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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
NAMED AFTER PATRICE LUMUMBA
RUDN University**

Institute of Medicine

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

HYGIENE

(Course title)

Recommended by the Didactic Council for the Education Field of:

31.05.01 General Medicine

field of studies / speciality code and title

The development of the subject is carried out as part of the Higher Education Program:

General medicine

higher education programme profile/specialisation title

1. COURSE GOAL(s)

The subject "Hygiene" is included in the syllabus of "General Medicine" speciality in the Education Field 05.31.01 "General Medicine" and is studied in the 4, 5 semesters of the 2, 3 courses. The subject is implemented by the Department of Public Health, Healthcare and Hygiene. The subject consists of 8 sections and 32 topics and is aimed at studying the mechanisms the interaction of various environmental factors and the human body, as well as preventing the impact of adverse environmental factors on the human body.

The purpose of mastering the subject "Hygiene" is to acquire theoretical knowledge of all modules of hygienic science, students to master the methodology of preventive medicine and gain practical skills in sanitation, the formation of preventive thinking among students, the acquisition of hygienic knowledge and skills to assess the impact of environmental factors on the health of the population.

2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the subject "Hygiene" is aimed at developing the following competencies (parts of competencies): GC-1, GPC-11, GPC-2, PC-5

Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
GC-1	Able to carry out a critical analysis of problem situations based on a systematic approach, develop an action strategy	GC-1.1. Analyzes scientific and technical literature and regulatory documentation of medical organizations. GC-1.2. Critically evaluates the reliability of information sources, works with conflicting information from different sources. GCC-1.3. Understands trends, strategic objectives, problems in the field of healthcare, is oriented in legislative basis for developing strategies
GPC-11	Able to prepare and apply scientific, research and production, design, organizational, managerial and regulatory documentation in the healthcare system	GPC-11.2. Able to apply scientific, research and production, design, organizational, managerial and regulatory documentation in the framework of his professional activities.
GPC-2	Able to conduct and monitor the effectiveness of preventive measures, the formation of a healthy lifestyle and sanitary and hygienic education of the population	GPC-2.1. Able to analyze the awareness of the population about a healthy lifestyle and medical literacy. GPC-2.2. Able to develop a plan of organizational and methodological measures aimed at increasing public awareness about a healthy lifestyle, its literacy in disease prevention. GPC-2.3. Able to prepare an oral presentation or printed text that promotes a healthy lifestyle and increases the literacy of the population in disease prevention.

Competence code	Competence descriptor	Competence formation indicators (within this course)
PC-5	Capable of carrying out and monitoring the effectiveness of measures to prevent and promote a healthy lifestyle and sanitary and hygienic education of the population	PC-5.6. Capable of monitoring compliance with preventive measures. PC- 5.10. Able to form healthy lifestyle programs, including programs to reduce alcohol and tobacco consumption, prevent and combat the non-medical use of narcotic drugs and psychotropic substances PC-5.11. Able to evaluate the effectiveness of preventive work with patients

* To be filled in according to the competence matrix of the higher education programme.

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the higher educational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GCC-1	Able to carry out a critical analysis of problem situations based on a systematic approach, develop an action strategy	Philosophy; Mathematics; Chemistry; Medical informatics; Bioorganic chemistry; Physics	Public health and healthcare, economics healthcare; Epidemiology; Propaedeutics of internal diseases; Evidence-based medicine; Clinical pharmacology; <i>Economy**</i> ;
GPC-2	Able to conduct and monitor the effectiveness of preventive measures, the formation of a healthy lifestyle and sanitary and hygienic education of the population		Outpatient therapy; Reproductive health;
GPC-11	Able to prepare and apply scientific, research and production, design, organizational, managerial and regulatory documentation in the healthcare system	Latin language, Anatomy	Public health and healthcare, economics healthcare; Fundamentals of scientific research work; Evidence-based medicine; Medical criminology
PC-5	Capable of carrying out and monitoring the effectiveness of measures to prevent and promote a	Organization of special care for the sick; <i>Introduction to Nutrition**</i> ;	General practice profile: medical assistant outpatient of outpatient institutions; General practice profile: medical assistant

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
	healthy lifestyle and sanitary and hygienic education of the population	<i>Fundamentals of psychophysiology**</i>	pediatrician; Outpatient therapy; Pediatrics; Obstetrics and gynecology; Propaedeutics of internal diseases; Reproductive health; Urology; Clinical dentistry; Endoscopic urology; Epidemiology; Infectious diseases; Phthisiology; <i>Outpatient cardiology**</i> ; Ophthalmology; Dermatovenerology; Neurology, medical genetics, neurosurgery; Endocrinology; <i>Basics of nutrition childhood**</i> ; Occupational diseases

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course is 6 credits (216 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (**full-time training**)*

Type of academic activities	Total academic hours	Semesters/training modules			
		4	5		
<i>Contact academic hours</i>	162	90	72		
including:					
Lectures (LC)	18	18	0		
Lab works (LW)	144	72	72		
Seminars (workshops/tutorials) (S)	0	0	0		
<i>Self-studies</i>	36	18	18		
<i>Evaluation and assessment (exam/passing/failing grade)</i>	18	0	18		
Course workload	Academic hours	216	108	108	
	Credits	6	3	3	

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
Module 1. Theoretical and methodological foundations of the discipline "Hygiene". Public Health and the Environment.	Topic 1.1. Hygiene as a science and subject of teaching; sanitation; organization, forms and stages of state sanitary and anti-epidemic supervision. Hygienic regulation. Sanitary legislation. Methodology of hygienic regulation. Types of standards. Problems of rationing of jointly acting factors. Hygiene as a science and a discipline; sanitation; organization, forms, and stages of state sanitary and epidemiological surveillance. Hygienic standardization. Sanitary legislation. Methodology of hygienic standardization. Types of standards. Problems of standardization of jointly acting factors.	LC, LW
Module 2. Hygiene of nutrition	Topic 2.1 Rational nutrition. Hygienic nutritional standards for different population groups. Hygienic principles of rational nutrition and specific requirements for rational nutrition of various population groups.	LW
	Topic 2.2 Dietary and medical-preventive nutrition. The principles of diets and rations. Characteristics of the main therapeutic diets (number system) for patients depending on the patient's diagnosis and standard diets used in hospitals at the present stage. Justification of therapeutic and preventive nutrition rations, distribution of vitamin preparations, milk, and pectin for workers employed in hazardous working conditions.	LW
	Topic 2.3 Sanitary and hygienic expertise of products and assessment of food quality category. Sanitary and hygienic expertise of meat. Sanitary and hygienic expertise of fish. General principles of sanitary-hygienic expert examination and assessment of food product quality; nutritional and biological value of meat of warm-blooded animals; epidemiological significance of meat: food poisoning, helminthiasis, infectious diseases transmitted through meat products and their prevention. Nutritional and biological value of fish; epidemiological significance of fish: food poisoning and helminthiasis transmitted through fish and fish products and their prevention.	LW
	Topic 2.4 Sanitary and hygienic expertise of milk and dairy products. Nutritional and biological value of milk and dairy products; epidemiological significance of milk: food poisoning and zoonotic infections transmitted through milk and dairy products, and their prevention.	LW
	Topic 2.5 Nutritional and biological value and signs of spoilage of vegetable products (bread). Nutritional and biological value of cereals and leguminous crops: content and biological-hygienic characteristics of proteins, fats, carbohydrates, minerals, vitamins, and plant fibers in them; properties of fresh good-quality bread of different varieties; "diseases" of bread caused by violations of production technology or improper storage; signs of bread	LW

	spoilage, methods of sanitary-hygienic expert examination of bread, and hygienic assessment of its quality.	
	Topic 2.6 Preservation methods and assessment of canned food quality. Causes of food spoilage, purposes of canning, most common canning methods, characteristics of preservatives, principles of sanitary expert examination of concentrates and canned foods.	LW
	Topic 2.7 Food poisoning: classification, clinic, methods of prevention. Classification of food poisoning; food poisoning of microbial and non-microbial origin, causes, sources, conditions, signs, health risks, and their prevention.	LC,LW
	Topic 2.8 Hygiene requirements for public catering enterprises. The principle of flow of raw materials and products. Personal hygiene and medical control of the staff. The role of public catering in the hygienic rationalization of nutrition for various population groups. Main types of state sanitary supervision. Preventive sanitary supervision over the construction of public catering establishments. Current sanitary supervision over operating food enterprises. Sanitary-hygienic expert examination of hospital food unit projects.	LW
Module 3. Hygiene of populated areas	Topic 3.1 Hygiene of human settlements and dwellings. Sanitary and hygienic assessment of the rural homestead project. Characteristics of urban and rural environment formation, ambient air and microclimate in industrial cities, hygienic measures for environmental improvement in urban and rural areas, hygienic characteristics of residential buildings and premises.	LW
	Topic 3.2 Sanitary and hygienic expertise of microclimate of residential and industrial premises. Climate and acclimatisation. Sanitary and hygienic assessment of the microclimate of the classroom. Physical properties of air and their hygienic significance; climate and human health; acclimatization and its hygienic significance; weather, medical classification of weather types; periodic and aperiodic weather changes; heliotropic reactions and their prevention; microclimate and its hygienic significance; complex influence of meteorological environmental factors on the body, its assessment; body heat exchange with the environment; wet-bulb globe temperature (WBGT) index; hygienic standards of indoor microclimate for various purposes.	LC,LW
	Topic 3.3 Hygiene of the air. The chemical composition of atmospheric air and its hygienic significance. Atmospheric and indoor air pollution. Prevention of urban air pollution. Determination and sanitary-hygienic estimation of the carbon dioxide content in the premises. Assessment of the dustiness and microbial pollution of the air.	LC,LW

	<p>Chemical composition of clean atmospheric air and the physiological-hygienic significance of its components; hygienic characteristics of the main sources of atmospheric air pollution; composition of emissions into the atmosphere by main industrial sectors; degree of hazard of industrial emissions for the environment and public health; environmental protection measures and their hygienic effectiveness; legislation in the field of atmospheric air protection; main sources of indoor air pollution and sanitary indicators of indoor air pollution.</p>	
	<p>Topic 3.4 Hygiene requirements for lighting of the premises. Solar radiation and its hygienic significance; light climate; hygienic characteristics of the infrared, ultraviolet, and visible parts of the solar spectrum; biological effects of the ultraviolet part of the solar spectrum; ultraviolet insufficiency, its manifestations and prevention; artificial sources of ultraviolet radiation, their hygienic characteristics; hygienic requirements for lighting; natural lighting; factors affecting natural illumination of premises; assessment indicators and standardization of natural light levels in premises of various purposes; hygienic requirements for artificial lighting of premises; light sources, their hygienic assessment; lighting systems; types of luminaires and light-protective fittings.</p>	LC,LW
Module 4. Radiation hygiene	<p>Topic 4.1 Radiometry. Radioactivity, natural radiation background. Sanitary and hygienic assessment of contamination of water, bread, washouts.</p> <p>Radioactivity, measure and units of radioactivity; types of radioactive transformations; characteristics of the main types of radioactive radiation: corpuscular fluxes and electromagnetic oscillations; natural and artificial radioactive isotopes (radionuclides); physical and biological aspects of ionizing radiation effects; threshold and stochastic effects of radiation; radiometry methods: gas-discharge and scintillation counters of ions or photons; principles of hygienic standardization of radioactive contamination of water and food products.</p>	LW
	<p>Topic 4.2 Dosimetry. Doses of ionizing radiation (exposure, absorption, equivalent). Biological effects and standards of exposure of different categories of population.</p> <p>Ionizing radiation dose: physical (exposure), absorbed, equivalent, effective; dose units; dose rate; natural and anthropogenic radiation background; principles of hygienic standardization of ionizing radiation; principles and methods of measuring exposure dose and dose rate of gamma and X-ray radiation; hygienic standards (dose limits) of ionizing radiation for the population.</p>	LW
	<p>Topic 4.3 Protection against external ionising radiation (principles and calculation). Equipment rules for industrial premises. Use of protective equipment against sources of ionizing radiation.</p>	LW

	<p>Open, closed, and mixed sources of ionizing radiation; principles of protection against external radiation based on the patterns of dependence of the radiation dose received by a person from gamma or X-ray exposure on the properties of the source and associated conditions; radiotoxicity, its dependence on organotropism, effective half-life, and physicochemical properties of radionuclides; limitation of population exposure to natural and technogenic sources; methods of removal and disposal of radioactive waste; limitation of medical exposure of the population.</p>	
Module 5. Communal hygiene	<p>Topic 5.1 Hygiene of water and water supply of populated areas. Significance of water for public health. Surface and underground water sources. Waterworks. Disinfection of wells and kaptazhy. Water supply systems. Sanitary and hygienic requirements for potable water. Organoleptic assessment of water.</p> <p>Hygienic significance of water and the role of the water factor in population morbidity; water supply sources and their sanitary-hygienic characteristics; standards of domestic and drinking water consumption. Sanitary-hygienic requirements for the construction and operation of drinking water supply facilities; protection of water supply sources.</p>	LC, LW
	<p>Tema 5.2 Self-purification of water reservoirs. Zone of sanitary protection of water supply sources. Water consumption. Scheme of household and potable water supply. Sanitary and hygienic requirements for potable water - indicators of organic water pollution, generalized, microbiological indicators, MPC of chemicals, radiation safety of potable water.</p> <p>Sanitary-hygienic requirements for water quality under centralized and local drinking water supply systems. Hygienic requirements for drinking water quality according to the following indicators: (1) organoleptic (color, turbidity, odor); (2) generalized (pH, total hardness); (3) indicators of fecal contamination of the source (protein breakdown products related to the protein triad - ammonia, nitrites, and nitrates; oxygen content in water; permanganate oxidizability and BOD - biochemical oxygen demand; presence of Escherichia coli and chlorides); (4) epidemiological indicators.</p>	LC, LW
	<p>Topic 5.3 Methods for cleaning, disinfecting and improving the quality of potable water with a centralized water supply system. Methods, comparison of their effectiveness and scope.</p> <p>Water purification methods: clarification and decolorization by mechanical, physical (sedimentation, filtration) and chemical (coagulation) methods; design of horizontal and vertical sedimentation tanks, slow filter, rapid filter and its varieties (dual-layer, two-stage); schemes of water treatment facilities in urban and rural areas; water disinfection methods: physical (non-reagent); chemical (reagent) and their hygienic assessment; water chlorination; concept of chlorine demand, chlorine absorption, and residual chlorine; chlorination</p>	LC,LW

	<p>methods: chlorination with normal doses of chlorine; chlorination with break-point doses; chlorination with pre-ammoniation; superchlorination; double chlorination; special methods for improving drinking water quality.</p>	
	<p>Topic 5.4 Soil hygiene in populated areas. Epidemiological, sanitary and chemical significance of the soil. Biogeochemical provinces. endemic diseases. Hygienic assessment of soil quality.</p> <p>Hygienic significance of soil composition and properties; epidemiological, geochemical, and toxicological significance of soil; soil self-purification.</p>	LC,LW
	<p>Topic 5.5 Sanitary cleaning of populated areas. Cleaning systems, methods of neutralization and disposal of solid and liquid waste.</p> <p>Measures for sanitary protection of soil; sanitary-epidemiological significance of liquid and solid waste; hygienic requirements for sanitation of populated areas.</p>	LC,LW
Module 6. Occupational hygiene	<p>Topic 6.1 Occupational health, occupational hazards. Occupational diseases of workers. Harmful factors of the working environment and labor organization. Physiological bases of the labor process.</p> <p>Classification of occupational hazard factors, physiological characteristics of work performance dynamics, phases and physiological basis of work capacity, the concept of "dominant" by A.A. Ukhtomsky, assessment of work heaviness and intensity, factors of irrational work organization, measures for prevention of overfatigue, significance of active rest, overstrain of individual organs and body systems and prevention of associated occupational diseases.</p>	LC,LW
	<p>Topic 6.2 Chemical environmental factors and their impact on the health of workers. Fundamentals, principles of hygienic regulation in industrial toxicology.</p> <p>Occupational hazards of a chemical nature and their classification, their effects on the body (general toxic and specific), occupational poisonings and long-term consequences; routes of entry and elimination of poisons from the body; types of cumulation; factors determining the nature of action and degree of toxicity of chemical substances; principle of threshold action; sequence of experimental assessment of new chemical substances and the use of calculation methods for their hygienic standardization in the workplace air; general measures for the prevention of occupational poisonings.</p>	LC,LW
	<p>Topic 6.3 Physical environmental factors (noise, ultra- and infrasound, laser and electromagnetic radiation) and their hygienic regulation. Classification of dust, its effect on the body. Classification of pneumoconiosis. Prevention.</p> <p>Occupational hazards caused by noise, ultrasound, radiation (laser and electromagnetic), non-toxic dust, their pathogenic</p>	LC,LW

	effects; preventive measures in the workplace: changes in production technology; sanitary-technical measures; individual prevention; medical measures.	
	<p>Topic 6.4 Physical environmental factors (vibration, microclimate). Hygienic regulation. Hygienic assessment of ventilation of industrial premises.</p> <p>Methods for assessing working conditions under the influence of physical nature occupational factors (heating and cooling microclimate, vibration); prevention of their harmful effects.</p>	LC,LW
Module 7. Hygiene of children and adolescents	<p>Topic 7.1 Hygiene of children and adolescents. Assessment of physical development (biological age). Health groups of children and adolescents.</p> <p>Health group criteria; relationship between health and physical development; concept of the rate and harmony of physical development; principles and approaches to assessing physical development and health of children and adolescents.</p>	LC,LW
	<p>Topic 7.2 Hygienic requirements for children's preschool educational institutions. Hardening methods.</p> <p>Hygienic principles of planning and construction of children's organizations and general educational institutions; requirements for site selection, zoning of the territory of children's organizations and general educational institutions; hygienic requirements for the internal layout of a children's organization building, characteristics and location of premises in children's organizations; principle of group isolation, set of premises in a group cell of a children's organization; sanitary-technical provision (heating, ventilation, lighting, water supply, sewage system, etc.) of children's organizations.</p>	LC,LW
	<p>Topic 7.3 Hygienic requirements for school educational institutions. Sanitary and hygienic requirements for lighting, teaching aids, furniture and working hours of school educational institutions.</p> <p>Hygienic requirements for the internal layout of a school, groups of school premises; sanitary-technical provision (heating, ventilation, lighting, water supply, sewage system, etc.) of general educational institutions; hygienic requirements for school furniture, equipment, books; prevention of school-age diseases (myopia, spinal curvature, neuroses, etc.).</p>	LC,LW
Module 8. Hygiene of Medical Treatment-prophylactic Facilities	<p>Topic 8.1 Hospital hygiene. Hygienic principles of organizing work and planning of hospitals, features of structural and planning solutions. Requirements for the placement of hospitals, admission department. Prevention of nosocomial infections.</p> <p>Modern hygienic problems of hospital construction, hygienic requirements for the location and layout of the medical facility site, hospital building systems, zoning of the medical facility site, hygienic requirements for the admission department, for the ward section, for the operating unit, layout and operating procedures in therapeutic, surgical, pediatric, obstetric, and infectious disease departments of medical facilities, system of</p>	LC, LW

	sanitary-hygienic measures to create a protective regime and favorable conditions for patients in a medical institution, microclimate, indicators of natural and artificial lighting, types of insolation regime, sources of indoor air pollution in medical facilities, elements of sanitary amenities (heating, ventilation, water supply, sewage system), sanitary requirements for the collection, removal, and disposal of medical waste, healthcare-associated infection and its prevention (planning, sanitary-technical, and sanitary-anti-epidemic measures).	
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* - to be filled in only for **full**-time training: LC - lectures; LW - lab work; S - seminars.

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom Equipment and Technology Support Requirements

Classroom for Academic Activity Type	Equipping the classroom	Specialized educational/laboratory equipment, Software and materials for mastering the subject (if necessary)
Lecture	Audience for lectures, equipped a set of specialized furniture; board (screen) and technical through multimedia presentations.	
Lab-work	Classroom for laboratory works, group and individual classes and consultations. current control and intermediate certifications, equipped with a set of specialized furniture and equipment.	Laptop ASUS F9E Core 2 DUO T5750, multimedia installation, whiteboard, fume hood, device for bacteriological air analysis. aspirator for air sampling. Information and demonstration stands: Industrial ventilation, Facilities for cleaning emissions into the atmospheric air, Indicators of natural light, Hygienic requirements for the microclimate of premises, Classification of pneumoconiosis, Areas of wards in different departments of hospitals
Self-studies	Classroom for self-studies of students (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with access to Electronic information and educational environment.	A set of specialized furniture; technical means: multimedia projector EPSONE B-965, Laptop ASUSF9ECore 2 DUOT5750, stable wireless Internet connection.

* - classroom for self-learning activity **must be indicated!**

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

1. Hygiene: textbook / O.V. Mitrokhin, V.I. Arkhangel'sky, E.V. Belova et al. Under the editorship of O.V. Mitrokhina. Electronic text data. Moscow, GEOTAR-Media, 2022; 368. *(in Russ)* URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=508319&idb=0
2. Maksimenko LV, Drozhzhina NA, Piven EA. Edited by A.V. Fomina. General hygiene: textbook: in 4 books. Book 3: Occupational health. Moscow, RUDN University, 2022; 177. *(in Russ)* URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=509802&idb=0
3. Food Hygiene: textbook for universities / A.O. Karelin, G.A. Alexandrova. - Moscow: Yurayt Publishing House, 2026. - 122 p. - (Higher Education). - ISBN 978-5-534-20599-2. - Text: electronic // Educational platform Yurayt [website]. URL: <https://urait.ru/bcode/590450>
4. E.A. Piven, Alhejoy Hasan Mohammad Hasan, Al-Sharida Zina Azzam Abdulwahhab, N.P. Piven. Fundamentals of Industrial Toxicology: textbook. Electronic text data. Moscow, RUDN University, 2023; 91. The book is in Russian and English. URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=515658&idb=0
5. Maksimenko LV, Drozhzhina NA, Piven EA, Tadzhieva AV, Efimushkina AS, Orlova AM, Gres SN. Under the editorship of Professor Fomina AV. Hygiene: lecture notes for students studying in the specialty "Medicine": textbook: in 2 parts. Moscow, RUDN University, 2020-2021. Part I 2020; 109. *(in Russ)*
URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=493544&idb=0
6. Drozhzhina NA, Maksimenko LV, Piven EA, Tadzhieva AV, Efimushkina AS, Orlova AM, Gres SN. Under the editorship of Professor Fomina AV. Hygiene: lecture notes for students studying in the specialty "Medicine": textbook: in 2 hours / ed. prof. AV Fomina. Moscow, RUDN University, 2020-2021. Part II 2021; 105. *(in Russ)*
7. AV Fomina, LV Maksimenko, AM Orlova et al. Recommendations for the preparation of course work in "Hygiene": teaching aid. Moscow, RUDN University, 2023; 46. *(in Russ)*
8. Occupational Hygiene: textbook for universities / A.O. Karelin, G.A. Alexandrova. - Moscow: Yurayt Publishing House, 2026. - 80 p. - (Higher Education). - ISBN 978-5-534-20598-5. - Text: electronic // Educational platform Yurayt [website]. URL: <https://urait.ru/bcode/590444>

Additional readings:

1. Drozhzhina NA, Maksimenko LV, Piven EA. Under the editorship of Professor Fomina AV. Tutorial. General Hygiene. Book 1: Communal Hygiene. Moscow, RUDN University, 2018; 224. *(in Russ)* URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=468636&idb=0
2. Piven E.A., Maksimenko L.V., Tadzhieva A.V., Drozhzhina N.A. Hygiene: lecture notes: in 2 parts. Part 2. Moscow, RUDN University, 2015; 60. *(in Russ)*
URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=491601&idb=0
3. Tadzhieva A.V., Maksimenko L.V., Piven E.A., Drozhzhina N.A. Hygiene: lecture notes: in 2 parts. Part 1. Moscow, RUDN University, 2016; 68. *(in Russ)*
URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=491600&idb=0
4. Piven EA, Fomina AV, Konovalov OE, Maksimenko LV. Hygiene of children and adolescents: a teaching aid for preparation. Moscow, RUDN University, 2014; 65. *(in Russ)*
URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=433148&idb=0
5. Rummyantsev Gennady Ivanovich. Hygiene: textbook for universities. G.I. Rummyantsev, N.I. Prokhorov; Under general editorship of G.I. Rummyantsev. 2nd edited, revised and added. Moscow, GEOTAR-Media, 2009; 608. *(In Russ)*
6. Bolshakov A.M. General hygiene: textbook. 3rd edited, revised. and added. Moscow, GEOTAR-Media, 2016; - 432. *(In Russ)*
URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=475648&idb=0
7. Maksimenko L.V., Kicha D.I., Fomina A.V., Ozerov D.S. Accelerated hygienic regulation: modern approaches: educational methodological manual. Electronic text data. Moscow, RUDN, 2023; 48.

URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=510001&idb=0

8. General Hygiene: textbook: in 4 books. Book 2. Food Hygiene / N.A. Drozhzhina, M.N. Maksimenko, E.A. Piven; edited by A.V. Fomina. - Electronic text data. - Moscow: RUDN, 2019. - 199 p.: ill.

URL: https://lib.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=479038&idb=0

Internet-based sources:

1. Electronic libraries with access for RUDN students:

- Electronic library of RUDN <http://lib.rudn.ru/MegaPro/Web>
- Electronic libraries « University Online Library» <http://www.biblioclub.ru>
- Electronic library Yurayt <http://www.biblio-online.ru>
- Electronic library «Student advisor» www.studentlibrary.ru
- Electronic library «Troitskiy most»

2. Databases and search engines:

- Electronic fund of legal and normative-technical documentation <http://docs.cntd.ru/>
- Yandex search engine <https://www.yandex.ru/>
- Google search engine <https://www.google.ru/>
- SCOPUS database <http://www.elsevierscience.ru/products/scopus/>

Learning toolkits for self-studies:*

1. A course of lectures on the subject "Hygiene".

* - all learning toolkits for self-studies are based in accordance with the current procedure on the page of the subject in **RUDN LMS TUIS** <https://esystem.rudn.ru/course/view.php?id=512>

DEVELOPERS

Associate Professor of Public
Health, Health Care and Hygiene

Position, Department

Zastrozhina A.K.

Signature

Full name

HEAD OF THE DEPARTMENT:

Department of Public Health,
Health Care and Hygiene

Department

Fomina A.V.

Signature

Full name

HEAD OF THE HIGHER EDUCATIONAL PROGRAM:

Head of the Department of

General Medical Practice

Position, Department

Sturov N.V.

Signature

Full name