



Факултет по обществено здраве

Катедра „ХИГИЕНА“

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Faculty of Public Health

Department of HYGIENE

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LECTURE COURSE PROGRAMME IN HYGIENE AND ECOLOGY

for specialty “MEDICINE” 3th year, VIth semester

Summer semester 2025/2026

№	Subject	Academic hours	Date
1.	Hygiene of nutrition. Nutrients – physiological importance, sources and needs.	2h.	13/02/2026
2.	Foods – classification, composition, importance in human nutrition.	2h.	20/02/2026
3.	Food processing and preservation. Genetically modified foods.	2h.	27/02/2026
4.	Healthy nutrition. Principles of Diet therapy. Enteral and parenteral nutrition. Alternative nutrition.	2h.	06/03/2026
5.	Nutrition of different population groups – nutrition of pregnant and lactating women, nutrition of children and schoolchildren.	2h.	13/03/2026
6.	Nutrition of different population groups – nutrition of people engaged in mental work, nutrition in sportsmen, in case of occupational hazards, nutrition in elderly.	2h.	20/03/2026
7.	Foodborne diseases.	2h.	27/03/2026
8.	Diseases in result of irregularly nutrition. Diseases because of non-balanced nutrition.	2h.	03/04/2026
9.	Current issues in occupational hygiene (medicine).	2h.	17/04/2026
10.	Physiology and psychology at work. Ergonomics.	2h.	24/04/2026
11.	Physical hazards in workplace.	2h.	01/05/2026
12.	Physical hazards and dust in workplace.	2h.	08/05/2026
13.	Chemical and biological hazards in workplace.	2h.	15/05/2026
14.	Occupational medicine issues in healthcare, chemical and textile industry.	2h.	22/05/2026
15.	Occupational medicine issues in agriculture, mechanical engineering and metallurgy.	2h.	29/05/2026

TOTAL: 30 acad. hours

The Programme is prepared by Prof. S. Harizanova MD, PhD

The Programme is confirmed by the Head of the Department: Prof. S. Harizanova MD, PhD

The Programme is approved by the Departmental Council on 04/02/2026 Protocol № 01.