

<b>Discipline designation</b>	<b>Young physiology and hygiene</b>
Semester(s) in which the discipline is taught	1
Teacher in charge	Abdurasulova Kamola Gafurovna, Associate Saidalimov Akhror Khudoyberdi ugli
Teaching language	<i>Uzbek, Russian</i>
Connection to the curriculum	<i>Compulsory</i>
Education forms	<i>Lecture and practical lessons</i>
Academic hours (including contact hours, SsIW)	<i>Total hours: 60 hours Contact hours: Lecture: 20 hours Practical lesson: 20 hours Seminar: 10 hours SsIW: 60 hours</i>
ECTS	2
Prerequisites	<i>Biology, Chemistry, Physics</i>
Discipline aims:	<p><b><i>The purpose of the discipline</i></b> is the formation of age-related characteristics and patterns of development of the body, which underlie the preservation and strengthening of the health of students, maintaining their high performance in various types of educational activities</p> <p><b><i>Learning outcomes</i></b></p> <ul style="list-style-type: none"> <li>- determine physical and mental performance;</li> <li>– create conditions in an educational institution that exclude factors leading to disruption of the normal development process of children;</li> <li>– use the acquired theoretical and practical skills to organize scientific, methodological, socio-pedagogical and teaching activities;</li> <li>– determine the criteria for children’s readiness for systematic schooling;</li> <li>– carry out hygienic education of children of early, preschool and school age;</li> <li>- give a hygienic assessment of the child’s environment;</li> <li>- observe the school’s operating hours, lesson schedules, organization and conduct of lessons and extracurricular activities in educational institutions;</li> <li>-be able to diagnose upcoming fatigue;</li> <li>- carry out activities aimed at maintaining high performance in various types of activities;</li> <li>- possess: methods for determining the main external indicators of the activity of physiological systems (cardiovascular, respiratory, visual, etc.) and their age-related characteristics.</li> </ul>

Lesson contents	<p><b>Contents:</b></p> <ol style="list-style-type: none"> <li>1. Subject and content of the course. General patterns of growth and development of the body. Age periodization.</li> <li>2. Age characteristics and hygiene of the nervous system.</li> <li>3. Age characteristics and hygiene of higher nervous activity. Neurophysiological basis of behavior and learning.</li> <li>4. Hygiene of the educational process.</li> <li>5. Age characteristics and hygiene of analyzers.</li> <li>6. Age characteristics and hygiene of the endocrine glands.</li> <li>7. Location of the glands of external mixed secretion.</li> <li>8. Age characteristics and hygiene of the skeletal system.</li> <li>9. Age characteristics and hygiene of the muscular system.</li> <li>10. Age characteristics and hygiene of the digestive system.</li> <li>11. Age-related features of metabolism, energy and thermoregulation. Nutrition for children and adolescents.</li> <li>12. Age characteristics and hygiene of the respiratory system.</li> <li>13. Age-related characteristics and hygiene of the genitourinary apparatus and skin.</li> <li>14. Age characteristics and hygiene of the blood and cardiovascular system.</li> <li>15. Infectious diseases. Natural and artificial immunity</li> </ol>
Examination type	<b>Written</b>
Teaching and examination requirements	<p><b>Requirements for successful mastering the disciplines</b></p> <p>To have a complete mastery of theoretical and methodological concepts of the subject, to be able to reflect correctly the results of analysis, to think critically about the studied processes and perform tasks during daily, midterm forms of evaluation, to pass written final assessment (FA).</p> <p>Deviations from the discipline program content are not allowed in making up final assessment questions. The bank of FA questions for each subject is discussed at the department meeting and approved by the head of the department.</p> <p>FA question bank is used in compiling FA tickets; the number (3-5 questions) of questions in the task sheet should be in a 50/50 ratio, depending on the content of classroom and independent learning.</p> <p>No later than 1 week before the start of the final control, task sheets are signed by the head of the department, enclosed in an envelope, sealed by the dean's office and opened 5 minutes before the start of the exam in the presence of students. FA duration is 80 minutes.</p> <p>Answers to FA questions are recorded in notebooks with the seal of the dean's office. After completion of the FA work, it is immediately encrypted by a representative of the dean's office, and the notebooks are handed over to the commission for verification.</p> <p>From the moment of completion of the FA, a period of 72 hours is allotted for checking and posting the results on the electronic platform.</p> <p>The teacher who taught the subject is not involved in the process of the exam or checking the students' answers.</p> <p>Students who are dissatisfied with the FA results may submit a written or oral appeal within 24 hours after the publication of the FA results. Complaints submitted after 24 hours from the publication of the FA results will not be accepted.</p>

References	<p>1. Mamatqulov D.A. “Bolalar anatomiyasi va fiziologiyasi asoslari”. O‘zbekiston faylasuflari milliy jamiyati. – T.; 2017</p> <p>2. Abdullayeva D.R. “Yosh fiziologiyasi va gigiyena”. Adabiyot uchqunlari bosmaxonasi. – Toshkent, 2020.</p> <p>3. Белоусова Н.А. Возрастная анатомия, физиология и гигиена [Текст]: учебное пособие. – Челябинск: Изд-во Юж.-Урал. гос. гуман.-пед. ун-та.; 2016. – 155 с.</p> <p>4. Е. М. Сулига, О. В. Бессчетнова. Возрастная анатомия, физиология и гигиена человека: учеб.-метод. пособие для бакалавров направления «Педагогическое образование». — Саратов : Саратовский источник, 2016. — 132 с.</p> <p>5. Копкарева О.О. Возрастная анатомия, физиология и гигиена. Учеб. пособие. – Тверь: Твер. гос. ун-т, 2016. – 114 с.</p>
------------	--