

MINISTRY OF SCIENCE AND HIGHER EDUCATION
OF THE RUSSIAN FEDERATION
Federal state autonomous educational institution
of higher education
«Far Eastern Federal University»
(FEFU)

SCHOOL OF BIOMEDICINE

" AGREED BY"
«General medicine» educational program
Supervising person



Yu.S. Khotimchenko



" APPROVED BY"
Clinical Medicine
Department Director



B.I. Geltser

« 14 » of January 2021

« 14 » of January 2021

WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)

«Male and Female Sexual Health »
Specialty 31.05.01 «General medicine»
Formofstudy: full time

year 2, semesters 4
lectures 8 hours.
practical classes 18 hours.
laboratory works are not provided
total amount of in-class lessons 72 hours
independent self-work 46 hours
including preparation to exam is not provided
control works (quantity) are not provided
course work / course project not provided
pass-fail exam 4 semester
exam is not provided

The working program was drawn up in accordance with the requirements of the federal state educational standard of higher education 31.05.01 in the direction of training "General Medicine" (level of training specialist), approved by order of the Ministry of Science and Higher Education of the Russian Federation dated August 12, 2020 No. 988 and the Educational Plan in the direction of training "General Medicine".

The working program of the discipline was discussed at the meeting of the Department of the clinical medicine. Protocol No.5, January 14, 2021.

Director of the Department: MD, Professor, B.I. Geltser
Prepared by: PhD in Medicine I.P. Koval

**Vladivostok
2021**

Reverse side of the title page of the WPAD

I. The work program was revised at the meeting of the Department:

Protocol dated "_____" _____ 20__ No. _____

Department Director _____
(signature) (Full Name)

II. The work program was revised at the meeting of the Department:

Protocol dated "_____" _____ 20__ No. _____

Department Director _____
(signature) (Full Name)

III. The work program was revised at the meeting of the Department:

Protocol dated "_____" _____ 20__ No. _____

Department Director _____
(signature) (Full Name)

IV. The work program was revised at the meeting of the Department:

Protocol dated "_____" _____ 20__ No. _____

Department Director _____
(signature) (Full Name)

GOALS AND OBJECTIVES OF MASTERING THE DISCIPLINE

GOALS: Assimilation by students of information about psychosexual human development, sexual health, culture of intimate relationships, preservation of reproductive health through the prevention of sexually transmitted infections (STIs) and unwanted pregnancy; training of a qualified specialist to promote knowledge about the preservation of sexual and reproductive health.

OBJECTIVES:

1. Teaching students the anatomical and physiological features of the male and female body.
2. Instill the basics of sex hygiene and sexual life
3. Give the concept of the basics of human sexual health
4. Introduce modern methods of contraception.
5. To teach the prevention of sexually transmitted diseases.
6. Introduce the basics of marriage and family life

Name of the category (group) of general professional competencies	Code and name of general professional competence (resultofdevelopment)	Code and name of the indicator of achievement of competence
medical	PC-4 Ready to collect and analyze patient complaints, medical history data, results of physical examination, laboratory, instrumental, pathoanatomic and other studies in order to recognize the condition or establish the presence or absence of the disease in accordance with current medical care procedures, clinical recommendations (treatment protocols) on the provision of medical care, taking into account the standards of medical care	PC -4.3 He is able to justify the necessity and scope of laboratory and instrumental examination of the patient, the need to refer the patient for consultations with specialist doctors

Code and name of the indicator of achievement of competence	Name of the assessment indicator (the result of training in the discipline)
PC-4.3 He is able to justify the necessity and scope of laboratory and instrumental examination of the patient, the need to refer the patient for consultations with specialist doctors	Knows about the need and indications for referring a patient for laboratory and instrumental studies, as well as for consultations with specialist doctors
	He is able to justify the necessity and scope of laboratory and instrumental examination of the patient, the need to refer the patient for consultations with specialist doctors
	He has an algorithm for justifying laboratory and instrumental examination of the patient, as well as referral of the patient to consultations with specialist doctors

II. LABOR INTENSITY OF THE DISCIPLINE AND TYPES OF LEARNING SESSIONS IN THE DISCIPLINE

The total labor intensity of the discipline is 3 credit units (72 academic hours.).

(1 credit unit corresponds to 36 academic hours)

The types of training sessions and work of a student in the discipline can be:

Name	Types of training sessions and work of the student
Lec	Lectures
PW	Practical work
SP	Independent work of the student during the period of theoretical training
Control	Independent work of the student and contact work of the student with the teacher during the period of intermediate certification

Discipline structure:

Full-time form of education.

№	Section named disciplines	Semester	Количество часов по видам учебных занятий и работы обучающегося						Forms of intermediate certification, current monitoring of progress	
			Lec	Lab	PW	OC	Sp	Control		
1	Genetic basis of sex formation. Sexual health	4	4		6			18		WW-1 WW-7 OQ-1
2	Preservation of reproductive and sexual health	4	4		8			20		WW-1 WW-4 OQ-3

3	Pass-fail exam				4		8		WW-10 WW-14 and or OQ -1
	Total:		8		18		46		

III. STRUCTURE AND CONTENT OF THE THEORETICAL PART OF THE COURSE (8 час)

Topic1. The gender of a person and its determining factors (2 hours)

Genetic basis of sex formation. Anatomical and physiological features of the reproductive system of women and men. Characteristics of adolescence, taking into account puberty.

Topic 2. Human sexual health. Hygiene of sex and sexual life(2 hours)

The concept of sexual health. Features of the formation of sexuality and sexual function in men and women. The system of sexual education of children and adolescents. Hygiene of boys and girls, hygiene of sexual life. Safe sex. Psychohygen of sexual life.

Topic 3. Prevention of unwanted pregnancy – modern methods of contraception (2 hours)

Fertilization, pregnancy development. Abortion, its impact on a woman's sexual and reproductive health. Prevention of abortions. Methods of protection against unwanted pregnancy. Requirements for prescribed methods of contraception: effectiveness, safety, acceptability, etc. Oral contraception. Combined medications and mini-pills. Emergency contraception. Intramuscular, percutaneous, subcutaneous, vaginal and intrauterine contraceptives.

Topic4. Sexual culture and sexually transmitted infections (2 hours)

Features of sexual behavior and sexual infections. Classification of sexually transmitted infections. Difficulties in the diagnosis and treatment of STIs.

Complications and outcomes of diseases caused by STIs. The effect of these infections on the sexual function of men and women.

IV. STRUCTURE AND CONTENT OF PRACTICAL PART OF THE COURSE(18 час)

Class 1. The gender of a person and its determining factors. (2 hours)

Genetic inheritance of sex. Anatomical and physiological features of the genitals of women and men. Characteristics of these features, taking into account age and puberty.

Class 2. Sexual health. (4 hours)

The concept of sexual health. Features of the formation of sexuality and sexual function in men and women. Formation and dynamics of sexuality. Psychosexual development: components and factors influencing its development. Stages of adolescent sexuality. Hygiene of boys and girls. Safe sex. Hygiene of sexual life. Psychohygiene of sexual life.

Class 3. Prevention of unwanted pregnancy. (4 hours)

Fertilization. Pregnancy. Abortion and its dangers. Prevention of unwanted pregnancy. Modern methods of contraception

Class 4. Sexually transmitted infections (4 hours)

Features of the course of inflammatory diseases of the genitals at the present stage.

Classification of sexually transmitted infections. Difficulties in the diagnosis and treatment of STIs. Complications and outcomes of diseases caused by STIs. The effect of these infections on the sexual and reproductive functions of men and women.

Class 5. Zachet(4 hours)

Case tasks, interactive games on the topics: Prevention of STIs and Choice of method of contraception.

Schedule of independent work on the discipline

№ п/п	Date/ period of work execution	Type of independent work	Approximate base time for execution (hours)	Form of control
1	1-4weeks	Execution of the synopsis Preparation for practical classes	12	WW-1 WW-7 OQ-1
2	5-10weeks	Preparation for practical classes Preparation of an abstract and presentation on the topic of the lesson	24	WW-1 WW-4 OQ-3
3	11-12weeks	Подготовка к зачету	10	WW-10 WW-14 and /or OQ -1

Topics for independent study:

1. Periods of formation of a woman's reproductive system.
2. Ovulation, fertilization. Stages of embryo and fetus development.
3. The formation and dynamics of sexuality. Psychosexual development
4. Stages of adolescent sexuality. Forms of adolescent sexual behavior.
5. Psychological aspects of sexuality.
6. Pathology of the main manifestations of sexuality of men and women
7. Social and medical problem of abortion and its complications.
8. Medical abortion. Possible complications and long-term consequences.
9. Family planning.
10. Requirements for modern contraceptives.

11. Criteria for prescribing methods of contraception.
12. Contraception for girls and boys. Student methods of protection against unwanted pregnancy and infection.
13. HIV infection, epidemiology, transmission routes, clinical forms.
14. Chlamydia. Epidemiology. Risks for sexual partners. Complications of chronic infection.
15. Gonorrhoea. Social and medical significance.
16. Effective methods of protection from sexual infections.

V. EDUCATIONAL AND METHODOLOGICAL SUPPORT FOR STUDENTS' SELF-PREPARATION

Guidelines for writing and design of the essay

Abstract – the creative activity of a student, which reproduces in its structure research activities to solve theoretical and applied problems in a particular branch of scientific knowledge. Because of this, coursework is the most important component of the educational process in higher education.

Abstract, being a model of scientific research, is an independent work in which a student solves a problem of a theoretical or practical nature, applying scientific principles and methods of this branch of scientific knowledge. The result of this scientific search can have not only subjective, but also objective scientific novelty, and therefore can be presented for discussion to the scientific community in the form of a scientific report or a message at a scientific and practical conference, as well as in the form of a scientific article.

The abstract assumes the acquisition of skills in building business cooperation based on ethical standards of scientific activity. Purposefulness, initiative, disinterested cognitive interest, responsibility for the results of their actions,

conscientiousness, competence are personality qualities that characterize the subject of research activities that correspond to the ideals and norms of modern science.

An abstract is an independent educational and research activity of a student. The teacher provides advisory assistance and evaluates the process and results of the activity. He provides an approximate topic of abstract papers, clarifies the problem and the topic of research together with the resident, helps to plan and organize research activities, assigns time and a minimum number of consultations.

The teacher accepts the text of the abstract for review at least ten days before the defense.

Traditionally, there has been a certain structure of the abstract, the main elements of which, in the order of their arrangement, are the following:

1. Title page.
2. The task.
3. Table of Contents.
4. A list of symbols, symbols and terms (if necessary).
5. Introduction.
6. The main part.
7. Conclusion.
8. Bibliographic list.
9. Applications.

The title page indicates: the educational institution, the graduating department, the author, the teacher, the topic of the study, the place and year of the abstract.

The title of the abstract should be as brief as possible and fully correspond to its content.

The table of contents reflects the names of the structural parts of the abstract and the pages on which they are located. It is advisable to place the Table of Contents at the beginning of the work on one page. Guidelines for writing and design of the essay

The presence of a detailed introduction is a mandatory requirement for the abstract. Despite the small volume of this structural part, its writing causes considerable difficulties. However, it is precisely the well-executed introduction that is the key to understanding the whole work, testifies to the professionalism of the author.

Thus, the introduction is a very important part of the abstract. The introduction should begin with a justification of the relevance of the chosen topic. As applied to the abstract, the concept of "relevance" has one feature. It depends on how the author of the abstract knows how to choose a topic and how well he understands and evaluates this topic from the point of view of modernity and social significance, characterizes his scientific maturity and professional preparedness.

In addition, in the introduction it is necessary to isolate the methodological basis of the abstract, to name the authors whose works formed the theoretical basis of the study. A review of the literature on the topic should show the author's thorough acquaintance with special literature, his ability to systematize sources, critically examine them, highlight the essential, determine the main thing in the current state of the topic's study.

The introduction reflects the significance and relevance of the chosen topic, defines the object and subject, the purpose and objectives, the chronological framework of the study.

The introduction concludes with a statement of general conclusions about the scientific and practical significance of the topic, the degree of its study and availability of sources, and the hypothesis.

In the main part, the essence of the problem is stated, the topic is revealed, the author's position is determined, factual material is provided as an argument and for illustrations of the propositions put forward. The author needs to show the ability to consistently present the material while simultaneously analyzing it. Preference is given to the main facts, rather than small details.

The abstract ends with the final part, which is called "conclusion". Like any conclusion, this part of the abstract plays the role of a conclusion determined by the logic of the research, which takes the form of synthesis of the accumulated scientific information in the main part. This synthesis is a consistent, logically coherent presentation of the results obtained and their correlation with the overall goal and specific tasks set and formulated in the introduction. It is here that the so-called "deductive" knowledge is contained, which is new in relation to the original knowledge. The conclusion may include practical suggestions, thereby increasing the value of theoretical materials.

So, in the conclusion of the abstract should be: a) the conclusions of the study are presented; b) the theoretical and practical significance, novelty of the abstract; c) the possibility of applying the results of the study is indicated.

After the conclusion, it is customary to place a bibliographic list of references. This list is one of the essential parts of the abstract and reflects the independent creative work of the author of the abstract.

The list of sources used is placed at the end of the work. It is drawn up either in alphabetical order (by the author's surname or the title of the book), or in the order in which references appear in the text of the written work. In all cases, the full name of the work, the names of the authors or the editor of the publication, if a team of authors participated in writing the book, data on the number of volumes, the name of the city and publishing house in which the work was published, the year of publication, the number of pages are indicated.

Guidelines for writing and design of the presentations

To prepare a presentation, it is recommended to use: PowerPoint, MS Word, Acrobat Reader, LaTeX beamer package. The simplest program for creating presentations is Microsoft PowerPoint. To prepare a presentation, it is necessary to process the information collected when writing the abstract.

Presentation preparation sequence:

1. Clearly state the purpose of the presentation.
2. Determine what the format of the presentation will be: a live performance (then how long it will be) or an electronic newsletter (what will be the context of the presentation).
3. Select all the content for the presentation and build a logical chain of presentation.
4. Identify the key points in the content of the text and highlight them.
5. Determine the types of visualization (images) to display them on slides in accordance with the logic, purpose and specifics of the material.
6. Choose the design and format the slides (the number of images and text, their location, color and size).
7. Check the visual perception of the presentation.

The types of visualization include illustrations, images, diagrams, tables. An illustration is a representation of a really existing visual series. Images – unlike illustrations – are a metaphor. Their purpose is to evoke emotion and create an attitude towards it, to influence the audience. With the help of well-thought-out and presented images, information can remain in a person's memory for a long time. Diagram – visualization of quantitative and qualitative relationships. They are used for convincing demonstration of data, for spatial thinking in addition to logical thinking. A table is a concrete, visual and accurate display of data. Its main purpose is to structure information, which sometimes facilitates the perception of data by the audience.

Practical tips for preparing a presentation

- printed text + slides + handouts are prepared separately;

slides are a visual presentation of information that should contain a minimum of text, a maximum of images that carry a semantic load, look visually and simply;

The text content of the presentation is oral speech or reading, which should include arguments, facts, evidence and emotions;

□ the recommended number of slides is 17-22;

mandatory information for the presentation: topic, surname and initials of the speaker; message plan;

□ brief conclusions from all that has been said; list of sources used;

□ handout – should provide the same depth and coverage as a live performance: people trust more what they can carry with them than disappearing images, words and slides are forgotten, and the handout remains a constant tangible reminder; it is important to hand out handouts at the end of the presentation; handouts should be different from slides, should be more informative.

Criteria for evaluating the abstract

The stated understanding of the abstract as an integral author's text determines the criteria for its evaluation: the novelty of the text; the validity of the choice of source; the degree of disclosure of the essence of the issue; compliance with the design requirements.

Novelty of the text:

a) relevance of the research topic;

b) novelty and independence in the formulation of the problem, the formulation of a new aspect of a known problem in establishing new connections (interdisciplinary, intrasubject, integration);

c) the ability to work with research, critical literature, systematize and structure the material;

d) identification of the author's position, independence of assessments and judgments;

e) stylistic unity of the text, unity of genre features.

The degree of disclosure of the essence of the question:

a) compliance of the plan with the topic of the abstract;

- b) compliance of the content with the topic and the outline of the abstract;
- c) completeness and depth of knowledge on the topic;
- d) the validity of methods and methods of working with the material;
- f) the ability to generalize, draw conclusions, compare different points of view on one issue (problem).

Validity of the choice of sources: evaluation of the literature used: whether the most well-known works on the research topic have been involved (including journal publications of recent years, the latest statistical data, summaries, references, etc.).

Compliance with the requirements for registration:

- a) how correctly the references to the literature used, the list of references;
- b) assessment of literacy and presentation culture (including spelling, punctuation, stylistic culture), knowledge of terminology;
- c) compliance with the requirements for the volume of the abstract.

The reviewer should clearly formulate comments and questions, preferably with links to the work (it is possible to specific pages of the work), to research and factual data that the author did not take into account.

The reviewer can also indicate: whether the student has addressed the topic before (abstracts, written papers, creative works, Olympiad papers, etc.) and whether there are any preliminary results; how the graduate conducted the work (plan, intermediate stages, consultation, revision and revision of the written or lack of a clear plan, rejection of the recommendations of the head).

The student submits the abstract for review no later than a week before the defense. The reviewer is a teacher. Experience shows that it is advisable to familiarize the student with the review a few days before the defense. Opponents are appointed by a teacher from among the students. For an oral presentation, 10-20 minutes is enough for a student (about the same amount of time he answers tickets for the exam).

Rating 5 is given if all the requirements for writing and defending the abstract are met: the problem is identified and its relevance is justified, a brief analysis of

various points of view on the problem under consideration is made and one's own position is logically stated, conclusions are formulated, the topic is fully disclosed, the volume is maintained, the requirements for external design are met, correct answers to additional questions are given.

Assessment 4 – the main requirements for the abstract and its protection are met, but there are shortcomings. In particular, there are inaccuracies in the presentation of the material; there is no logical consistency in judgments; the volume of the abstract is not sustained; there are omissions in the design; incomplete answers are given to additional questions during the defense.

Assessment 3 – there are significant deviations from the requirements for abstracting. In particular: the topic is only partially covered; factual errors were made in the content of the abstract or in answering additional questions; there is no conclusion during the defense.

Assessment 2 – the topic of the abstract is not disclosed, there is a significant misunderstanding of the problem.

Grade 1 – the student's abstract is not submitted.

Topics of abstracts and presentations

1. Periods of formation of a woman's reproductive system.
2. Anatomical and physiological features of the reproductive system of men and women.
3. Normal menstrual cycle. Hormones that affect the phases of the menstrual cycle.
4. Ovulation, fertilization. Stages of embryo and fetus development.
5. Determination of gender. Intrauterine development of the reproductive system of a boy and a girl.
6. Formation and dynamics of sexuality.
7. Psychosexual development, factors affecting it.
8. Stages of adolescent sexuality.
9. Forms of adolescent sexual behavior.
10. Puberty and adolescence. Morphofunctional and psychophysiological features.

11. Problems of puberty. Physical education.
12. Psychological aspects of sexuality.
13. Pathology of the main manifestations of sexuality of men and women
14. Social and medical problem of abortion and its complications.
15. Medical abortion. Methods of abortion. Possible complications and long-term consequences.
16. Family planning.
17. Requirements for modern contraceptives.
18. Criteria for prescribing methods of contraception.
19. Contraception for girls and boys. Student methods of protection against unwanted pregnancy and infection.
20. Classification of sexually transmitted infections.
21. HIV infection, epidemiology, transmission routes, clinical forms.
22. Prevention of vertical transmission of HIV infection from mother to fetus and newborn.
23. Chlamydia. Epidemiology. Risks for sexual partners. Complications of chronic infection.
24. Trichomoniasis. Epidemiology. Clinical features.
25. Gonorrhoea. Social and medical significance.
26. Effective methods of protection against sexually transmitted infections.

VI. CONTROL OF ACHIEVEMENT OF THE COURSE OBJECTIVES

№ П/П	Controlled sections / topics of disciplines	Codes and stages of competence formation		Position tools	
				Formative assessment	Midterm control / exam
1	Section 1. Genetic basis of sex formation. Sexual health	PC-4.3	Know	WW -1 WW -7 OQ-1	WW-1 WW -10
			Able to	PW-10	
			Skilled in	PW-14	
2	Section 2. Preservation of reproductive and sexual health	PC-4.3	Know	OQ -1 OQ -3 WW -1 WW -4 WW -7	WW -1 WW -10
			Able to	WW -10	
			Skilled in	WW -14	
3	Pass-fail exam	PC-4.3	Know	OQ -1 WW -2 WW -7	OQ -1 WW -10 WW -14
			Able to	WW -10	
			Skilled in	WW -14	

VI. VI. LIST OF EDUCATIONAL LITERATURE AND INFORMATION AND METHODOLOGICAL SUPPORT OF THE DISCIPLINE

Primary

1. Obstetrics: national guidelines / edited by G. M. Savelyeva, G. T. Sukhoi, V. N. Serov, V. E. Radzinsky. - 3rd ed., reprint. and additional - M. : GEOTAR-Media, 2020. - 1088 p. / <http://www.studmedlib.ru/book/ISBN9785970432952.html>

2. Vornik, B. M. Female sexology and sexopathology / B. M. Vornik [et al.] - Moscow : GEOTAR-Media, 2017. - 432 p. - ISBN 978-5-9704-4254-8. - // URL : <https://www.rosmedlib.ru/book/ISBN9785970442548.html>

<https://lib.dvfu.ru/lib/item?id=RosMedLib:RosMedLib-ISBN9785970442548&theme=FEFU>

3. Kisina, V. I. Sexually transmitted infections / Kisina V. I. ,Gushchin A. E. , Zabirov K. I. - Moscow: GEOTAR-Media, 2020. - 144 p. (Series "Library of a specialist doctor") - ISBN 978-5-9704-5332-2. - // URL :<https://www.rosmedlib.ru/book/ISBN9785970453322.html>

<https://lib.dvfu.ru/lib/item?id=RosMedLib:RosMedLib-ISBN9785970453322&theme=FEFU>

4. Human physiology: Atlas of dynamic circuits [Electronic resource] : textbook / K.V. Sudakov, V.V. Andrianov, Yu.E. Vagin, I.I. Kiselev. - 2nd ed., ispr. and add. - M. : GEOTAR-Media, 2015. - <http://www.studmedlib.ru/book/ISBN9785970432341.html>

5. Hygiene of children and adolescents [Electronic resource] : textbook / Kuchma V.R. - 2nd ed., ispr. and add. - M. : GEOTAR-Media, 2015. - <http://www.studmedlib.ru/book/ISBN9785970434987.html>

6. Khmelnitskaya E.G., BuzukC.A..A course of lectures on sexology and sexopathology. A manual for medical university students. Minsk. - 2013.

Additional

1. Obstetrics: textbook for universities:/Peoples' Friendship University of Russia; edited by V. E. Radzinsky, A.M. Fuchs, Ch. G. Gagaev [et al.] Moscow: GEOTAR-Media, 2019.
<https://lib.dvfu.ru/lib/item?id=chamo:871031&theme=FEFU>
2. Radzinsky, V. E. Family planning in the XXI century / Radzinsky V. E. - Moscow: GEOTAR-Media, 2015. - 256 p. - ISBN 978-5-9704-3602-8. - // URL:<https://www.rosmedlib.ru/book/ISBN9785970436028.html>
<https://lib.dvfu.ru/lib/item?id=RosMedLib:RosMedLib-ISBN9785970436028&theme=FEFU>
3. Podzolkova, N. M. Vulvovaginal infections in obstetrics and gynecology. Diagnostics, treatment, rehabilitation / N. M. Podzolkova, L. G. Sozaeva. - Moscow : GEOTAR-Media, 2020. - 160 p. - ISBN 978-5-9704-5582-1. - // URL : <https://www.rosmedlib.ru/book/ISBN9785970455821.html>
<https://lib.dvfu.ru/lib/item?id=RosMedLib:RosMedLib-ISBN9785970455821&theme=FEFU>

Electronic resources

1. Obstetrics [Electronic resource] : textbook / Savelyeva G.M., Shalina R.I., Sichinava L.G., Panina O.B., Kurzer M.A. - M. : GEOTAR-Media, 2015. - <http://www.studmedlib.ru/book/ISBN9785970432952.html>
2. Educational tests on obstetrics for students of the Faculty of Medicine [Electronic resource]/ — Electron. text data. Access mode: <http://www.iprbookshop.ru/6171.html> .— EBS "IPRbooks" / <http://www.iprbookshop.ru/6171>
3. Obstetrics [Electronic resource] / Tskhai V.F. - M. : GEOTAR-Media, 2018. - <http://www.studmedlib.ru/book/ISBN9785970421079.html>
4. MED-EDU.ru - Medical portal / <http://www.medvideo.org/surgery/>
5. <http://www.studmedlib.ru/book/ISBN9785970421161.html>
6. EBS "University Library online". <http://www.biblioclub.ru/>

7. EBS "Student Consultant". <http://www.studmedlib.ru/>
8. ConsultantPlus.<http://www.consultant.ru/>
9. Scientific electronic library: <http://www.elibrary.ru>
10. Central Scientific Medical Library: <http://www.scsml.rssi.ru>
11. Medical Internet Resources: <http://www.it2med.ru/mir.html>
12. Publishing house "Medicine": <http://www.medlit.ru>

VI. VII. METHODOLOGICAL RECOMMENDATIONS ON THE COMPLETING THE DISCIPLINE

Planning and organizing the time allotted for the study of the discipline.

You should start mastering the discipline immediately at the very beginning of the academic semester. It is recommended to study the structure and main provisions of the Work Program of the academic discipline. Please note that in addition to classroom work (lectures, practical exercises), independent work is planned, the results of which affect the final assessment based on the results of mastering the academic discipline. All assignments (classroom and independent) must be completed and submitted for evaluation in accordance with the schedule.

In the process of studying the discipline, various methods and means of mastering the educational content are offered: lectures, practical classes, tests, testing, self-preparation of students.

Lectures are the main active form of conducting in-class studies, explaining the fundamental and most difficult theoretical sections of human anatomy, which involves intense mental activity of the student and is especially difficult for first-year students. The lecture should always be informative, developing, improve skills and provide guidelines. Lecture notes help to master the theoretical material of the discipline. When listening to a lecture, it is necessary to outline the most important things and preferably in your own formulations, which allows you to better remember the material. The abstract is useful when it is written by the student himself. You can develop your own abbreviation scheme. The title of topics, paragraphs can be highlighted with colored markers or pens. In the lecture, the teacher gives only a small part of the material on certain topics that are presented in the textbooks. Therefore, when working with lecture notes, it is always necessary to use the main textbook and additional literature that are recommended for this discipline. It is such a serious work of a student with lecture material that allows him to achieve success in mastering new knowledge. To illustrate verbal information, presentations, tables, diagrams on the board are used. In the course of the

presentation of the lecture material, problematic questions or questions with elements of discussion are posed.

Practical exercises - a collective form of consideration of educational material. Seminars, which are also one of the main types of practical classes designed for in-depth study of the discipline, taking place in an interactive mode. In the classroom on the topic of the seminar, questions are sorted out and then, together with the teacher, a discussion is held, which is aimed at consolidating the material under discussion, developing the skills to debate, develop independence and critical thinking, the ability of students to navigate large information flows, develop and defend their own position on problematic issues academic disciplines. Practical classes help students to better understand the educational material, to acquire the skills of creative work on documents and primary sources.

Plans for practical classes, their topics, recommended literature, the purpose and objectives of its study are reported by the teacher at introductory classes or in the curriculum for this discipline. Before proceeding to the study of the topic, it is necessary to familiarize yourself with the main questions of the practical lesson plan and the list of recommended literature.

Starting preparation for a practical lesson, it is necessary, first of all, to refer to the lecture notes, sections of textbooks and manuals in order to get a general idea of the place and significance of the topic in the course being studied. Then work with additional literature, make notes on the recommended sources. In the process of studying the recommended material, it is necessary to understand the construction of the topic under study, highlight the main provisions, trace their logic and thereby delve into the essence of the problem under study. It is necessary to keep records of the studied material in the form of a summary, which, along with visual, includes motor memory and allows you to accumulate an individual fund of auxiliary materials for quickly repeating what you have read, for mobilizing accumulated knowledge. The main forms of recording: plan (simple and detailed), extracts, abstracts. In the process of preparation, it is important to compare sources, think over the material being studied and build an algorithm of actions, carefully consider your

oral presentation. At a practical lesson, each participant should be ready to speak on all the issues raised in the plan, be as active as possible when considering them. The speech must be convincing and reasoned, and simple reading of the abstract is not allowed. It is important to show your own attitude to what is being said, to express your personal opinion, understanding, justify it and draw the right conclusions from what has been said. At the same time, you can refer to notes of abstracts and lectures, directly to primary sources, use knowledge of monographs and publications, facts and observations of modern life, etc. A student who did not have time to speak at a practical lesson can present the prepared abstract to the teacher for verification and, if necessary, answer the teacher's questions on the topic of the practical lesson to get a credit mark on this topic.

As methods of active learning, they are used in practical classes: a press conference, a detailed conversation, a debate.

A detailed conversation involves preparing students for each issue of the lesson plan with a single list of recommended mandatory and additional literature for all. Reports are prepared by students on a pre-proposed topic.

Disputing in a group has a number of advantages. The dispute can be called by the teacher during the lesson or planned in advance by him. In the course of the controversy, students develop resourcefulness, speed of mental reaction.

Press conference. The teacher instructs 3-4 students to prepare short reports. Then one of the members of this group makes a report. After the presentation, students ask questions, which are answered by the speaker and other members of the expert group. Based on questions and answers, a creative discussion unfolds with the teacher.

Revising reference books. It is recommended to use various opportunities for working with literature: the collections of the FEFU Scientific Library (<http://www.dvfu.ru/library/>) and other leading universities of the country, as well as scientific library systems available for use.

Preparation to exam. Students who have completed all the tasks (practical, independent) provided for by the curriculum of the discipline, who have attended at least 85% of classroom classes, are allowed to take the exam.

VIII. VALUATION FUNDS

For the discipline Male and Female Sexual Health, the following evaluation tools are used:

Oral questioning:

1. Interview (OQ-1)
2. Presentation / report (OQ-3)

Written papers:

1. Test (WW-1)
2. Abstract (WW-4)
3. Multi-level tasks and tasks (WW -11)
4. Case (WW -14)

Oral Questioning

An oral survey allows you to evaluate the knowledge and horizons of the student, the ability to logically construct an answer, the possession of monologue speech and other communication skills.

Interview (I-1) is a means of control organized as a special conversation between a teacher and a student on topics related to the discipline being studied, and designed to determine the amount of knowledge of the student in a particular section, topic, problem, etc.

Presentation / message (P-3) - a product of the student's independent work, which is a public performance to present the results of solving a specific educational, practical, educational, research or scientific topic.

Written papers

A written answer teaches to the accuracy, conciseness, coherence of the presentation of thought. Written verification is used in all types of control and is carried out both in classroom and extracurricular work.

Test (WW-1) is a system of standardized tasks that allows you to automate the procedure for measuring the level of knowledge and skills of a student.

Reference paper (WW-4) - The product of the student's independent work, which is a summary in writing of the results of the theoretical analysis of a certain scientific (educational and research) topic, where the author reveals the essence of the problem under study, gives different points of view, as well as his own views on it .

Multi-level tasks and tasks (WW-11). Distinguish tasks and tasks:

- a) the reproductive level, which allow assessing and diagnosing knowledge of factual material (basic concepts, algorithms, facts) and the ability to correctly use special terms and concepts, recognition of objects of study within a certain section of the discipline;
- b) reconstructive level, allowing to evaluate and diagnose the ability to synthesize, analyze, generalize factual and theoretical material with the formulation of specific conclusions, the establishment of cause-and-effect relationships;
- c) creative level, allowing to evaluate and diagnose skills, integrate knowledge of various fields, argue one's own point of view.

Case (WW-14) is a problematic task in which the student is asked to comprehend the real professionally oriented situation necessary to solve this problem.

Methodological recommendations defining procedures for assessing the results of discipline

Evaluation funds for interim certification

Intermediate certification of students in the discipline "Clinical pharmacology" is carried out in accordance with local regulations of FEFU and is mandatory. Form of discipline reporting - exam (12th, spring semester). The examination in the discipline can be conducted both in the form of an oral interview

and in the form of testing. The oral examination in the discipline includes answers to 3 questions.

Methodological guidelines for passing the exam

The exam is accepted by the leading teacher. With a large number of groups with one teacher or with a large number of flows, by order of the director of the department (deputy director for educational and educational work), it is allowed to attract other teachers to help the leading teacher. First of all, teachers are involved who conducted practical classes in the discipline in groups.

In exceptional cases, in agreement with the Deputy Director of the School for Educational and Educational Work, the Director of the Department has the right to take an exam in the absence of a leading teacher.

The form of the examination (oral, written, etc.) is approved at the meeting of the department in agreement with the head in accordance with the working program of the discipline.

During examination the students can use the working program of discipline and also with the permission of the teacher holding examination, reference books and other grants (textbooks, manuals, the recommended literature, etc.).

The time given to the student to prepare for the answer should be no more than 20 minutes. After this time, the student must be ready to answer.

The presence at the control event of unauthorized persons (except for persons conducting inspections) without the permission of the relevant persons (rector or vice-rector for educational and educational work, director of the School, head of the EP or director of the department) is not allowed. Persons with disabilities and persons with disabilities who do not have the possibility of independent movement are allowed to a control event with accompanying persons.

VIII. TOOLS AND TECHNICAL SUPPORT OF THE DISCIPLINE

The list of material, technical and software of the discipline is given in the table.

Name of special rooms and rooms for independent work	Equipment of special rooms and rooms for independent work	List of licensed software. Details of the supporting document
Computer class of the FEFU School of Medicine	Motorized screen 236*147 cm TrimScreenLine; Projector DLP,	MicrosoftOfficeProfessionalPlus 2013 - an office suite that includes software for working with various types

room 723, 15 jobs	<p>3000 ANSI Lm, WXGA 1280x800, 2000:1 EW330U Mitsubishi;</p> <p>Subsystem of specialized equipment fastenings CORSA-2007 Tuarex;</p> <p>Video switching subsystem: matrix switcher DVI DXP 44 DVI ProExtron; DVI extender over twisted pair DVI 201 Tx/RxExtron;</p> <p>Subsystem of audio switching and sound amplification; acoustic system for ceiling mounting SI 3CT LP Extron; Extron DMP 44 LC digital audio processor; extension for IPL T CR48 control controller;</p> <p>wireless LANs for students are provided with a system based on 802.11a/b/g/n 2x2 MIMO(2SS) access points.</p> <p>HP ProOpe 400 All-in-One 19.5 (1600x900), Core i3-4150T, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, DVD+/-RW, GigEth, Wi-Fi, W, uskbd/mse , Win7Pro(64-bit)+Win8.1Pro(64-bit),1-1-1 Wty</p>	<p>of documents (texts, spreadsheets, databases, etc.);</p> <p>7Zip 16.04 - free file archiver with a high degree of data compression;</p> <p>AdobeAcrobat XI Pro - a software package for creating and viewing electronic publications in PDF format;</p> <p>AutoCAD Electrical 2015 - three-dimensional computer-aided design and drafting system;</p> <p>ESET EndpointSecurity 5 - comprehensive protection of workstations based on Windows OS. Virtualization support + new technologies;</p> <p>WinDjView 2.0.2 - a program for recognizing and viewing files with the same name format DJV and DjVu;</p> <p>SolidWorks 2016 - CAD software package for automating the work of an industrial enterprise at the stages of design and technological preparation of production</p> <p>Compass-3D LT V12 - three-dimensional modeling system</p> <p>Notepad++6.68 - text editor</p>
Reading rooms of the FEFU Scientific Library with open access to the fund (building A - level 10)	<p>HP ProOpe 400 All-in-One 19.5 (1600x900), Core i3-4150T, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, DVD+/-RW, GigEth, Wi-Fi, BT, uskbd/mse , Win7Pro (64-bit)+Win8.1Pro(64-bit),1-1-1 Wty Internet access speed 500 Mbps. Workplaces for people with disabilities are equipped with Braille displays and printers; equipped with: portable devices for reading flat-print texts, scanning and reading machines, a video enlarger with the ability to regulate color spectra; magnifying electronic loupes and ultrasonic markers</p>	<p>MicrosoftOfficeProfessionalPlus 2013 - an office suite that includes software;</p> <p>7Zip 16.04 - free file archiver with a high degree of data compression;</p> <p>AdobeAcrobat XI Pro - a software package for creating and viewing electronic publications in PDF format;</p> <p>AutoCAD Electrical 2015 - three-dimensional computer-aided design and drafting system;</p> <p>ESET EndpointSecurity 5 - comprehensive protection of workstations based on Windows OS. Virtualization support + new technologies;</p> <p>WinDjView 2.0.2 - a program for recognizing and viewing files with the same name format DJV and DjVu;</p> <p>SolidWorks 2016 - CAD software package for automating the work of an industrial enterprise at the stages of design and technological preparation of production</p> <p>Compass-3D LT V12 - three-dimensional modeling system</p> <p>Notepad++ 6.68 - text editor</p>
Accreditation and Simulation Center of the School of Medicine	<p>Training phantom - model of the anterior abdominal wall to demonstrate the skills of examinations of pregnant women, complete with accessories</p>	

For conducting training sessions in the discipline, as well as for organizing independent work, students have access to the following laboratory equipment and specialized rooms that comply with current sanitary and fire safety standards, as well as safety requirements for educational and scientific production work.

In order to provide special conditions for the education of people with disabilities and people with disabilities in FEFU, all buildings are equipped with ramps, elevators, lifts, specialized places equipped with toilets, information and navigation support signs.

X. ASSESSMENT TOOLS FUND

Evaluation tools for intermediate certification

Control questions

1. Definition of the concepts of human reproductive and sexual health.
2. Anatomy of the female reproductive system. External and internal genitalia.
3. Anatomy of male genitalia.
4. Anatomical and physiological features of the reproductive system of men and women in different age periods.
5. Genetic determination of sex. Male and female germ cells. Fertilization.
6. Formation and dynamics of sexuality. Psychosexual development: components and factors influencing its development.
7. The influence of environmental conditions in childhood on sexual and reproductive health.
8. Puberty and adolescence. Morphofunctional and psychophysiological features. Problems of puberty.
9. The system of sexual education of children and adolescents.
10. Hygiene of boys and girls, hygiene of sexual life.
11. Normal menstrual cycle, its regulation.
12. Medical abortion. Methods of abortion. Complications and dangers of abortion.
13. Prevention of abortion. Anti-abortion measures.
14. Abortion for medical and social reasons. Methods of termination of pregnancy.
15. Family planning.

16. Criteria for the appointment of hormonal contraception.
17. Intrauterine contraception.
18. Combined oral contraceptives.
19. Male and female sterilization.
20. Prolonged methods of contraception.
21. Contraceptive releasing systems: Mirena, vaginal ring, Implanon.
22. Classification (WHO) of sexually transmitted infections.
23. Chlamydia infection of the genitals.
24. HIV infection and sexual health. Clinic. Diagnostics. Influence on sexual and reproductive functions. Principles of treatment.
25. Sexually transmitted infections with a predominant lesion of the genitals.
26. HIV infection and sexual health. Clinic. Diagnostics. Influence on sexual and reproductive functions. Principles of treatment.
27. Sexually transmitted infections with a predominant lesion of the genitals.

Questions for the test in the discipline "Sexual health of men and women"

4th semester

1. Human reproductive and sexual health
2. The influence of environmental conditions in childhood on sexual and reproductive health.
3. Anatomy of the female reproductive system. External and internal genitalia.
4. Neuroendocrine regulation of the menstrual cycle. Normal menstrual cycle
5. Genetic determination of sex. Male and female germ cells. Fertilization.
6. Fertilization, the main stages of embryogenesis. Critical periods of embryo and fetus development.
7. Structure and functions of the placenta.
8. Physiological changes in the results of laboratory diagnostics during pregnancy.
9. Modern principles of breastfeeding on the recommendation of WHO.
10. Modern tactics of managing the newborn period.
11. Medical abortion and its dangers. Prevention of abortion. Anti-abortion measures.
12. Abortion for medical and social reasons.
13. The impact of abortion on a woman's sexual and reproductive health.
14. Family planning.
15. Modern methods of contraception.
16. Requirements for prescribed methods of contraception: effectiveness, safety, acceptability, etc.

17. Oral contraception. Combined medications and mini-pills.
18. Emergency contraception.
19. Male and female sterilization.
20. Prolonged methods of contraception.
21. Releasing systems: Mirena, vaginal ring, Implanon.
22. Intramuscular, percutaneous, subcutaneous, vaginal and contraceptives.
23. Intrauterine contraception.
24. Postpartum contraception.
25. Classification of sexually transmitted infections.
26. Features of the course of inflammatory diseases of the genitals at the present stage
27. Sexually transmitted infections with a predominant lesion of the genitals.
28. Difficulties in the diagnosis and treatment of STIs. Complications and outcomes.
29. The effect of STIs on sexual and reproductive functions.
30. Chlamydia infection of the genitals.
31. HIV infection and pregnancy. Prevention of vertical transmission.
32. Trichomoniasis. Epidemiology. Clinical features.
33. Gonorrhoea. Social and medical significance.
34. Effective methods of protection against sexually transmitted infections.

Criteria for evaluating a student on a test

in the discipline "Human reproductive health"

Assessment of the exam/zachet	Requirements for the formed competencies
«Pass»	The "Pass" grade is given to the student if he has mastered the program material, consistently, clearly and logically presents it in a coherent manner, is able to closely link theory with practice, correctly justifies the decision made, may allow inaccuracies, insufficiently correct formulations
«Fail»	The grade "fail" is given to a student who does not know a significant part of the program material, makes significant mistakes, performs practical work uncertainly, with great difficulties.

Assessment tools for current attestation

The **control tests** are intended for students studying the course "Sexual health of men and women".

When working with tests, it is suggested to choose one answer option out of three or four suggested. At the same time, the tests are not the same in their complexity. Among the proposed tests there are tests that contain several variants of correct answers. The student must specify all the correct answers.

The tests are designed for both individual and collective solutions. They can be used in the process of both classroom classes and independent work. The selection of tests necessary for the control of knowledge in the process of intermediate certification is carried out by each teacher individually.

The results of the test tasks are evaluated by the teacher on a five–point scale for certification or according to the system "credit" - "not credit". The grade "excellent" is given if the correct answer is 90% or more of their tests proposed by the teacher. The score is "good" – with the correct answer to 80-89% of the test tasks. The rating is "satisfactory" – with the correct answer to 75-79% of the proposed tests.

EXAMPLES OF TEST TASKS

1. Name the component of health that determines the current state of the organs and systems of the human body, the basis of which is the biological program of individual development:
 - a) Moral health
 - b) mental health
 - c) emotional health
 - d) **somatic health** +
2. The complex of characteristics of the motivational and need-information sphere of life, the basis of which is determined by the system of values, attitudes and motives of the individual's behavior in society, is:
 - a) Physical health

b) somatic health

c) mental health

d) **moral health +**

3. A person's lifestyle includes the following categories:

a) Lifestyle

b) quality of life

c) standard of living

d) **all of the above +**

4. Substances that can cause gene changes are called:

a) **mutagens +**

b) mutation

c) mutants

d) mutagenesis

5. Genetic diseases are diseases that occur:

a) **due to defects in genes or chromosomal abnormalities +**

b) as a result of injuries and infections received in utero

c) due to an antisocial lifestyle

d) due to the conflict of the Rh factor of the parents

6. The main indicator of the effectiveness of the work of the antenatal clinic for family planning is

a) The number of women on the site

b) the absolute number of women referred for abortion during the year

c) the number of complications after abortion

d) **the number of abortions per 1000 women of childbearing age +**

7. Abortion:

a) **it is the termination of pregnancy before 28 weeks +**

b) is called late, starting at 18 weeks

c) absolutely contraindicated in case of a high risk of sensitization by the Rh factor

d) may be the cause of miscarriage, infertility

8. Mini-abortion:

- a) **it is an artificial termination of pregnancy by vacuum aspiration +**
- b) is performed with a delay in menstruation up to 30 days
- c) performed after the expansion of the cervical canal to the 8th number of Hegar dilators
- d) is made with the help of curette No. 2

9. What is ovulation?

- a) the release of a fertilized egg into the uterine cavity
- b) reaching the maximum size of the dominant follicle
- c) the introduction of an egg into the endometrium
- d) the **release of a mature egg from the follicle +**

10. What is an egg?

- a) any cell of the female body
- b) endometrial cell
- c) **germ cell (gamete) of the female body +**
- d) all of the above

11. On what days of the menstrual cycle is fertilization possible?

- a) from the first day to the 5th day
- b) from 5 to 8 days
- c) **4-5 days before ovulation and 1-2 days after it +**
- d) from the 25th day to the 30th day

12. A structure that meets the interests of the individual and society and ensures a continuous change of generations is:

- a) Population policy
- b) biological reproduction
- c) **family +**
- d) society

13. Full-term pregnancy is considered to be a duration of: a) 33 weeks

b) 35 weeks

c) **37-42 weeks +d**

) 43 weeks

14. What are the layers of the uterine wall? a) outer, decidua, vascular, internal b) **endometrium, myometrium, perimetrium** +
 c) subserous, submucous, interstitial
 d) submucous, intrastitial, serous
15. Which chromosomes in humans are responsible for the inheritance of sex?
 a) 21 and 22 pairs of chromosomes b) **X and Y chromosomes** +
 c) 15 and 21 pairs of chromosomes
 d) 16 and 17 pairs of chromosomes
16. In which organ are estrogens and progesterones produced? a) pituitary gland) hypothalamus) **ovary** +
 d) adrenal cortex
17. What organs are in the pelvic cavity of a woman? a) uterus **with appendages, ureters and bladder, rectum** +
 b) uterus, ovaries, kidneys, large intestine) uterus, bladder, cecum
 d) uterus, ovaries, kidneys, bladder
18. Which organs belong to the internal genital organs of a woman? a) **vagina, uterus with fallopian tubes, ovaries** +
 b) uterus with appendages, ovaries, mammary glands) uterus, adrenal glands, thyroid gland, mammary glands
 d) uterus, ovaries, adrenal glands
19. Which organ produces gonadotropins? a) **pituitary** gland +
 b) epiphysis) adrenal cortex d) thyroid gland
20. What is reproductive function? a) the ability to develop b) **a set of organs and systems of the body that provide the processes of fertilization and conception** +
 c) activities aimed at regulating the interaction of organs d) regulation of the menstrual cycle
21. What hormones are involved in the regulation of the menstrual cycle? a) estrogens, progesterone, testosterone, oxytocin b) follicle-stimulating hormone, estrogen, testosterone c) thyroxine, testosterone, progesterone

d) **follicle-stimulating and luteinizing hormones** +

22. What infections are STIs with a predominant lesion of the genital organs? a)

gonorrhea, HIV infection, rubella) chlamydia, mycoplasmosis, trichomoniasis)

syphilis, herpes, chancre +

d) rubella, mycoplasmosis, herpes

23. The most popular method of contraception in developed countries a)

intrauterine contraception b) barrier - condom c) **combined oral contraception** +

d) injectable contraception

24. Assessment of the patency of the fallopian tubes shall be carried out using:

a) complete blood count

b) sonomammography

c) laparotomy

d) **hysterosalpingography** +

25. At what stages of pregnancy is a screening ultrasound performed?

a) 3-5, 12-16, 20-24, 28-32 weeks

b) 11-14, **18-21, 30-34 weeks** +

c) 20-24, 32-34 weeks

d) 8-10, 28-40 weeks

26. Abortion, regardless of the term, is allowed in the presence of:

a) Women's desires

b) **medical indications** +

c) social indications;

d) all of the above

27. Ultrasound in the third trimester (30-34 weeks) is aimed at:

a) Assessment of the condition of the cervix

b) detection of multiple pregnancies

c) **detection of fetal malformations with late manifestation** +

d) detection of ectopic pregnancy

28. The insolvency of the isthmus and cervix is:

a) isthmic-cervical usefulness

b) **isthmic-cervical insufficiency** +

c) uterine fibroids

d) dichorionic twins

29. Symptoms of placental abruption include:

a) Fetal internal combustion engine

b) absence of pain

c) high attachment of the placenta

d) **vaginal bleeding** +

30. What indicators shall be used to assess the state of reproductive health of the population:

a) Fertility

b) mortality of women in childbirth

c) mortality of newborns;

d) **all answer options are correct** +

Criteria for evaluating the performance of test tasks

Percentage of correct answers	Evaluation
From 86% to 100%	It's cool
From 85% to 76%	Ok
From 75% to 61%	Satisfactorily
Less than 61 %	Unsatisfactorily