



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| | | | | | | | | | | | |
|-------------|-------------------|-----|--------|-------------|------------------|------|----|----|--------------|--|--|
| Module Code | S | 273 | B | 05N | Accredited until | 2019 | 06 | 01 | Renewal date | | |
| | Branch of Science | | Progr. | Registr. №. | | | | | | | |

Entitlement

Traineeship (Counselling)

Prerequisites

-

Course (module) Learning Outcomes

| №. | Learning Outcomes | Teaching / Learning Methods | Assessment Methods |
|----|---|---|--|
| 1 | Student is capable of formulating short term counselling questions, using techniques, analyzing motivational interviewing opportunities. | Formal lecture, Library / information retrieval tasks, Simulation of real-life (world) situations | Individual work, Reporting for practice work |
| 2 | Student is capable of establishing contacts with the counseled individuals, planning counseling work when seeking positive changes in the client's behaviour and is capable of accepting and expressing Professional criticism. | Simulation of real-life (world) situations | Reporting for practice work, Work placement report |
| 3 | Student is capable of searching for the latest knowledge, to apply and analyze it in the course of counseling work. | Exercise classes, Group work, Simulation of real-life (world) situations | Reflection on action |

Main aim

The main purpose of the module is to develop counselling skills working with different type of lifestyle problems (PAL-2 (B): Professional orientation; PAL-4 (B): Changing behaviour; PAL-6 (B): Develop and Innovate)

Summary

The module develops counselling skills working with different type of physical activity and lifestyle problems. Each counselling skill is presented through a brief explanation with examples, followed by practical activities designed to enable students to understand the concepts and practise these new skills.

Level of module

| | | |
|--------------------|----------|--|
| Level of programme | | Subject group (under the regulation of the area) |
| Cycle | Type | |
| First | Bachelor | |

Group under financial classification

Syllabus

| №. | Sections and themes | Responsible lecturer |
|----|---|---------------------------|
| 1. | Solution-focused brief counseling: main assumptions | 850 dr. Vinga Indriūnienė |
| 2. | Solution-focused brief counselling: main techniques | 850 dr. Vinga Indriūnienė |
| 3. | Motivational interview | 850 dr. Vinga Indriūnienė |
| 4. | Counseling case: nutrition (Counseling practice) | 850 dr. Vinga Indriūnienė |
| 5. | Counseling case: physical activity (Counseling practice) | 850 dr. Vinga Indriūnienė |
| 6. | Counseling case: smoking (Counseling practice) | 850 dr. Vinga Indriūnienė |
| 7. | Counseling case: alcohol consumption (Counseling practice) | 850 dr. Vinga Indriūnienė |
| 8. | Counseling case: social environment and lifestyle (Counseling practice) | 850 dr. Vinga Indriūnienė |

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. | Bacevičienė, R.; Čapkauskienė, S.; Čingienė, V. (sudaryt.). Kvalifikacijos tobulinimo programa fizinio aktyvumo srityje dirbantiems specialistams : metodinė medžiaga / Lietuvos sporto universitetas. Kaunas : Lietuvos sporto universitetas, 2014. | 5006789. | | No | |
| 2. | Lundahl, B., & Burke, B.L. (2009). The effectiveness and applicability of motivational interviewing: a practice-friendly review of four meta-analyses. <i>Journal of clinical psychology</i> , 65 (11), 1232 – 1245. doi: 10.1002/jclp.20638 <i>Comment: Available in the internet</i> | | | No | |
| 3. | Grant, A. M., Cavanagh, M. J., Kleitman, S., Spence, G., Lakota, M., & Yu, N. (2012). Development and validation of the solution-focused inventory. <i>Journal of Positive Psychology</i> , 7(4), 334-348. http://dx.doi.org/10.1080/17439760.2012.697184 <i>Comment: Available in the internet</i> | | | No | |

Additional literature

| №. | Title |
|----|---|
| 1. | Baumann, S., Toft U., Aadahl, M., Jørgensen, T., Pisinger, C. (2015). The long-term effect of screening and lifestyle counseling on changes in physical activity and diet: the Inter99 Study - a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 12(33), DOI 10.1186/s12966-015-0195- |
| 2. | Rakauskienė, Vinga (aut., disert.). Promotion of physical activity among senior high school students by applying educational counseling at school : summary of doctoral dissertation : social sciences, education science(07S), physical education, motor learning, sport (S273). Kaunas : Lietuvos sporto universitetas, 2013. |

Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|----------|-----------------------|-------------|
| Lecturer | Dr. Vinga Indriūnienė | 850 |

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 | 6 | 26 | 0 | 228 | 260 | 10 |

Languages of instruction:

| | | | | | | | | | | | |
|------------|----------------------------|---------|----------------------------|---------|----------------------------|--------|----------------------------|--------|----------------------------|-------|-------------------------------|
| Lithuanian | <input type="checkbox"/> L | English | <input type="checkbox"/> E | Russian | <input type="checkbox"/> R | French | <input type="checkbox"/> F | German | <input type="checkbox"/> G | Other | <input type="checkbox"/> Oth. |
|------------|----------------------------|---------|----------------------------|---------|----------------------------|--------|----------------------------|--------|----------------------------|-------|-------------------------------|

Plan of in-class hours

| №. of Themes | Academic hours | №. of Themes | Academic hours |
|--------------|----------------|--------------|----------------|
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