



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	260	B	038	Accredited until	2019	06	01	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

Individual Consultation

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will understand and evaluate psychosocial determinants of harmful behavior	Case analysis (Case study), Literature analysis	Individual work
2	Will be able to handle peculiarities of individual consultation in a specific area of behavior and population	Interactive lecture, Literature analysis	Problem-solving task
3	Will be able to provide autonomy support	Discussion, Group work, Literature analysis	Case analysis (study), Peer-assessment
4	Will know and be able to adapt nutrition education theories	Literature analysis	Control work
5	Will be able to apply new information technologies in nutrition and physical activity intervention programs	Creativity workshops, Team project	Group (team) project

Main aim

To recognize the psychological mechanisms of unhealthy behavior as well as lifestyle regimen compliance and adapt counseling skills in accordance with educational and psychological tenets of consultation.
--

Summary

Students will learn psychological mechanisms of the lifestyle regime compliance in the field such as diet, physical activity as well as the psychological determinants of an unhealthy lifestyle. Students will receive specific knowledge and will train practical skills about working with the client to change harmful behavior.
--

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Worksite health promotion, nutrition interventions	1218 asist. Vaiva Balčiūnienė
2.	Mass media nutrition education	1218 asist. Vaiva Balčiūnienė
3.	The latest technologies in the health and wellness industry	1218 asist. Vaiva Balčiūnienė
4.	Nutrition Education Overview	1218 asist. Vaiva Balčiūnienė
5.	Tailoring information and advice about lifestyle behaviour	850 dr. Vinga Indriūnienė
6.	Advice to individual characteristics	850 dr. Vinga Indriūnienė
7.	Compliance to treatment and lifestyle regimen	932 lekt. Brigita Miežienė
8.	Client – practitioner relationship and communication	932 lekt. Brigita Miežienė
9.	Autonomy support (Self-determination theory)	932 lekt. Brigita Miežienė
10.	Assessment of lifestyle and related psychosocial factors	932 lekt. Brigita Miežienė
11.	Weight Control Therapies	932 lekt. Brigita Miežienė

№.	Sections and themes	Responsible lecturer
12.	Empathy, confidentiality and professional ethics	932 lekt. Brigita Miežienė

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.	Ogden, J. (2012). Health psychology. McGraw-Hill Education (UK).			No	
2.	Kathleen Bauer, Doreen Liou, Carol Sokolik. (2012). Nutrition Counseling and Education Skill Development			No	
3.	Bridget M. Klawitter, Kathy King. (2007). Nutrition Therapy– Advanced Counseling Skills			No	
4.	Jankauskienė, R., Miežienė, B. (2013). Exercise goals as predictors of body image concerns, Social Physique Anxiety and Legal Supplement Use among fitness center exercisers. International Journal of Sport Psychology, vol. 44, no. 1, p. 69-91.			No	
5.	Miežienė, B., Jankauskienė, R., Mickūnienė, R. (2014). Can internalization of sociocultural beauty standards predict adolescents' physical activity? Procedia - Social and Behavioral Sciences, vol. 116, p. 956-961.			No	
6.	Miežienė, B., Šinkariova, L., Jankauskienė, R. (2014). Explaining the relationship between autonomy support and motivational process of health behavior in patients with diabetes from self-determination theory perspective : literature review. Ugdymas. Kūno kultūra. Sportas, nr. 2(93), p. 40-47.			No	

Additional literature

№.	Title
----	-------

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer	Brigita Miežienė	932

Subdivision

Entitlement	Code
a	1006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	14	18	0	228	260	10

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L

