1. Introduction

1. The founder of hygiene science Abu Bakr ar-Rosi.
2. The founder of hygiene science Hippocrates.
3. Founder of the hygienic science of Abouali ibni Sino.
4. Hygiene and sanitation.
5. The main sections of hygiene science.
6. Current environmental problems.
7. Environmental factors.
8. Methods of hygienic research.

2.Air hygiene

1. The chemical composition of atmospheric and expired air, their comparative characteristics.
2. What areas emit in the stream of the solar spectrum?
3. Hygienic significance of CO2.
4. The physiological and hygienic importance of air nitrogen.
5. List the factors that affect the intensity of natural UV radiation.
6. Humidity, its types. Hygienic value of air humidity.
7. Ultraviolet radiation and its biological significance.
8. Hygienic significance of the physical properties of air. The concept of microclimate.
9. Natural lighting. List the indicators.
10. Environmental factors.
11. Justification of the norms of cubic capacity and floor space.
12. The effect on the body of high temperatures. Prevention of overheating.
13. Calculation of the air cube.
14. The effect of low air temperatures on the human body. Prevention hypothermia.
15. Hygienic significance of ultraviolet radiation.
16. Hygienic requirements for natural lighting.
17. List the main ways of heat transfer from the surface of the body.
18. Solar radiation and its hygienic value.
19. What are the conditions under which a person may be exposed to increased atmospheric pressure (decompression sickness). Prevention
20. Methods for assessing artificial lighting.
21. List the advantages and disadvantages of fluorescent lighting.
22. What changes occur in the body during general overheating?
23. What biological significance does the visible part of the solar spectrum have.
24. The infrared part of the solar spectrum, what biological effect does it have?
25. What disease does a person have when decompression disorder (decompression sickness) occurs?
26. The hygienic significance of air movement (wind rose).
27. The causes of mountain and high altitude diseases.
28. What are the angles of incidence and holes formed for (natural light)? Indicate the norms.
29. The concept of chemical thermoregulation.
30. The concept of physical thermoregulation.
31. What determines the degree of light retention by window panes?
32. What is air humidity? Kinds. Norms
33. Sanitary indicator of air pollution (CO2) in residential and public buildings.
34. The values of green spaces.

3. Hygiene of water.

1. Physical methods for water disinfection.
2. Sanitary and topographic survey of water sources.
3. Bacteriological indicators of water pollution.

4. Chemical methods of disinfection.
5. Sources of water supply and hygienic assessment.
6. The epidemiological importance of water.
7. Transmitted Infections through water.
8. Water purification.
9. Indicators of water pollution (bacteriological and chemical).
10. Hygienic significance of the chemical composition of water.
11. Indicators of bacterial contamination of water.
12. Hygienic significance of water.
13. Coagulation. Reagents used for coagulation.
14. Indicate geochemical endemic diseases.
15. What methods of disinfection are used on water pipes?
16. What is the reason for the occurrence of endemic goiter (daily rate of iodine).
17. Chlorination of water. What is the minimum contact time of chlorine with water at chlorination in normal doses?
18. Types and values of water hardness.
19. The physiological significance of water.
20. Water filtration. Kinds of filters. The role of biological film in filters.
21. Diseases transmitted through water.
22. Chemical methods of water disinfection.
23. List the hygienic requirements for the quality of drinking water.
24. Methods of chlorination of water. Its advantages and disadvantages.
25. Chemical indicators of water pollution.
26. Determination of chlorine needs of water (concept).
27. Determination of organoleptic properties of water.
28. What is the dose of chlorine made up during normal chlorination?
29. What is the purpose of disinfecting water?
30. List the methods of clarification (purification) of water.
31. When is it used and how is dechlorination of water?
32. When is ammoniation water chlorination used?
33. What are the advantages and disadvantages of water disinfection by ozonation?
34. What are the advantages and disadvantages of the silver disinfection of water?
35. What substances indicate organic pollution of water?

4. Food Hygiene

1. The hygienic value of vitamin "A", its sources ...
2. Food poisoning of microbial etiology. Prevention
3. The hygienic importance of minerals in human nutrition.
4. Basic hygiene requirements for nutrition.
5. Hygienic value of fats, their sources, norms.
6. Hygienic importance of carbohydrates, their sources and norms.
7. Hygienic importance of proteins, their sources and norms.
8. Physical methods of food preservation.
9. Sanitary - hygienic assessment of canned food.
10. Mineral substances and their importance for the body.
11. The value of vitamins in nutrition. Ways to preserve vitamins during the culinary process processing foods and in prepared foods.
12. Prevention of hypovitaminosis "C" in the population.
13. The nutritional value of milk.
14. Methods for determining the quality of flour.
15. Methods of food research.
16. The rational organization of diet.

17. The basics of good nutrition.
18. The causes of botulism. Clinical manifestations.
19. Cereal products and their importance in nutrition.
20. What are the values of the daily energy consumption?
21. The main sources of Ca (calcium) and its norms.
22. Sanitary - hygienic assessment of milk quality.
23. The main exchange and its calculation.
24. What diseases arise with protein deficiency. Daily protein intake for children.
25. Hygienic value of vitamin "D", sources.
26. Determination of daily energy costs.
27. Chemical methods of conservation.
28. The definition of falsification of milk.
29. List the water-soluble vitamins and their hygienic value.
30. Sanitary-hygienic evaluation of the quality of flour.
31. List the fat-soluble vitamins and their hygienic value.
32. Food poisoning of non-microbial etiology.
33. Methods of food research.
34. The nutritional value of meat. Methods for determining its quality.
35. Indicate the products - sources of protein.
36. What are the products - sources of well-absorbed calcium.
37. What nutrients characterize the qualitative composition of food and their ratio?
38. What indicators assess the freshness of milk?
39. What are the foods - sources of vitamin "D".
40. What affects the value of human energy expenditure?
41. Classification of vitamins. Hypovitaminosis and their prevention.
42. What conditions contribute to the destruction of vitamin C in foods?

5. Hygiene of children and adolescents.

1. Physical development of children and adolescents. Factors affecting him.
2. Types of school furniture, its marking.
3. A comprehensive assessment of the physical development of children and adolescents (stages).
4. Patterns of physical development of children and adolescents.
5. What are the somatometric indicators of physical development.
6. What is meant by physical development? Groups of physical education.
7. What are the somatoscopic indicators of physical development.
8. Determination of the health of children and adolescents according to Grombach.
9. Physiometric indicators of physical development and methods for their determination.
10. List the factors that adversely affect the physical development of children and adolescents.
11. Basic hygiene requirements for the classroom.
12. What is acceleration and how is it manifested?
13. List the rooms of the group cell for toddlers.
14. List the rooms of the group cell of the kindergarten.
15. The principles of group and individual isolation in a kindergarten.
16. What is meant by biological age.
17. Methods for assessing the physical development of children and adolescents.
18. Health groups.

6.Military hygiene

1. Organization of water supply to troops in peacetime.

2. Features of service in the armored forces. Prevention
3. Hygienic requirements for military camps.
4. Types of open defensive structures.
5. Barracks and requirements for them.
6. Methods to improve water quality in the field.
7. Hygienic requirements for shelters.
8. Closed defenses.
9. Types of rations.
10. Types of field deployment of troops.
11. Types of stationary deployment of troops.
12. Menu - layout. The officials involved in its drafting.
13. The daily composition of soldiers rations.

7. Communal hygiene.

1. Zoning of the city. The concept of sanitary protection zone.
2. Sanitary supervision, its types and tasks.
3. Urbanization as a hygienic problem.
4. Types of building hospitals. Advantages and disadvantages.
5. The structure of the therapeutic department.
6. List the areas of the hospital.

8. Occupational health.

1. Classification of industrial hazards.
2. Forced working position. The effect on the body. Prevention
3. Industrial hazards and occupational diseases.
4. Fatigue, types, development theories.
5. Overwork. Prevention

9. Personal hygiene.

1. A healthy lifestyle.