

Subject	HYGIENE AND ECOLOGY	
Study program	Three year studies for graduated physiotherapists	
Code	SF/T-215	
Year of studies	Second	
Semester	Third	
Total number of classes	30	
Credits	1.5	
Type of subject	Obligatory	
Pre-requisites	Fulfilled condition for enrolment in 2 <sup>nd</sup> year	
Executing chair	Chair of Hygiene	
Teacher in charge	Prof. Mihail Kochubovski, MD, PhD	
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Objectives	<p>To achieve knowledge for scientific and practical aspects of hygiene and environmental health.</p> <p>To become aware for environmental risks, adverse health effects related to environmental exposure, preventive measures for reduction of environmental exposure</p> <p>To achieve knowledge for food safety, food borne diseases and healthy nutrition.</p>	
Summary	<p><u>Theoretical lectures (20 classes)</u></p> <ul style="list-style-type: none"> <li>- Hygiene (definition, methods, area of work)</li> <li>- Eco-toxicology</li> <li>- Risk assessment and eco-oncology</li> <li>- Environmental health: air pollution, drinking water, ionizing and nonionizing radiation, noise, waste management with particular emphases to medical waste and regulations.</li> <li>- Hygiene standards for health care institutions and schools</li> <li>- Hygiene of food safety and nutrition [food quality and food safety, food supplements and food fortification, nutritional status assessment, the importance of nutrition to healthy people and those with special nutritional needs (children, adults, sportsmen, pregnant and lactating women), malnutrition.</li> </ul> <p><u>Practical exercises( 10 classes)</u></p> <ul style="list-style-type: none"> <li>- environmental health and nutrition: the students prepare joint project and implement it in practice</li> </ul>	
Organisation	<p>Theoretical: 20 classes</p> <p>Seminars: 10 classes</p>	
Learning methods:	Lecturing, practice	
Foreseen results:	<p><u>Knowledge and understanding</u></p> <p>The student will gain basic knowledge in the area of hygiene and ecology.</p> <p><u>Key skills</u></p> <p>The student will implement the basic principles of hygiene and ecology.</p>	
Specific recommendations for the teaching process	<p>The student is obliged to actively follow all foreseen activities, including the participation in the continuous assessment of knowledge, in order to receive the approval of attendance.</p> <p><u>Scoring of activities</u></p>	
	Type of activity	score
	Theoretical	5-10
	Practical	10-15
	Continuous assessments of knowledge	45-75
	Total	60-100

	<p><u>Participation in theoretical lectures:</u>  51%-60% - 5 points  61%-70% - 6 points  71%-80% - 7 points  81%-90% - 8 points  91% -100% - 10 points  <u>Participation in practical exercises (10 lessons), 2 points per lesson</u>  Participation – 1 point  Activity – 1 point</p>
Continuous assessments of knowledge	<p><u>Colloquium</u>  The student is obliged to be regularly present at theoretical and practical parts of the lessons and to participate in the knowledge assessment. The assessment is MCQ test. The student must participate at the colloquium, in opposite he/she will not receive approval of attendance at the subject at the end of the semester.  The student must score 60% or more at the first colloquium, and if the first one is passed, 60% at the second colloquium, in opposite he must show-up at the final exam.</p> <p><u>Final exam</u>  If the student had not scored min. 60% at the first, and if the first one is passed, 60% at the second colloquium, he/she shows up at the Final exam.  The final exam is passed if the student scores 60% or more.</p> <p><u>Forming the grade</u>  The grade for the subject is formed according to the grading table and as a result of the total score for the activities, including the continuous assessments of knowledge.</p> <p>IRREGULAR STUDENTS  40% of the regular theoretical and practical study is executed.  The exam, at the exam sessions, is consisted of MCQ test.  The grade for the subject is formed according to the grading table and as a result of the total score for the activities.</p>
Textbooks	<p>Gjorgjev D, Kochubovski M, Kendrovski V, Ristovska G. Hygiene and environmental health. Skopje: Faculty of Medicine, 2008.  Gjorgjev D, Kendrovski V, Ristovska G, Dimitrovska Z. Food hygiene and nutrition. Skopje: Faculty of Medicine, 2008.  Wallace RB, editor. Public Health and Preventive Medicine. New York: McGraw-Hill; 2008.</p>