



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	680	B	028	Accredited until	2019	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Introduction to Public Health

Prerequisites

English at secondary school

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Team project	Group work, Peer-assessment, Report
2		Case analysis (Case study), Group work, One-to-one tutorials, Simulation of real-life (world) situations, Video footage	Case analysis (study), Examination
3		Debates, One-to-one tutorials, Role play, Simulation (engineering, technology or process simulation)	Examination, Group work
4		Creativity workshops, Discussion, Literature analysis, Simulation of real-life (world) situations	Examination, Individual project
5		Discussion, Group work, One-to-one tutorials	Examination, Peer-assessment
6		Individual project, Library / information retrieval tasks, One-to-one tutorials	Individual work
7		Idea (mind) mapping, Individual project, Library / information retrieval tasks	Individual project
8		Literature review presentation, Reflection on action	Individual work

Main aim

The aim is to develop students' skills in professional orientation (PAL-2), scientific research (PAL-5), policy development (PAL-8) and Communication of Ideas (PAL-9).

Summary

Students acquire information about public and individual health problems, environmental health impacts, risk factors for chronic non communicable diseases, practical skills in monitoring of health indices and environmental monitoring. Students acquire practical information about risk factors' assessment and evaluation, research possibilities, gain practical skills in real life situations.

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.	Conception of Public Health (Bouchard model). WHO health definition.	909 doc. dr. Vilija Malinauskienė
2.	Biosocial and biomedical models of health. Self-rated health. Social determinants in health.	909 doc. dr. Vilija Malinauskienė
3.	Public Health monitoring. WHO data base.	909 doc. dr. Vilija Malinauskienė
4.	Environmental epidemiology. Cancerogens.	909 doc. dr. Vilija

№.	Sections and themes	Responsible lecturer
		Malinauskienė
5.	Chronic noncommunicable diseases. Risk factors.	909 doc. dr. Vilija Malinauskienė
6.	Obesity and health.	909 doc. dr. Vilija Malinauskienė
7.	Arterial hypertension and cardiovascular diseases.	909 doc. dr. Vilija Malinauskienė
8.	Blood lipids and atherosclerosis.	909 doc. dr. Vilija Malinauskienė
9.	Diabetes and complications.	909 doc. dr. Vilija Malinauskienė
10.	Physical activity and health.	909 doc. dr. Vilija Malinauskienė

Evaluation procedure of knowledge and abilities:

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.	The CDC Guide to Strategies to Increase Physical Activity in the Community. Centers for Disease Control and Prevention. Atlanta: U.S. Department of Health and Human Services, 2011	moodle		No	
2.	Schneider M.-J. Introduction to Public Health. 2010		1	No	
3.	Huang N. Lifestyle management of hypertension. Aust Prescr 2008; 321:150-3.	moodle		No	
4.	Soratce P., LaFontaine T., Thomas T.R. Know the risks: Lifestyle management of Dyslipidemia. ACSMIS Health&Fitness Journal 2006;10(4):18-25.	moodle		No	

Additional literature

№.	Title
1.	Fagart R, Maucia G. 2013 ESH/ESC Guidelines for the Management of Arterial Hypertension, European Society of Hypertension, 2013
2.	McKinney L. Diagnosis and Management of Obesity. American Academy of Family Physicians, 2013
3.	Guide to Lowering Your Cholesterol with Therapeutic Lifestyle Changes: U.S. Department of Health and Human Services, 2005
4.	Take change of Your Diabetes. Centers for Disease Control and Prevention. U.S. Department of Health and Human Services, 2007
5.	World Health Organization Regional Office for Europe. European health for all database (HFA-DB). http://data.euro.who.int/hfadb/
6.	Pereira M, Lunet N, et al. Differences in prevalence, awareness, treatment and control of hypertension between developing and developed countries. Journal of Hypertension 2009, 27:963–975
7.	Donaldson, L & Donaldson, RJ. Essential Public Health. 2nd edition (revised). Berkshire: Petroc press, 2003
8.	Tamosiunas A, Luksiene D, Malinauskiene V, et al. Health factors and risk of all-cause, cardiovascular, and coronary heart disease mortality: findings from the MONICA and HAPIEE studies in Lithuania. PLoS One. 2014 Dec 5;9(12):e114283.
9.	Luksiene D, Tamosiunas A, Malinauskiene V, et al. Trends in prevalence of dyslipidaemias and the risk of mortality in Lithuanian urban population aged 45-64 in relation to the presence of the dyslipidaemias and the other cardiovascular risk factors. PLoS One. 2014 Jun 23;9(6):e100158.

