

# DISCIPLINE ANNOTATION:

## VALEOLOGY

**The goal of the course:** to provide students with scientific knowledge of the laws of formation, preservation, strengthening and reproduction of human health, as well as ways and means of promoting a healthy lifestyle and instilling a culture of health. The discipline is integrated with the following disciplines: medical biology; biological chemistry; human anatomy and physiology; hygiene and ecology.

**The process of studying the discipline is aimed at developing the following competencies:** the ability to use advanced knowledge of valeology as one of the basic disciplines in the training of specialists and the system of knowledge about a healthy lifestyle, deep convictions about the need for a person to adhere to it and understanding of the main problems associated with its implementation; the ability to apply basic methods of diagnosing health and principles of maintaining a healthy lifestyle.

### **Program learning outcomes:**

*to know:* key objectives, methods and principles of valeology; the essence of the concept of healthy lifestyle; the impact of external and internal factors on human health; basics of rational nutrition; basics of mental health and self-psychotherapy; risk causes and basics of prevention of various somatic and psychosomatic diseases;

*to be able to:* justify the need for a modern person to acquire knowledge, skills and abilities to maintain and improve health; identify the main factors of healthy lifestyle, choose appropriate forms and methods of physical, mental and spiritual health; develop and implement measures aimed at preventing the use of alcohol, drugs, tobacco smoking;

*to master:* basic medical techniques for administering medications, measuring temperature, determining pulse, blood pressure, setting up cans, mustard packs, compresses, etc.; skills in assessing their health status using various research

methods; skills in making recommendations for observing the motor regimen for people of different ages.

### **Content of the academic discipline:**

**SECTION I. VALEOLOGY AS A COMPREHENSIVE SCIENTIFIC DISCIPLINE ABOUT HUMAN HEALTH. HEALTHY LIFESTYLE.** Valeology as a science. Public health in Ukraine. Physical health. Social, spiritual and mental health. Prevention of deviant behavior.

**SECTION II. KEY RISKS AND BASICS OF DISEASE AND INJURY PREVENTION.** Infectious diseases and their prevention. Children's somatic diseases and their prevention. Traumatism and its prevention.

**SECTION III. FIRST AID. THEORY AND PRACTICE OF FORMING, PRESERVING AND STRENGTHENING HEALTH.** Providing first aid. Theoretical foundations of the methodology of teaching the basics of health. Conditions for effective implementation of valeological education.

