



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, Vth semester

Winter semester 2026/2027

№	Subject	Academic hours	Date
1.	Hygiene as a main prophylactic medical science – subject, aim, tasks, branches, methods. Current hygiene environmental issues.	2h.	21/09/2026
2.	Atmosphere. Air composition. Hygiene characteristics of physical factors of the atmosphere.	2h.	28/09/2026
3.	Climate and weather. Meteorotropic effects and diseases. Acclimatization. Health effects of air pollution and prevention.	2h.	05/10/2026
4.	Hygiene requirements to drinking water quality.	2h.	12/10/2026
5.	Health requirements to water supply. Water purification and disinfection.	2h.	19/10/2026
6.	Hygiene of soil. Biogeochemical diseases. Soil pollution and health impacts. Waste management.	2h.	26/10/2026
7.	Hygiene characteristics of living conditions in the areas. Noise “pollution” in urban areas. Urbanization. Hygiene characteristics of the housing conditions.	2h.	02/11/2026
8.	Hospital hygiene. General requirements to healthcare facilities.	2h.	09/11/2026
9.	Hygiene requirements to the special hospitals (clinics) with high epidemiological risk.	2h.	16/11/2026
10.	Personal hygiene. Principles of a healthy lifestyle.	2h.	23/11/2026
11.	Ionizing radiation. Sources and biological effects of ionizing radiation. Occupational and medical exposure.	2h.	30/11/2026
12.	Main principles of ionizing radiation protection.	2h.	07/12/2026
13.	Childhood and adolescent hygiene. Age periods. Growth and development of children. Acceleration. Morbidity among children and adolescents.	2h.	14/12/2026
14.	Physiological bases of school education. Hygiene requirements to daily regimen of children and adolescents. Prevention of school fatigue and exhaustion. Physical conditioning.	2h.	21/12/2026
15.	Hygiene requirements to kindergartens and schools.	2h.	28/12/2026

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 09/09/2026 Protocol № 09.