

Faculty of Medicine / MEDICINE / HYGIENE

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| Course: | HYGIENE | | | |
| Course ID | Course status | Semester | ECTS credits | Lessons (Lessons+Exercises+Laboratory) |
| 11144 | Mandatory | 11 | 4 | 2+2+0 |
| Programs | MEDICINE | | | |
| Prerequisites | No prerequisites. | | | |
| Aims | 1. Understand the environmental and dietary factors that can affect health. 2. Learn how environmental and dietary factors can be used to preserve and improve health. 3. Learn how to prevent diseases. | | | |
| Learning outcomes | What are the basic ecological principles on which life on Earth, including humans, is based, and what is the connection between the environment and health? How can air pollution adversely affect health, how is air pollution examined, and how can health be improved with clean air? What are the possible harmful effects of radiation, how is lighting and microclimate examined, and how can radiation be used to improve health? How can noise adversely affect health, how is sound measured, and how can sound be used to improve health? How can water pollution adversely affect health, how is drinking water hygienically examined, and how is water used to improve health? What is the significance of soil, and what is the potential harmful effect of waste materials on health? What are the potential harmful effects of inadequate physical exercise, and how can physical education be used to improve health? What is the significance of nutrition for health, how are foods examined, and how are dietary examinations conducted? What are the potential health hazards in the school environment, and how can health be improved in schools? How is mental health preserved and improved? What is the importance of personal hygiene, disinfection, pest control, and deratization in protecting health? What preventive-medical measures are applied in disasters, and how is NBC protection implemented? | | | |
| Lecturer / Teaching assistant | | | | |
| Methodology | Lectures, Seminars, Laboratory exercises, Field exercises. | | | |
| Plan and program of work | | | | |
| Preparing week | Preparation and registration of the semester | | | |
| I week lectures | Introduction to Hygiene and Medical Ecology. | | | |
| I week exercises | Examination of air pollution | | | |
| II week lectures | Air pollution and health. | | | |
| II week exercises | Examination of lighting and microclimate | | | |
| III week lectures | Noise and health. | | | |
| III week exercises | Sound measurement. | | | |
| IV week lectures | Radiations and health. | | | |
| IV week exercises | Air pollution, noise, radiations, and health - Seminar. | | | |
| V week lectures | Drinking water and health. | | | |
| V week exercises | Hygienic examination of drinking water (physical and chemical examination). | | | |
| VI week lectures | Methods of water supply. Treatment of raw water into drinking water. | | | |
| VI week exercises | Hygienic examination of drinking water (microbiological examination). | | | |
| VII week lectures | Hygiene of settlements and housing. | | | |
| VII week exercises | Drinking water and health - Seminar. | | | |
| VIII week lectures | Soil and health. | | | |
| VIII week exercises | Field exercise at school. | | | |
| IX week lectures | Waste materials and health. | | | |
| IX week exercises | Field exercise in kindergarten. | | | |
| X week lectures | Physical education and health. | | | |
| X week exercises | Hygienic examination of food. | | | |
| XI week lectures | Principles of proper nutrition. Foods. | | | |
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| XI week exercises | Dietary examinations. | | | | | |
| XII week lectures | Nutritional disorders. | | | | | |
| XII week exercises | Nutrition and health - Seminar. | | | | | |
| XIII week lectures | School hygiene. Mental hygiene. | | | | | |
| XIII week exercises | Mental hygiene and physical activity - Seminar. | | | | | |
| XIV week lectures | Personal hygiene, Disinfection, Pest control. | | | | | |
| XIV week exercises | RHB protection. | | | | | |
| XV week lectures | Preventive-medical measures in disasters. | | | | | |
| XV week exercises | Personal hygiene, DDD, Hygiene in disasters - Seminar. | | | | | |
| Student workload | Teaching and final exam: (5.33 hours) x 16 = 85.28 hours Necessary preparations before the start of the semester (administration, enrollment, verification): (5.33 hours) x 2 = 10.66 hours Total workload for the course: 4 x 30 = 120 hours Workload structure: 85.28 hours (teaching and final exam) + 10.66 hours (preparation) + 24.06 hours (additional work) | | | | | |
| Per week | | | Per semester | | | |
| 4 credits x 40/30=5 hours and 20 minuts 2 sat(a) theoretical classes 0 sat(a) practical classes 2 excercises 1 hour(s) i 20 minuts of independent work, including consultations | | | Classes and final exam: 5 hour(s) i 20 minuts x 16 =85 hour(s) i 20 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 5 hour(s) i 20 minuts x 2 =10 hour(s) i 40 minuts Total workload for the subject: 4 x 30=120 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 24 hour(s) i 0 minuts Workload structure: 85 hour(s) i 20 minuts (courses), 10 hour(s) i 40 minuts (preparation), 24 hour(s) i 0 minuts (additional work) | | | |
| Student obligations | | | | | | |
| Consultations | | | | | | |
| Literature | | | Belojević G. Hygiene. Podgorica: Faculty of Medicine, University of Montenegro; 2015. Vasiljević N. (Ed.) Practicum in Hygiene and Medical Ecology for Medical Students. Belgrade: Faculty of Medicine, University of Belgrade; 2015. | | | |
| Examination methods | | | Seminars, Quiz, Practical Exam, Theoretical Exam in the form of a test. Attendance at lectures (1-5 points) Engagement in teaching (1-5 points) Seminar paper (10-20 points) Quiz (10-20 points) Final exam (28-50 points) Passing the exam implies cumulatively accumulating 50 points or more. | | | |
| Special remarks | | | | | | |
| Comment | | | | | | |
| Grade: | F | E | D | C | B | A |
| Number of points | less than 50 points | greater than or equal to 50 points and less than 60 points | greater than or equal to 60 points and less than 70 points | greater than or equal to 70 points and less than 80 points | greater than or equal to 80 points and less than 90 points | greater than or equal to 90 points |