

1.	Subject	HYGIENE AND ECOLOGY			
2.	Code	DA – 315			
3.	Study program:	Three-year professional studies for graduate obstetricians			
4.	Conducted by	UKIM – Medical Faculty Department of Hygiene			
5.	Degree of education (first or second cycle)	First cycle			
6.	Academic year/semester	III/V	7.	Credits	2
8.	Professor	Head of the Department: Prof. d-r Mihail Kochubovski the lessons are held by the following Department members: prof. d-r Mihail Kochubovski prof. d-r Gordana Ristovska prof. d-r Igor Spirovski			
9.	Prerequisite	Pass all the exams of I year			
10.	Goals	<ul style="list-style-type: none"> • Getting acquainted with the fields of hygiene and ecology • Learn the environment's influence on the people's health • Learn the principles of safe food and proper nutrition 			
11.	Content summary:	<p>Theoretical lessons (20 lessons):</p> <ul style="list-style-type: none"> • Hygiene (definition, methods and research field) • Eco-toxicology (ecological concept of health) • Risk assessment and adaptation methods • Health ecology: air, water, radiation, noise, health and ecology norms in health institutions, waste material with special attention to medical waste and regulations • Food hygiene and nutrition (food safety and diseases related to unsafe food, food safety management systems, nutrient status assessment of population, proper nutrition principles and physical activity, diseases related to improper nutrition, malnutrition and obesity prevention measures) <p>Practical lessons and seminars (20 lessons): Presentation of studies of air pollution, drinking water, noise, ionizing radiation, handling medical waste, risk elimination in health institutions, safe food and population's nutrition. The students, in small groups (up to 5 students) prepare a project and present it.</p>			
12.	Teaching methods:	theoretical and practical lessons			
13.	Total classes:	100			
14.	Organization	40 theoretical and practical lessons, 60 lessons learning at home			
15.	Types of teaching activities	15.1	Lessons: theoretical classes	20	
		15.2	Practical lessons, seminars	20	
16.	Other types of activities	16.1	Practice		
		16.2	Self-supporting practice		
		16.3	Learning at home	60	
17.	Knowledge assessment	Points			

	17.1	Mid-term exams	
	17.2	Final exam	Written assessment of the gained knowledge 50-80 min.-max.
	17.3	Paper/project (oral presentation)	Preparation of a project in small groups of up to 5 students and oral presentation 5-10 min.-max.
	17.4	Active participation	Theoretical lessons points Min. – Max 5 - 10
18.	Grading criterion (points/grades)	Up to 59	5 (five) F
		60-68	6 (six) E
		69-76	7 (seven) D
		77-84	8 (eight) C
		85-92	9 (nine) B
		93-100	10 (ten) A
19.	Requirements for obtaining a signature and attending the final examination	To obtain a signature the student must gain minimum points from attending the theoretical lessons, practical lessons and the seminars. The final grade for the subject is formed according to the table for grading, and is based on the sum of the points from all the activities and the final exam.	
20.	Language	Macedonian	
21.	Method of evaluating the quality of the lessons	Students' anonymous evaluation of the subjects, the professors and collaborators who hold the lessons.	
22.	Literature:		
	22.1	Mandatory literature	
		1.	Dragan Gjorgjev, Mihail Kochubovski, Vladimir Kendrovski, Gordana Ristovska, Hygiene and health ecology. Institute of Public Health, Skopje, 2008
		2.	Dragan Gjogjev, Vladimir Kendrovski, Gordana Ristovska, Zlatanka Dimitrovska, Food Hygiene and Nutrition, Institute of Public Health, Skopje, 2008
	22.2	Additional literature	
		1.	Teodor Tulcinski, Elena Varavikova, The new public health, third edition, Elsevier, London, 2014
	2.	Volas RB, editor. Public Health and Preventative Medicine, Skopje, Tabernakul, 2010	