



Syllabus of the course

“Fundamentals of a Healthy Lifestyle, Life Safety and Occupational Health”

Specialty	<i>D3 Management</i>				
Study Programme	<i>Logistics</i>				
Study cycle (Bachelor, Master, PhD)	<i>the first (Bachelor) level of higher education</i>				
Course status	<i>mandatory</i>				
Language	<i>English</i>				
Term	<i>Year 1, Semester 2</i>				
ECTS credits	<i>3</i>				
Workload	<i>Lectures – 6 hours.</i>				
	<i>Practical studies – 24 hours.</i>				
	<i>Laboratory studies – 0 hours.</i>				
	<i>Self-study – 60 hours.</i>				
Assessment system	<i>Grading</i>				
Department	<i>Department of Healthy Life Style, Technologies and Life Safety, aud.108 (building 1), department website: http://www.kafbgd.hneu.edu.ua/</i>				
Teaching staff	<i>Protasenko Olga, Associate Professor, Candidate of Technical Sciences Ryadova Liliana, Associate Professor, Candidate of Sciences in Physical Education and Sport</i>				
Contacts	<i>olha.protasenko@hneu.net liaimago@gmail.com</i>				
Course schedule	<i>Lecture: according to the current schedule Practice: according to the current schedule</i>				
Consultations	<i>Group/individual, face-to-face/remote, according to the consultation schedule, PLS chat</i>				
Learning objectives and skills: to study the general patterns of the occurrence and development of hazards, analyse the nature and consequences of their impact on human health, and develop the necessary skills and abilities to prevent and eliminate risks.					
Structural and logical scheme of the course <table border="1"> <thead> <tr> <th>Prerequisites</th><th>Postrequisites</th></tr> </thead> <tbody> <tr> <td></td><td>Pre-diploma practice</td></tr> </tbody> </table>		Prerequisites	Postrequisites		Pre-diploma practice
Prerequisites	Postrequisites				
	Pre-diploma practice				



Course content

- Topic 1. Physical Activity as a Means of Maintaining Health and Performance.**
Topic 2. Legal Framework for Life Safety and Occupational Health and Safety in Ukraine.
Topic 3. Psychophysiological Foundations of Occupational Safety.
Topic 4. Fundamentals of Occupational Physiology and Hygiene.
Topic 5. Chemical, Biological, Physical, and Psychophysiological Hazards: Identification and Protection.
Topic 6. Workplace Ergonomics.
Topic 7. Technogenic Hazards: Nature of Manifestations and Impact on Humans.
Topic 8. Natural Hazards: Nature of Manifestations and Impact on Humans.
Topic 9. Social Hazards: Nature of Manifestations and Impact on Humans.
Topic 10. Risk Identification, Assessment, and Management.

Technical and software support of the discipline

Multimedia projector, PLS (Personal Learning System) of S. Kuznets KhNUE, Zoom

Assessment system

Assessment of students' learning outcomes is carried out by the University according to the cumulative 100-point system.

Current control is carried out during lectures and practical (seminar) classes and aims to assess the level of students' readiness to perform particular tasks, and is assessed by the amount of scored points.

The maximum amount during the semester – 100 points; the minimum amount required is 60 points.

Current control includes the following assessment methods: assignments on a particular topic; testing; presentations, and essay writing

More detailed information on the assessment and grading system is provided in the discipline's work plan (technological card).

Course policies

Teaching of the academic discipline is based on the principles of academic integrity.

Violation of academic integrity includes academic plagiarism, fabrication, falsification, cheating, deception, bribery, and biased assessment.

Educational students may be brought to the following academic responsibility for breach of academic integrity: repeated assessment of the corresponding type of learning activity.

More detailed information about competencies, learning outcomes, teaching methods, assessment forms, self-study is given in the Course program