

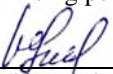
MINISTRY OF SCIENCE AND HIGHER EDUCATION  
OF THE RUSSIAN FEDERATION  
Federal state autonomous educational institution  
of higher education  
«Far Eastern Federal University»  
(FEFU)

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**SCHOOL OF MEDICINE**

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

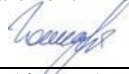
  
\_\_\_\_\_  
(signature)

V.V. Usov  
(FULL NAME.)



" 27 » February 2023

" APPROVED BY"  
Clinical Medicine  
Department Director

  
\_\_\_\_\_  
(signature)

R.A Goncharuk  
(FULL NAME.)

" 27 » February 2023

**WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)**

«Male and Female Sexual Health »  
Specialty 31.05.01 «General medicine»  
**Form of study: full time**

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.6, 27 February 202.

Director of the Department: Goncharuk R.A.

Prepared by: PhD in Medicine I.P. Koval

**Vladivostok  
2023**

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)

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

Protocol dated " \_\_\_\_\_ " \_\_\_\_\_ 20\_\_ No. \_\_\_\_\_

Department Director \_\_\_\_\_

(signature)

(Full Name)

## ANNOTATION

The discipline "Male and Female Sexual Health" is designed for students studying on the educational program of higher education 31.05.01 "General medicine", implemented on the 2nd year in the 4th semester. The total educational requirement of the discipline is 72 hours, 2 credit units.

### I. Goals and objectives of 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
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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

The total labor intensity of the discipline is 2 credit units (72 academic hours).

## III. 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		

#### **IV. STRUCTURE AND CONTENT OF THE THEORETICAL PART OF THE COURSE (8 чак)**

**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.

## **V. 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. Control class (4 hours)**

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

## 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	

## VII. EDUCATIONAL AND METHODOLOGICAL SUPPORT FOR STUDENTS' INDEPENDENT WORK

The WPAD presents the main content of the topics, evaluation tools: terms and concepts necessary for mastering the discipline.

During the assimilation of the course "Sexual health of men and women" the student will have to do a large amount of independent work, which includes preparation for seminars and writing an essay.

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 teaching aids 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, one 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 summary to the teacher for verification and, if necessary, answer the teacher's questions on the topic of the practical lesson in order to receive a credit mark on this topic.



Educational and methodological support of independent work of students in the discipline "Sexual health of men and women" includes:

- characteristics of tasks for independent work of students and methodological recommendations for their implementation;
- requirements for the presentation and presentation of the results of independent work;
- Criteria for evaluating the performance of independent work.

## **VIII. LIST OF EDUCATIONAL LITERATURE AND INFORMATION AND METHODOLOGICAL SUPPORT OF THE DISCIPLINE**

### **Main literature**

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. , Zabiroy 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 literature**

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>

## **IX. 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 Clinical Pharmacology, 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.

## X. 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
<p>Computer class of the FEFU School of Medicine room 723, 15 jobs</p>	<p>Motorized screen 236*147 cm TrimScreenLine; Projector DLP, 3000 ANSI Lm, WXGA 1280x800, 2000:1 EW330U Mitsubishi;            Subsystem of specialized equipment fastenings CORSA-2007 Tuarex;            Video switching subsystem: matrix switcher DVI DXP 44 DVI ProExtron; DVI extender over twisted pair DVI 201 Tx/RxExtron;            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; wireless LANs for students are provided with a system based on 802.11a/b/g/n 2x2 MIMO(2SS) access points.            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>MicrosoftOfficeProfessionalPlus 2013 - an office suite that includes software for working with various types of documents (texts, spreadsheets, databases, etc.);            7Zip 16.04 - free file archiver with a high degree of data compression;            AdobeAcrobat XI Pro - a software package for creating and viewing electronic publications in PDF format;            AutoCAD Electrical 2015 - three-dimensional computer-aided design and drafting system;            ESET EndpointSecurity 5 - comprehensive protection of workstations based on Windows OS. Virtualization support + new technologies;            WinDjView 2.0.2 - a program for recognizing and viewing files with the same name format DJV and DjVu;            SolidWorks 2016 - CAD software package for automating the work of an industrial enterprise at the stages of design and technological preparation of production            Compass-3D LT V12 - three-dimensional modeling system            Notepad++6.68 - text editor</p>
<p>Reading rooms of the FEFU Scientific Library with open access to the fund (building A - level 10)</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, 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</p>	<p>MicrosoftOfficeProfessionalPlus 2013 - an office suite that includes software;            7Zip 16.04 - free file archiver with a high degree of data compression;            AdobeAcrobat XI Pro - a software package for creating and viewing electronic publications in PDF format;            AutoCAD Electrical 2015 - three-dimensional computer-aided design and drafting system;            ESET EndpointSecurity 5 -</p>

	reading flat-print texts, scanning and reading machines, a video enlarger with the ability to regulate color spectra; magnifying electronic loupes and ultrasonic markers	comprehensive protection of workstations based on Windows OS. Virtualization support + new technologies; WinDjView 2.0.2 - a program for recognizing and viewing files with the same name format DJV and DjVu; SolidWorks 2016 - CAD software package for automating the work of an industrial enterprise at the stages of design and technological preparation of production Compass-3D LT V12 - three-dimensional modeling system Notepad++ 6.68 - text editor
Accreditation and Simulation Center of the School of Medicine	Training phantom - model of the anterior abdominal wall to demonstrate the skills of examinations of pregnant women, complete with accessories	

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.



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

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**SCHOOL OF MEDICINE**

**FUND OF ASSESSMENT TOOLS**  
**on discipline «Male and Female Sexual Health»**  
**Direction of the study (specialty) 31.05.01 «General medicine»**  
**Form of study: full time**

Vladivostok  
2023

**The list of assessment forms used at various stages of the formation of competencies in the course of mastering the discipline "Male and Female Sexual Health"**

№ 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	

Scale for assessing the level of achievement of learning outcomes for the current and intermediate certification in the discipline Male and Female Sexual Health

Points (rating score)	Levels of achievement of learning outcomes		Requirements for the formed competencies
	Current and intermediate certification	Intermediate certification	
100 – 86	Elevated	«"credit" / "excellent"	The student freely and confidently finds reliable sources of information, operates with the information provided, has excellent skills in analyzing and synthesizing information, knows all the main methods for solving problems provided for by the curriculum, knows typical mistakes and possible difficulties in solving a particular problem, and is able to choose and effectively apply appropriate method for solving a specific problem

85 – 76	Base	"credit" / good	The student in most cases is able to identify reliable sources of information, process, analyze and synthesize the proposed information, choose a method for solving the problem and solve it. Makes single serious mistakes in solving problems, experiences difficulties in rare or difficult cases of solving problems, does not know typical mistakes and possible difficulties in solving a particular problem
75 – 61	Threshold	"credit" / "satisfactory"	The student makes mistakes in determining the reliability of information sources, is able to correctly solve only typical, most common problems in a particular area (process information, choose a method for solving a problem and solve it)
60 – 0	Level	"not credit" / "not satisfactory"	The student does not know a significant part of the program material, makes significant mistakes, performs practical work uncertainly, with great difficulty.

### **Current certification in the discipline "Sexual health of men and women"**

The current certification of students in the discipline "Sexual health of men and women" is carried out in accordance with the local regulations of FEFU and is mandatory.

The current certification in the discipline is carried out in the form of testing.

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

Tests are necessary both to control knowledge in the process of the current intermediate certification, and to assess knowledge, the result of which may be a test.

When working with tests, the student is asked to choose one answer from three to four offered. At the same time, the tests are not the same in their complexity. Among the proposed there are tests that contain several options for correct answers. The student must indicate all the correct answers.

Tests are designed for both individual and collective decision. They can be used in both classroom and self-study. The selection of tests necessary for the

control of knowledge in the process of intermediate certification is made by each teacher individually.

The results of the test tasks are evaluated by the teacher on a five-point scale for attestation or according to the "pass" - "fail" system. The grade "excellent" is given with the correct answer to more than 90% of the tests proposed by the teacher. Rating "good" - with the correct answer to more than 70% of the tests. Grade "satisfactory" - with the correct answer to 50% of the tests offered to the student.

### **Examples of test tasks.**

2. 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 +

3. 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) physical health
- c) mental health
- d) moral health +

4. The lifestyle of a person includes the categories:

- a) lifestyle
- b) quality of life
- c) standard of living
- d) all of the above +

5. Substances that can cause changes in genes are called:

- a) mutagens +
- b) mutation
- c) mutants
- d) mutagenesis

6. Genetic diseases are diseases that occur:

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

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

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 in the precinct

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) this is an abortion before 28 weeks +

b) is called late, starting from 18 weeks

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

d) can cause miscarriage, infertility

8. Mini Abortion:

a) this is an artificial termination of pregnancy by vacuum aspiration +

b) is performed when menstruation is delayed up to 30 days

c) is performed after dilation of the cervical canal up to number 8 of Hegar dilators

d) produced using curette No. 2

9. What is ovulation?

a) the release of a fertilized egg into the uterine cavity

b) reaching the maximum size by the dominant follicle

c) the introduction of the egg into the endometrium

d) the release of a mature egg from the follicle +

10. What is an ovum?

a) any cell of the female body

b) endometrial cell

c) sex 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 25 days to 30 days

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

a) population policy

b) biological reproduction

c) family +

d) society

13. Full-term pregnancy is considered to be the duration:

a) 33 weeks

b) 35 weeks

c) 37-42 weeks +

d) 43 weeks

14. What layers does the uterine wall consist of?

a) external, decidual, vascular, internal

b) endometrium, myometrium, perimetrium +

c) subserous, submucosal, interstitial

d) submucosal, interstitial, serous

15. What human chromosomes 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 progestogens produced?

a) pituitary gland

b) hypothalamus

c) ovary +

d) adrenal cortex

17. What organs are located in the pelvic cavity of a woman?

a) uterus with appendages, ureters and bladder, rectum scale +

b) uterus, ovaries, kidneys, large intestine

c) uterus, bladder, caecum

d) uterus, ovaries, kidneys, bladder

18. What organs belong to the internal genital organs of a woman?

a) vagina, uterus with fallopian tubes, ovaries +

b) uterus with appendages, ovaries, mammary glands

c) uterus, adrenal glands, thyroid gland, mammary glands

d) uterus, ovaries, adrenal glands

19. Which organ produces gonadotropins?

a) pituitary +

b) epiphysis

c) 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) estrogen, 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 primary lesion of the genital organs?
- a) gonorrhoea, HIV infection, rubella
  - b) chlamydia, mycoplasmosis, trichomoniasis
  - c) syphilis, herpes, soft 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) injection
24. Evaluation of the patency of the fallopian tubes is carried out using:
- a) complete blood count
  - b) sonomammography
  - c) laparotomy
  - d) hysterosalpingography +
25. At what time 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 if:
- a) woman's wishes
  - b) medical indications +
  - c) social indications
  - d) all of the above
27. Ultrasound in the III trimester (30-34 weeks) is aimed at:
- a) assessment of the condition of the cervix
  - b) detection of multiple pregnancy
  - c) detection of fetal malformations with late manifestation +

d) detection of ectopic pregnancy

28. The failure 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 DIC

b) no pain

c) high attachment of the placenta

d) vaginal bleeding +

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

a) fertility

b) the death rate of women in childbirth

c) neonatal mortality

d) all answer options are correct +

### **Intermediate certification in the discipline "Sexual health of men and women"**

Intermediate certification of students. Intermediate certification of students in the discipline "Sexual health of men and women" is carried out in accordance with the local regulations of the Far Eastern Federal University and is mandatory.

#### **Questions for pass-failed exam**

1. Definition of the concept of human sexual health.

2. Anatomy of the female reproductive system. External and internal genital organs.

3. Anatomy of the male genital organs.

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 reproductive cells. Fertilization.

6. Formation and dynamics of sexuality. Psychosexual development: components and factors influencing its development.

7. Influence of environmental conditions in childhood on sexual and reproductive health.
8. Early childhood. Hygiene training. Education, lifestyle. Influence on sexual behavior.
9. The system of education and upbringing of schoolchildren. Hygiene training. Physical education.
10. Mental, emotional and physical stress at school. School neuroses and their prevention.
11. Pubertal and youthful period. Morphofunctional and psychophysiological features. Problems of puberty. Physical education.
12. The mental state of a teenager. Mental, physical and emotional maturation.
13. Pathology of the main manifestations of sexuality in men and women
14. Medical abortion. Methods of termination of pregnancy. Complications and dangers of abortion.
15. Prevention of abortion. Measures to combat abortion.
16. Abortion for medical and social reasons. abortion methods.
17. Family planning.
18. Criteria for prescribing hormonal contraceptives.
19. Intrauterine contraception.
20. Combined oral contraceptives.
21. Male and female sterilization.
22. Prolonged methods of contraception.
23. Classification (WHO) of sexually transmitted infections.
24. Chlamydial infection of the genital organs.
25. HIV infection and sexual health. Clinic. Diagnostics. Influence on sexual and reproductive functions. Principles of treatment.
26. Sexually transmitted infections, with a primary lesion of the genitals.
27. HIV infection and sexual health. Clinic. Diagnostics. Effects on sexual and reproductive