



UNIVERSITY "ISMAIL QEMALI" VLOR
FACULTY OF TECHNICAL AND NATURAL SCIENCES
DEPARTMENT OF BIOLOGY

COURSE PROGRAM: HYGIENE AND HEALTH

OBJECT	Hygiene and health
Head/Teacher of the course:	Dr. Aurora Bakaj
Charge:	2 hours of lectures / 2 hours of seminar / 2 days of practice
Subject typology:	Discipline of integrative / interdisciplinary subjects
Academic year/semester when it takes place:	Fall 2022
Subject type:	Mandatory
Study program:	Master of Science in Environmental Biology
Subject code:	BIO 455
Credits:	6 credits
E-mail address of the holder/pedagogue:	aurora.bakaj@univlora.edu.al

summary AND LEARNING OUTCOMES:

The subject of "Hygiene and health" aims to provide students with knowledge of the basic concepts of health, its determining factors, introduction to public health, concepts of epidemiology. Also, in this course, students will gain knowledge about the organization of the health system in Albania, health models and promotions at school and in the workplace. Promoting mental health and healthy eating.

BASIC CONCEPTS:

- 1 *Public health*
- 2 *Epidemiology*
- 3 *Health education*
- 4 *Promotional templates*
- 5 *Health promotion*
- 6 *drugs*
- 7 *HIV/AIDS.*

COURSE TOPICS:

Topics to be covered in the lectures:

- Topic 1** Concepts on health. Models of health. Determinants of health.
- Topic 2** Principles of public health. Levels of prevention. Introduction to epidemiology. Some epidemiological concepts on diseases.
- Topic 3** Medications and their types. Classification of drugs according to origin and mode of action. Pharmaceutical drugs and their administration.
- Topic 4** Mental health and stress. Sleep and health. The structure of sleep. Apnea

- Topic 5** Social interactions. Interaction of communication skills. Life style. Communication, the importance of the communication process. Types of communication.
- Topic 6** Healthy eating. Different nutrients. Food pyramid. Nutritional values. Dietary Reference. Daily caloric needs.
- Topic 7** Weight and body composition. Calculation of IMT. Obesity. Factors affecting weight. Eating disorders. Anorexia, Bulimia
- Topic 8** The benefits of physical activity and exercise. Cardiorespiratory and muscular fitness. Confidence. Defining self-confidence. Confidence level and impact on performance.
- Topic 9** Levels of alcohol use. Problems with alcohol. The effect of alcohol on the body. Problems caused by its use. Patterns of tobacco use. Short-term and long-term effects of tobacco use. Narcotic substances. Misadministration of drugs.
- Topic 10** Setting goals. The importance of goals and behavior change. Motivation and views of motivation. Guidelines for building motivation. Achieving motivation and competition.
- Topic 11** Reproductive choices. Contraceptive methods. Infertility, adoption, abortion. Infectious diseases. The process of infection. Physical barriers. Innate, acquired immunity. Viral and bacterial STIs.
- Topic 12** Health promotion. Activities in the field of health promotion. Approaches and methods. Health promotion related to food diet. Tobacco prevention and control. Factors contributing to the prevention and control of STIs
- Topic 13** Cardiovascular disease, diabetes and chronic lung disease. What is a tumor? Classification of Tumors. Tumor risk factors. Types of tumors.
- Topic 14** Injury: Creating safe environments. Safety in motor vehicles. Other security issues. Home security. Safety at work. Violence: Working towards Prevention. What are the risk factors for violence? Sexual violence. Environmental issues. Water and water quality. Air pollution. Reduction of outdoor air pollution. Solid waste. Approaches to waste management. Sources of energy. Population growth

Topics to be covered in the seminars:

- Topic 1** Concepts on health. Models of health. Determinants of health.
- Topic 2** Principles of public health. Levels of prevention. Introduction to epidemiology. Some epidemiological concepts on diseases.
- Topic 3** Medications and their types. Classification of drugs according to origin and mode of action. Pharmaceutical drugs and their administration.
- Topic 4** Mental health and stress. Sleep and health. The structure of sleep. Apnea
- Topic 5** Social interactions. Interaction of communication skills. Life style. Communication, the importance of the communication process. Types of communication.
- Topic 6** Healthy eating. Different nutrients. Food pyramid. Nutritional values. Dietary Reference. Daily caloric needs.
- Topic 7** Weight and body composition. Calculation of IMT. Obesity. Factors affecting weight. Eating disorders. Anorexia, Bulimia
- Topic 8** The benefits of physical activity and exercise. Cardiorespiratory and muscular fitness. Confidence. Defining self-confidence. Confidence level and impact on performance.
- Topic 9** Levels of alcohol use. Problems with alcohol. The effect of alcohol on the body. Problems caused by its use. Patterns of tobacco use. Short-term and long-term effects of tobacco use. Narcotic substances. Misadministration of drugs.
- Topic 10** Setting goals. The importance of goals and behavior change. Motivation and views of motivation. Guidelines for building motivation. Achieving motivation and competition.
- Topic 11** Reproductive choices. Contraceptive methods. Infertility, adoption, abortion. Infectious diseases. The process of infection. Physical barriers. Innate, acquired immunity. Viral and bacterial STIs.
- Topic 12** Health promotion. Activities in the field of health promotion. Approaches and methods. Health promotion related to food diet. Tobacco prevention and control. Factors contributing to the prevention and control of STIs
- Topic 13** Cardiovascular disease, diabetes and chronic lung disease. What is a tumor? Classification of Tumors. Tumor risk factors. Types of tumors.

Topic 14 Injury: Creating safe environments. Safety in motor vehicles. Other security issues. Home security. Safety at work. Violence: Working towards Prevention. What are the risk factors for violence? Sexual violence. Environmental issues. Water and water quality. Air pollution. Reduction of outdoor air pollution. Solid waste. Approaches to waste management. Sources of energy. Population growth

FORM OF KNOWLEDGE CONTROL

control	Percentage rating
Annual assessment seminars, laboratories and teaching practice	10%
Course project	10%
Final check	80%

EVALUATION AND ATTENDANCE:

The grading is based on the conversion of the total grade into %, grade 5-10 progressively 40-100%. The student, who results in less than 75% attendance during the course of the semester, will not be included in the final exam, as he will be evaluated with M (Absence).

If the student has attended the course, but does not appear in the next exam, he is assessed NP (Not Appeared).

COURSE FORMAT:

The course will be evaluated on the basis of the annual evaluation, the course project and the final exam. Points earned will be cumulative. Exams will not be repeated for any reason. If you miss the final exam without a valid reason, then you will lose points for the exam you missed.

COMMUNICATION:

Homework exercises, course assignments and any other announcements will be given in class or at the official address of the "Ismail Qemali" University of Vlora on the Internet: www.univlora.edu.al or at the e-mail address of the lecturer aurora.bakaj@univlora.edu.al.

Email: It is the duty of every student to check e-mail regularly. There will be tasks and notifications will be given only via e-mail.

HONESTY CODE:

Group work is not allowed for homework, as it is individual. At the same time, copying in exams is not allowed, which is punishable.

LITERATURE

a) Basic and auxiliary literature:

- o Gentiana Qiriako et al. Tirana Public Health 2010.
- o Manual of Health Education in schools: Alcohol, Tobacco

FINAL REMARKS FROM THE SUBJECT TEACHER

Homework exercises, coursework and any other notices will be given in class.

Students are also encouraged to work in groups for the homework exercises. Copying from one another in exams, coursework, homework, etc. is not allowed. Violation of this rule will be accompanied by punitive measures up to expulsion from the university.

The use of mobile phones and smoking in the auditorium is not allowed.

SUBJECT TEACHER

Dr. Aurora Bakaj

