene.
3. What is the significance of vaccination in public hygiene?
4. Describe the impact of water quality on hygiene practices.
5. Why should you avoid sharing personal items, like towels or razors?
6. What is the importance of community hygiene programs?
7. How does air quality affect respiratory hygiene?
8. True or False: Airborne diseases can be controlled with good environmental hygiene.
9. How can you maintain hygiene in a shared bathroom?
10. What are the main principles of waste management for public health?
11. Explain the role of cleanliness in mental health.
12. How often should you clean your phone to maintain hygiene?
13. Why is it important to take care of your ears in relation to hygiene?
14. Describe the importance of menstrual hygiene.
15. What are the impacts of poor hygiene on children's health?
16. How can teachers promote hygiene in schools?
17. Why is foot hygiene important?
18. What is the relationship between hygiene and infection control in healthcare settings?
19. How do parasites relate to hygiene issues?
20. Name at least two hygiene practices that can prevent colds.
21. How does personal hygiene influence social interactions?
22. What is the role of hygiene in preventing antibiotic resistance?
23. How can proper hygiene practices contribute to overall well-being?
24. What are some myths about hygiene that need debunking?
25. How does travel affect personal hygiene practices?

#### **Assessment criteria (assessment tool — Control questions)**

Grade	Assessment criteria
pass	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made.
fail	The level of knowledge is below the minimum requirements. There were gross mistakes.

### 5.3.5 Model assignments (assessment tool - Control questions) to assess the development of the competency YK-7

- What is personal hygiene?
- How often should you wash your hands?
- Why is it important to wash your hands with soap and water?
- What is the minimum time you should wash your hands for?
- Name three situations when you should wash your hands.
- What is oral hygiene?
- How often should you brush your teeth?
- What type of toothpaste is recommended for maintaining oral health?
- When should you replace your toothbrush?
- Why is flossing important in dental hygiene?
- What is body hygiene?
- How often should you take a shower or bath to maintain body hygiene?
- Why is it important to keep your nails trimmed and clean?
- How does sweating help regulate body temperature?
- What kind of deodorant should you use to reduce body odor?
- What is food hygiene?
- Why should fruits and vegetables be washed before eating?
- Define cross-contamination in food hygiene.
- How should raw meat be stored to prevent the spread of bacteria?
- At what temperature should perishable food be stored to keep it safe?

### 5.3.6 Model assignments (assessment tool - Control questions) to assess the development of the competency ОПК-2

1. Why should you avoid sharing personal items like razors or toothbrushes?
2. What is the purpose of wearing clean clothes daily?
3. Why is it necessary to keep your feet clean and dry?
4. What are the proper steps to wash your hands?
5. How does good hygiene help prevent the spread of diseases?
6. What is the role of vaccines in maintaining hygiene?
7. What are the signs of poor hygiene?
8. How can poor dental hygiene lead to health problems?
9. What type of soap is most effective at killing germs?
10. What causes bad breath, and how can you prevent it?
11. What is a balanced diet, and why is it important for overall hygiene?
12. How can regular exercise contribute to good hygiene?
13. What is the function of fluoride in dental care products?
14. How often should you floss your teeth?
15. Why is personal grooming important for social interactions?

- 16.Can you explain what germs are and how they spread?
- 17.What is the best way to dry your hands after washing them?
- 18.Why should you avoid touching your face with dirty hands?
- 19.Name three common hygiene practices to prevent COVID-19.
- 20.What is antiseptic, and how is it used?

### **5.3.7 Model assignments (assessment tool - Control questions) to assess the development of the competency ПК-3**

1. What is the proper way to cover your mouth when sneezing or coughing?
2. How can regular hair washing improve your hygiene?
3. Why is hydration important for skin health?
4. What are probiotics, and how do they impact gut health?
5. How often should bed sheets and pillowcases be washed?
6. Why is dental loss a result of poor oral hygiene?
7. Why should you avoid walking barefoot in public areas like pools or gyms?
8. What is dandruff, and how can it be prevented?
9. Why should you avoid using ear swabs inside your ears?
- 10.What are the risks of keeping wet towels unwashed for too long?
- 11.Why is proper ventilation important in maintaining hygiene at home?
- 12.What is the proper procedure for cleaning wounds?
- 13.Define “hygiene hypothesis” in relation to allergies.
- 14.Why are face masks important in preventing airborne diseases?
- 15.How often should you clean surfaces like door handles and light switches?
- 16.What is menstrual hygiene?
- 17.How does good hygiene contribute to mental well-being?
- 18.What is the purpose of exfoliation in skincare?
- 19.Why is sharing makeup not recommended?
- 20.What is the shelf life of a bottle of hand sanitizer?

### **5.3.8 Model assignments (assessment tool - Control questions) to assess the development of the competency ПК-9**

1. What is the difference between cleaning and sanitizing?
2. What are the recommended steps to clean a kitchen after meal preparation?
3. Why is it important not to leave leftover food uncovered?
4. What are the benefits of regular visits to the dentist?
5. What is plaque, and how does brushing remove it?
6. What is the primary cause of tooth decay?
7. What is the best way to clean your ears safely?
8. What is the importance of good posture in physical hygiene?
9. Why is using clean combs or brushes necessary for scalp health?
- 10.How often should you clean your mobile phone or other devices?
- 11.How can nail-biting harm your hygiene?
- 12.Why should toothbrushes be stored upright and uncovered?
- 13.What is the ideal temperature for washing laundry to kill germs?
- 14.Why is hydration important during exercise?
- 15.When apply sunscreen, how does it help with hygiene-related skin protection?
- 16.What is the purpose of using gloves during cleaning tasks?
- 17.Why should pet hygiene be maintained in the household?
- 18.What is the importance of proper indoor waste disposal?
- 19.How does hand washing help in preventing food poisoning?

20. Why is it advised to avoid touching open wounds?

**Assessment criteria (assessment tool — Control questions)**

Grade	Assessment criteria
outstanding	High level of training, impeccable mastery of theoretical material, the student demonstrates a creative approach to solving non-standard situations. The student gave a complete and detailed answer to all the theoretical questions of the ticket, confirming the theoretical material with practical examples. The student actively worked in practical classes. 100% completion of control exam tasks.
excellent	High level of training with minor mistakes. The student gave a complete and detailed answer to all the theoretical questions of the ticket, confirms the theoretical material with practical examples. The student actively worked in practical classes. Completion of control exam tasks by 90% or higher.
very good	Good preparation. The student provides answers to all the theoretical questions of the ticket, but there are inaccuracies in the definitions of concepts, processes, etc. The student actively worked in practical classes. Completion of control exam tasks from 80 to 90%.
good	Overall, good preparation with noticeable mistakes or shortcomings. The student gives a complete answer to all the theoretical questions of the ticket, but there are inaccuracies in the definitions of concepts, processes, etc. Mistakes are made when answering additional and clarifying questions from the examiner. The student was working on practical classes. Completion of control exam tasks from 70 to 80%.
satisfactory	Minimum sufficient level of training. The student shows a minimum level of theoretical knowledge, makes significant mistakes, but when answering leading questions, he can orient himself correctly and give the correct answer in general terms. The student attended practical classes. Completion of control exam tasks from 50 to 70%.
unsatisfactory	The training is insufficient and requires additional study of the material. The student gives erroneous answers, both to the theoretical questions of the ticket, and to the leading and additional questions of the examiner. The student missed most of the practical classes. Completion of control exam tasks up to 50%.
poor	The preparation is absolutely insufficient. The student does not answer the questions asked. The student was absent from most of the lectures and practical classes. Completion of control exam tasks is less than 20%.

**6. Учебно-методическое и информационное обеспечение дисциплины (модуля)**

Основная литература:

1. Дементьев А. А. Гигиена : методические рекомендации для самостоятельной подготовки обучающихся по специальности педиатрия / Дементьев А. А., Ляпкало А. А., Рябчиков В. Н. - Рязань : РязГМУ, 2022. - 343 с. - Книга из коллекции РязГМУ - Медицина.,

<https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=860827&idb=0>.

2. Hygiene in children and adolescents : руководство / Kaveshnikov V. S., Andropova T. V., Gudina M. V., Odintsova I. N., Serebryakova V. N., Yakimovich I. Y. - Томск : СибГМУ, 2019. - 94 с. - Библиогр.: доступна в карточке книги, на сайте ЭБС Лань. - Книга из коллекции СибГМУ - Медицина., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=725713&idb=0>.
3. Melnichenko P.I. Hygiene : учебник / Melnichenko P.I. - Москва : ГЭОТАР-Медиа, 2023. - 512 с. - ISBN 978-5-9704-7909-4., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=870643&idb=0>.

Дополнительная литература:

1. Гигиена труда : учебное пособие для обучающихся по специальности 32.05.01 медико-профилактическое дело / Зорина И. Г., Соколов В. Д., Бровман Н. М., Сергеева Е. А. - Челябинск : ЮУГМУ, 2019. - 410 с. - Книга из коллекции ЮУГМУ - Медицина., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=861010&idb=0>.
2. Library and Media Roles in Information Hygiene and Managing Information. - IGI Global, 2022. - 1 online resource. - ISBN 9781799887157. - ISBN 9781799887133. - Текст : электронный., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=854674&idb=0>.
3. Shashina E.A. Educational and methodological textbook for practical classes on hygiene : учебное пособие / Shashina E.A.; Makarova V.V. - Москва : ГЭОТАР-Медиа, 2021. - 208 с. - ISBN 978-5-9704-5875-4., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=735774&idb=0>.

Программное обеспечение и Интернет-ресурсы (в соответствии с содержанием дисциплины):

ЭБС «Юрайт». Режим доступа: <http://biblio-online.ru>.

ЭБС «Консультант студента». Режим доступа: <http://www.studentlibrary.ru>.

ЭБС «Лань». Режим доступа: <http://e.lanbook.com/>.

ЭБС «Znaniium.com». Режим доступа: [www.znaniium.com](http://www.znaniium.com).

## **7. Материально-техническое обеспечение дисциплины (модуля)**

Учебные аудитории для проведения учебных занятий, предусмотренных образовательной программой, оснащены мультимедийным оборудованием (проектор, экран), техническими средствами обучения.

Помещения для самостоятельной работы обучающихся оснащены компьютерной техникой с возможностью подключения к сети "Интернет" и обеспечены доступом в электронную информационно-образовательную среду.

Программа составлена в соответствии с требованиями ФГОС ВО по направлению подготовки/специальности 31.05.01 - General Medicine.

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