

Посветени на хуманността
МЕДИЦИНСКИ УНИВЕРСИТЕТ – ПЛОВДИВ

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PRACTICAL COURSE PROGRAMME IN HYGIENE AND ECOLOGY
for specialty “MEDICINE” 3th year, VIth semester
Summer semester 2025/2026

№	DATE	SUBJECT
1.	09.02. – 13.02.2026	Assessment of personal nutrition. Methods for determination of daily energy expenditure, normal body weight, body mass index and personal nutritional requirements.
2.	16.02. – 20.02.2026	Dietary assessment methods.
3.	23.02. – 27.02.2026	Assessment of nutritional status.
4.	02.03. – 06.03.2026	Nutrition of different population groups.
5.	09.03. – 13.03.2026	Dietary prevention of noncommunicable diseases.
6.	16.03. – 20.03.2026	Hygiene investigation of food products. Hygiene investigation of milk, meat, baby food and canned food.
7.	23.03. – 27.03.2026	Hygiene requirements to catering establishments. HACCP. (site visit/seminar)
8.	30.03. – 03.04.2026	Prevention of foodborne diseases as a result of biological and chemical contamination of food. Duties of medical specialist in the case of foodborne disease outbreak.
9.	14.04. – 17.04.2026	COLLOQUIUM on NUTRITION.
10.	20.04. – 24.04.2026	Ergonomic and psychological hazards in the workplace. Psychological and neurocognitive approaches to the assessment of work capacity and fatigue.
11.	27.04. – 01.05.2026	Physical hazards in the workplace. Hygiene assessment of noise and occupational vibrations.
12.	04.05. – 08.05.2026	Chemical and biological hazards in the workplace. Hygiene toxicological evaluation of chemicals. Hygiene control in the use of Pesticides. Occupational medicine issues in Agriculture.
13.	11.05. – 15.05.2026	Occupational medicine issues in some economic branches – healthcare, chemical and textile industries, mechanical engineering, and metallurgy. (site visit/seminar)
14.	18.05. – 22.05.2026	COLLOQUIUM on OCCUPATIONAL MEDICINE.
15.	25.05. – 29.05.2026	Occupational health service – subject, main tasks, activities, responsibilities, and duties.

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

Head of the Department

The Programme is approved by the Departmental Council on 04.02.2026 with Protocol № 01.