1. **Module name: Valeology**
2. **Module** **code:** ВФВ\_6\_2.21\_1,5
3. **Module** **type:** Variable
4. **Semester**: 5
5. **Module structure**: total number of academic hours – 45 (ECTS credits – 1,5); class hours – 28 (lectures – 12, practical classes – 16)
6. **Lecturer:** Yulia S. Boyko – teacher
7. **Education outcomes:**

After the module studying a student **is to**

**know:** main factors of health riskand the most important human diseases; methods of sanological evaluation of health quality and quantity; main factors of healthy life-style development; concept of psychical self-control; role of sound balanced nutrition; social and psychical physiological motives of drug usage and preventive measures against various forms of misbehaving;

**be able:** to determineindex ofhealth self-rating; to make express-evaluation of person’s physical conditioning and fix nutritional state; to use methods for preservation and maintenance of health; to use preventive measures against sexually transmitted diseases

1. **Teaching mode:** classes
2. **Required compulsory prior and related modules:** Anthropotomy, Human Physiology
3. **Module content:**

Principles of healthy life-style. Health state of Ukrainian people. Influence of social and economic factors on human health. Scientifically granted life-style as a basis of physical health. Principles of psychical and spiritual health. Prevention of diseases and misbehaving

1. **Literature to use:**

1 Основи шкільної гігієни та валеології. Теорія, практикум, тести: Навчальний посібник/ Плахтій П.Д., Підгорний В.К., Соколенко Л.С. - Кам’янець-Подільський, 2009.- 332с.

2. Валеологія: Навчальний посібник в 2 ч./ Бобряцька В.І., Гриньова М.В. та ін. - Полтава: Скайтек, 2000.-306 с.

3. Медико-біологічні основи валеології: Навчальний посібник/ За ред. П.Д.Плахтія. Кам'янець - Подільський, 2000. – 408с.

**12.**  **Forms and methods of instruction:** lectures,practical classes, individual work

1. **Evaluation methods and criteria:**

* Current control (90%): oral feedback, multiple tests
* Final control (10%, credit): interview

1. **Language of instruction:** Ukrainian