



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	088	Accredited until	2017	06	01	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

Physical Activity (Changing Behaviour)

Prerequisites

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Assessment of zones for recreational physical activity	Group work, Interactive lecture, Team project	Group (team) project, Group work
2	Prepare preventive physical activity / healthy lifestyle-related physical activity plan / programs / summer camp / scenario	Group work, Seminar, Team project	Group (team) project, Group work
3		Exercise classes, Individual project	Individual project
4	To estimate colleague PA with PA assessment monitors, or other telemetric devices and etc. equipment and tools during training sessions / workshops.	Exercise classes, Individual project, Seminar	Individual work, Peer-assessment
5		Individual project	
6	Monitoring colleagues' lessons / sessions / activities and their critical evaluation	Exercise classes	
7	Prepare ~25 min. lesson plan (written form) with exercises for children having emotional and behavioural disorders.	Exercise classes, Individual project	

Main aim

The aim of this course is to integrate theoretical knowledge and practical skills. The module will help develop professional skills in practical work in specific situations and develop general competencies.

Summary

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Outdoor PA, using different space and equipment	430 dr. Renata Rutkauskaitė
2.	Assessment of zones for recreational physical activity	430 dr. Renata Rutkauskaitė
3.	Preventive physical activity / healthy lifestyle-related events/ summer camp plan / programs or scenario	430 dr. Renata Rutkauskaitė
4.	Health-enhancing physical activity praxis for different age, ability and health status target groups and individuals	675 dr. Kristina Zaičėnkoviėnė
5.	Exercises selection and application for different ages and ability groups to improve posture and reduce muscle asymmetry. Stabilization exercises with various tools	675 dr. Kristina Zaičėnkoviėnė

№.	Sections and themes	Responsible lecturer
	(large and small balls, rolls) and without (on the mat).	
6.		430 dr. Renata Rutkauskaitė
7.		12 dr. Aida Gaižauskienė
8.		12 dr. Aida Gaižauskienė

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	A. Jackson, J. Morrow, D. Hill, R. Dishman. (2004). Physical Activity for Health and Fitness-Updated Edition. Paper Book. Human Kinetics			No	
2.	A. Jackson. (2010). Physical Activity for Health and Fitness Lab Manual. Paper Book Human kinetics			No	
3.	V. Heyward. (2010). Advanced Fitness Assessment and Exercise Prescription. Paper Book Amazon.com			No	
4.	P.A. Bishop. (2008). Measurement and Evaluation in Physical Activity Applications. Paper Book Amazon. com			No	
5.	A.E. Hardman D. J. Stensel. (2009). Physical Activity and Health: The Evidence Explained. Paper Book Amazon.com			No	
6.	Rahl, R.L. (2010). Physical activity and health guidelines. Champaign : Human Kinetics			No	
7.	ed. by Caroline Heaney ... [et al.]. (2009). Exploring sport and fitness: work-based practice. London, New York: Routledge			No	
8.	Gavin, James (2005). Lifestyle fitness coaching Champaign: Human Kinetics			No	

Additional literature

№.	Title
1.	Darren E.R. Warburton, Crystal Whitney Nicol, Shannon S.D. Bredin 2006 Prescribing exercise as preventive therapy Canadian Medical Association journal ;174(7):961-74
2.	Allen Jackson, James Morr Jr., David Hill, Rod Dishman 2004 Physical Activity for Health and Fitness-Updated Edition Paper Book
3.	World Health Organization (2010). Global recommendations on physical activity for health http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf
4.	Gavin, James (2005). Lifestyle fitness coaching
5.	ed. by Caroline Heaney [et al.]. (2009). Exploring sport and fitness: work-based practice.

Position	Degree, surname, name	Schedule №.
Associate Professor	Dr. Renata Rutkauskaitė	430

Entitlement	Code
a	1006

Languages of instruction:											
Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
				Total:	0	0	0

[illegible]