



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	079	Accredited until	2016	06	01	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

Exercise for Clinical Conditions

Prerequisites

Basics of anatomy and physiology.

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Be able to distinguish, find, analyze, systematize the latest scientific information.	Literature analysis, Literature review presentation	Literature reviewing and presentation
2	Be able to track and identify persons with clinical conditions	Case analysis (Case study), Literature review presentation	Case analysis (study), Literature reviewing and presentation
3	Be able to provide safe recommendations for physical activity in certain clinical conditions	Problem-based learning, Problem-solving sessions, Scientific paper analysis	Case analysis (study), Literature reviewing and presentation, Problem-solving task
4	Be able to create projects promoting lifestyle changes and implement them in group of people with certain clinical condition.	Discussion, Formal lecture, Practical exercises (tasks), Problem-solving sessions, Seminar	Colloquium (interview led by lecturer and / or specialist), Examination, Group (team) project, Literature reviewing and presentation

Main aim

To provide basic knowledge about chronic clinical conditions, their signs and symptoms and exercise for the prevention of these conditions.

Summary

The module is intended for students studying physical activity and health promotion. Teaching material include basic terms, and main clinical conditions: neuromuscular, musculoskeletal, immunological, hemotological diseases, how to recognise them and how to promote physical health of people suffering from these chronic conditions.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Mokslo srities pagrindu

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to the module. Basic terms, and main clinical conditions. Classification of exercises.	43 doc. dr. Vilma Dudonienė
2.	Cardiopulmonary conditions and exercise.	43 doc. dr. Vilma Dudonienė
2.1	Prevalence and causes of Heart and blood vessel diseases. Symptoms and signs, and Risk factors	43 doc. dr. Vilma Dudonienė
2.2	Coronary heart disease, exercise and Precautions	43 doc. dr. Vilma Dudonienė

№.	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 palsy. 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	Hemophilia: 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:

References

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (2009). Lippincott Williams & Wilkins.			No	

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
2.	K.Lorig H.Holman, D. Sobel, D.Laurent, V. Gonzalez, M.Minor (2007). Living a Healthy Life with Chronic Conditions: For Ongoing Physical and Mental Health Conditions. Bull Publishing Company; Canadian Edition.			No	

Additional literature

№.	Title
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, 1998 http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf
4.	Advancing the Profession of Clinical Exercise Physiology. www.cepa-acsm.org
5.	Baster T., Baster-Brooks C.(2005). Exercise and hypertension. Australian Family Physician .Vol. 34, No. 6, June, 2005; 115:2358-2368
6.	Slentz A. et al (2009). Exercise, Abdominal Obesity, Skeletal Muscle, and Metabolic Risk: Evidence for a Dose Response, 17(3).
7.	Basaran S. (2006).Effects of physical exercise on quality of life, exercise capacity and pulmonary function in children with asthma. J rehabil med;
8.	K Y Wolin,Y Yan, G A Colditz, I-M. Lee (2009). Physical activity and colon cancer prevention: a meta-analysis.Br J Cancer 24; 100(4): 611–616.
9.	Gordon et al (2004). Physical Activity and Exercise Recommendations. Stroke, 35:1230-1240; http://stroke.ahajournals.org/content/35/5/1230.full.pdf+html

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Vilma Dudonienė	43

Subdivision

Entitlement	Code
a	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	6	18	0	106	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
1.	1	0	0	4.2	0	1	0
2.	1	0	0	4.3	0	1	0
2.1	0	1	0	5.	1	0	0
2.2	0	1	0	5.1	0	2	0
2.3	0	1	0	5.2	0	1	0
2.4	0	1	0	5.3	0	1	0
2.5	0	1	0	5.4	0	1	0

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
3.	1	0	0	5.5	0	1	0
3.1	0	1	0	6.	1	0	0
3.2	0	1	0	6.1	0	1	0
4.	1	0	0	6.2	0	1	0
4.1	0	1	0				
				Total:	6	18	0

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