MINISTRY OF EDUCATION AND SCIENCE OF RUSSIA

**Federal State Budgetary Educational Institution
of higher education
«I.N. Ulianov Chuvash State University»**
(FSBEI of HE «I.N. Ulianov Chuvash State University»)

Medical Faculty

Department of Internal Diseases

«APPROVE»
Vice-rector for Academic Affairs
__________________ I.E. Poverinov

«_13_» _04_______ 2022

Working programs of the discipline (module)
«Валеология / Valeology»

Direction of training / specialty 31.05.03 Стоматология / Dentistry
Graduate's qualification Врач-стоматолог / Dental Practitioner

Direction (profile) / specialization «Dentistry»

Form of training – очная / intramural
Course – 3
Term – 5
Total academic hours/credit points – 72/2
The year of beginning the training – 2022

Cheboksary - 2022

The fundamental document for compiling the working program of the discipline (module) Федеральный государственный образовательный стандарт высшего образования - специалитет по специальности 31.05.03 Стоматология (приказ Минобрнауки России от 12.08.2020 г. № 984)

Approved by:
associate professor, Candidate of Medical Sciences N. V. Zhuravleva

The working program was approved at the meeting of the Department of Internal Diseases,
25.03.2022, protocol № 12
Head of the department L. M. Karzakova

Approved by
Dean of the Medical Faculty V.N. Diomidova
Acting Head of the Educational and Methodological Department E.A. Shirmanova

1. The purpose and objectives of training in the discipline (module)

The purpose of the discipline - - to teach students in the specialty 31.05.03 "Dentistry" the main, most significant areas of work for the preservation of public and individual health, to master the main directions of valeology as a science reflecting general biological, evolutionary and social ideas about health.

The objectives of the discipline - - to give an idea of health as a multidimensional, integral state of the body;

- to get an idea of the basic principles of the organization of a healthy lifestyle;

- to show the role of valeology for successful study at a university and subsequent medical activity, training students in the most important methods of physiological research that allows them to assess the state of a healthy organism; training students in the most important methods of assessing the level of health.

2. The place of practical training in the structure of the educational program of higher education

The discipline «Валеология / Valeology» относится к части учебного плана формируемой участниками образовательных отношений refers to the mandatory part in the curriculum of the educational program of higher education (hereinafter referred to as the EP of HE) in the field of training / specialty 31.05.03 Стоматология, direction (profile) / specialization of the program «Dentistry».

Previous academic disciplines (modules) and (or) practices that form the knowledge, skills and abilities necessary for training in the discipline (module):

Нормальная физиология / Normal Physiology
Пропедевтическая стоматология / Propaedeutic Dentistry
Анатомия / Anatomy
Иммунология / Immunology
Безопасность жизнедеятельности / Health and Safety
Биология / Biology

Knowledge, skills and abilities formed as a result of training in a discipline (module) are necessary when teaching in the following disciplines (modules) and (or) practices:

Гигиена / Hygiene
Фтизиатрия / Phthisiology
Неврология / Neurology

3. Planned learning outcomes in the discipline (module), correlated with the planned learning outcomes

Planned learning outcomes in the discipline (module), correlated with the planned learning outcomes

Code and name of the competence	Code and name of the competence achievement	Descriptors for the indicator of competence achievement (learning)
ПК-4 Способен провести и контролировать эффективность санитарно-эпидемических и иных профилактических мероприятий по охране здоровья населения / He/she is able to conduct and monitor the effectiveness of sanitary-epidemic and other preventive measures to protect public health	ПК-4.1 Способен разработать план санитарно- эпидемических и профилактических мероприятий по охране здоровья населения / He/she is able to develop a plan of sanitary-epidemiological and preventive measures to protect public health	
ПК-4 Способен провести и контролировать эффективность санитарно-эпидемических и иных профилактических мероприятий по охране здоровья населения / He/she is able to conduct and monitor the effectiveness of sanitary-epidemic and other preventive measures to protect public health	ПК-4.2 Способен провести и контролировать эффективность разработанных санитарно -эпидемических и профилактических мероприятий по охране здоровья населения / He/she is able to carry out and monitor the effectiveness of developed sanitary-epidemiological and preventive measures to protect public health	

4. Structure, scope and content of the discipline (module)

Educational activities in the discipline (module) are carried out:

- in the form of students' face-to-face work with the teaching staff of the organization and (or) persons involved by the organization to implement the educational programs on other terms (hereinafter - contact work);

- in the form of students' independent work.

Face-to-face work can be classroom-based, extramural, as well as it can be conducted in an electronic information and educational environment (EIEE).

Learning sessions in the discipline (module) and interim assessment of students are conducted in the form of face-to-face work and in the form of students' independent work.

During learning sessions in the discipline (module) face-to-face work includes: lecture -type classes, seminar-type classes and (or) group consultations, and (or) individual work of students with the teaching staff of the organization and (or) persons involved by the organization to implement the educational programs on other terms (including individual consultations).

Legend:

Lec – lectures, Lab – laboratory work, Pr – practical classes, ICW – individual face-to -face work, IW – independent work.

4.1. Content of the discipline (module)

Section name	The section's content	Formed competences	Competence achievement indicator
Fundamentals of Valeology	General provisions of valeology		
	Health as a condition and property of the body		
	Risk factors for the development of diseases		
	Physical inactivity and inadequate nutrition		
	Tobacco smoking and health		
	Alcohol and health		
	Physical activity. Methods of its control and regulation.		
Stress and stress resistance	Human stress resistance. Anti-stress systems.		
Individual contact work	Individual contact work		

4.2. Scope of the discipline and types of academic work

Forms of control and types of academic work		Labor intensity of the discipline (module)	
		5	total
1. Face-to-face work:		32,2	32,2
In-class learning in total, including:		32	32
Лабораторные занятия (Лаб)		32	32
Индивидуальная контактная работа (ИКР)		0,2	0,2
2. Independent work of the student:		39,8	39,8
3. Intermediate certification (exam) (зачет)		За	За
Total:	academic hours	72	72
	credit units	2	2

№ item	The section's (theme's) name	Face-to face work, including in the electronic information and educational environment, academic hours				IW, academic hours	Total, academic hours
		Lect.	Pr.	Lab.	ICW		
	Fundamentals of Valeology						
1	General provisions of valeology			4		5	9
2	Health as a condition and property of the body			4		5	9
3	Risk factors for the development of diseases			4		5	9
4	Physical inactivity and inadequate nutrition			4		5	9
5	Tobacco smoking and health			4		5	9
6	Alcohol and health			4		4,8	8,8
7	Physical activity. Methods of its control and regulation.			4		5	9
	Stress and stress resistance						
8	Human stress resistance. Anti-stress systems.			4		5	9
	Individual contact work						
9	Individual contact work				0,2		0,2
Total academic hours				32	0,2	39,8	72

4.3. Summary of the discipline (module), structured by sections (topics)

Раздел 1. Fundamentals of Valeology

Тема 1. General provisions of valeology

Лабораторное занятие. Goals and objectives of valeology. Defining signs of health science.

The role of the state in ensuring the health of citizens.

Factors that hinder the education of a health culture. The place of valeology in the prevention of diseases.

Methods of valeology. Classification of valeology.

Тема 2. Health as a condition and property of the body

Лабораторное занятие. Definition of health according to the WHO Statute (1946). Social factors affecting health.

Health and family. Health and culture. The problem of a person's personal responsibility for their health.

Criteria of public health (medical and demographic, morbidity, primary disability, indicators of physical development, indicators of mental health).

Criteria for assessing the health of the population.

Тема 3. Risk factors for the development of diseases

Лабораторное занятие. Risk factors for diseases. Primary and secondary health risk factors (according to WHO).

The main risk factors for the development of non-communicable diseases and related pathologies. Survey of the population to identify health risk factors.

Prevention aimed at preventing the action of risk factors. Monitoring of risk factors.

Modular analysis of risk factors. Creation of a system to control the spread of non-communicable diseases.

Тема 4. Physical inactivity and inadequate nutrition

Лабораторное занятие. Physical inactivity: symptoms, consequences, prevention, causes and features of therapy.

Analysis of health factors. The approximate ratio of various factors to ensure the health of a modern person (according to WHO).

Factors that negatively affect health. Nutrition is the most important component of human health. The laws of rational (adequate) nutrition.

Тема 5. Tobacco smoking and health

Лабораторное занятие. Tobacco smoking. Causes of nicotine addiction. The degree of nicotine addiction. Tobacco withdrawal syndrome.

Social and psychological causes of smoking.

The difference between regular cigarettes, cigarettes with a reduced nicotine content, hookah and electronic cigarettes.

Tobacco smoking statistics. Prognosis for smoking.

Тема 6. Alcohol and health

Лабораторное занятие. General information about the dangers of alcohol. Alcohol addiction. Symptoms of alcoholism.

Stages of alcohol-containing beverages abuse and their harmful effects on the body (according to WHO).

Physical consequences of alcoholism. Mental and social consequences of alcoholism.

Statistics of alcohol consumption. Prognosis for alcohol abuse.

Тема 7. Physical activity. Methods of its control and regulation.

Лабораторное занятие.

Methods of regulation and control of physical activity during

physical exercises.

The dose of the load. The volume of the load. The intensity of the load.

Indicators of the body's reaction to the load: heart rate and external signs of fatigue of those engaged (skin discoloration, respiratory rhythm disturbance, etc.)

The optimal range of loads. Regulation of physical activity.

Раздел 2. Stress and stress resistance

Тема 8. Human stress resistance. Anti-stress systems.

Лабораторное занятие. The classical concept of stress by G. Selye and its development. Physiological manifestations of stress. Stages and mechanisms of adaptation of the organism to the action of extreme factors.

Neuro-reflex and humoral mechanisms of stress reaction development.

General approaches to neutralizing stress. Meditation. The role of a medical professional in the prevention of distress. The concept of emotional stress and its role in human life.

Features of emotional stress in medical workers.

5. Educational technologies

To implement the competence-based approach in the study of the discipline (module), extensive use of active and interactive methods of conducting classes in the educational process is provided:

Составными элементами образовательных технологий являются:

- лабораторные занятия – проводятся по тематикам занятий, с использованием лечебно-диагностического потенциала, мультимедийного сопровождения;
- применение мультимедийных средств (презентации, видеофильмы, проекторы) – для повышения качества восприятия изучаемого материала;
- применение диагностических наборов – для получения полноценного восприятия пациента и решения вопросов лечебно-профилактического характера;
- контролируемые домашние задания – для побуждения обучающихся к самостоятельной работе;
- расчетно-графические работы - (презентации) – для привития навыков самостоятельного работы ;- работа в команде: ситуационные задачи, ролевые игры – для оценки степени усвоения обучающимися пройденного материала.

6. Forms of control and types of evaluation materials for the discipline (module)

Intermediate attestation - evaluation of intermediate and final results of training in the discipline (module).

6.1. Sample list of questions for the credit test

1. The subject of valeology: definition
2. Methods of valeology
3. Valeology tasks
4. Health and family
5. The role of the state in ensuring the health of citizens
6. Factors hindering the education of a health culture
7. The place of valeology in the prevention of diseases
8. Valeology as an interdisciplinary scientific direction
9. The relationship of valeology with other sciences
10. General characteristics of the branches of valeology
11. The purpose and objectives of valeological education, upbringing and education
12. Consideration of hereditary factors in building a healthy lifestyle
13. Environmental health factors and heredity
14. Ecology and lifestyle of modern man
15. The concept of medical prevention of morbidity
16. Lifestyle and health
17. Human health criteria
18. Components of a healthy lifestyle and their characteristics

19. Civilization, lifestyle and human health
20. Cultural factors of the lifestyle of a modern person
21. The concept of health and its classification
22. Health criteria and its levels
23. Consideration of genotypic factors in ensuring health.
24. Motor activity and life expectancy.
25. The concept of physical culture and sports
26. Endurance as a motor quality and conditions of its training
27. Steady state and its types
28. The effect of physical training on the functional systems of the body
29. The concept of physical activity and methods of its control and regulation.
30. Features of motor activity in different age periods
31. Physical culture of a knowledge worker
32. The role of food in life support
33. Toxic effects of alcohol
34. The effect of tobacco smoking on the human body.
35. Prevention of stressful situations in the work of a doctor.

6.2. Sample list of questions for the examination

not provided

6.3. Suggested themes of term papers (projects)

not provided

6.4. Suggested themes of term projects

not provided

6.5. Suggested topics of calculation and graphic works

not provided

7. Educational, methodological, informational and software support of the discipline (module)

The electronic catalog and electronic information resources provided by the scientific library of the FSBEI of HE "I. N. Ulianov Chuvash State University" are available at the link http://library.chuvsu.ru/

7.1. Regulatory documents, standards and rules

1. The Constitution of the Russian Federation: [adopted by popular vote on December 12, 1993]:[as amended on December 30, 2008, February 05, 2014, July 21, 2014]. - URL: http://www.consultant.ru/document/cons_doc_LAW_28399 /.

2.The State program of the Russian Federation "Development of healthcare", approved by the Decree of the Government of the Russian Federation No. 294 of 15.04.2014 URL: http://www.consultant.ru/document/cons_doc_LAW_28399 /.

3. On the basics of Public Health protection in the Russian Federation : Federal Law No. 323 - FZ of 21.11.2011 : [Adopted by the State Duma on November 1, 2011 : Approved by the Federation Council on November 9, 2011] : [revision of November 21, 2011]. - URL: http://www.consultant.ru/document/cons_doc_LAW_121895/

4. On compulsory medical insurance in the Russian Federation : Federal Law No. 326 -FZ of 29.11.2010: [Adopted by the State Duma on November 19, 2010 : Approved by the Federation Council on November 24, 2010] : [revision of November 29, 2010]. - URL:

http://www.consultant.ru/document/cons_doc_LAW_107289/.

7.2. Recommended basic educational and methodological literature

№ item	Name

1	Борисовой Т. С. Валеология [Электронный ресурс]:Учебное пособие. - Минск: Вышэйшая школа, 2018. - 352 c. – Режим доступа: http://www.iprbookshop.ru/90747.html

7.3. Recommended supplementary educational and methodological literature

№ item	Name
1	

7.4. List of resources of the "Internet" information and telecommunication network

№ item	Name	Link to the resource
1	валеология	l Общественное здоровье и здравоохранение : учебник / В. А. Медик. - 4-е изд., перераб. - Москва : ГЭОТАР-Медиа, 2021. - 672 с. : ил. - DOI: 10.33029/9704-5737-5-4-PHC-2021-1-672. - ISBN 978-5-9704-5737-5.
2	валеология	Общественное здоровье и здравоохранение : учебник / под ред. К. Р. Амлаева. - М. : ГЭОТАР- Медиа, 2019. - 560 с. - DOI: 10.33029/9704-5237-0-OZZ-2019-1-560. - ISBN 978-5-9704-5237-0

7.5. Software, professional databases, information and reference systems, electronic educational resources and electronic library systems

Software, professional databases, information and reference systems provided by the Informatization Department of the FSBEI of HE "I.N. Ulianov Chuvash State University" are available for download at the link http://ui.chuvsu.ru //. The Unified Register of Russian programs for electronic computers and databases, including freely distributed ones, is available at the link reestr.minsvyaz.ru/reestr /.

7.5.1. Licensed and freely distributed software

Microsoft Windows operating System and/or Unix-like operating system and/or mobile operating system;

Office software packages:

Microsoft Office and/or LibreOffice

and (or) OpenOffice and (or) analogues;

Browsers, including Yandex.Browser.

List of software:

7.5.2. Lists of professional databases and (or) information reference systems and (or) electronic library systems and (or) electronic educational resources

8. Material and technical support of the discipline

Classrooms for lecture-type classes in the discipline are equipped with a teacher's automated workplace consisting of: a personal computer/laptop, multimedia equipment with a screen and (or) SMART interactive whiteboard/SMART TV.

The premises for students' independent work are equipped with computer equipment enabling to connect to the Internet and provide access to the electronic information and educational environment of the FSBEI of HE "I.N. Ulianov Chuvash State University".

№ item	Lesson type	Brief description and characteristics of the composition of installations, measuring and diagnostic equipment, computer equipment and experimental automation tools
1		Помещение для самостоятельной работы обучающихся. Оборудование: компьютерная техника с подключением к сети Интернет и доступом к электронной информационно-образовательной среде ФГБОУ ВО «Чувашский государственный университет имени И.Н. Ульянова»
2		Учебная аудитория для занятий семинарского типа, текущего контроля и промежуточной аттестации. Оборудование: учебная доска, учебная мебель, мультимедийное оборудование (проектор, экран, персональный компьютер или ноутбук с необходимым программным обеспечением для тематических иллюстраций и демонстраций, соответствующих программе дисциплины)
3	ИКР	Учебная аудитория для проведения групповых и индивидуальных консультаций. Учебная мебель. Оборудование: учебная доска. Стационарное и/или переносное мультимедийное оборудование.

9. Means of adapting the discipline teaching to the needs of persons with physical conditions

If necessary, persons with physical conditions can be offered one of the following options for perceiving information, taking into account their individual psychophysical characteristics:

1) using e-learning and distance learning technologies.

2) using special equipment (enginery) and software in accordance with the students' health restrictions in the Training Centers for Persons with Disabilities and Physical Conditions (hereinafter referred to as special needs) available at the university.

In the course of training, if necessary, the following conditions are provided for persons with visual, hearing and musculoskeletal disorders:

- for persons with visual impairments: educational and methodological materials in printed form in enlarged font; in the form of an electronic document; in the form of an audio file (conversion of educational materials into audio format); in printed form in Braille; individual consultations involving a tactile interpreter; individual assignments and consultations.
- for people with hearing impairments: educational and methodological materials in printed form; in the form of an electronic document; video materials with subtitles; individual consultations involving a sign language interpreter; individual assignments and consultations.
- for persons with disorders of the musculoskeletal system: educational and methodological materials in printed form; in the form of an electronic document; in the form of an audio file; individual assignments and consultations.

10. Guidelines for students to perform independent work

The purpose of the student's independent work (IW) is to consolidate the theoretical knowledge gained and to acquire practical skills in using and performing research of algorithms and data structures when designing application software programs. IW includes independent study of educational issues, preparation for laboratory classes, performing calculation and graphic work, preparation for a test and an exam.

The list of questions and tasks for independent work to prepare for laboratory classes is given in the corresponding methodological instructive regulations in the description of each laboratory work.

The list of questions and tasks for independent work to carry out calculation and graphic work is given in the relevant methodological instructive regulations.

Independent work of students is an integral part of the educational process.

The purpose of independent work is to prepare a modern competent specialist and to form abilities and skills for continuous self–education and professional improvement.

Independent work of students on the course "Valeology" is a necessary component of training a specialist in the field of dentistry.

The implementation of this goal involves solving the following tasks:

- qualitative development of theoretical material in the discipline under study, deepening and expanding theoretical knowledge;
- systematization and consolidation of the acquired theoretical knowledge and practical skills;
- formation of skills in the search and use of normative, legal, reference and special literature, as well as other sources of information;

- development of cognitive abilities and activity, creative initiative, independence, responsibility and organization;

- formation of independent thinking, abilities for self-development, self-education, self-improvement and self-realization;

- development of research skills;

- formation of the ability to solve practical problems (in professional activity) using acquired knowledge, abilities and skills.

Independent work is determined by the specifics of the discipline and the methodology of its teaching, the time provided by the curriculum, as well as the stage of study at which the discipline is studied.

The main forms of organizing independent work of students are: classroom independent work under the guidance and supervision of a teacher (in laboratory classes and consultations); extracurricular independent work under the guidance and supervision of a teacher (in consultations, during research work), extracurricular independent work without the direct participation of a teacher (preparation for classroom classes, Olympiads, conferences, performance of control works, work with electronic information resources, preparation for the test). Independent work of students is provided by these methodological recommendations.

11. Methodological instructive regulations for students studying the discipline (module)

Methodological recommendations for preparing students for laboratory work.

Laboratory work is one of the forms of mastering theoretical material in the discipline under study.

The purpose of laboratory classes is to deepen the study of theoretical material, systematic independent work of students throughout the course.

Independent work of students on the course "Valeology" is a necessary component of training a specialist in the field of dentistry. Extracurricular independent work is planned educational, research, research work of students, performed during extracurricular time according to the assignment and with the methodical guidance of the teacher, but without his direct participation.

The purpose of independent work of students is to master fundamental knowledge, skills and work skills in practical healthcare.

Independent work of students is aimed at solving the following tasks:mastering the skills of communication with the patient, methods of objective examination of the patient with the interpretation of the data obtained; teach to identify the most common clinical and laboratory syndromes, formulate and justify a preliminary diagnosis; diagnose the most common diseases, as well as conditions that threaten the patient's life, interpret the data of laboratory and instrumental methods, make treatment plans and provide emergency medical care in life-threatening situations.

11.1. Methodological instructive regulations for preparing for seminar-type classes

The purpose of laboratory work is to form the skills and abilities necessary in the activities of a dentist.

The content of laboratory work is: analysis of specific situations, analysis of etiology, pathogenesis, clinic, diagnosis, treatment. During the performance of tasks, students develop the skills and abilities necessary for the implementation of a set of measures aimed at preserving and strengthening health and including the formation of a healthy lifestyle, prevention of the occurrence and (or) spread of occupational diseases, their early diagnosis, identification of the causes and conditions of their occurrence and development, as well as aimed at eliminating harmful effects on human health of negative physical and chemical factors in the workplace.

Laboratory classes can be reproductive, partially exploratory and exploratory in nature.

Works of a reproductive nature are distinguished by the fact that when they are carried out, students use detailed instructions that specify: the purpose and tasks of the work, explanations (theoretical foundations), the procedure for performing the work, control questions, educational and special literature.

Works that are partially exploratory in nature require students to independently conduct an analysis, choose ways to do the work in the instructional and reference literature.

Research works are characterized by the fact that students must solve a new problem of a research nature for them, based on their existing theoretical knowledge.

Forms of organization of students in laboratory classes: frontal, group and individual.

In the frontal form of the organization of classes, all students perform the same work at the same time.

In the group form of organizing classes, the same work is performed by teams of 2 to 5 people.

With an individual form of organization of classes, each student performs an individual task.

Execution of a written assignment for the work performed (patient supervision, solution of a clinical situational problem) in accordance with the requirements. A written report on the laboratory work performed should contain the following information:

- title of the work and information about the author of the report (course, first name, last name);
- identification of leading syndromes (clinical, laboratory, instrumental);
- making preliminary and clinical diagnoses;
- drawing up a plan for additional laboratory and instrumental examination;
- interpretation of the results of laboratory and instrumental research;
- preparation of a treatment program: conservative (non-drug and medical), preventive and determination of indications for surgical treatment;
- list of used literature.

Grades for laboratory work are taken into account as an indicator of the student's current academic performance

11.2. Methodological instructive regulations for preparing for an examination

not provided

11.3. Methodological instructive regulations for preparing for a test

Preparation of students for passing the test includes:

- viewing the program of the training course;
- identification of sources necessary for the preparation (textbooks, additional literature, etc.) and their study;
- use of lecture notes, materials of laboratory classes;
- consulting with a teacher.

Preparation for the test begins with the first lesson in the discipline, at which students receive a general teacher's attitude and a list of basic requirements for current and final reporting. At the same time, it is important to systematically master the material from the very beginning, guided, first of all, by the list of questions for the test, to take notes of sources important for solving educational tasks. During the semester, replenishment, systematization and adjustment of developments take place, the development of new and consolidation of already studied material

11.4. Methodological instructive regulations for performing computational and graphical

not provided

11.5. Methodological instructive regulations for performing a control work

not provided

11.6. Methodological instructive regulations for performing a course work (project)

not provided

List of additions and changes

The name and details (if any) of the document attached to the Working Program of the discipline (module) containing the text of updates	Department's decision		Full name of department head:
	Date	Protocol №	