

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code		В	710		В	079	Accredited	2019	06	01	Renewal date						
		Bran	ch of Sciend	e	Progr.	Registr. №.	until										
Ent	itlement	10	1														
Exer	cise for Cl	inical Co	nditions														
Pre	requisites	my and r	hygiology														
Co	urse (modu	liny and <u>p</u> le) Learr	ning Outco	mes													
		IC) Lean		mes	,	Teaching / Lea	rning										
<u>№</u> .	Learning	Outcome	2S]	Methods		Assessment Methods									
1	Be able to systemati	distingu ze the lat	iish, find, a est scientif	inaly ïc	/ze,]	Literature analy	ysis, ew	Literature reviewing and									
	informati	on.			1	presentation		presenta	lion								
2	Be able to with clini	track an cal condi	d identify tions	pers	ions	Case analysis (Literature revie presentation	Case study), ew	Case ana reviewin	lysis g and	(study prese	y), Literature						
2	Be able to	provide	safe	1		Problem-based	learning,	Case ana	lysis	(study	y), Literature						
3	in certain	clinical of	conditions	al ac	tivity	Scientific pape	g sessions, r analysis	Problem	g and -solvi	prese ng tas	sk						
	Be able to	create p	rojects pro	mot	ing	Discussion, Fo	rmal lecture,	Colloqui	um (i and / c	ntervi	ew led by						
4 lifestyle changes and implement then						Practical exerci Problem-solvin	ses (tasks),	Examination, Group (team) proj									
	clinical co	ndition.	with certa	111		Seminar	g sessions,	Literature reviewing and									
Ma	Main aim																
Top	To provide basic knowledge about chronic clinical conditions, their signs and symptoms and exercise for the																
prev	ention of th	nese cond	litions.				,	J I									
Sur	nmary																
The	module is	ntended	for studen	ts sti	udying p	hysical activity	and health pr	omotion.	Teach	ning n	naterial include						
basio	c terms, and	d main cl	inical cond	litio	ns: neuro	omuscular, mus	sculoskeletal,	immunolo	ogical	, hem	otological						
disea	ases, how t	o recogni	ise them ar	nd he	ow to pro	omote physical	health of peop	ple suffer	ing fro	om th	ese chronic						
	vel of mod	ıle															
	Level of	program	me														
Cvcl	le	Tvpe				Subject gro	oup (under the	n of t	of the area)								
First	-	Bachelo	•	М	okslo sri	srities pagrindu											
Gro	oup under f	inancial	classificati	on		10											
Syl	labus																
Nº.				S	ections a	nd themes				Resp	onsible lecturer						
1.	Introduct	ion to the	e module. I	Basi	c terms, a	and main clinic	al conditions.			43 doc. dr. Vilma							
									43 doc. dr. Vilma								
2.	Cardiopu	Imonary	conditions	and	exercise		~			Dudo	nienė						
2.1	Prevalence and Risk	e and ca factors	uses of He	art a	nd blood	l vessel disease	es. Symptoms	and signs	,	43 do Dudo	c. dr. Vilma nienė						
2.2	Coronarv	heart dis	sease, exer	cise	and Prec	autions				43 do	c. dr. Vilma						
	- · · j		, · · ·-	-						Dudo	niene						

<u>№</u> .	Sections and themes	Responsible lecturer
2.3	Hypertension. Exercise and precautions.	43 doc. dr. Vilma Dudonienė
2.4	Prevalence and causes of Respiratory disease. Symptoms, signs, and Risk factors.	43 doc. dr. Vilma Dudonienė
2.5	Chronic obstructive pulmonary disease and exercise. Bronchial asthma (allergic and exercise induced) and chronic bronchitis. Exercise and precautions.	43 doc. dr. Vilma Dudonienė
3.	Neuromuscular conditions and exercise.	43 doc. dr. Vilma Dudonienė
3.1	Stroke, cerebral paly. Classification, characteristics, risk factors. Exercise and precautions.	43 doc. dr. Vilma Dudonienė
3.2	Chronic Back pain and exercise.	43 doc. dr. Vilma Dudonienė
4.	Neoplastic and hematologic conditions and exercise.	43 doc. dr. Vilma Dudonienė
4.1	Prevalence and causes of cancer. Symptoms and signs. Risk factors. The most common cancers in men and women	43 doc. dr. Vilma Dudonienė
4.2	Hemophylia: signs, symptoms and exercise.	43 doc. dr. Vilma Dudonienė
4.3	Peripheral vascular disease: signs and symptoms. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
5.	Immunologic and endocrinologic conditions and exercise.	670 doc. dr. Vilma Juodžbalienė
5.1	Obesity: causes, prevalence, and degrees. BMI and skin folds' measurement and evaluation. Body size. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
5.2	Metabolic syndrome. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
5.3	Diabetes mellitus: causes, prevalence, and types. Hyperglycemia and hypoglycemia signs. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
5.4	Osteoporosis: symptoms, risk factors. Exercise and precautions	670 doc. dr. Vilma Juodžbalienė
5.5	Signs and symptoms of osteoarthritis. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
6.	Acute pathological condition and first aid.	40 doc. dr. Saulė Sipavičienė
6.1	The clinical and biological death. Animating.	40 doc. dr. Saulė Sipavičienė
6.2	Evaluation of general health condition	40 doc. dr. Saulė Sipavičienė

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 Sports lil	n Lithuanian University orary	In Lithuanian Sports University	Number of ex. in the methodica		
		Pressmark	Number of exemplars	bookstore	cabinet of the depart.		
1.	ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (2009). Lippincott Williams & Wilkins.			No			

№.	Tit	le	Edition in Sports lit Pressmark	n Lithuanian University orary Number of exemplars	In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.						
2.	K.Lorig H.Holman, D. Sob Gonzalez, M.Minor (2007). with Chronic Conditions: F Mental Health Conditions. I Canadian Edition.	blman, D. Sobel, D.Laurent, V.Minor (2007). Living a Healthy LifeConditions: For Ongoing Physical andh Conditions. Bull Publishing Company;ition.										
Ad	Additional literature											
<u>JN⊡.</u> 1.	Australian Association for Exercise and Sports Science (AAESS): Clinical Practicum Logbook for apparently healthy clientele.											
2.	Thompson D. et al. (2007). Exercise and Acute Cardiovascular Events. Circulation.											
3.	 PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION. Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998http://www.hc- sc.gc.ca/hppb/paguide/pdf/guideEng.pdf 											
4.	Advancing the Profession of	f Clinical Exercise Physiology	ogy. www.c	cepa-acsm.org	T							
5.	Baster T., Baster-Brooks C. 6, June, 2005; 115:2358-23	(2005). Exercise and hyper 68	tension. Au	ıstralian Fami	ly Physician .Vo	l. 34, No.						
6.	Slentz A. et al (2009). Exer Dose Response, 17(3).	cise, Abdominal Obesity, S	keletal Mus	scle, and Meta	abolic Risk: Evid	ence for a						
7.	Basaran S. (2006).Effects o in children with asthma. J r	f physical exercise on quali ehabil med;	ty of life, e	xercise capaci	ity and pulmonar	y function						
8.	K Y Wolin, Y Yan, G A Co analysis.Br J Cancer 24; 10	lditz, I-M. Lee (2009). Phys 0(4): 611–616.	sical activit	y and colon ca	ancer prevention:	a meta-						
9.	Gordon et al (2004). Physic http://stroke.ahajournals.org	al Activity and Exercise Re g/content/35/5/1230.full.pdf	commenda F+html	tions. Stroke,	35:1230-1240;							
Co	ordinating lecturer											
	Position	Degree, su	Irname, nan	ne	Sched	lule №.						
	Associate Professor	Assoc. Prof. Dr.	Vilma Du	donienė	2	43						
Sut	odivision											
		Entitlement				Code						
	a 2006											

Study module teaching form №. 1

		Mode of studies					Struct	ure									
Seme	ester					Lectures		Lab.		Ind. work	Tota	ours		dits			
Α	S		D			6	18	18 0		106		130		5		5	
Language	s of instru	ction:															
Lithuania	n L	English l	Ξ	Russian	R	F	rench	rench F		Germ	an G		r		Other 0		
Plan of in	-class hour	ſS															
No. of	A	Academic hours				No. of Thomas					Academic hours						
JNº. 01	Themes	Lec	Lectures P				JNº. 01 J	nen	les		Le	ctur	es		Р	L	
									0			0	0				
Schedule	of individu	al work task	s and th	eir influe	nce o	on final	grade										
							Wee	k of j	pre	sentme	nt of t	ask	nd r	d reporting			
			hours	million	2e on	grade,			(0)								
		synabus	nours		70		1234	456	78	3910	11 12	13	14	15 1	16	17-20	
Literature a	analysis	2	10		10		* 0										

	№. of	Total	Influence on grade,	Week of presentment of task (*) and reporting (0)															
	synabus	nours	%	1	2	34	4	5	57	7 8	<u>9</u>	10	11	12	13	14	15	16	17-20
Oral presentation	3	10	10					* ()										
Problem-solving task	4	10	10						7	* ()								
Seminar	5	10	10										*	0					
Case analysis (study)	5	10	10											*	0				
Exam	1-6	50	50														*	0	
Total:	-	100	100																