

**Federal State Autonomous Educational Institution of Higher Education "Moscow  
Institute of Physics and Technology  
(National Research University)"**

**APPROVED**  
**Vice Rector for Academic Affairs**

**A.A. Voronov**

**Work program of the course (training module)**

**course:** Life Safety/Безопасность жизнедеятельности  
**major:** Biotechnology  
**specialization:** Biomedical Engineering/Биомедицинская инженерия  
Phystech School of Biological and Medical Physics  
кафедра педагогики и работы с одаренной молодежью  
**term:** 1  
**qualification:** Bachelor

Semester, form of interim assessment: 1 (fall) - Grading test

Academic hours: 30 АН in total, including:

lectures: 30 АН.

seminars: 0 АН.

laboratory practical: 0 АН.

Independent work: 15 АН.

In total: 45 АН, credits in total: 1

Number of course papers, tasks: 2

Authors of the program:

V.P. Slobodyanin, candidate of physics and mathematical sciences, associate professor

T.O. Yudina, candidate of psychological sciences

V.B. Kireev, candidate of physics and mathematical sciences, associate professor

A.V. Kireeva, candidate of juridical sciences, associate professor

A.V. Eliseev, candidate of economic sciences

The program was discussed at the кафедра педагогики и работы с одаренной молодежью 26.05.2023

### Annotation

The course "Life Safety" is designed for 1st year students of MIPT. It assumes acquaintance of students with the basic provisions of the developing scientific and educational discipline of life safety. Theoretical and biomedical foundations of life safety, principles of safety, identification and standardization of dangers surrounding and accompanying a person throughout his life, protection measures from them are considered. The features of safe behavior in everyday life and in professional activities, in particular, in accidents, emergencies, corruption and terrorist acts are disclosed.

## 1. Study objective

### Purpose of the course

To provide students general cultural and professional integrated competencies and specific knowledge and skills in the field of life safety, including the issues of safe interaction with the natural and man-made environment and human protection from the negative factors of emergencies.

### Tasks of the course

- acquainting students with the theoretical foundations and practical issues of life safety;
- to form understanding of psychological safety, psychological threats, and cognitive distortions;
- to teach students approaches to counteracting psychological threats, working with stress and communicative manipulation;
- to form students' understanding of basic concept of physical health and brain health;
- to develop students' understanding of the connections and possibilities of using humanities, social, economic and natural sciences, qualitative and quantitative approaches and methods in the analysis and solution of problems of safety and health;
- to develop students' understanding of the relationship between their professional activities and the problems of safety and health;
- to develop students' understanding of the importance of personal life stance and individual behavior to ensure individual and collective safety, including social safety, including such topical aspect as counteraction to corruption, terrorism and extremism.

## 2. List of the planned results of the course (training module), correlated with the planned results of the mastering the educational program

Mastering the discipline is aimed at the formation of the following competencies:

| Code and the name of the competence   | Competency indicators   |
|---|---|
| UC-7 Maintain an adequate level of physical fitness to undertake social and professional activities | UC-7.1 Learn the basics of healthy living, health saving technologies, physical education   |
|   | UC-7.2 Understand the impact of physical education on health promotion and prevention of occupational diseases  |
|   | UC-7.3 Maintain one's physical fitness level; demonstrate general and professionally oriented physical agility; make various individual fitness plans                               |
| UC-8 Establish and maintain a safe living environment, including in the event of emergencies        | UC-8.1 Learn the classification and causes of natural and human-made disasters; causes, signs, and consequences of hazards, safety procedures in case of emergency                  |
|   | UC-8.2 Maintain a safe living environment; identify the signs, causes, and conditions of emergencies; assess the likelihood of potential hazards, and take measures to prevent them |
|   | UC-8.3 Forecast dangerous or emergency situations and necessary safety measures in case of emergency  |
| UC-9 Ability to make informed economic decisions in various areas of activity                       | UC-9.1 Understands the basic principles of the functioning of the economy and economic development.   |
|   | UC-9.2 Knows the main types and sources of economic and financial risks and how to reduce them.   |

|   |  |
|---|--|
|   | UC-9.3 Knows the basics of economic analysis for making informed economic decisions.   |
| UC-10 Able to form an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior and counteract them in professional activity | UC-10.1 Understands the nature of the occurrence and danger of extremism, terrorism, corruption, the need to actively counter extremism, terrorism and corruption and the importance of forming a personal position in relation to extremism, terrorism and corrupt behavior   |
|   | UC-10.2 Knows the causes that generate extremism, terrorism and corruption, the possible forms of their manifestation, the principles (legal, administrative, organizational, etc.) of countering extremism, terrorism and corruption, the formation and implementation of policies to counter extremism, terrorism and corruption, as well as the basics of anti-corruption actions in various areas of life                    |
|   | UC-10.3 Knows how to analyze the causes and prerequisites for the occurrence, the nature of manifestation and consequences of corrupt actions and is able to contribute to the implementation of the policy of countering extremism, terrorism, corruption and form a personal position on the main issues of a civil and ethical nature, demonstrating an intolerant attitude towards extremism, terrorism and corrupt behavior |

### 3. List of the planned results of the course (training module)

As a result of studying the course the student should:

know:

- psychological fundamentals of life safety, including dealing with psychological threats, stress states, and building safe communication with society;
- key aspects of a healthy lifestyle, concepts of body systems and ways to strengthen and develop them;
- legal and economic concepts of life safety for citizens of the Russian Federation, including state youth policy and legal relations in the sphere of science and high technologies;
- state policy, state structures and system of measures in the field of life safety, rules of conduct in emergencies and first aid in accidents, emergencies, emergencies and terrorist acts;
- the main provisions of the general military regulations of the Armed Forces of the Russian Federation; organization of the internal routine in the unit;
- general information about nuclear, chemical and biological weapons, means of their use;
- rules of conduct and preventive measures in conditions of contamination with radioactive, poisonous substances and bacterial agents;
- purpose, nomenclature and symbols of topographic maps; basic methods and means of providing first aid for wounds and injuries.

be able to:

- independently assess one's own psychological state, diagnose cognitive distortions and stress states, develop coping strategies;
- consciously approach the issues of individual healthy lifestyle, think over safe individual training regimes and nutrition diets;
- analyze socio-economic processes from the point of view of the rights and obligations of a Russian citizen and university student;
- make sound managerial and organizational decisions and perform other actions in strict compliance with the law, including in the sphere of countering corruption, countering terrorism and extremism;
- correctly apply and comply with the provisions of the general military regulations of the Armed Forces of the Russian Federation;
- carry out radiation, chemical and biological protection measures.

master:

- principles and basic skills of psychological safety, safe interpersonal communication, and recognition of social manipulation;
- principles of psychological safety, safe interpersonal communication, and recognition of social manipulation;
- systematic approach to healthy lifestyle aspects;
- legal basics of information security and security of intellectual and legal relations;
- skills for making informed economic decisions, ways of preserving and using capital competently;
- principles and basic skills of safe behavior in everyday life and in professional activities, in particular in accidents, emergencies, emergencies, corruption and terrorist acts;
- skills in the use of personal protective equipment and improvised means to provide first aid for wounds and injuries.

#### 4. Content of the course (training module), structured by topics (sections), indicating the number of allocated academic hours and types of training sessions

##### 4.1. The sections of the course (training module) and the complexity of the types of training sessions

| №                | Topic (section) of the course   | Types of training sessions, including independent work |          |                      |                  |
|------------------|---|--|----------|----------------------|------------------|
|                  |   | Lectures   | Seminars | Laboratory practical | Independent work |
| 1                | Introduction into Life Safety   | 2  |          |                      | 1                |
| 2                | Welcome to Phystech   | 2  |          |                      | 1                |
| 3                | Psychological Threats   | 2  |          |                      | 1                |
| 4                | Social Mechanisms of Psychological Safety   | 2  |          |                      | 1                |
| 5                | Key Aspects of Healthy Lifestyle. Main Body Systems.  | 2  |          |                      | 1                |
| 6                | Personal Hygiene  | 2  |          |                      | 1                |
| 7                | General military charters of the Armed Forces of the Russian Federation   | 2  |          |                      | 1                |
| 8                | Fundamentals of tactics of combined arms units  | 2  |          |                      | 1                |
| 9                | Radiation, chemical and biological protection   | 2  |          |                      | 1                |
| 10               | Fundamentals of medical support   | 2  |          |                      | 1                |
| 11               | Security of Social Youth Activity. Security of Interaction with Public Authorities. Anticorruption behaviour  | 2  |          |                      | 1                |
| 12               | Legal Basics of Information Security. Security of Intellectual and Legal Relations.   | 2  |          |                      | 1                |
| 13               | Financial Literacy as a Basis for Personal Economic Security  | 2  |          |                      | 1                |
| 14               | State Policy of the Russian Federation in the Field of Security, Civil Defense and Protection of Population and Economic Facilities in Emergency Situations | 2  |          |                      | 1                |
| 15               | Russian Federation Antiextremism and Antiterrorism State Policy   | 2  |          |                      | 1                |
| AH in total      |   | 30   |          |                      | 15               |
| Exam preparation |   | 0 AH.  |          |                      |                  |

|                  |                            |
|------------------|----------------------------|
| Total complexity | 45 AH., credits in total 1 |
|------------------|----------------------------|

#### 4.2. Content of the course (training module), structured by topics (sections)

Semester: 1 (Fall)

##### 1. Introduction into Life Safety

General concepts of life safety. Life safety as a complex - psychological, physiological, legal, economic and social aspects. Policy of MIPT in the field of life safety of students and employees. Structure of management bodies of MIPT, their functions and powers.

##### 2. Welcome to Phystech

History of MIPT as the leading technical institute of Russia. Founding fathers of Phystech, development of the basic departments, the policy of the rectors of the institute. Features of Phystech system as a key aspect of educational system and science at MIPT.

##### 3. Psychological Threats

The concept of psychological security. Types of psychological threats. Threats of general psychological nature. Cognitive errors. Attention and inattention mistakes: traffic accidents, plane crashes, clinical diagnosis, street thefts. Memory errors: false testimony in court, false memories. Mental errors: decision-making processes in court proceedings. The phenomenon of false correlations. Self-fulfilling prophecies. Metacognitive mistakes: the problem of evaluating one's own and others' professionalism. Individual cognitive distortions and their connection with the overall psychological well-being of the individual. Techniques for self-observation and changing one's own automatic erroneous judgements.

##### 4. Social Mechanisms of Psychological Safety

Social environment as a moderator of psychological safety. Social network, social support. Influence of social support on mental health. Sources and opportunities for social and psychological support in educational and municipal systems. Social facilitation and social laziness. Prosocial behavior. Social and volunteer activities as a way of self-realization and compensation.

##### 5. Key Aspects of Healthy Lifestyle. Main Body Systems.

Basic concepts of a healthy lifestyle. Basic human organ systems (brief description and functions) - digestive, respiratory, cardiovascular, endocrine system, immune system, nervous system, sexual, lymphatic, musculoskeletal, covering, blood, excretory system, functional system. Harmful habits (smoking, alcohol, drugs) - causes, prevention, level of detrimental effect on health and quality of life of an individual. Factors of influence of harmful substances on DNA.

##### 6. Personal Hygiene

The concept of personal and public hygiene. The main sections of personal hygiene: hygienic maintenance of the body (skin, hair, mouth, hearing organs, vision, genitals), hygiene of individual nutrition, hygiene of clothing and shoes, hygiene of the home. Hygienic principles and methods of increasing the general nonspecific resistance of the organism. Personal hygiene during infectious diseases. Resistance to antimicrobial drugs.

##### 7. General military charters of the Armed Forces of the Russian Federation

Структура, требования и основное содержание общевоинских уставов.

Права военнослужащих. Общие обязанности военнослужащих. Воинские звания. Единоначалие. Начальники и подчиненные. Старшие и младшие.

Размещение военнослужащих. Распределение времени и внутренний порядок. Суточный наряд роты, его предназначение, состав. Дневальный, дежурный по роте. Развод суточного наряда.

Общие положения Устава гарнизонной и караульной службы. Обязанности разводящего, часового.

## 8. Fundamentals of tactics of combined arms units

Вооруженные Силы Российской Федерации, их состав и задачи. Тактико-технические характеристики (ТТХ) основных образцов вооружения и техники ВС РФ.

Основы общевойскового боя.

Основы инженерного обеспечения.

Организация воинских частей и подразделений, вооружение, боевая техника вероятного противника.

## 9. Radiation, chemical and biological protection

Ядерное оружие. Средства его применения. Поражающие факторы ядерного взрыва и их воздействие на организм человека, вооружение, технику и фортификационные сооружения. Химическое оружие. Отравляющие вещества (ОВ), их назначение, классификация и воздействие на организм человека. Биологическое оружие. Основные виды и поражающее действие. Средства применения, внешние признаки применения.

Цель, задачи и мероприятия РХБ защиты. Мероприятия специальной обработки: дегазация, дезактивация, дезинфекция, санитарная обработка. Цели и порядок проведения частичной и полной специальной обработки. Технические средства и приборы радиационной, химической и биологической защиты.

Средства индивидуальной защиты и порядок их использования. Подгонка и техническая проверка средств индивидуальной защиты.

## 10. Fundamentals of medical support

Медицинское обеспечение как вид всестороннего обеспечения войск. Обязанности и оснащение должностных лиц медицинской службы тактического звена в бою. Общие правила оказания самопомощи и взаимопомощи. Первая помощь при ранениях и травмах. Первая помощь при поражении отравляющими веществами, бактериологическими средствами. Содержание мероприятия доврачебной помощи.

## 11. Security of Social Youth Activity. Security of Interaction with Public Authorities. Anticorruption behaviour

State youth policy. Legal and illegal forms of youth activity. Participation in the activities of NGOs as a form of youth activity. Civic participation in local self-government. Legal consequences of students' participation in unauthorized activities and illegal actions on the Internet. General characteristics of the structure and powers of law enforcement agencies. Fundamentals of safe interaction between citizens and law enforcement agencies.

## 12. Legal Basics of Information Security. Security of Intellectual and Legal Relations.

Legal regulation of information relations, information technology and information protection. State information security policy. Fundamentals of legal security in carrying out international scientific exchange and publication activity. The legal basics and the most common problems of protection of intellectual property. The legal status of authors as participants of legal relations connected with the creation of intellectual property.

## 13. Financial Literacy as a Basis for Personal Economic Security

Rationality and decision-making. Budgeting and financial planning: income and expenses, assets and liabilities. Financial planning: savings, loans and borrowing. Settlement and financial fraud. Stock and currency markets: their attractiveness and dangers. Insurance and risk reduction.

#### 14. State Policy of the Russian Federation in the Field of Security, Civil Defense and Protection of Population and Economic Facilities in Emergency Situations

The basic principles of ensuring safety of the population. Risk assessments, basic concepts, ways, tasks and methods of security management. Algorithms to ensure personal safety and the algorithm of the general scheme of action of state safety systems. Criteria determining the level of safety.

Emergencies: phases of development, affecting factors of sources of emergencies of natural, man-made and military nature and their characteristics. Classification of natural disasters and natural catastrophes. Natural and man-made disasters in Russia. Wartime emergencies.

Legislative basis for safety and security of the population. Organizational framework for ensuring the safety of the population. Ensuring technological safety and labor protection, civil defense and protection of the population and economic objects in emergencies. Basics of organization and basic methods and ways of protection. of production personnel and population from possible consequences of accidents, disasters, natural calamities and emergencies of a military nature. Warning signals. Protective structures and their classification. Organization of evacuation of the population and personnel from emergency areas. Medical protection measures. Personal protective equipment and procedure for using it. State structures and programs in the field of security and socio-economic development of Russia.

#### 15. Russian Federation Antiextremism and Antiterrorism State Policy

Terrorism as a political, as a socio-economic phenomenon, as a tool to achieve certain political and economic goals and the terrorist act as a specific crime. Historical, ideological and organizational aspects of the emergence and development of terrorism as a serious threat to modern civilization, extremism and terrorism. Social, economic, political and ideological features and characteristics of modern terrorism.

### **5. Description of the material and technical facilities that are necessary for the implementation of the educational process of the course (training module)**

The implementation of academic discipline requires an audience of appropriate capacity. When lecturing, a marker or slate, chalk/markers, tables, charts are used. Technical training tools: computer with licensed software, multimedia projector.

### **6. List of the main and additional literature, that is necessary for the course (training module) mastering**

#### Main literature

1. Безопасность жизнедеятельности [Текст] / под ред. Э. А. Арустамова - М. Дашков и К, 2006

#### Additional literature

### **7. List of web resources that are necessary for the course (training module) mastering**

<https://4brain.ru/psy/>  
<https://www.psychologies.ru/>  
<https://finuch.ru/chapter/7922>  
<https://www.jv.ru/>  
<http://salatshop.ru/>  
<http://zozhnik.ru/>  
<http://www.takzdorovo.ru/>  
<https://www.myfitnesspal.com/>

<http://vitaportal.ru/>

<https://direkcia.dogm.mos.ru/directions/security-activities/security-and-counter-terrorism/civil-defense-and-protection-from-emergency-situations.php>

**8. List of information technologies used for implementation of the educational process, including a list of software and information reference systems (if necessary)**

Multimedia technology is used in lecture classes, including the demonstration of presentations.

**9. Guidelines for students to master the course**

While studying a student should independently replenish his knowledge and study the fundamental publications in subject area. Successful mastering of the course requires hard work of the student directly on lecture, and also independent work for assimilation of the passed material and the solution of the set of theoretical problems.



**Assessment funds for course (training module)**

**major:** Biotechnology  
**specialization:** Biomedical Engineering/Биомедицинская инженерия  
Phystech School of Biological and Medical Physics  
кафедра педагогики и работы с одаренной молодежью  
**term:** 1  
**qualification:** Bachelor

Semester, form of interim assessment: 1 (fall) - Grading test

**Authors:**

V.P. Slobodyanin, candidate of physics and mathematical sciences, associate professor  
T.O. Yudina, candidate of psychological sciences  
V.B. Kireev, candidate of physics and mathematical sciences, associate professor  
A.V. Kireeva, candidate of juridical sciences, associate professor  
A.V. Eliseev, candidate of economic sciences

## 1. Competencies formed during the process of studying the course

| Code and the name of the competence   | Competency indicators  |
|---|--|
| UC-7 Maintain an adequate level of physical fitness to undertake social and professional activities   | UC-7.1 Learn the basics of healthy living, health saving technologies, physical education  |
|   | UC-7.2 Understand the impact of physical education on health promotion and prevention of occupational diseases   |
|   | UC-7.3 Maintain one's physical fitness level; demonstrate general and professionally oriented physical agility; make various individual fitness plans  |
| UC-8 Establish and maintain a safe living environment, including in the event of emergencies  | UC-8.1 Learn the classification and causes of natural and human-made disasters; causes, signs, and consequences of hazards, safety procedures in case of emergency   |
|   | UC-8.2 Maintain a safe living environment; identify the signs, causes, and conditions of emergencies; assess the likelihood of potential hazards, and take measures to prevent them  |
|   | UC-8.3 Forecast dangerous or emergency situations and necessary safety measures in case of emergency   |
| UC-9 Ability to make informed economic decisions in various areas of activity   | UC-9.1 Understands the basic principles of the functioning of the economy and economic development.  |
|   | UC-9.2 Knows the main types and sources of economic and financial risks and how to reduce them.  |
|   | UC-9.3 Knows the basics of economic analysis for making informed economic decisions.   |
| UC-10 Able to form an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior and counteract them in professional activity | UC-10.1 Understands the nature of the occurrence and danger of extremism, terrorism, corruption, the need to actively counter extremism, terrorism and corruption and the importance of forming a personal position in relation to extremism, terrorism and corrupt behavior   |
|   | UC-10.2 Knows the causes that generate extremism, terrorism and corruption, the possible forms of their manifestation, the principles (legal, administrative, organizational, etc.) of countering extremism, terrorism and corruption, the formation and implementation of policies to counter extremism, terrorism and corruption, as well as the basics of anti-corruption actions in various areas of life                    |
|   | UC-10.3 Knows how to analyze the causes and prerequisites for the occurrence, the nature of manifestation and consequences of corrupt actions and is able to contribute to the implementation of the policy of countering extremism, terrorism, corruption and form a personal position on the main issues of a civil and ethical nature, demonstrating an intolerant attitude towards extremism, terrorism and corrupt behavior |

## 2. Competency assessment indicators

As a result of studying the course the student should:

**know:**

- psychological fundamentals of life safety, including dealing with psychological threats, stress states, and building safe communication with society;
- key aspects of a healthy lifestyle, concepts of body systems and ways to strengthen and develop them;
- legal and economic concepts of life safety for citizens of the Russian Federation, including state youth policy and legal relations in the sphere of science and high technologies;
- state policy, state structures and system of measures in the field of life safety, rules of conduct in emergencies and first aid in accidents, emergencies, emergencies and terrorist acts;
- the main provisions of the general military regulations of the Armed Forces of the Russian Federation; organization of the internal routine in the unit;
- general information about nuclear, chemical and biological weapons, means of their use;
- rules of conduct and preventive measures in conditions of contamination with radioactive, poisonous substances and bacterial agents;
- purpose, nomenclature and symbols of topographic maps; basic methods and means of providing first aid for wounds and injuries.

**be able to:**

- independently assess one's own psychological state, diagnose cognitive distortions and stress states, develop coping strategies;
- consciously approach the issues of individual healthy lifestyle, think over safe individual training regimes and nutrition diets;
- analyze socio-economic processes from the point of view of the rights and obligations of a Russian citizen and university student;
- make sound managerial and organizational decisions and perform other actions in strict compliance with the law, including in the sphere of countering corruption, countering terrorism and extremism;
- correctly apply and comply with the provisions of the general military regulations of the Armed Forces of the Russian Federation;
- carry out radiation, chemical and biological protection measures.

**master:**

- principles and basic skills of psychological safety, safe interpersonal communication, and recognition of social manipulation;
- principles of psychological safety, safe interpersonal communication, and recognition of social manipulation;
- systematic approach to healthy lifestyle aspects;
- legal basics of information security and security of intellectual and legal relations;
- skills for making informed economic decisions, ways of preserving and using capital competently;
- principles and basic skills of safe behavior in everyday life and in professional activities, in particular in accidents, emergencies, emergencies, corruption and terrorist acts;
- skills in the use of personal protective equipment and improvised means to provide first aid for wounds and injuries.

### **3. List of typical control tasks used to evaluate knowledge and skills**

Examples of the tasks for assignment #1

- List the types of cognitive distortions.
- Describe the effects of chronic overload on human condition.
- What is the history of the discovery of the Werther phenomenon?
- Talk about ways to recognize language manipulation.
- Give an example of a macrostressor and a microstressor.

Examples of the tasks for assignment #2

- What are the factors that affect DNA?
- Describe the basic mechanisms of muscle activity.
- What are the main criteria for an optimal and safe training regimen?
- What role do proteins, fats and carbohydrates play in the body's bioregulation?
- Give an example of an effective mechanism for gaining muscle mass.

Examples of the tasks for assignment #3

- Name the existing forms of youth activity in the Russian Federation.
- Describe the structure of local government in the Russian Federation.
- List the main principles of correct interaction of citizens with law enforcement agencies.
- Name the main types of intellectual property in the international legal field.
- Describe the mechanisms of interaction between investors and stock markets.

Examples of the tasks for assignment #3

- What safety concepts do you know?
- What are the purposes of the initial examination of a victim in an accident or disaster?
- Describe the rules of conduct and your actions for citizens in the event of a terrorist threat.

#### 4. Evaluation criteria

1. A typology of psychological threats.
2. Cognitive errors. Errors of attention and inattention, memory, thinking.
3. Metacognitive mistakes.
4. Individual cognitive distortions and their connection with the general psychological well-being of the personality.
5. Techniques and techniques for self-observation and changing one's own automatic erroneous judgments.
6. Types of reactions in response to traumatic exposure.
7. Stressors and their relationship to adaptation.
8. Symptoms of maladaptation.
9. The phenomenon of learned helplessness.
10. Macro stressors. Traumatic events and traumatic stress.
11. Microstressors and their effects.
12. Chronic overloading and its effects. Psychosomatic manifestations.
13. Diagnosis of stress, stress reactions.
14. Coping.
15. Help with acute reactions to stress.
16. Factors that can affect how a person will cope with trauma.
17. The concept of manipulation.
18. Characteristics of Machiavellians.
19. The concept of the dark triad.
20. The main types of social manipulation.
21. The Werther phenomenon. The influence of the "group-personality" type.
22. Conformity and submission to authority. The phenomenon of groupthink.
23. Depersonalization. The influence of the personality-personality type.
24. Language manipulation. The main forms of recognition of lying by words, by voice, by plasticity, by ANS reactions.
25. Victimhood. Characteristics of non-verbal behavior of the victim, psychological portrait of the victim.
26. The social environment as a moderator of psychological safety.
27. The influence of social support on mental health.
28. Sources and opportunities for social and psychological support in educational and municipal systems.
29. Social facilitation and social laziness. Prosocial behavior.
30. Social and volunteer activities as a way of self-realization and compensation.
31. The concept of a healthy lifestyle.
32. The main human organ systems.
33. Harmful habits - causes, prevention, the level of detrimental effect on the health and quality of life of the individual.
34. Factors of influence of harmful substances on DNA.

35. Concept of ideal human cell.
36. Model of neuromuscular apparatus.
37. Basic mechanisms of muscular activity.
38. Bioenergetics of muscle fibers.
39. Biopsy.
40. Optimal and safe training regimens.
41. The phenomenon of muscle "failure".
42. The concept of "acidification" of the body.
43. Physiological justification of the level of physical activity.
44. Aerobic and anaerobic thresholds.
45. The heart as a limiting factor of physical activity.
46. Protein, fat, and carbohydrates.
47. Factors of protein synthesis.
48. Physiological problems of obesity.
49. Mechanism and basic conditions of natural weight loss.
50. Useful and unhealthy foods.
51. Vitamins and micronutrients. Supplementary foods.
52. The concept of personal and public hygiene.
53. Hygienic maintenance of the body (skin, hair, mouth, hearing, vision, genital organs)
54. Hygiene of individual nutrition
55. Hygiene of clothing and footwear
56. Hygiene of the home.
57. Hygienic principles and techniques to improve the general nonspecific resistance of the body.
58. Personal hygiene during infectious diseases. Resistance to antimicrobial agents.
59. State youth policy. Legal and illegal forms of youth activity.
60. Civic participation in local government.
61. General characteristics of structure and powers of law enforcement agencies. 62.
62. Foundations of safe interaction between citizens and law enforcement bodies. 63.
63. Legal regulation of relations arising in the field of information, information technology and information protection. 64.
64. Legal safety in carrying out international scientific exchange. 65.
65. Legal bases and the most widespread problems of protection of intellectual property.
66. Legal status of authors as participants of legal relations connected with creation of intellectual property objects. 67.
67. The structure of the budget: incomes, expenses, assets and liabilities
68. Financial planning: savings, credits and loans.
69. Settlement and financial fraud.
70. Stock and currency markets.
71. Insurance and risk mitigation.
72. Algorithms for personal security and the algorithm of the general scheme of state security systems.
73. Criteria determining the level of security.
74. Emergencies: phases of development, affecting factors.
75. Classification of natural disasters and natural catastrophes.
76. Natural and man-made disasters in Russia. Emergency situations of wartime.
77. Legislative basis for ensuring the safety of the population.
78. Ensuring technological safety and labor protection, civil defense and protection of the population and economic facilities in emergencies.
79. The basics of organization and basic methods and methods of protection. of production personnel and the population from the possible consequences of accidents, disasters, natural disasters and emergencies of a military nature.
80. Warning signals.
81. Protective structures and their classification.
82. Organization of evacuation of population and personnel from emergency areas.

Assessment “excellent (10)” deserves a student who has displayed comprehensive, systematic and deep knowledge of the educational program material, has independently performed all the tasks stipulated by the program, has deeply studied the basic and additional literature

Assessment “good (5)” deserves a student who has displayed knowledge of the basic educational program material in the amount necessary for further study and future work in the profession, who while not being sufficiently active in the classroom, has nevertheless independently carried out the main tasks stipulated by the program, mastered the basic literature recommended by the program, made some errors in their implementation and in his answer during the test, but has the necessary knowledge for correcting these errors by himself;

Assessment “satisfactory (4)” deserves a student who has discovered knowledge of the basic educational program material in the amount necessary for further study and future work in the profession, who while not being sufficiently active in the classroom, has nevertheless independently carried out the main tasks stipulated by the program, learned the main literature but allowed some errors in their implementation and in his answer during the test, but has the necessary knowledge for correcting these errors under the guidance of a teacher;

Assessment “satisfactory (3)” deserves a student who has displayed knowledge of the basic educational program material in the amount necessary for further study and future work in the profession, not showed activity in the classroom, independently fulfilled the main tasks envisaged by the program, but allowed errors in their implementation and in the answer during the test, but possessing necessary knowledge for elimination under the guidance of the teacher of the most essential errors;

Assessment “unsatisfactory (2)” is given to a student who showed gaps in knowledge or lack of knowledge on a significant part of the basic educational program material, who has not performed independently the main tasks demanded by the program, made fundamental errors in the fulfillment of the tasks stipulated by the program, who is not able to continue his studies or start professional activities without additional training in the discipline in question;

Assessment “unsatisfactory (1)” is given to a student when there is no answer (refusal to answer), or when the submitted answer does not correspond at all to the essence of the questions contained in the task.

## **5. Methodological materials defining the procedures for the assessment of knowledge, skills, abilities and/or experience**

When conducting a differential credit, the student receives several questions on each block of course topics from the appropriate instructor. The duration of the survey on each block is not more than half an hour. The duration of the whole differential exam is not more than 2 astronomic hours.