**Kharkiv national medical university**

**III medical faculty**

**Department of dermatology, venereology and medical cosmetology**

**Educational program for training specialists of the second (master's)**

**level of higher education training 22 "Health"**

**Specialty (specialization) "Medicine"**

**In specialty 228 "Pediatrics"**

SILLABUS

ELECTIVE COURCE

" PHYSIOTHERAPY IN COSMETOLOGY"

## 

|  |  |  |
| --- | --- | --- |
| The program was approved at a meeting of the Department of Dermatology, Venereology and Medical Cosmetology  Protocol  “\_\_27\_\_”\_\_\_\_\_08\_\_\_\_\_\_\_\_\_2020 year №10  Head of the department professor Bilovol A.М. (sign up) (Full name)  “\_\_\_\_\_”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20\_\_\_ year |  | Approved by the methodical commission of KhNMU on the problems of professional training of pediatric profile  Protocol  “\_\_\_\_”\_\_\_\_\_\_\_\_\_\_\_\_\_ \_year № \_\_  Head  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_professor Gonchar M.O. (sign up) (Full name)  “\_\_\_\_\_”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_ year |

**name of the DISCIPLINE «PHYSIOTHERAPY IN COSMETOLOGY»**

# **Teacher(s) information**

|  |  |
| --- | --- |
| Compiler / developer of syllabus | Berehova А.А.  Havryliuk О.А. |
| Teacher(s) | Bilovol А.М.  Tkachenko S.H.  Berehova А.А.  Havryliuk О.А.  Mangusheva V.Y. |
| Teacher(s) information | Bilovol А.М. (Head of the Department, dermatologists, MD)  Tkachenko S.H. (Associate Professor, dermatologists, PhD)  Berehova А.А. (Associate Professor, dermatologists, PhD)  Havryliuk О.А. (Assistant Professor, dermatologists, PhD)  Mangusheva V.Y. (Assistant Professor, dermatologists, PhD,) |
| Tel. | 0956926693, 0671223703, 0507047661, 0979782452, 0509244065 |
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| Consultation | 9.00 -15.00 |

**Description of the discipline**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of indicators | Field of knowledge, direction of training, educational and qualification level | Characteristic of the educational discipline | |
| **full-time education** | **full-time education** |
| Number of credits 3 | branch 22 2  « Medicine»  (code and name of the area of knowledge) | Elective | |
| Total number of hours – 90 | \_\_\_ 7.12010001 "Medical business" | **Year of preparation:** | |
| 4th |  |
| **Semester** | |
| 7th | 8th |
| **Lectures** | |
| Hours for day (or evening) form of study:  classrooms - 20  independent student work - 70 | Education level:  second  (master's) level | 20 h. | h. |
| **Practical, seminar** | |
| 70 h. | h. |
| **Laboratory** | |
| h. | h. |
| **Independent work** | |
| 70 h. | h. |
| **Individual tasks:** h. | |
| Type of control: test | |

**Discipline information**

The course "Physiotherapy in cosmetology" is devoted to the study of modern physiotherapeutic diagnostic methods, lays the foundations for students to study modern physical methods not only in cosmetology but also in general clinical practice, which integrates teaching with different disciplines and skills to apply knowledge of physiotherapy in cosmetology. training and professional activities, lays the understanding of modern physical methods in cosmetology, as well as common skin diseases, cosmetic defects that require the integration of classical clinical concepts and modern high technology.

The obtained theoretical knowledge and practical skills will help the future specialist to rationally and correctly analyze the age of the skin and determine methods of correction of these changes, identify cosmetic defects, defects and dermatological diseases, age-related skin changes for physiotherapy, prove the feasibility of using physiotherapy in cosmetology, analyze and interpret the results of physiotherapy treatment of cosmetic defects, defects, age-related skin changes, dermatological diseases, be able to explain the compatibility and consistency of the use of physiotherapy procedures in cosmetology.

*The educational process is organized according to the European credit transfer system*

***Prerequisites.*** The study of the discipline involves the prior mastering of disciplines in medical biology, normal and pathological anatomy, normal and pathological physiology, biochemistry, microbiology, medical genetics, pharmacology and prescription, epidemiology and principles of evidence-based medicine, emergency and urgent medical care, and care for patients of therapeutic profile, and their management in outpatient and inpatient settings.

Postrequisites. The main provisions of the discipline should be applied in the study of related disciplines during 5years of study, is preparation for study in higher education institutions in the programs of the third educational and scientific level of higher education.

The purpose of studying the elective course "Physiotherapy in cosmetology - the ultimate goals are set on the basis of training of a doctor in the specialty (professional training): is the basis for building the content of the elective course. The description of goals is formulated through skills in the form of target tasks (actions). On the basis of the ultimate goals of the discipline, specific goals are formulated in the form of certain skills (actions), target tasks that ensure the achievement of the final theme of the course.

Competences and learning outcomes, the formation of which is facilitated by the discipline (relationship with the normative content of training of higher education, formulated in terms of learning outcomes in the Standard).

According to the requirements of the standard, the discipline provides acquisition by students

*competencies:*

**Integral:** The ability to solve typical and complex specialized problems and practical problems in a professional activity in the field of health care, or in the learning process, which involves research and / or innovation and is characterized by complexity and uncertainty of conditions and requirements.

-general:

1. Ability to apply knowledge in practical situations

2. Knowledge and understanding of the subject area and understanding of the profession

3. Ability to self-regulate and lead a healthy lifestyle, the ability to adapt and act in a new situation

4. Ability to choose a communication strategy; ability to work in a team; interpersonal skills

5. Ability to communicate in the native language both orally and in writing; ability to communicate in a second language

6. Skills in the use of information and communication technologies

7. Ability to abstract thinking, analysis and synthesis, the ability to learn and be modernly trained

8. Ability to apply knowledge in practical situations

9. Ability to assess and ensure the quality of work performed;

10. Definiteness and perseverance in terms of tasks and responsibilities

11. Ability to act socially responsible and socially conscious

12. The desire to preserve the environment

- special (professional, subject):

1. Ability to establish a preliminary clinical diagnosis of the disease

2. Skills of gathering information about the patient

3. Ability to evaluate the results of laboratory and instrumental research

4. Ability to determine the principles and nature of treatment of diseases

5. Ability to diagnose emergencies

6. Ability to carry out medical and evacuation measures

7. Ability to determine the tactics of emergency medical care

8. Emergency care skills

9. Skills to perform medical manipulations

10. Ability to determine the required mode of work and rest in the treatment of diseases

11. Ability to determine therapeutic nutrition in the treatment of diseases

12. Ability to carry out sanitary and hygienic and preventive measures

13. Ability to plan preventive and anti-epidemic measures for infectious diseases

14. Ability to carry out preventive and anti-epidemic measures against infectious diseases

15. Ability to determine the tactics of contingent of persons subject to dispensary supervision

16. Ability to conduct a medical examination

17. Ability to keep medical records

18. Ability to process state, social, economic and medical information

19. Ability to take measures to organize and integrate medical care

20. Ability to conduct epidemiological and medical-statistical studies of public health

21. Ability to assess the impact of the environment on the health of the population (individual, family, population)

22. Ability to assess the impact of socio-economic and biological determinants on the health of the individual, family, population

23. Ability to analyze the activities of a doctor, department, health care institution

24. Ability to take measures to ensure the quality and safety of health care

25. Ability to take measures to improve resource efficiency

27. Ability to conduct marketing of medical services

**Discipline status: selective;** The format of the discipline is mixed - a discipline that is accompanied by the Moodle system, teaching the discipline, combines traditional forms of classroom learning with elements of distance learning, which uses available interactive information technology (ZOOM, Moodle), face-to-face and distance counseling.

**Teaching methods.**

Classes (clinical cases of patients with congenital and acquired diseases of the skin and its appendages that form cosmetic defects), phantom, electronic information (presentations, videos, guidelines, lectures), control (tests, situational tasks) are used for classes. , assessment of practical skills, defense of a clinical case)

**Learning outcomes.**

According to the training program in the discipline "Physiotherapy in cosmetology" the graduate will acquire theoretical knowledge, methodological training, practical skills and can identify modern physiotherapy techniques used in cosmetology, can identify cosmetic defects, defects and dermatological diseases, age changes skin for treatment with physiotherapy techniques, to prove the feasibility of using physiotherapy methods in cosmetology, to analyze and interpret the results of physiotherapy treatment of cosmetic defects, defects, age-related skin changes, dermatological diseases, to explain the compatibility and sequence of physiotherapy procedures in cosmetology.

**The program of discipline**

**Topics of practical classes**

|  |  |  |
| --- | --- | --- |
| № | Topic | Quantity  hours |
| 1 | Modern physiotherapeutic methods in cosmetology. Electrotherapy in cosmetology. Galvanization. | 5 |
| 2 | Electrocoagulation in cosmetology. Electroepilation. Electrolipolysis. Rhodolysis. | 5 |
| 3 | Microcurrent therapy in cosmetology. Darsonvalization in cosmetology. UHF therapy and magnetic therapy in cosmetology. Electrolymphatic drainage and electromyostimulation in cosmetology. | 5 |
| 4 | Phototherapy in cosmetology. UV therapy, PUVA therapy, infrared light therapy, chromotherapy in cosmetology. | 5 |
| Together | | 20 |

**Independent work**

|  |  |  |
| --- | --- | --- |
| № | Topic | Quantity  hours |
| 1 | Modern physiotherapeutic methods in cosmetology. Electrotherapy in cosmetology. Galvanization. | 8 |
| 2. | Electrocoagulation in cosmetology. Electroepilation. Electrolipolysis. Rhodolysis. | 8 |
| 3. | Microcurrent therapy in cosmetology. Darsonvalization in cosmetology. UHF therapy and magnetic therapy in cosmetology. Electrolymphatic drainage and electromyostimulation in cosmetology. | 8 |
| 4. | Phototherapy in cosmetology. UV therapy, PUVA therapy, infrared light therapy, chromotherapy in cosmetology. | 8 |
| 5. | Laser therapy in cosmetology. Phototherapy. Radio wave therapy in cosmetology. | 8 |
| 6. | Ultrasound therapy in cosmetology. Barotherapy in cosmetology. | 8 |
| 7. | Mechanical stress and mechanical vibrations of cosmetology. | 8 |
| 8. | Hydrotherapy in cosmetology. Parotherapy in cosmetology. Thermotherapy in cosmetology. | 7 |
| 9. | Aromatherapy in cosmetology. SPA therapy in cosmetology | 7 |
| Together | | 70 |

**The program of the elective course**

**Topics**

*Modern physiotherapeutic methods in cosmetology. Electrotherapy in cosmetology. Galvanization.*

Introduction to the course of physiotherapy in cosmetology. Characteristics of hardware and non-hardware means of physiotherapy in cosmetology. Safety precautions when working with medical and cosmetic physiotherapy equipment. The mechanism of electric current on the skin and human body. Types of electric current used in cosmetology. The concept of galvanization: general characteristics, mechanism of action, indications, contraindications, technique of the procedure. Drugs and cosmetics for iontophoresis. Disincrustation.

*Electrocoagulation in cosmetology. Electroepilation. Electrolipolysis. Rhodolysis in cosmetology.*

Electrocoagulation: the concept of diathermocoagulation and galvanocoagulation, mechanism of action, indications and contraindications, technique. Electrolipolysis: characteristics of the method, indications, contraindications, technique of the procedure. Ridolysis: characteristics of the method, indications, contraindications, technique of the procedure. The concept of electroepilation, thermolysis, electrolysis, blend method. Indications and contraindications. Execution technique.

*Microcurrent therapy. Darsonvalization in cosmetology. UHF therapy and magnetic therapy in cosmetology. Electrolymphatic drainage and electromyostimulation in cosmetology.*

Microcurrent therapy in cosmetology: method characteristics, indications, contraindications, technique of the procedure. Darsonvalization: characteristics of the method, indications, contraindications, technique of the procedure. UHF therapy: characteristics of the method, indications, contraindications, technique of the procedure. Magnetic therapy in cosmetology: method characteristics, indications, contraindications, technique of the procedure. Electrolymphatic drainage: characteristics of the method, indications, contraindications, technique of the procedure. Electromyostimulation: characteristics of the method, indications, contraindications, technique of the procedure.

*Phototherapy in cosmetology. UV therapy, PUVA therapy, infrared light therapy, chromotherapy in cosmetology.*

Physiological action of light. The concept of human phototypes. Natural and artificial UV therapy, physiological effect of tanning, types of solariums. Indications and contraindications of UV therapy, complications of UV therapy and means of prevention. PUVA therapy: characteristics, indications and contraindications, technique of the procedure. IR irradiation: characteristics, indications and contraindications, equipment, technique of the procedure. Chromotherapy in cosmetology: characteristics, physiological effect of the visible spectrum on the human body, indications and contraindications, technique of the procedure.

*Laser therapy in cosmetology. Phototherapy. Radio wave therapy in cosmetology.*

Characteristics of laser radiation, the concept of surgical and therapeutic lasers, the concept of selective photothermolysis, the concept of light ablation. Laser grinding: characteristics, indications, contraindications, equipment, technique of the procedure. Phototherapy in cosmetology: characteristics, indications, contraindications, technique of the procedure. Photorejuvenation. Angiophotothermolysis: characteristics, indications, contraindications, technique of the procedure. Light epilation: laser hair removal and photoepilation, comparative characteristics, indications, contraindications, technique of the procedure.

*Mechanotherapy in cosmetology. Artificial and natural means of physiotherapy in cosmetology.*

Specific goals.

 Define the concept of ultrasound therapy, mechanotherapy, barotherapy in cosmetology;

 Master modern methods of ultrasound therapy, mechanotherapy and barotherapy in cosmetology, which require the integration of clinical manifestations and modern high technologies

 Know the main indications and contraindications of ultrasound, mechanical and methods based on the action of pressure in cosmetology, equipment and techniques of these procedures in cosmetology, possible complications and means of their prevention

 Be able to use ultrasonic, mechanical and baromethods in the process of further training and professional activity

 Be able to rationally use ultrasound, mechanical methods and baromethods for the treatment of cosmetic pathology of the skin and its derivatives

 Define the concepts of hydrotherapy, steam therapy, thermotherapy, aromatherapy, spa therapy in cosmetology;

 Master modern methods of natural treatment in cosmetology, which require the integration of clinical manifestations and modern high technologies

 Know the main indications and contraindications of natural methods in cosmetology, equipment and techniques of procedures in cosmetology, possible complications and means of their prevention

 Be able to use methods of natural treatment in the process of further study and professional activity

 Be able to rationally use natural methods for the treatment of cosmetic pathology of the skin and its derivatives

*Ultrasound therapy in cosmetology. Barotherapy in cosmetology.*

The mechanism of action of ultrasound on the human body. The concept of contact environment. Ultraphonophoresis: characteristics, indications, contraindications, technique. Ultrasonic peeling: characteristics, indications, contraindications, technique of the procedure. Ultrasonic hair removal: characteristics, indications, contraindications, technique of the procedure. Vacuum massage and lymphatic drainage: characteristics, indications, contraindications, technique. Vacuum skin cleansing: characteristics, indications, contraindications, technique of the procedure. Pressure therapy: characteristics, indications, contraindications, technique of the procedure.

*Mechanical stress and mechanical vibrations in cosmetology.*

Casting: characteristics, indications, contraindications, technique of the procedure. Vibromassage: characteristics, indications, contraindications, technique of the procedure. Cosmechanics: characteristics, indications, contraindications, technique of the procedure. Vacuum-roller massage: characteristics, indications, contraindications, technique of the procedure. Endermology: characteristics, indications, contraindications, technique of the procedure. Microdermabrasion: characteristics, diamond microdermabrasion and sandblasting microdermabrasion, indications, contraindications, procedure.

*Hydrotherapy in cosmetology. Parotherapy in cosmetology. Thermotherapy in cosmetology*

The concept of hydrotherapy in cosmetology. Therapeutic baths: characteristics, indications, contraindications, technique. Therapeutic souls: characteristics, indications, contraindications, technique. Rubbing, dousing: characteristics, indications, contraindications, technique. Hydromassage, hydropuncture: characteristics, indications, contraindications, technique. Parotherapy in cosmetology: characteristics, indications, contraindications, technique. Vaporization: characteristics, indications, contraindications, technique. Heat treatment in cosmetology: characteristics, indications, contraindications, technique. Thermo blanket, infrared blanket, infrared sauna. Cryotherapy in cosmetology: characteristics, indications, contraindications, technique. Cryomassage, cryodesquamation, cryodestruction, cryosauna, cryoplasty.

*Aromatherapy in cosmetology. SPA therapy in cosmetology*

Aromatherapy in cosmetology: characteristics, indications, contraindications, technique. Aroma inhalation, aroma bath, aroma massage, aroma compress. SPA therapy: characteristics, indications, contraindications, technique. SPA-resort, day-SPA, city-SPA, SPA-procedure. Thalassotherapy, algotherapy, clay therapy, peloidotherapy, stone therapy.

**Recommended Books.**

1. Bashura AG Therapeutic cosmetics in pharmacies and not only… / A.G. Bashura, S.G. Tkachenko. - H .: Prapor, 2006. - 392 p.

2. Klyachkin VM Physiotherapy: a textbook / VM Klyachkin, MN Виноградова. - 2nd ed., Reworked. and ext. - М .: Медицина, 1995. - 240 с.

3. Novikova LV Methods of physiotherapy in cosmetology / L.V. Novikova. - M., 2001. - 176 p.

4. Ozerska OS. Cosmetology M .: "Art of Russia", 2000- 368 p.

5. Papias NA Medical cosmetics. A practical guide for doctors. Minsk: Belarus, 1999.

**Discipline policy and values.**

In order to successfully complete the relevant course, it is necessary to regularly attend practical classes; to have theoretical preparation for practical classes according to the subject; not to be late and not to miss classes; perform all necessary tasks and work in each lesson; be able to work with a partner or in a group; contact the curators of the course on various issues on the subject of classes and receive it when you need it.

Students can discuss different tasks, but their performance is strictly individual. It is not allowed to write off, use various software, tips, use a mobile phone, tablet or other electronic gadgets during classes for purposes other than the educational process. Students are not allowed to attend practical classes.

Students with special needs can meet with the teacher or warn him before the start of classes, at the request of the student it can be done by the head of the group. If you have any questions, please contact the teacher.

Students' participation in research and conferences on this topic is encouraged.

All students of KhNMU are protected by the Regulations on Prevention, Prevention and Settlement of Cases Related to Sexual Harassment and Discrimination at Kharkiv National Medical University, designed to define an effective mechanism for resolving conflict situations related to discrimination and sexual harassment. This Regulation is developed on the basis of the following normative legal acts of Ukraine: the Constitution of Ukraine; Law of Ukraine "On Education"; Law of Ukraine "On Higher Education"; Law of Ukraine "On Principles of Prevention and Counteraction of Discrimination in Ukraine"; Law of Ukraine "On Ensuring Equal Rights and Opportunities for Women and Men"; Convention for the Protection of Human Rights and Fundamental Freedoms; Convention for the Suppression of Discrimination in Education; Convention on the Elimination of All Forms of Discrimination against Women; General Recommendation № 25 to paragraph 1 of Article 4 of the Convention on the Elimination of All Forms of Discrimination against Women; General Comment № 16 (2005) “Equal rights for men and women to enjoy economic, social and cultural rights” (Article 3 of the International Covenant on Economic, Social and Cultural Rights; UN Committee on Economic, Social and Cultural Rights); in the spirit of international mutual understanding, cooperation and peace and education in the spirit of respect for human rights and fundamental freedoms (UNESCO), the Concept of the State Social Program for Equal Rights and Opportunities for Women and Men until 2021. Kharkiv National Medical University provides education and work that is free from discrimination, sexual harassment, intimidation or exploitation. The University recognizes the importance of confidentiality. All persons responsible for the implementation of this policy (staff of deans' offices, faculties, institutes and the Center for Gender Education, members of the student government and ethics committee, vice-rector for research and teaching) are confidential about those who report or accuse of discrimination. or sexual harassment (except where the law requires disclosure and / or when disclosure by the University is necessary to protect the safety of others).

KhNMU creates a space of equal opportunities free from discrimination of any national, racial or ethnic origin, sex, age, disability, religion, sexual orientation, gender, or marital status. All rights, privileges, programs and activities granted to students or staff of the University apply to all without exception, provided they are properly qualified. The anti-discrimination policy and the policy of counteracting sexual harassment of KhNMU are confirmed by the Code of Corporate Ethics and the Charter of KhNMU.

**Behavior in the audience**

It is important for students to follow the rules of good behavior at the university. These rules are common to all, they also apply to all faculty and staff, and are not fundamentally different from the generally accepted norms.

During classes

• allowed:

- leave the audience for a short time if necessary and with the permission of the teacher;

- drink soft drinks;

- take photos of presentation slides;

- take an active part in the class.

• prohibited:

- eat (except for persons whose special medical condition requires another - in this case, medical confirmation is required);

- smoking, drinking alcohol and even low-alcohol beverages or drugs;

- use obscene language or use words that offend the honor and dignity of colleagues and faculty;

- gambling;

- damage the material and technical base of the university (damage inventory, equipment; furniture, walls, floors, litter the premises and territories);

- shouting, shouting or listening to loud music in classrooms and even in corridors during classes.

**Plagiarism and academic integrity**

The Department of Dermatology, Venereology and Medical Cosmetology maintains zero tolerance for plagiarism. Students are expected to constantly raise their awareness of academic writing. The first lessons will provide information on what to consider plagiarism and how to properly conduct research and scientific research.

**Occupational Health**

The first lesson of the course will explain the basic principles of labor protection by conducting appropriate training. It is expected that every higher education seeker should know where the evacuation exit closest to the audience is, where the fire extinguisher is, how to use it, and so on.

Procedure for informing about changes in the syllabus: the necessary changes in the syllabus are approved by the methodical commission of KhNMU on problems of professional training of pediatric profile and published on the site of KhNMU, the site of the Department of Dermatology, Venereology and Medical Cosmetology of KhNMU.

**Evaluation policy**

**Individual tasks**

Individual student tasks (IST) are evaluated in ECTS points (not more than 10), which are added to the sum of points earned for current educational activities.

**Control methods**

Control of student work. Assimilation of the topic (current control) is controlled in practical classes in accordance with specific goals and during the individual work of the teacher with students.

The following methods are used to determine the level of preparation of students:

1. answers to control questions;

2. computer tests;

3. assessment and interpretation of laboratory and instrumental examinations (directly in diagnostic departments, in classrooms, at the patient's bedside);

4. control of mastering practical skills and elements of medical equipment during the curation of the patient.

**Recalculation of the average grade for current activity in a multi-point scale (for disciplines ending with credit)**

When assessing the mastery of each subject of the discipline (MSD) and the final lesson (FL), the student is graded according to the traditional 4-point system: "excellent", "good", "satisfactory" or "unsatisfactory".

The final score for current learning activities (CLA) and final classes (FL) is defined as the arithmetic mean of traditional grades for each class and FL, rounded to 2 decimal places and listed in a multi-point scale according to the table.

The conversion of the average grade for current educational activities (CEA) into a multi-point scale for disciplines that end with a test is carried out in accordance with the table. To enroll, a student must receive from 120 to 200 points.

**Tab. 1**

**Recalculation of the average score for current activities in a multi-point scale**

**(for disciplines ending with a credit)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 4 point scale | 200 point scale |  | 4 point scale | 200 point scale |  | 4 point scale | 200 point scale |
| 5 | 200 | 4.22-4,23 | 169 | 3.45-3,46 | 138 |
| 4.97-4,99 | 199 | 4.19-4,21 | 168 | 3.42-3,44 | 137 |
| 4.95-4,96 | 198 | 4.17-4,18 | 167 | 3.4-3,41 | 136 |
| 4.92-4,94 | 197 | 4.14-4,16 | 166 | 3.37-3,39 | 135 |
| 4.9-4,91 | 196 | 4.12-4,13 | 165 | 3.35-3,36 | 134 |
| 4.87-4,89 | 195 | 4.09-4,11 | 164 | 3.32-3,34 | 133 |
| 4.85-4,86 | 194 | 4.07-4,08 | 163 | 3.3-3,31 | 132 |
| 4.82-4,84 | 193 | 4.04-4,06 | 162 | 3.27-3,29 | 131 |
| 4.8-4,81 | 192 | 4.02-4,03 | 161 | 3.25-3,26 | 130 |
| 4.77-4,79 | 191 | 3.99-4,01 | 160 | 3.22-3,24 | 129 |
| 4.75-4,76 | 190 | 3.97-3,98 | 159 | 3.2-3,21 | 128 |
| 4.72-4,74 | 189 | 3.94-3,96 | 158 | 3.17-3,19 | 127 |
| 4.7-4,71 | 188 | 3.92-3,93 | 157 | 3.15-3,16 | 126 |
| 4.67-4,69 | 187 | 3.89-3,91 | 156 | 3.12-3,14 | 125 |
| 4.65-4,66 | 186 | 3.87-3,88 | 155 | 3.1-3,11 | 124 |
| 4.62-4,64 | 185 | 3.84-3,86 | 154 | 3.07-3,09 | 123 |
| 4.6-4,61 | 184 | 3.82-3,83 | 153 | 3.05-3,06 | 122 |
| 4.57-4,59 | 183 | 3.79-3,81 | 152 | 3.02-3,04 | 121 |
| 4.54-4,56 | 182 | 3.77-3,78 | 151 | 3-3,01 | 120 |
| 4.52-4,53 | 181 | 3.74-3,76 | 150 | Less 3 | Not enough |
| 4.5-4,51 | 180 | 3.72-3,73 | 149 |  |  |
| 4.47-4,49 | 179 | 3.7-3,71 | 148 |
| 4.45-4,46 | 178 | 3.67-3,69 | 147 |  |  |
| 4.42-4,44 | 177 | 3.65-3,66 | 146 |  |
| 4.4-4,41 | 176 | 3.62-3,64 | 145 |  |  |
| 4.37-4,39 | 175 | 3.6-3,61 | 144 |  |  |
| 4.35-4,36 | 174 | 3.57-3,59 | 143 |  |  |
| 4.32-4,34 | 173 | 3.55-3,56 | 142 |  |  |
| 4.3-4,31 | 172 | 3.52-3,54 | 141 |  |  |
| 4,27-4,29 | 171 | 3.5-3,51 | 140 |  |  |
| 4.24-4,26 | 170 | 3.47-3,49 | 139 |  |  |

**Tab.2**

**Recalculation of the average score for current activities in a multi-point scale (for disciplines ending with credit)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 4 point scale | 200 point scale |  | 4 point scale | 200 point scale |  | 4 point scale | 200 point scale |
| 5 | 200 | 4.22-4,23 | 169 | 3.45-3,46 | 138 |
| 4.97-4,99 | 199 | 4.19-4,21 | 168 | 3.42-3,44 | 137 |
| 4.95-4,96 | 198 | 4.17-4,18 | 167 | 3.4-3,41 | 136 |
| 4.92-4,94 | 197 | 4.14-4,16 | 166 | 3.37-3,39 | 135 |
| 4.9-4,91 | 196 | 4.12-4,13 | 165 | 3.35-3,36 | 134 |
| 4.87-4,89 | 195 | 4.09-4,11 | 164 | 3.32-3,34 | 133 |
| 4.85-4,86 | 194 | 4.07-4,08 | 163 | 3.3-3,31 | 132 |
| 4.82-4,84 | 193 | 4.04-4,06 | 162 | 3.27-3,29 | 131 |
| 4.8-4,81 | 192 | 4.02-4,03 | 161 | 3.25-3,26 | 130 |
| 4.77-4,79 | 191 | 3.99-4,01 | 160 | 3.22-3,24 | 129 |
| 4.75-4,76 | 190 | 3.97-3,98 | 159 | 3.2-3,21 | 128 |
| 4.72-4,74 | 189 | 3.94-3,96 | 158 | 3.17-3,19 | 127 |
| 4.7-4,71 | 188 | 3.92-3,93 | 157 | 3.15-3,16 | 126 |
| 4.67-4,69 | 187 | 3.89-3,91 | 156 | 3.12-3,14 | 125 |
| 4.65-4,66 | 186 | 3.87-3,88 | 155 | 3.1-3,11 | 124 |
| 4.62-4,64 | 185 | 3.84-3,86 | 154 | 3.07-3,09 | 123 |
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