

Name of university, Name of faculty: Trnava University
Faculty of Health Care and Social Work

INFORMATION SHEET OF THE SUBJECT

Code: VZB12		Name: Hygiene of children and youth	
Cover: Department of Public Health			
Type of educational activity: Lecture, Seminar		Number of credits: 5	Recommended semester: ST
Scope of educational activity (in hours): Weekly: 2/2 For term of study: LS 60,60			Study grade: Bachelor
Method of educational activity:			
Recommended semester	Study programme		
2.year ST	Public Health (D1-VZ-22) Public Health (D1-VZ-22-K)		
Underlie subjects:			
Conditions for passing the course:			
Method of evaluation: Completion by taking an examination			
Continuous evaluation:			
Final evaluation: Oral examination: answering two questions (40%), performance on two tests (30%), completion of seminar assignments (30%). For online instruction, the final assessment consists of an oral examination: answering two questions (40%), performance on two tests (30%), and completion of seminar assignments (30%). To obtain a grade of A, a minimum of 95% is required; for a grade of B, at least 89%; for a grade of C, at least 83%; for a grade of D, at least 77%; and for a grade of E, at least 71%.			
Student attendance at seminars is mandatory. Students are permitted one absence without providing a reason. In the event of any further absence, a make-up assignment will be assigned.			
Finished: Ústnou skúškou : zodpovedanie dvoch otázok 40%, úspešnosť dvoch testov 30%, vypracovanie seminárnych úloh 30% Pri online výučbe online ústna skúška			
Learning outcomes: The student will be able to apply activities in the field of public health in the field of hygiene of children and youth. Prepare draft hygienic standards for living and working conditions of children and youth. He will be able to propose solutions to eliminate health risks in their environment and way of life for children and youth. Able to determine hygienic requirements and standards for children's and school collective facilities, as well as facilities for students and working adolescents and hygienic principles of the educational process and nutrition			
Schedule of subject:			
lectures			
1. Child growth and development - the period of child development and growth			
2. Breastfeeding, child nutrition, drinking regimen			
3. Alternative nutrition for children and youth, vegetarianism,			
4. Advertising and eating habits of children			
5. Obesity in children and movement, sports activity, physical education and movement in children and youth			
6. Hygienic requirements for joint meals for children and youth			
7. Dental health, work and rest regime in children and youth			
8. Hygienic aspects of the educational process			
9. School maturity, Recommended procedure for the development of prevention in schools and school facilities			
10. Hygienic requirements for the operation of children's collective facilities.			
11. Behavioral disorders in children, bullying in children, addictions, child abuse			
12. State health supervision			
seminars			
1. Concept of the HDM department, programs and projects of the HDM department			
2. Assessment of child growth, percentile graphs			
3. Breastfeeding BFHI			
4. Social determinants of schoolchildren's health, risk factors of school age			
issues of addictive substances - alcohol consumption, smoking and drug addiction in children and youth			
5. Infectious diseases			
6. Decree of the Ministry of Health of the Slovak Republic No. 521/2007 Coll. on details of requirements for sandboxes			
7. Decree of the Ministry of Health of the Slovak Republic No. 525/2007 Coll. on details of requirements for physical education and sports facilities			
8. Decree No. 75/2023 of the Ministry of Health of the Slovak Republic of February 17, 2023 on details of requirements for facilities for children and youth			
9. Decree of the Ministry of Health of the Slovak Republic No. 526/2007 Coll., which establishes details of requirements for recovery events			

10. Decree of the Ministry of Health of the Slovak Republic No. 533/2007– on details of requirements for communal catering facilities

11. Excursions

12. Seminar papers, presentations

Recommended reading:

1. Rovný a kol. 2014. Vybrané kapitoly verejného zdravotníctva II. -1.vyd. - 896 s.

ISBN 9788089057443

2. Rovný, Ivan - Bielik, Ivan - Hamade, Jana - Starzyk, Martin. Vybrané kapitoly verejného zdravotníctva IV: Hygiena detí a mládeže. - 1. vyd. - Bratislava: Vysoká škola zdravotníctva a sociálnej práce sv. Alžbety, 2011. - 70 s. - ISBN 978-80-8132-029-3.

3. Skutočne zdravá škola : <https://skutocnezdravaskola.sk/>

4. <https://moodle.truni.sk/>

Language requirements: Slovak

Notes:

The student's attendance at lectures is determined by the teacher, participation in seminars and exercises is mandatory. Each student is entitled to one absence during the semester without giving a reason. In the event of a further absence, the student will be assigned a replacement assignment.

If a student misses more than two teaching units per semester, regardless of the reason for the absence, he/she is obliged to request in writing (not by e-mail) the dean of the faculty to excuse his/her absence from classes and to attach a relevant document proving the third and each subsequent absence to the request.

Course evaluation:

Assessed students in total: 316

A	B	C	D	E	FX
44%	28%	18%	3%	2%	4%

Lecturers:

doc. Ing. Margaréta Kačmariková, PhD., MPH, lecturer, examiner, instructor

Mgr. Viktória Vojteková, examiner, seminary supervisor

Date of last change: 01.09.2026

Approved by: doc. PhDr. Róbert Ochaba, PhD., MPH, univ.prof.