
 ASTANA MEDICAL UNIVERSITY	NCJSC “Astana Medical University”	Стр 1 из 15
	Entrance Examination Program	


ENTRANCE EXAMINATION PROGRAM

For the Educational Program: 6B10126 “Preventive Medicine” for the 2026–2027 Academic
Year
Duration of Study: 2, 4, and 6 years
Mode of Study: Full-time.

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1. PURPOSE AND SCOPE

1.1 This Program is intended for applicants in the field of Healthcare applying to the Educational Program Group (hereinafter – EP) BM089 – Preventive Medicine.

2. NORMATIVE REFERENCES

2.1 This Program is based on the following regulatory document:

- Order No. 600 of the Minister of Education and Science of the Republic of Kazakhstan dated October 31, 2018, “On Approval of the Standard Rules for Admission to Educational Organizations Implementing Higher and Postgraduate Education Programs”.

3. MAIN SECTION

3.1 General Information

The mission of the Educational Program is to train professionals who will contribute to improving the sanitary and epidemiological situation and public well-being through research, consulting services, and the development of preventive programs aimed at improving individual and public health.

The objective of the Educational Program is to ensure high-quality training of specialists capable of meeting society's needs in the field of sanitary and epidemiological well-being of the population, as well as applying and developing advanced innovative information technologies in practice and research to strengthen public health.

The areas of professional activity include healthcare, sanitary and epidemiological control, education, science, public administration, state expertise, sanitary supervision in operational-level military units, the food industry, and occupational health and safety.

Graduates who complete the continuous integrated medical education program in “Preventive Medicine” and successfully pass the final certification are awarded the degree of Master of Health Care, receive a postgraduate education diploma with a transcript and/or a Diploma Supplement, as well as a certificate of completion of internship with the qualification of Hygienist Physician, Epidemiologist.

3.2 Contact Information

Republic of Kazakhstan, Astana, 49A Beibitshilik Street, Office 305. Dean of the School: Baimagambetova Aigerim Askharovna. Tel.: +7 (7172) 53 94 58

3.3 Venue of the Special Entrance Examination

Astana Medical University, 51 Beibitshilik Street, Astana, Republic of Kazakhstan.

3.4 Format of the Entrance Examination

Computer-based testing.

The list of test questions was approved by the School Council of Astana Medical University, Minutes No. 6 dated April 28, 2026.


The entrance examination is conducted in the form of computer-based testing in the following core disciplines:

- Community Hygiene;
- Occupational Hygiene;
- Nutrition Hygiene;
- Epidemiology.

3.5 Application Schedule and Entrance Examination Dates

Table 1

Application Period	Entrance Examination Dates	Examination Time	Appeal Submission Deadline	Examination Venue
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July 1 – August 3	August 5–14	10:00 a.m.–12:00 p.m. 2:00 p.m.–4:00 p.m.	Until 1:00 p.m. on the day following the announcement of results	51 Beibitshilik Street, 5th Floor, Rooms 501 and 509
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*The entrance examination schedule (exact date, time, and applicant’s full name) will be published on our website under the sections “Applicants” and “Accelerated Study Program”.

Applicants are admitted to the examination room upon presentation of a valid identification document. The entrance examination is conducted in rooms equipped with video and/or audio recording systems.

Required Documents:

- 1) Application addressed to the Rector of the University in the prescribed form (Appendix 1);
- 2) Educational document (diploma and transcript; original and copy);
- 3) Identification document (original and copy);
- 4) Six (6) photographs measuring 3 × 4 cm;
- 5) Medical certificate Form 075/u (original and copy), fluorography image, and copy of Form 063/u (vaccination card);
- 6) Applicants holding technical and vocational or post-secondary education qualifications, who have confirmed their qualification and have at least one year of work experience in the specialty, shall additionally submit one of the documents provided for in Article 35 of the Labor Code of the Republic of Kazakhstan;
- 7) Psychometric Testing Report.

3.6 Appeals Procedure


Appeals shall be submitted personally by the applicant who has taken the entrance examination to the Chairperson of the Appeals Committee.

Appeals are accepted until 1:00 p.m. on the day following the announcement of the entrance examination results and are reviewed by the Appeals Committee within one day (Appendix 2).


3.7 Examination Materials

1. Entrance Examination Questions in the Discipline “Epidemiology”

1. Define epidemiology.
2. Object and subject of epidemiology.
3. Methods of epidemiological research.
4. The concept of the epidemic process.
5. Stages of development of the epidemic process.
6. Source of infection: definition and types.
7. Routes of transmission of infectious disease agents.
8. Mechanisms of infection transmission.
9. Susceptible host: role in the epidemic process.
10. Factors affecting host susceptibility.
11. The concept of the infectious process.
12. Forms of manifestation of the infectious process.
13. Immunity: types and significance in epidemiology.
14. Herd immunity.
15. Epidemic focus and its structure.

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16. Classification of infectious diseases.
17. Epidemiological classification of infectious diseases.
18. The concept of morbidity and its indicators.
19. Types of morbidity.
20. Methods for studying morbidity.
21. Indicators of infectious morbidity (level, structure, dynamics).
22. The concepts of epidemic, pandemic, and endemic disease.
23. Stages of epidemic development.
24. Prevention of infectious diseases: definition and types.
25. Disinfection: types and objectives.
26. Disinsection and deratization.
27. Sanitary and hygienic measures in epidemiology.
28. Vaccination: types of vaccines.
29. Routine and emergency vaccination.
30. Features of epidemiological surveillance.
31. Epidemiology of intestinal infections.
32. Sources and routes of cholera transmission.
33. Epidemiological characteristics of dysentery.
34. Prevention of viral hepatitis A.
35. Epidemiology of foodborne toxic infections.
36. Airborne infections: characteristics.
37. Sources and transmission of measles.
38. Prevention of pertussis.
39. Epidemiology of tuberculosis.
40. Mechanisms of meningococcal infection transmission.
41. Blood-borne infections: characteristics.
42. Epidemiology of HIV infection.
43. HIV prevention measures.
44. Hepatitis B vaccination.
45. Epidemiology of natural focal infections.
46. Sources and vectors of tularemia.
47. Epidemiology of tick-borne encephalitis.
48. Measures to prevent tick bites.
49. Epidemiology of typhoid fever.
50. Prevention of salmonellosis.
51. Anti-epidemic measures during an outbreak.
52. The concepts of quarantine and observation.
53. Epidemiological investigation of an infection focus.
54. Medical observation of contacts.
55. Hospitalization and isolation of patients.
56. The role of sanitary and epidemiological services in infection prevention.
57. Registration and recording of infectious diseases.
58. Statistical reporting on infectious diseases.
59. Procedure for investigating epidemic outbreaks.
60. Epidemiological significance of infection pathogenesis.
61. Use of laboratory diagnostics.
62. Epidemic preparedness and response.
63. The role of PCR in epidemiology.
64. The concept of infection control in healthcare facilities.


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65. Healthcare-associated infections and their prevention.
66. Disinfection measures in healthcare facilities.
67. Principles of an epidemiologist’s work in a hospital.
68. Modern trends in epidemiology.
69. Epidemiological significance of viral mutations.
70. COVID-19: epidemiological features.
71. The role of the WHO in infection control.
72. International Health Regulations.
73. Bioterrorism and epidemiological security.
74. Epidemiological monitoring.
75. Use of GIS in epidemiology.
76. Digital technologies in epidemiological surveillance.
77. Prevention of infections in emergency situations.
78. The role of vaccination in disease eradication.
79. Post-vaccination adverse events and their reporting.
80. Public education in epidemiology.
81. What is the basic reproduction number of an infection, and how does it affect disease spread?
82. What phases are included in an epidemiological outbreak investigation?
83. What is the role of carrier status in the epidemic process?
84. What is sanitary border protection and its significance in epidemiology?
85. The concept of epidemiological forecasting.
86. What stages are included in epidemiological mapping?
87. What is the difference between active and passive case detection?
88. The concept and methods of seroepidemiological monitoring.
89. Fundamentals of calculating epidemiological rates (intensive and extensive indicators).
90. How is the effectiveness of preventive measures assessed?
91. How is the infectivity (contagiousness) index determined?
92. Main methods of mathematical modeling in epidemiology.
93. What is the epidemic threshold and how is it calculated?
94. The role of asymptomatic forms in the transmission of infectious diseases.
95. What are the epidemiological features of zoonotic infections?
96. The concept of the syndromic approach in epidemiological surveillance.
97. Epidemiological features of sexually transmitted infections (STIs).
98. How is sanitary and epidemiological surveillance organized in emergency situations?
99. What is the epidemiological preparedness of a region or institution?
100. What information is included in an emergency notification of an infectious disease?

2. Entrance Examination Questions in the Discipline “Food Hygiene”

1. The concept of food hygiene and its objectives.
2. The impact of nutrition on human health.
3. Principles of balanced nutrition.
4. Energy value of food and its calculation.
5. Balance of proteins, fats, and carbohydrates in the diet.
6. Dietary fiber and its significance.
7. Daily protein requirements.
8. The role of fats in human nutrition.


9. Carbohydrates: classification and functions.
10. Daily energy requirements for different population groups.
11. Water and the human water balance.
12. Basic functions of food.
13. Classification of food products.
14. The concept of nutrition-related diseases.
15. Risk groups for nutrition-related diseases.
16. The concept of nutritional status.
17. Methods for assessing population nutrition.
18. Starvation: classification and consequences.
19. The concept of nutrient density.
20. Main food sources in Russia.
21. Proteins: sources and biological value.
22. Fats: saturated and unsaturated fats, functions.
23. Carbohydrates: rapidly and slowly digestible carbohydrates.
24. Dietary bulk substances.
25. Food additives: classification and control.
26. Vitamins: role, hypovitaminosis, and avitaminosis.
27. Minerals: calcium, iron, zinc, and others.
28. Biologically active substances (BAS).
29. Antioxidants in food.
30. Food toxicants.
31. Micro- and macroelements: significance and sources.
32. Hygienic standards for salt and sugar consumption.
33. Functional foods.
34. Genetically modified foods and their hygienic assessment.
35. Alcohol and its effect on metabolism.
36. Energy and nutritional value of food products.
37. Methods of chemical analysis of food products.
38. Food allergens.
39. Food intolerance.
40. Food poisoning: classification and prevention.
41. Sanitary regulations for food service establishments.
42. Sanitary condition of food preparation units.
43. The role of sanitary and epidemiological services in food control.
44. Requirements for kitchen equipment.
45. Occupational hygiene of food service workers.
46. Processing of food products before cooking.
47. Storage of perishable food products.
48. Thermal processing methods of food.
49. Quality control of prepared food.
50. Organoleptic methods of food evaluation.
51. Control of cleanliness of dishes and utensils.
52. Microbiological examination of food facilities.
53. Health records (sanitary books) of personnel.
54. Sanitary breaks in food preparation technology.
55. Control of water supply at food establishments.
56. Disposal of food waste.
57. Technology of preparing therapeutic diet meals.

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58. Hygienic requirements for food packaging.
59. Mandatory food labeling.
60. Epidemiological requirements for food transportation.
61. Basic principles of therapeutic nutrition.
62. The role of therapeutic nutrition in chronic diseases.
63. Diet for diabetes mellitus.
64. Nutrition in gastrointestinal diseases.
65. Diet for obesity.
66. Low-sodium and low-calorie diets.
67. Vegetarianism: advantages and disadvantages.
68. Principles of therapeutic nutrition for children.
69. Diets for cardiovascular diseases.
70. Gluten-free diet.
71. Nutrition in renal dysfunction.
72. Nutritional needs of older adults.
73. Nutrition in oncology patients.
74. Sports nutrition.
75. Nutritional support in critical conditions.
76. Enteral and parenteral nutrition.
77. The role of protein in recovery nutrition.
78. Nutrition hygiene for pregnant and breastfeeding women.
79. Hygienic aspects of newborn nutrition.
80. Control of therapeutic nutrition in healthcare facilities.
81. Nutrition-related diseases.
82. Obesity as a medical and hygienic problem.
83. Malnutrition and micronutrient deficiencies.
84. Nutrigenetics and nutrition.
85. Metabolic syndrome.
86. Balanced nutrition in urban environments.
87. Fast food: hygienic assessment.
88. Consumer behavior and food culture.
89. Principles of developing healthy eating habits.
90. Prevention of hypovitaminosis.
91. Prevention of anemia in women and children.
92. Influence of marketing on dietary habits.
93. Food hygiene in emergency situations.
94. Food security.
95. National healthy nutrition programs.
96. Medical and hygienic health education of the population.
97. Food industry and quality control.
98. The role of food hygiene in cancer prevention.
99. Ethical and religious aspects of nutrition.
100. Prospects for the development of food hygiene.

3. Entrance Examination Questions in the Discipline “Occupational Hygiene”


1. The concept and objectives of occupational hygiene.
2. Subject matter and methods of occupational hygiene.
3. History of the development of occupational hygiene.

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4. The impact of working conditions on workers' health.
5. Classification of working conditions.
6. Occupational health and safety legislation.
7. The role of occupational hygiene in disease prevention.
8. Hygienic classification of labor.
9. Organization of sanitary supervision of working conditions.
10. Functions of the state sanitary and epidemiological service in industry.
11. Specific features of work in various industries (metallurgy, chemical industry, etc.).
12. Characteristics of the labor process.
13. Types of physical workload and their assessment.
14. Work intensity and severity.
15. Methods for studying working conditions.
16. The concept of sanitary characteristics of working conditions.
17. Workplace assessment and certification based on working conditions.
18. The place and role of the occupational physician.
19. Occupational injuries and their prevention.
20. Regulatory documents on occupational safety.
21. Noise: sources, types, and hygienic significance.
22. Effects of vibration on the human body.
23. Lighting in industrial premises.
24. Natural and artificial lighting.
25. Microclimate of industrial premises.
26. Microclimate parameters: temperature, humidity, and air velocity.
27. Ionizing radiation and its hygienic assessment.
28. Electromagnetic fields and microwave radiation.
29. Laser radiation in the workplace.
30. Ultrasound and infrasound.
31. Occupational noise and its regulation.
32. Prevention of vibration exposure.
33. Hygienic requirements for ventilation.
34. Aerosols: classification and hazards.
35. Dust in the workplace: properties and harmful effects.
36. Methods of measuring noise and vibration levels.
37. Sanitary standards for illumination.
38. Effects of high and low temperatures.
39. Heat stress and cold stress.
40. Monitoring of microclimate parameters.
41. The concept of a chemical factor.
42. Entry of chemical substances into the body.
43. Classification of industrial toxic substances.
44. Organotropic effects of toxic substances.
45. Acute and chronic poisoning.
46. Occupational poisoning: characteristics.
47. Routes of entry of chemical substances into the body.
48. Monitoring air contamination in the workplace.
49. Air sampling methods.
50. Biological factors in the workplace.
51. Prevention of infectious diseases among workers.
52. Hazards of biological agents.


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53. Effects of allergens in the workplace.
54. Prevention of contact dermatitis.
55. Toxicological characteristics of heavy metals.
56. Effects of benzene and its derivatives.
57. Effects of solvents on health.
58. Pesticides: exposure and control.
59. Hygienic characteristics of combined exposure.
60. Biomonitoring of workers' health status.
61. General sanitary measures at enterprises.
62. Requirements for industrial sanitation.
63. Design of sanitary and welfare facilities.
64. Ventilation: types and operating principles.
65. Local exhaust and general ventilation systems.
66. Water supply and sewage systems in industrial facilities.
67. Sanitary and hygienic requirements for enterprise layout and planning.
68. Monitoring compliance with sanitary standards.
69. Occupational safety requirements.
70. Medical examinations of workers.
71. Mandatory pre-employment and periodic medical examinations.
72. Sanitary and hygienic training of personnel.
73. Protective clothing and personal protective equipment (PPE).
74. Psychophysiological characteristics of occupational activity.
75. Consideration of biological rhythms in work organization.
76. Organization of rational work-rest schedules.
77. The role of workplace exercise programs.
78. Occupational hygiene aspects of women's and adolescents' labor.
79. Prevention of fatigue and stress.
80. Ergonomic principles of workplace design.
81. The concept of occupational disease.
82. Classification of occupational diseases.
83. Diagnosis of occupational diseases.
84. Prevention of chronic occupational diseases.
85. Vibration disease: causes and prevention.
86. Noise-induced disease: clinical manifestations and prevention.
87. Pneumoconioses: characteristics and prevention.
88. Silicosis: causes, clinical manifestations, and protective measures.
89. Occupational skin diseases.
90. Occupational eye diseases.
91. Neurotoxic disorders in the workplace.
92. Psycho-emotional stress and its consequences.
93. Allergic diseases among workers.
94. Prevention of occupational cancer risks.
95. Carbon monoxide poisoning.
96. Occupational health monitoring.
97. The role of medical surveillance and follow-up.
98. Social consequences of occupational diseases.
99. Compensation for loss of work capacity.
100. Prospects for the development of occupational hygiene and workers' health protection.


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4. Entrance Examination Questions in the Discipline “Communal Hygiene”

1. Hygienic significance of natural lighting.
2. Sanitary standards for insolation.
3. Natural and artificial lighting of premises.
4. Hygienic characteristics of light sources.
5. Lighting engineering calculations.
6. Lighting indicators (illuminance, luminance, etc.).
7. Hygienic standards of lighting in residential and public buildings.
8. The impact of lighting on vision and work performance.
9. Prevention of visual fatigue.
10. Housing conditions and public health.
11. Requirements for residential premises.
12. Indoor microclimate in residential buildings.
13. Ventilation in residential buildings.
14. Hygienic characteristics of furniture and finishing materials.
15. Hygienic requirements for population density in housing.
16. Sanitary maintenance of housing.
17. Living conditions and nutrition-related diseases.
18. Hygiene of children's and educational institutions.
19. Monitoring the sanitary condition of housing.
20. The role of communal hygiene in the prevention of infectious and chronic diseases.
21. Main directions of prevention of sanitary and infectious diseases.
22. Sanitary protection zones: definition and hygienic significance.
23. Hygienic assessment of industrial enterprises within populated areas.
24. Impact of climate and weather conditions on the sanitary condition of populated areas.
25. Hygienic characteristics of recreation and leisure zones.
26. Organization of sanitary protection of soil.
27. Sanitary regulations for maintaining populated areas.
28. Hygienic characteristics of urban noise pollution.
29. Effects of vibration and infrasound in community settings.
30. Radon in residential buildings: hygienic significance and prevention.
31. Influence of building materials on indoor microclimate.
32. Hygienic classification of construction and finishing materials.
33. Sanitary and hygienic issues of new construction and reconstruction projects.
34. Monitoring the sanitary condition of courtyards and entrances.
35. Cleaning of territories: hygienic standards and frequency.
36. Sanitary cleaning and disinfection of elevators and building entrances.
37. The role of property management companies in ensuring communal hygiene.
38. Hygienic assessment of children's playgrounds.
39. Lighting and safety of pedestrian areas from a sanitary perspective.
40. Epidemiological hazards of wild and stray animals in populated areas.
41. Hygienic requirements for keeping domestic animals in apartment buildings.
42. Preventive measures against unsanitary conditions in housing.
43. Treatment and disinfection of basements.
44. Anti-tick and rodent control measures: hygienic requirements.
45. Hygienic assessment of public toilets.
46. Monitoring air quality in subways and railway stations.
47. Impact of transportation on the sanitary condition of cities.

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48. Effects of landfills on soil and water sanitation.
49. Procedure for sanitary expert assessment in the design of public utility facilities.
50. Hygienic assessment of the location of car washes and vehicle service stations.
51. Sanitary standards for laundries and dry-cleaning facilities.
52. Monitoring the sanitary condition of shops and markets.
53. Hygienic requirements for cemeteries and their location.
54. Sanitary regulations for cultural and recreational institutions.
55. Hygienic assessment of air quality in gyms and swimming pools.
56. Sanitary and hygienic requirements for public baths and saunas.
57. The role of green spaces in combating environmental pollution.
58. Measures to improve sanitary conditions in densely populated areas.
59. Hygienic significance of urban planning.
60. Prevention of helminth infections in communal settings.
61. Hygienic assessment of well water.
62. Decentralized disposal of liquid household waste.
63. Sanitary protection measures during flooding.
64. Hygienic measures during floods and inundations.
65. Disinfection and sanitary treatment after emergencies.
66. Hygienic significance of food waste treatment.
67. Hygienic assessment of water quality in recreational areas.
68. Epidemiological risks associated with water supply interruptions.
69. Organization of sanitary education in populated areas.
70. Monitoring air quality in closed institutions (prisons, military barracks, boarding schools).
71. Impact of high-density development on sanitary and hygienic conditions.
72. Hygienic assessment of transport interchanges within urban areas.
73. Fundamentals of sanitary sewerage design and calculation.
74. Sanitary consequences of discharging untreated wastewater.
75. Hygienic characteristics of airports and railway stations.
76. Monitoring the sanitary condition of tourist camps and hotels.
77. Hygienic requirements for waste container sites.
78. Influence of climatic conditions on the operation of communal systems.
79. Hygienic aspects of water scarcity.
80. Hygienic assessment of private water supply systems.
81. Main sanitary measures during an outbreak of intestinal infection.
82. The role of communal services in epidemiological safety.
83. Hygienic characteristics of living conditions in dormitories.
84. Organization of control over stray animals.
85. Main sanitary measures during mass events.
86. Specific features of hygiene in Arctic and Far North conditions.
87. Sanitary and hygienic aspects of landscaping household plots.
88. The role of social hygiene in communal practice.
89. Effectiveness of sanitary education.
90. Hygienic assessment of new water treatment technologies.
91. Procedure for conducting sanitary and hygienic inspections.
92. Methods of health risk assessment for the population.
93. Monitoring infectious diseases in communal hygiene.
94. Sanitary classification and certification of territories.
95. Modern sanitary and hygienic requirements for parking facilities.

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96. Use of new materials in wastewater disposal systems and their sanitary assessment.
97. Hygienic assessment of temporary housing (construction trailers, tent camps).
98. Street lighting and public safety.
99. Features of hygiene in conditions of high population density.
100. Effects of electromagnetic fields in residential environments.

3.8 Entrance Examination Results

Passing score – 50 points;


Maximum score – 100 points;

Examination duration – 1 hour 40 minutes (1 minute per test question);

Total number of questions – 100;

Each question has one correct answer;

Each correct answer is worth 1 point.

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Appendix 1

To the Chairperson of the Board – Rector of
NCJSC “Astana Medical University”

From _____
full name

_____ residential address

_____ mobile phone number

_____ Home phone number

E-mail: _____

_____ ID number, date of issue, issuing authority

APPLICATION


I hereby request permission to take the entrance examination in the form of _____ for the educational program _____.

The following documents are attached to this application:

- 1) Educational document (original);
- 2) Six photographs sized 3 × 4 cm;
- 3) Identity document (original and copy);
- 4) Medical certificate in Form 075/u;
- 5) Extract confirming completion of the psychometric examination;
- 6) Employment record book.

I hereby give my consent to the collection, processing, and dissemination of personal information related to the examination results.

Signature/Date _____

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Appendix 2

To the Chairperson of the Appeals Commission

Full name of the applicant _____

IIN (Individual Identification Number) _____

APPEAL APPLICATION

I hereby request a review of the results of my special/entrance examination, as the test question _____

_____ (specify the reason for submitting the appeal — e.g., incorrect wording of the question, etc.).

Date of announcement of the special examination results _____

/ _____ / _____ / _____ /
 Signature Full name Date