

Subject: **Preventive Medicine**

Study Year: **4th year**

Study Programme: **Dental Medicine**

Term: **Summer term**

Academic Year: **2025/2026**

Date	Lectures – Friday /OCW/ 11.30 – 13.00 PB	Plan of practices in preventive medicine
13.02.2026	Preventive medicine, definition, organization, education, public health <i>Doc.MUDr. Viola, Vargová,PhD.</i>	Discussion of different models of health care, insurance, public health, funding
27.02.2026	Physical exercise – how much is too much <i>MUDr. Peter Horváth</i>	Smoking, laws, regulations, advertisement
13.03.2026	Prevention of obesity, nutrition <i>MUDr. I. Majerčák, MPH.</i>	Echocardiography, preventive examination
27.03.2026	Preventive cardiology <i>Prof. MUDr. Daniel Pella, PhD./ doc.MUDr. Š. Tóth,PhD.</i>	Prescription of physical exercise in civilization diseases, body fat measurement/BMI/WHR
10.04.2026	Metabolic syndrome as a cardiovascular risk factor <i>Doc.MUDr. Š. Tóth, PhD.</i>	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
24.04.2026	Cancer – epidemiology, statistics, prevention <i>Doc.MUDr. Viola, Vargová,PhD.</i>	Alcohol, recreational drugs
08.05.2026	Prevention of Internal diseases from the perspective of patients with dental diseases <i>Doc.MUDr. Viola, Vargová,PhD.</i>	Basic tests of physical fitness Test.

Requirements for completion :

1. For successful completion of the practical exercises/seminars is required:

- To participate at all of practical exercises, theoretical and practical performance of all exercises/seminars.
- To get at least 60 % of total score for ongoing review of written test or the theoretical training to practical exercises.
- Two absences are allowed /justified/

2. For successful obtained of the credits from subject is necessary:

- To gain the credit from practical exercises (paragraph 1 above).
- Evaluation: Study rules of procedure UPJŠ in Košice, the Faculty of Medicine, Part II, Art13
- The final classification includes the evaluation of the written test and the results obtained in practical exercises

The compulsory and recommended literature:

The author	Title	year
Dzurenková, D., Marček, T., Hájková, M.:	Essentials of Sports Medicine. Bratislava: CU, 2000.,22 pp.	2000
Marček, T. et all.:	Sports Medicine (Manual of Practical Sports Medicine). Bratislava: CU, 1995. 76 p.	1995
Harries, M., Williams, C., Stanish, W.D., Micheli, L.J.:	Oxford Textbook of Sports Medicine. Oxford: Oxford University Press, 1994. 748 p	1994