



KSPEU

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State Budgetary Educational Institution of Higher Education
«KAZAN STATE POWER ENGINEERING UNIVERSITY»
(FSBEI HE «KSPEU»)

APPROVED

Director of the Institute of Digital
Technologies and Economics

_____ Zainullin R.R.

«24» _____ February _____ 2026

WORK PROGRAM FOR THE DISCIPLINE

OS.01 Valeology

Field of training

38.03.02 Management

Qualification

Bachelor's Degree

Kazan, 2026

Program developed by:

Department name	Position, academic degree, academic title	Full name Developer
ABRA	Ph.D. in Technical, Associate Professor	Borisova S.D.

Approval	Name of department	Date	Minutes No.	Signature
Approved	Management	10.03.2026	Protocol №3	_____ Head of Department, Doctor of Biological Sciences, Professor Kalayda M.L.
Agreed	Management	10.02.2026	Protocol №5	_____ Head of the Department, Doctor of Social Sciences, prof.Makhiyanova A.V.
Agreed	Educational and Methodological Council of IDTE	24.02.2026	Protocol №6	_____ Director, Ph.D., Associate Professor, Zainullin R.R..
Approved	Scientific Council of IDTE	24.02.2026	Protocol №6	_____ Director, Ph.D., Associate Professor, Zainullin R.R.

1. Purpose, objectives and planned results of training in the discipline

The goal of mastering the discipline FTD.01 "Valeology" is to form a value attitude to health and a healthy lifestyle.

The objectives of the discipline are:

- formation of students' ideas about a healthy lifestyle;
- development of students' positive motivation to lead a healthy lifestyle;
- study of the principles of a healthy lifestyle and health-saving technologies;
- study of patterns of health formation and healthy lifestyle.

Competencies and indicators generated by students:

Competency code and name	Indicator code and name
UC-7 Able to maintain an adequate level of physical fitness to ensure full social and professional activity	UC-7.1 Understands the impact of physical education wellness systems on health promotion and occupational disease prevention

2. Place of discipline in the structure of OP

Prior disciplines: elective disciplines in physical culture and sports

Follow-up disciplines: Life safety

3. Structure and content of the discipline

3.1. Discipline structure

For full-time education

Type of training work	Total ZE	Total hours	Semester
			2
TOTAL DISCIPLINE EFFORT	1	36	36
CONTACT WORK *	-	20	20
CLASSROOM WORK	0,5	18	18
Lectures	0,5	18	18
Practical (seminar) classes			
Laboratory work			
TRAINEE SELF-EMPLOYMENT	0,5	18	18
Study of training material	0,5	18	18
Academic year project			
Term paper			
Preparation for intermediate qualification	0	0	0
Intermediate qualification:			3

3.2. Content of the discipline, structured by sections and types of classes

Sections disciplines	Total hours	Labor intensity distribution by types of educational work				Forms and view control	Indices of generated competencies indicators
		lectures	lab. slave	pr. zan.	oneself. slave		

Section 1	6	6	-	-	6	1	UK-7.1 – nobility
Section 2	6	6	-	-	6	2	UK-7.1 – nobility
Section 3	6	6	-	-	6	3	UK-7.1 – nobility, to be able
Offset	0				0	Evaluation materials	UK-7.1 – nobility, to be able
Total	36	18	-	-	18		

3.3. Discipline content

Section 1. Valeology - the doctrine of health and a healthy lifestyle.

Subject 1.1. Subject, methods, tasks and basic concepts of the discipline

Subject 1.2. Place of valeology in the system of sciences. Prerequisites for the emergence of valeology.

Subject 1.3. State and social aspects of health and healthy living

Section 2. Principles of a healthy lifestyle. Health-saving technologies.

Subject 2.1. Motor activity, rational nutrition.

Subject 2.2. Prevention of bad habits, psychological foundations of a healthy lifestyle.

Subject 2.3. Health-saving technologies.

Section 3. Lifestyle and health

Subject 3.1. Own motivation to lead a healthy lifestyle. Building a healthy lifestyle

Subject 3.2. Valeological prerequisites for health and a healthy lifestyle

Subject 3.3 Rational organization of life in a healthy lifestyle.

3.4. Thematic plan of practical exercises

This type of work is not provided for in the curriculum.

3.5. Thematic plan of laboratory works

This type of work is not provided for in the curriculum.

3.6. Coursework/coursework

This type of work is not provided for in the curriculum.

4. Evaluation of training results

Assessment of training results in the discipline is carried out within the framework of current control and intermediate certification carried out according to the point-rating system.

Scale of assessment of training results by discipline:

Code certificates	Code competency indicator	Plane- roved results training as per discipline	Level of formation competency indicator			
			high	average	below medium	low
			85 to 100	70 to 84	55 to 69	0 to 54
			Rating scale			
			perfectly	well	satisfying	unsatisfactorily
			set off			not set off
UC-7 Able to	UC-7.1 Understa	know: basic principles	Knows the	Knows the	Poorly	Knowledge

maintain an adequate level of physical fitness to ensure full social	nds the impact of physical education wellness systems on health promotion and occupational	of a healthy lifestyle and health-saving technologies	basic principles of a healthy lifestyle	basic principles of a healthy lifestyle, but makes several non-gross mistakes when answering	knows the basic principles of a healthy lifestyle, makes many minor mistakes when answering	below minimum requirements, blunders
		be able to:				
		motivate yourself to lead a healthy lifestyle and apply wellness systems to promote health and prevent occupational diseases	Leads a healthy lifestyle and applies health-saving technologies	Motivated to lead a healthy lifestyle	In general, demonstrates motivation to lead a healthy lifestyle, but makes mistakes	Does not demonstrate the ability to motivate yourself with a healthy lifestyle

Assessment materials for monitoring and intermediate certification are given in the Appendix to the discipline work program.

A complete set of tasks and materials necessary for assessing the results of training in the discipline is stored at the developer's department.

5. Educational, methodological and informational support of the discipline

5.1. Training and methodological support

5.1.1. Essential literature

1. Zdorov'esberegayushchie pedagogicheskie tekhnologii : uchebnoe posobie dlya vuzov / A. M. Mityaeva. - M. : Akademiya, 2008. - 192 s.

2. Fizicheskaya kul'tura i zdorovyj obraz zhizni studenta : uchebnoe posobie / M. YA. Vilenskij, A. G. Gorshkov. - 4-e izd. ster. - M. : Knorus, 2022. - 239 s. - URL: <https://book.ru/book/942846>. - ISBN 978-5-406-09309-2. - Tekst : elektronnyj.

3. CHukaeva, I. I., Osnovy formirovaniya zdorovogo obraza zhizni : uchebno-metodicheskoe posobie / I. I. CHukaeva. — Moskva : Rusajns, 2022. — 125 s. — ISBN 978-5-4365-9009-7. — URL: <https://book.ru/book/942557>. — Tekst : elektronnyj.

4. Dudchenko, Z. F. Valeologiya: Elektronnoe uchebnoe posobie : uchebnoe posobie / Z. F. Dudchenko. — Sankt-Peterburg : IEO SPbUTUiE, 2008. — 150 s. — ISBN 978-5-94048-000-6. — Tekst : elektronnyj // Lan' : elektronno-bibliotechnaya sistema. — URL: <https://e.lanbook.com/book/63751>

5. Osnovy valeologii : uchebno-metodicheskoe posobie / sostavitel' V. G. Akchurin. — Ufa : BashGU, 2020. — 82 s. — Tekst : elektronnyj // Lan' : elektronno-bibliotechnaya sistema. — URL: <https://e.lanbook.com/book/179919>

5.1.2. Additional literature

1. YAnova, M. G. Zdorovyj obraz zhizni obuchayushchihya v vuze: valeologicheskie aspekty : uchebnoe posobie / M. G. YAnova, T. A. Martirosova, E. D. Kondrashova. — Krasnoyarsk : KGPU im. V.P. Astaf'eva, 2020. — 280 s. — ISBN 978-5-00102-420-0. — Tekst : elektronnyj // Lan' : elektronno-bibliotechnaya sistema. — URL: <https://e.lanbook.com/book/184203>
2. Zdorovyj obraz zhizni i fizicheskoe sovershenstvovanie : uchebnoe posobie / G. S. Tumanyan. - M. : Akademiya, 2006. - 336 s.
3. Valeologicheskie osnovy professional'noj podgotovki energetika : nauchnoe izdanie / L. N. Osipova. - Kazan' : KGEU, 2003. - 96 s
4. Lapshina, M. V. Vozrastnaya anatomiya, fiziologiya i osnovy valeologii : uchebno-metodicheskoe posobie / M. V. Lapshina. — Saransk : MGPI im. M.E. Evsev'eva, 2019. — 94 s. — Tekst : elektronnyj // Lan' : elektronno-bibliotechnaya sistema. — URL: <https://e.lanbook.com/book/163540>
5. Petrakov, M. A. Zdorovyj obraz zhizni : uchebno-metodicheskoe posobie / M. A. Petrakov, S. N. Prudnikov, S. V. Morozov. — Bryansk : Bryanskij GAU, 2021. — 22 s. — Tekst : elektronnyj // Lan' : elektronno-bibliotechnaya sistema. — URL: <https://e.lanbook.com/book/304223>

5.2. Information support

1.2.1. Electronic and Internet resources

1. EBS "Lan": electronic library system: site. - URL: <https://e.lanbook.com/> Access mode: for registered users.
2. Portal "Open Education": official website. – URL: <http://npoed.ru>
3. Scientific electronic library eLIBRARY.RU - URL: <http://elibrary.ru>. Access mode: for registered users.

5.2.2. Professional databases/Reference systems

1. Russian National Library: electronic library system: website. - Moscow, 2023. – URL: <http://nlr.ru/>
2. ГРАМОТА.РУ: reference and information portal: site. - Moscow, 2023. URL: <http://gramota.ru/>
3. "Guarantor": information and reference system: website. - Moscow, 2023. – URL: <http://www.garant.ru/>
4. "Consultant plus": information and reference system: site. - Moscow, 2023. – URL: <http://www.consultant.ru/>

5.2.3. Licensed and free software of the discipline

1. Windows 7 Professional (Pro) User Operating System of SoftLineTrade CJSC No. 2011.25486 from 28.11.2011 Neiskl. right. Indefinite.
2. LMS Moodle software for effective online interaction of teacher and student Free license Neiskl. right. Indefinite
3. Office Standard 2007 Russian OLP NL AcademicEdition+: офисные приложения. Contract No. 21/2010 dated 04.05.2010, licensor - CJSC Soft Line Trade, type (type) of license - non-exclusive. right, license validity period – unlimited

6. Procurement of discipline

Name of type of training work	Name of the classroom, specialized laboratory	List of required equipment and technical training facilities
Lectures	Classroom for lecture classes	Specialized educational furniture, technical training tools used to present educational information to a large audience (multimedia projector, computer (laptop), screen), demonstration equipment, teaching aids
Independent work	Computer class with Internet access B-600a	Specialized educational furniture for 30 seats, 30 computers, technical training tools (multimedia projector, computer (laptop), screen), video cameras, software
	Reading room libraries	Specialized furniture, computer equipment with Internet access and EIO access, screen, multimedia projector, software

7. Peculiarities of organizing educational activities for people with disabilities and disabled people

Persons with disabilities and persons with disabilities have the opportunity to freely move from one educational and laboratory building to another, climb to all floors of educational and laboratory buildings, study in educational and other premises, taking into account the peculiarities of psychophysical development and health status.

For the training of persons with disabilities and disabled people with disorders of the musculoskeletal system, conditions for unhindered access to all educational premises are provided. Information on special conditions created for students with disabilities and disabled people is posted on the university website [www//kgeu.ru](http://kgeu.ru). It is possible to provide technical assistance as an assistant, as well as the services of sign language interpreters and tiflosurd interpreters.

In order to adapt to the perception of reference and educational material in the discipline by persons with disabilities and hearing impairments, the following conditions are provided:

- for better orientation in the audience, warning signals are used about the beginning and end of the lesson (the word "call" is written on the board);
- the attention of the hearing impaired student is attracted by the teacher with a gesture (a hand is placed on the shoulder, an unsharp patting is carried out);
- talking to the student, the teacher looks at him, speaks clearly, in short sentences, providing the ability to read lips.

Compensation for difficulties in speech and intellectual development of hearing impaired students is carried out by:

- using diagrams, diagrams, drawings, computer presentations with hyperlinks commenting on individual image components;
- regular application of exercises for graphic identification of essential features of objects and phenomena;
- providing an opportunity for the student to receive targeted advice by e-mail as needed.

In order to adapt to the perception by persons with disabilities and persons with visual impairments of reference, educational, educational material provided for by the educational program in the selected direction of training, the following conditions are provided:

- adaptation of the official website on the Internet is being carried out, taking into account the special needs of the visually impaired, the availability of large-font reference information on the schedule of training sessions;

- the teacher, his interlocutor (if necessary), present at the lesson, are introduced to the student, and each time the one to whom the teacher refers is called;

- actions, gestures, movements of the teacher are briefly and clearly commented;

- printed information is provided in large print (from 18 points), totally voiced;

- the required illumination level of the premises is ensured;

- it is possible to use computers during classes and the right to record explanations on a voice recorder (at the request of students).

The form of current and intermediate certification for students with disabilities and disabled people is determined by the teacher in accordance with the curriculum. If necessary, a student with disabilities, a disabled person, taking into account their individual psychophysical characteristics, is given the opportunity to undergo an intermediate certification orally, in writing on paper, in writing on a computer, in the form of testing, etc., or is given additional time to prepare a response.

8. Methodological recommendations for teachers on the organization of educational work with students.

Methodological support of the process of educating students is one of the determining factors of high quality education. A university teacher, demonstrating high professionalism, erudition, a clear civic position, self-discipline, creativity in solving professional problems, in the course of the educational process contributes to the formation of a harmonious personality.

When implementing the discipline, the teacher can use the following methods of educational work:

- methods of formation of personality consciousness (conversation, dispute, suggestion, instruction, control, explanation, example, self-control, story, advice, conviction, etc.);

- methods of organizing activities and forming behavior experience (task, public opinion, pedagogical requirement, assignment, training, creating educational situations, training, exercise, etc.);

- methods of motivating activity and behavior (approval, encouragement of social activity, censure, creating situations of success, creating situations for emotional and moral experiences, competition, etc.)

When implementing the discipline, the teacher must take into account the following areas of educational activity:

Civic and patriotic education:

- formation of students' holistic worldview, Russian identity, respect for their family, society, state, spiritual, moral and socio-cultural values adopted in the family and society, for national, cultural and historical heritage, formation of the desire for its preservation and development;

- formation of an active civic position in students based on the traditional cultural, spiritual and moral values of Russian society, in order to increase the ability to responsibly exercise their constitutional rights and obligations;

- development of the legal and political culture of students, expansion of constructive participation in decision-making affecting their rights and interests, including in various forms of self-organization, self-government, socially significant activities;

- the formation of motives, moral and semantic attitudes of the individual, which make it possible to resist extremism, xenophobia, discrimination on social, religious, racial, national grounds, interethnic and interfaith intolerance, and other negative social phenomena.

Spiritual and moral education:

- education of a sense of dignity, honor and honesty, conscientiousness, respect for parents, teachers, people of the older generation;

- formation of the principles of collectivism and solidarity, the spirit of mercy and compassion, the habit of caring for people in difficult life situations;

- building solidarity and a sense of social responsibility towards people with disabilities, overcoming psychological barriers towards people with disabilities;

- the formation of an emotionally rich and spiritually elevated attitude towards the world, the ability and ability to convey their aesthetic experience to others.

Cultural and educational education:

- formation of aesthetic picture of the world;

- formation of respect for the cultural values of the native city, region, country;

- increased cognitive activity of students.

Scientific and educational education:

- formation of a scientific worldview among students;

- formation of knowledge acquisition skills;

- formation of skills of information analysis and synthesis, including in the professional field.



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**EVALUATION MATERIALS
by discipline**

OS.01 Valeology

Direction of training

38.03.02 Management

Qualification

Bachelor

Kazan, 2026

Valeology FTD.01 discipline assessment materials are intended for assessment of training results for compliance with competency achievement indicators.

Assessment of training results in the discipline is carried out within the framework of current control and intermediate certification carried out according to the point-rating system.

1. Checklist

Term 2

Section name	Forms and view control	Rating indicators							
		I monitoring	Extra points to TK1	II monitoring	Extra points to TK2	III monitoring	Extra points to TK3	Total	Intermediate qualification
Section 1. "Valeology - the doctrine of health and healthy lifestyles"	1	15	0-15					15-30	15-30
Section survey		5	0-15						
Report		10							
Section 2. "Principles of a healthy lifestyle. Health-saving technologies"	2			20	0-15			20-35	20-35
Section survey				10	0-15				
Report				10					
Section 3. "Lifestyle and Health"	3					20	0-15	20-35	20-35
Section survey						10	0-15		
Completion of individual tasks (abstract)						10			
Intermediate qualification (offset)	Evaluation materials								0-45

2. Assessment materials for monitoring and intermediate certification

Scale of assessment of training results by discipline:

Code certificates	Code competency indicator	Planned results training as per discipline	Level of formation competency indicator			
			high	average	below medium	low
			85 to 100	70 to 84	55 to 69	0 to 54
			Rating scale			
			perfectly	well	satisfying	unsatisfactorily
			set off			not set off

UC-7 Able to maintain an adequate level of physical fitness to ensure full social and professional activity	UC-7.1 Understands the impact of physical education wellness systems on health promotion and occupational disease prevention	know:				
		basic principles of a healthy lifestyle and health-saving technologies	Knows the basic principles of a healthy lifestyle	Knows the basic principles of a healthy lifestyle, but makes several non-gross mistakes when answering	Poorly knows the basic principles of a healthy lifestyle, makes many minor mistakes when answering	Knowledge below minimum requirements, blunders
		be able to:				
		motivate yourself to lead a healthy lifestyle and apply health-improving systems to promote health and prevent occupational diseases	Leads a healthy lifestyle and applies health-saving technologies	Motivated to lead a healthy lifestyle	In general, demonstrates motivation to lead a healthy lifestyle, but makes mistakes	Does not demonstrate the ability to motivate yourself with a healthy lifestyle

The credit is given for a general understanding of the sections and topics, a consistent presentation of the material during the report in a competent language with accurate use of terminology, a full and logical disclosure of the topic in the abstract with illustrations.

The criteria for evaluating the completion of an additional task, according to the achieved level, are:

High level: the answer to the question asked is complete, detailed, presented in a competent language with accurate use of terminology, the student responds to questions and is able to maintain a dialogue; the content of the topic in the report and abstract is disclosed in full, the material is presented in a competent language with the exact use of terminology.

Intermediate level: the answer to the question shows a general understanding of the question, sufficient for further study of the program material, the answer is presented in a competent language, some mistakes were made in the use of terminology; the content of the topic in the report and abstract is fully disclosed.

Below the average level: The answer to the question posed is incomplete, inconsistency in the presentation of the material was noted, when answering the question there were difficulties and mistakes were made in the definition of concepts and in the use of terminology, there are minor lexical and grammatical errors in the presentation of the material; the content of the topic in the report and abstract is not fully disclosed.

3. List of evaluation tools

Brief description of assessment tools used in the current control of academic performance and intermediate certification of a student in a discipline:

Name estimated means	Evaluation Tool Summary	Description of estimated means
Report (Dcl), Message (Sbch)	The product of a student's independent work, which is a public presentation of the results obtained for solving a specific educational, practical, educational, research or scientific topic	Topics of reports, messages
Survey by sections (topics)	Knowledge of the basic concepts of the topic/section/discipline	List of definitions of basic concepts of subject/discipline
Abstract	The product of a student's independent work, which is a summary in writing of the results of theoretical analysis of a certain scientific (educational and research) topic	Abstract topics

4. List of control tasks or other materials necessary to assess the knowledge, skills and abilities that characterize the stages of the formation of competencies in the process of mastering the discipline

For monitoring:

Verifiable competence: UK-7 - Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities; UK-7.1 - Understands the impact of health-improving physical education systems on health promotion, prevention of occupational diseases

Sample questions for oral questioning:

1. Subject of the discipline "Valeology."
2. Methods used in valeology.
3. Tasks of the discipline "Valeology."
4. The main concepts of the discipline "Valeology."
5. Place of valeology in the system of sciences.

**Sample questions for additional points in section:
High level (13-15 points):**

1. Health study
2. Assessment of the state of human health reserves
3. Formation of a healthy lifestyle
4. Directions of science "Valeology"
5. The concept of science "Valeology"

Medium level (8-12 points):

1. attitude to their health of different segments of the population
2. children's health
3. biology, ecology and valeology. What are the similarities and differences?
4. Philosophy and Valeology
5. Differentiation of valeology

Below average (0-7 points):

1. Attitude to your health
2. Object of study in valeology

3. Biology and valeology
4. Ecology and valeology
5. Medicine and Valeology

Sample topics of the reports:

1. Prerequisites for the emergence of valeology.
2. classification of valeology.
3. social aspects of health and healthy living
4. Valeological analysis of health factors
5. The history of the emergence of "Valeology."

For 2 monitoring:

Verifiable competence: UK-7 - Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities; UK-7.1 - Understands the impact of health-improving physical education systems on health promotion, prevention of occupational diseases

Sample questions for oral questioning:

1. Motor activity.
2. Rational nutrition.
3. Healthy sleep
4. Preventing bad habits
5. Psychological foundations of a healthy lifestyle.

Sample questions for additional points in section:

High level (13-15 points):

1. Man as a result of biological evolution
2. Civilization, lifestyle and human health
3. Valeological approach to the definition of "health norm"
4. Role of motor activity in biological evolution
5. Motor activity and psychophysical functions

Medium level (8-12 points):

1. The role of genetic factors in human life
2. State of the environment and public health
3. Components of a healthy lifestyle and their characteristics
4. Endurance, agility and flexibility as motor qualities
5. Influence of physical training on the functional systems of the body

Below average (0-7) points:

1. Yoga as health-preserving technology
2. Music therapy as a health-saving technology
3. Light therapy as a health-saving technology
4. Rhythmoplasty as a health-saving technology
5. Massage as health-saving techn

Sample topics of the reports:

1. evolutionary background of motor activity
2. physiological basis of physical culture

3. Individual characteristics of a person
4. Place of motor activity in human life
5. Rational nutrition of modern man

For 3 monitoring:

Verifiable competence: UK-7 - Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities; UK-7.1 - Understands the impact of health-improving physical education systems on health promotion, prevention of occupational diseases

Sample questions for oral questioning:

1. Health-saving technologies.
2. Own motivation to lead a healthy lifestyle.
3. Formation of a healthy lifestyle
4. Prerequisites for a healthy lifestyle
5. Rational organization of life in a healthy lifestyle.

Примерны вопросы для дополнительных баллов по разделу:

High level (13-15 points):

1. Public health problems in Russia
2. Place of valeology in disease prevention
3. The problem of a person's personal responsibility for their health
4. Personality-motivational attitude of a person to a healthy lifestyle
5. Valeological culture

Medium level (8-12 points):

1. Individualization of a healthy lifestyle
2. Lifestyle of parents and heredity
3. Environmental health factors and heredity
4. Human health criteria
5. Healthy student lifestyle

Below average (0-7) points:

1. Healthy human lifestyle
2. Age and lifestyle
3. Gender and lifestyle
4. Genotype and lifestyle
5. Healthy lifestyle of my family

Sample abstract topics:

1. Factors of rational organization of life of a mental worker
2. Planning and organization of rational life
3. Rational organization of student's life
4. Valeological foundations of hardening
5. Valeological analysis of health factors

Questions for intermediate qualification:

1. Subject, methods, tasks and basic concepts of the discipline
2. The place of valeology in the system of sciences. Prerequisites for the

emergence of valeology.

3. Evolutionary premises of healthy lifestyle principles
4. State and social aspects of health and healthy lifestyle
5. Physiological foundations of the principles of a healthy lifestyle
6. Motor activity, rational nutrition.
7. Place of motor activity and rational nutrition in human life
8. Prevention of bad habits, psychological foundations of a healthy lifestyle.
9. Health-preserving technologies.
10. Valeological foundations of health-preserving technologies
11. Own motivation to lead a healthy lifestyle.
12. Formation of a healthy lifestyle
13. Prerequisites for a healthy lifestyle
14. Healthy lifestyle of a modern person
15. Rational organization of life in a healthy lifestyle.
16. Comparative analysis of the rational organization of the life of a mental and physical worker
17. Comparative analysis of the rational organization of the life of a student, student and pensioner
18. Planning and organization of rational life
19. Valeological analysis of genetic health factors
20. Individual characteristics of a person and a healthy lifestyle