Questions by Valeology:

1. The concept, purpose and tasks of science - valeology.

2. Stages of development of Valeology as a science.

3. Interaction of valeology with other sciences.

4. What do general and medical valeology study?

5. What do the family and social valeology study?

6. What do professional and special valeology study?

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8. Types of health.

9. Indicators of evaluating public health.

10. The main risk factors for the occurrence of diseases in society.

11. How are the level of individual and public health determined?

12. What are individual, group and public health?

13. What are the disease and pre-illness?

14. Social, biological and genetic factors of health

15. Main factors which can lead to poor health

16. What does biological age mean?

17. What does the term physical development mean?

18. How do we calculate and evaluate the "Body Mass Index"?

19. What do the mental and spiritual health of a person mean?

20. Signs of mental health.

21. Fundamentals of Mental Health

22. What is a lifestyle?

23. Concepts: level, quality, style and lifestyle.

24. What does term "healthy lifestyle" mean?

25. Basic principles for promoting healthy lifestyles in Uzbekistan

26. The main goal and objectives of promoting healthy lifestyles

27. The structure of the service to promote healthy lifestyles in Uzbekistan

28. What is included in the tasks of the Cabinet "Propaganda of a healthy lifestyle" in polyclinics?

29. What are the key provisions underlying the formation of a healthy lifestyle

30. Three levels of impact in the formation of a healthy lifestyle?

31. What are three levels in preventing morbidity?

32. What measures does the general practitioner do to improve the health of the population?

33. The role of the GP as the main coordinator in the recovery of the population

34. Methods and means of HLS.

35. Indicators of hygienic behavior of the population

36. Indicators characterizing the dynamics of the level of public health

37. How to determine the effectiveness of medical examination?

38. The medical documentation of the medical institution for fixing the work on the FHLS

39. How to evaluate the medical activity of the population

40. Prevention and its three main types

41. To which 4 groups, depending on the profession and the amount of energy costs are shared by people?

42. Requirements and rules of proper nutrition

43. What is a rational nutrition?

44. The role of proteins in a balanced diet

45. The role of fats in a balanced diet

46. ​​The role of carbohydrates in a balanced diet

47. The role of microelements in maintaining health

48. Basic hygienical requirements for nutrition

49. General principles and ways to combat stress

50. Ecology and its impact on health

51. What is meant by painful dependence and their impact on health

52. What are the main age periods in a person's life?

53. Principles and methods of hardening

54. The effect of motor activity on human health.