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**Federal State Autonomous Educational Institution of Higher Education**  
**PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA**  
**RUDN University**  
**Medical Institute**

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educational division (faculty/institute/academy) as higher education programme developer

## **COURSE SYLLABUS**

### **Basic Military Training. Life Safety**

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course title

**Recommended by the Didactic Council for the Education Field of:**

### **31.05.03 Dentistry**

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field of studies / speciality code and title

**The course instruction is implemented within the professional education programme of higher education:**

### **Dentistry**

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higher education programme profile/specialisation title

## 1. COURSE GOAL(s)

The *goal* of the course is to develop students' extreme thinking skills, that are required to perform effective actions in emergency situations in peacetime and wartime. In addition, students will become familiar with the basics of military affairs, including gaining practical experience in handling small arms, mastering terrain orientation skills, providing first aid for wounds, injuries and poisonous substances, mastering algorithms of behavior and influencing others in extreme situations. Also, to learn about ways to quickly make decisions in non-standard conditions. In addition, the discipline is aimed at developing in students a sense of personal civil responsibility and obtaining knowledge, abilities, and skills of initial military training and the fundamentals of life safety necessary for identifying and quickly responding to potentially dangerous situations. As well as performing military duty in accordance with the legislation of the Russian Federation.

## 2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course is aimed at the formation of the following competencies of students:

*Table 2.1. List of competences that students acquire through the course study*

Competence code	Competence descriptor	Competence formation indicators (within this course)
GPC-8	Can create and maintain safe living environment in everyday life and in professional settings to preserve the nature, ensure the sustainable societal development, being capable of doing so in the events of a threat, emergencies and military conflicts.	GC-8.1. Analyzes the factors of detrimental influence on the life of environmental elements (devices, technological processes, materials, buildings and structures, natural and social phenomena);
		GC-8.2. Identifies hazardous and harmful factors within the task they are performing;
		GC-8.3. Identifies and eliminates the problems associated with safety violations in the workplace;
		GC-8.4. Takes measures to prevent the occurrence of emergencies in the workplace;
		GC-8.5. Complies with the rules of conduct in the event of natural and man-made emergencies, as well as in the event of military conflicts.

## 3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective\* component of (B1) block of the higher educational programme curriculum.

\* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

*Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results*

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-8	Can create and maintain	History of Russia	Fundamentals of Russian

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
	safe living environment in everyday life and in professional settings to preserve the nature, ensure the sustainable societal development, being capable of doing so in the events of a threat, emergencies and military conflicts.		Statehood

\* To be filled in according to the competence matrix of the higher education programme.

#### 4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

1) The total workload of the course is 4 credits (144 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (full-time training)\*

Type of academic activities	Total academic hours	Semesters/training modules			
		1	2	3	4
Contact academic hours	94				
Lectures(LC)	34				
Seminars (workshops/tutorials) (S)	60				
Self-studies	42				
Evaluation and assessment (exam/passing/failing grade)	8				
Course workload	academic hours	144			
	credits	4			

#### 5. COURSE CONTENTS

Table 5.1. Course contents and academic activity types

Course module title	Course module contents (topics)	Academic activity types
Section 1 Life safety	Topic 1.1 Fundamentals of human life safety: essence and content	LC, SC
	Topic 1.2 Fire safety	LC, SC
	Topic 1.3 Anti-terrorism security	LC, SC
	Topic 1.4. Anti-corruption and prevention of corruption risks	LC, SC
	Topic 1.5. Healthy lifestyle	LC, SC
	Topic 1.6. Personal information security	LC, SC
	Topic 1.7. Human life safety in emergency situations	LC, SC

Course module title	Course module contents (topics)	Academic activities types
	Topic 1.8. Civil defense as a system of nationwide measures to protect the population from dangers	LC, SC
	Topic 1.9. Basics of labor protection	LC, SC
Section2 Basic Military Training.	Topic 2.1. Radiation, chemical and biological protection	LC, SC
	Topic 2.2. Fundamentals of tactics of combined arms units	LC, SC
	Topic 2.3. Fire training	LC, SC
	Topic 2.4. Fundamentals of engineering support and communication organization	LC, SC
	Topic 2.5. Combat training	LC, SC
	Topic 2.6. General military regulations of the RF Armed Forces	LC, SC
	Topic 2.7. Legal basis of state defense	LC, SC
	Topic 2.8. Military-political preparation	LC, SC
	Topic 2.9. First aid with elements of tactical medicine	LC, SC
	Topic 2.10. Military topography. Unmanned aerial vehicles	LC, SC

\* - to be filled in only for **full**-time training: LC - lectures; LW - lab work; S - seminars.

## 6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
Specialized audience for the interactive simulator of small arms and close combat weapons	Multimedia interactive simulator of small arms and close combat weapons	- server and switching equipment; - projection system; - software; - weapon simulators; - auxiliary equipment; - a set of wall stands on the theme of the office
Specialized audience for practical training for shooting	Classroom for group and individual consultations	- AK-74 mass-dimensional mockup – 12; - - AK 74 – 12 magazine layout; - training cartridge AK-74 – 120; - model of F-1 grenade – 12; - machine for zeroing weapons – 1; - table for assembling/disassembling weapons – 12; - teacher's workstation – 1; - magnetic marker board – 1; - a set of wall stands on the theme of the office -6
Specialized audience	Interactive class "Military topography"	- Teacher's workstation; - Student's workstation (16 pcs.);

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
“Military topography”		<ul style="list-style-type: none"> <li>- server and switching equipment - projection system;</li> <li>- interactive class software “Military topography”;</li> <li>- magnetic compass Andrianov -16;</li> <li>- measuring compass -16;</li> <li>- line Artillery circle AK-3 -16;</li> <li>- curvimeter -16;</li> <li>- navigator GPSMAP 66SR -1;</li> <li>magnetic marker board – 1;</li> <li>- set of wall stands on the theme of the office - 6</li> </ul>
Specialized audience “Tactical training”	Hardware and software complex “Tactical training”	<ul style="list-style-type: none"> <li>- instructor's workplace;</li> <li>- trainee's workplace;</li> <li>- software for the Tactical Training complex « Tactical training »;</li> <li>- projection system;;</li> <li>- magnetic marker board -1;</li> <li>- a set of wall stands on the theme of the office -6</li> </ul>
Specialized audience “Training of UAV operators”	Hardware and software complex "Tactical simulator for training UAV operators"	<ul style="list-style-type: none"> <li>- instructor’s workplace 1 pc.;</li> <li>- student workplace 12 pcs.;</li> <li>- projection system 1 set;</li> <li>- UAV piloting and simulation training module for performing special tasks (software + control equipment) 13 pcs.;</li> <li>- module of pre-flight preparation and creation of a flight mission 13 pcs.;</li> <li>- magnetic marker -1;</li> <li>- a set of wall stands on the theme of the office -6;</li> <li>- Geoscan Gemini software AgisoftMetashape (educational license for 1 workplace);</li> <li>- Geoscan Pioneer. Assembly kit (educational UAV of multi-rotor type with MVM up to 1 kg) – 10;</li> <li>- Geoscan Pioneer Mini educational UAV of multi-rotor type with a maximum take-off mass (MTW) up to 150 g) - 10</li> </ul>
Specialized audience “Fundamentals of military service”	Classroom for group and individual consultations	<ul style="list-style-type: none"> <li>- night-vision device;;</li> <li>- thermal imager;</li> <li>- binoculars 12x45 with a goniometric reticle;</li> <li>- binoculars 12x45 with a rangefinder reticle; - compass-25;</li> <li>- small infantry blade with cover-25;</li> </ul>

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for coursestudy (if necessary)
		<ul style="list-style-type: none"> <li>- body armor 6b23/6b45-6;</li> <li>- universal shelter 6Sh120 -6;</li> <li>- household dosimeter – 2;</li> <li>- radiation reconnaissance device DP-5V - 1;</li> <li>- military chemical reconnaissance device VPHR-1;</li> <li>- combined arms protective suit (OZK) -25;</li> <li>- cross-sectional layout of a simple shelter - 1;</li> <li>- cross-sectional layout of the shelter - 1;</li> <li>- officer's line - 25;</li> <li>- tactical first aid kit APPI 1-20;</li> <li>- dressing packages IPP-1 –250;</li> <li>- folding traction tire ShTS-01-6;</li> <li>-sanitary stretchers EMERCOM-N-6;</li> <li>-a set of physical visual aids of dummies of engineering ammunition with a virtual complex, a set of 6 minutes;</li> <li>- portable radio stations -6;</li> <li>- hand trainer for learning to stop bleeding - 2;</li> <li>- simulators of wounds and defeats (18 wounds) -10;</li> <li>- mannequin simulator for practicing first aid skills for injuries - 5; - robot simulator “Roman Trauma” - 5;</li> <li>- suture and bandage simulator -5;</li> <li>- basic resuscitation simulator BASICBilly+ -2;</li> <li>- simulator-dummy of an adult victim “Victor-2.01 V” for practicing the skills of pulling out and transporting the wounded - 2;</li> <li>- simulator-dummy for practicing immobilization skills (with voice accompaniment);</li> <li>- simulator-dummy of an adult victim for practicing immobilization and transportation skills 5;</li> <li>- training dummy “Peter” for practicing the skills of extinguishing a burning body and providing first aid to a fire victim (with a light and sound indicator);</li> <li>- teacher's workstation -1;</li> <li>- magnetic marker board -1;</li> <li>- set of wall stands on the theme of office 6</li> </ul>
Specialized	Classroom for group and	Simulator-dummy of an adult victim (head,

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
audience First aid with elements of tactical medicine	individual consultations	torso) with a controller for practicing cardiopulmonary resuscitation techniques Trainer-dummy torso for cardiopulmonary resuscitation Trainer-dummy torso for cardiopulmonary resuscitation Simulator-dummy of an adult victim for practicing techniques for removing a foreign body from the upper respiratory tract Simulator-dummy of an adult victim for practicing bleeding control with a pump Simulator-dummy for practicing relief of tension pneumothorax Consumables for simulators (spare face masks, spare airways, films with a valve for artificial ventilation, artificial blood) Silicone damage simulation kit First personal aid kit: - tourniquet of Esmarch, Alpha; Individual dressing package; - Syringe tube (training) Immobilization devices for the upper, lower extremities, cervical spine (staircase splints, split tires, cervical collar, traction splint, immobilization belt). Dressings (bandages, PPI-1, PPI-E, napkins, adhesive plaster, medical scarves) Dragging stretchers
Self-studies	A classroom for independent work of students (can be used for seminars and consultations), equipped with a set of specialised furniture and computers with access to the electronic information and educational environment.	A set of specialized furniture; technical means: Monoblock Multimedia projector Screen for projector Marker board WiFi

\* The premises for students' self-studies are subject to **MANDATORY** mention

## 7. RESOURCES RECOMMENDED FOR COURSE STUDY

*Main readings:*

*Printed publications:*

1. Косолапова Нина Васильевна. Безопасность жизнедеятельности : учебник / Н.В. Косолапова, Н.А. Прокопенко. - М. : КноРус, 2017, 2021. - 247 с. - (Бакалавриат).

2. Беляков, Г. И. Пожарная безопасность, безопасность в чрезвычайных ситуациях и оказание первой помощи : учебник для вузов / Г. И. Беляков. — 5-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 529 с. — (Высшее образование). — ISBN 978-5-534-16721-4.

3. Кафтан, В. В. Противодействие терроризму : учебное пособие для вузов / В. В. Кафтан. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2024. — 261 с. — (Высшее образование). — ISBN 978-5-534-00322-2

4. Противодействие коррупции : учебник и практикум для вузов / И. В. Левакин, Е. В. Охотский, И. Е. Охотский, М. В. Шедий ; под общей редакцией Е. В. Охотского. — 5-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 469 с.

5. Основы здорового образа жизни в образовательной организации : учебное пособие для вузов / А. А. Зайцев [и др.] ; под общей редакцией А. А. Зайцева. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 137 с. — (Высшее образование). — ISBN 978-5-534-12606-8

6. Чернова, Е. В. Информационная безопасность человека : учебное пособие для вузов / Е. В. Чернова. — 3-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 327 с. — (Высшее образование). — ISBN 978-5-534-16772-6

7. Беляков, Г. И. Гражданская оборона : учебник для вузов / Г. И. Беляков. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 176 с. — (Высшее образование). — ISBN 978-5-534-16723-8.

8. Сафонов, А. А. Охрана труда : учебник и практикум для вузов / А. А. Сафонов, М. А. Сафонова. — Москва : Издательство Юрайт, 2024. — 485 с. — (Высшее образование). — ISBN 978-5-534-17286-7.

9. Поспеев, К. Ю. Огневая подготовка сотрудников правоохранительных органов : учебное пособие для вузов / К. Ю. Поспеев, Н. В. Астафьев. — 2-е изд. — Москва : Издательство Юрайт, 2024. — 206 с.

10. Беспалов, В. И. Надзор и контроль в сфере безопасности. Радиационная защита : учебное пособие для вузов / В. И. Беспалов. — 6-е изд., доп. — Москва : Издательство Юрайт, 2022 ; Томск : Изд-во Томского политехнического университета. — 722 с. — (Высшее образование). — ISBN 978-5-534-15062-9 (Издательство Юрайт)

11. Строевая подготовка : учебное пособие для вузов / И. Ю. Лепешинский, В. В. Глебов, Д. В. Погодаев, Е. А. Шмаков. — 2-е изд. — Москва : Издательство Юрайт, 2024. — 119 с. — (Высшее образование). — ISBN 978-5-534-11736-3.

12. Военская дисциплина и правовые средства ее укрепления : учебное пособие для вузов / под редакцией Ю. Н. Туганова. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2024. — 186 с. — (Высшее образование). — ISBN 978-5-534-13371-4.

13. Правовое обеспечение национальной безопасности : учебное пособие для вузов / Ю. Н. Туганов [и др.] ; под редакцией Ю. Н. Туганова. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 180 с. — (Высшее образование). — ISBN 978-5-534-16244-8.

14. Доврачебная помощь при неотложных состояниях : учебник и практикум для вузов / В. Р. Вебер [и др.] ; под редакцией Г. И. Чувакова. — 3-е изд., перераб.



и доп. — Москва : Издательство Юрайт, 2024. — 155 с. — (Высшее образование). — ISBN 978-5-534-16396-4.

15. Вострокнутов, А. Л. Основы топографии : учебник для вузов / А. Л. Вострокнутов, В. Н. Супрун, Г. В. Шевченко ; под общей редакцией А. Л. Вострокнутова. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2024. — 219 с.

16. Военная топография. (Бакалавриат, Магистратура, Специалитет). Учебное пособие. Шульдешов Л.С. 2024

17. Военная топография: учебник Псарев А.А. 2024

18. Первая помощь: [рекомендации] / Э.Н. Аюбов и др.]. - Москва: ФГБУ ВНИИ ГОЧС (ФЦ), 2017.- 185 с.

19. Жолковский Д.Д. Первая помощь: учебное пособие / Д.Д. Жолковский, И.Н. Баландина. - Санкт-Петербург: СПб ЦПО ФМБА России, 2018.-57 с.

20. Первая помощь (для сотрудников органов внутренних дел) : учебное пособие / О.А. Мальцева, к.п.н. и др. - Орел: ОрЮОИ МВД России, 2017. - 80 с.

21. «Основы тактической медицины» А.Н. Катулин, - Москва 2018 г.

22. «Методические рекомендации по первой помощи» - Изд-е «Красный крест», - Москва, 2016 г.

*Additional readings:*

*Electronic and printed full-text materials:*

1. Военная доктрина Российской Федерации.
2. Сборник общевоинских уставов Вооруженных Сил Российской Федерации.
3. Федеральный закон от 28 марта 1998 года № 53-ФЗ «О воинской обязанности и военной службе» (с изменениями и дополнениями).
4. Федеральный закон от 27 мая 1998 года № 76-ФЗ «О статусе военнослужащих» (с изменениями и дополнениями).
5. Указ Президента РФ от 16.09.1999 № 1237 «Вопросы прохождения военной службы» (вместе с «Положением о порядке прохождения военной службы»).
6. Боевой устав по подготовке и ведению общевойскового боя. Часть 2
7. Боевой устав по подготовке и ведению общевойскового боя. Часть 3.
8. Шульдешов, Л. С. Огневая подготовка : учебное пособие / Л.С. Шульдешов, В.А. Родионов, В.В. Углянский. – Москва : КНОРУС, 2020. – 216 с.
9. Андриенко, И. М. Строевая подготовка : учебник / И.М. Андриенко, А.А. Котов, А.В. Моисеев, Е.В. Смирнов, И.В. Шпильной. – Москва: КНОРУС, 2017. – 170 с.
10. Микрюков, В. Ю. Общевоинская подготовка : учебник / В.Ю. Микрюков. – Москва: КНОРУС, 2017. – 365 с.
11. Дульнев, П. А. Вооружение военной техника Сухопутных и воздушно-десантных войск : учебное пособие/ П.А. Дульнев, В.И. Литвененко, О.С. Таненя – Москва : КНОРУС, 2020. – 374 с.
12. Наставление по стрелковому делу / ред. Чайка В.М.– Москва: Воениздат, 1985. – 640 с.
13. Бызов, Б.Е., Коваленко, А.Н. Военная топография : учебник для курсантов учебных подразделений / Б.Е. Бызов, А.Н. Коваленко, А.Ф. Лахин. – Москва : Воениздат, 1980. – 224 с.

14. Комаров, Ф.И. Военно-медицинская подготовка : учебник / Ф.И. Комаров, В.И. Агафонов, В.И. Артамонов [и др.]; под ред. Ф. И. Комарова. – 2-е изд., перераб. и доп. – Москва : Медицина, 1989. – 462 с.

15. Алексеев А.В., Основы первой доврачебной неотложной помощи пострадавшим : учеб. пособие / А.В. Алексеев, Д.А. Алексеева – Ярославль: ООО «Хисториоф Пипл», 2008.

16. Учебник сержанта войск радиационной, химической и бактериологической защиты : учебник / под ред. генерал-майора Мельника Ю.Р. – М., 2006. – 246 с.

17. Сборник нормативов по боевой подготовке сухопутных войск. – М.: Воениздат, 1984. –198 с.

18. Рабочая карта командира : учебн. пособ. / И. Д. Помбрик – М. ВИ, 1972. – 96 с. 9

19. Наставление по пользованию индивидуальными средствами защиты, М. В.И.,1966. – 174 с.

20. Учебник сержанта войск связи : учебник / М. ВИ, 2004. – 574 с

#### *Internet sources*

1. Electronic libraries (EL) of RUDN University and other institutions, to which university students have access on the basis of concluded agreements:

- RUDN Electronic Library System (RUDN ELS) <http://lib.rudn.ru/MegaPro/Web>

- EL "University Library Online" <http://www.biblioclub.ru>

- EL "Yurayt" <http://www.biblio-online.ru>

- EL "Student Consultant" [www.studentlibrary.ru](http://www.studentlibrary.ru)

- EL "Lan" <http://e.lanbook.com/>

- EL "Trinity Bridge"

Educational and methodological materials for independent work of students in the development of a discipline/module\*:

1. A course of lectures on the discipline "Fundamentals of Military Training. Life Safety" is posted in TUIS.

2. Methodical instructions for the implementation of practical classes and independent work in the discipline "Fundamentals of Military Training. Life Safety" are posted in the TUIS.

3. Presentations on the discipline "Fundamentals of Military Training. Life Safety" are posted in the TUIS.

4. Glossary on the discipline "Fundamentals of Military Training. Life Safety" are posted in the TUIS.

\* - all educational and methodological materials for independent work of students are posted in accordance with the current procedure on the discipline page in TUIS!

2. Databases and search engines:

- electronic foundation of legal and normative-technical documentation <http://docs.cntd.ru/>

- Yandex search engine <https://www.yandex.ru/>

- Google search engine <https://www.google.ru/>

- Scopus abstract database <http://www.elsevier.com/locate/scopus/>

*Training toolkit for self- studies to master the course* \*:

\* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

## **8. ASSESSMENT TOOLKIT AND GRADING SYSTEM\* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL UPON COURSE COMPLETION**

The assessment toolkit and the grading system\* to evaluate the competences formation level (competences in part) upon the course study completion are specified in the Appendix to the course syllabus.

\* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

### **DEVELOPERS:**

Director of the Technosphere  
Safety Department

position, department

A.S. Boytsov

signature

name and surname

position, department

signature

name and surname

### **HEAD OF EDUCATIONAL DEPARTMENT:**

Director of the Technosphere  
Safety Department

name of department

A.S. Boytsov

signature

name and surname

### **HEAD OF HIGHER EDUCATION PROGRAMME:**

**Head of Law Institute**

position, department

**S.B. Zinkovsky**

signature

name and surname