Name of the discipline (module)	Hygiene
Code and name of the specialty	1-88 02 01-04 Sporting and Pedagogical Activities (Sporting Direction)
Course	2
Semester	3
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory practicals	118 22 6 22
The form of control	Exam
The number of credits	3

The content of the discipline

Hygiene of physical culture and sports. History, purpose and goals. Hygienic significance of environmental factors: physical, chemical and biological properties of air, water and soil. Prevention of infectious diseases. Hygienic requirements to the construction and operation of sports facilities, indicators of micro-climate, methods of assessment and their impact on health. Hygienic bases of a balanced diet. Hygienic requirements to food and nutrition, wholesome food and prevention of food poisoning. Determination of the daily energy expenditure, components of dietary intake and hygienic assessment for food correction. Hygiene of physical training and sports. The system of sanitation in tourism, features of performing exercises in difficult climate conditions. Hygiene of disabled athletes.