

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Mo	dula Coda	В	710	М	029		Accredited	2016	06	01	Rer	newal o	date				
WIC		Branch	of Science	Progr.	Registr.	N <u>∘</u> .	until	2010	00	01							
En	titlement																
Spor	rts Physiothe	rapy															
Pre	erequisites																
BSc in Physiotherapy																	
Course (module) Learning Outcomes																	
№. Learning Outcomes Teaching / Learning Methods Assessment Method													.s				
1	Deepen kno tissue dama and, basing physiothera intervention	owledge age, diffe on this l apy techr n method	about the pat rentiate tissu cnowledge, a cologies in sp s and protoc	hophysio e healing pply adec orts, desi ols.	logy of phases, quate gn	Dis lect Pro Scie	cussion, Forma ure, Group wor blem-based lea entific paper an	ll rk, rning, alysis	Sc an	Scientific paper (text) analysis, Test							
2	Deepen kno applying th rehabilitation	owledge erapeution on of ath	about the pos c modalities i letes.	ssibilities n the	of	For ana lear	mal lecture, Lit lysis, Problem- ning, Seminar	terature based	Ca Te	Case analysis (study), Test							
3	Understand motor learn different sta learning in	importa ing in pa ages and athlete re	nce of motor atients with p the character chabilitation	control a ain and in ristics of a process.	nd njury at motor	For pap	mal lecture, Sc er analysis	ientific	Sc an	Scientific paper (text) analysis, Test							
4						Cas Lite Lite pres pap	e analysis (Cas erature analysis erature review sentation, Scier er analysis	e study) , ntific	' Literature reviewing an presentation, Oral presentation, Scientific paper (text) analysis								
5	Analyze the characterist periodizatio programme knowledge	e peculia ics in ath on techno s and pro	rities of deve iletes; unders ologies and d otocols basin	loping pl stand esign inte g on this	nysical ervention	Dis	cussion, Forma	l lecture	Sc an	ientif alysis	ic pap , Test	er (tex	t)				
6	Deepen kno conditions physiothera	owledge in athlete py for at	about the release, planning a hletes	evant mee and imple	dical menting	Cas Dis	e analysis (Cas cussion, Semin	e study) ar	, Sc an	ientif alysis	ic pap , Test	er (tex	t)				
7	Understand different ki correct bior	biomecl nds of sp nechanic	hanical reaso forts and the es.	ns of inju possibilit	ries in ies to	For	mal lecture		Те	Test							
8						Dis	cussion, Forma	l lecture	Gr	Group work, Test							
Ma	in aim																

The aim is to build deep theoretical knowledge of sports physiotherapy using the latest achievements of international level fundamental and applied interdisciplinary science technologies and evidence-based practice, develop the ability to critically and innovatively analyze the latest sports physiotherapy techniques and methods, develop practical skills of sports physiotherapy planning and implementation.

Summary

The course indended for study program "Physiotherapy" masters. Students will learn to assess, evaluate the patients with sports injuries, will know the features of healing processes of body tissues, differentiate the pathological conditions, establish physiotherapy demand, set and apply physiotherapy program, assure sports

injury preve	ention.											
Level of module												
Level of programme												
Cycle	Туре	Subject group (under the regulation of the area)	Subject level									
Second	Master	Specialaus lavinimo	Deepening									
Group under financial classification												

9.Reabilitacija ir slauga, sportas (išskyrus trenerius) Syllabus

Nº.	Sections and themes	Responsible lecturer
1	Sports physiotherapist: competencies and standards	617 asist. Rolandas
1.	sports physiotherapist. competencies and standards.	Kesminas
2	Physical fitness in sports: strength endurance speed	988 dr. Laimonas
2.	Thysical Indess in sports. strength, endulance, speed.	Šiupšinskas
3	Physical fitness in sports: coordination agility and flexibility	988 dr. Laimonas
5.	Thysical Indess in sports. coordination, aginty and noniolity.	Siupšinskas
4	Athletic training in sports. Technologies, periodization, micro, mezzo and	6 prof. habil.dr. Antanas
	macro-cycles programming technologies.	Skarbalius
5.	Pain in sports. Methods for pain measurement.	988 dr. Laimonas
		Siupšinskas
6	Mechanisms of Musculoskeletal tissue injuries. Immobilization, tissue healing	670 doc. dr. Vilma
0.	processes and physical therapy guidelines.	Juodžbalienė
7.	Pain, injury and motor control.	988 dr. Laimonas
		Siupšinskas
8	Functional evaluation of the athlete. Pre-participation physical evaluation and	988 dr. Laimonas
0.	screening the elite athletes.	Siupšinskas
9	Athletic and kinesio taping bracing and orthosis in sports physical therapy	670 doc. dr. Vilma
<i></i>	Thinese and hinese uping, ordering and ordered in sports physical desupy.	Juodžbalienė
10	Back injuries in sports. Physical therapy guidelines	617 asist. Rolandas
10.	Duck injuries in sports. I nysicul therapy guidennes.	Kesminas
11	Shoulder injuries in sports Physical therapy guidelines	617 asist. Rolandas
11.	shoulder injuries in sports. I hysical inorapy gardennes.	Kesminas
12	Injuries of the arm forearm and elbow in sports. Physical therapy guidelines	988 dr. Laimonas
12.	injuries of the arm, forearm and croow in sports. Thysical therapy guidennes.	Šiupšinskas
13	Wrist and hand injuries in sports. Physical therapy guidelines	988 dr. Laimonas
15.	to the finite infuties in sports. Thysical along y guidelines	Siupšinskas
14	Hin and groin injuries in sports. Physical therapy guidelines	617 asist. Rolandas
1	The and groun infances in sports. Thysical along y garactines.	Kesminas
15	Thigh and calf injuries in sports. Physical therapy guidelines	988 dr. Laimonas
10.	Thigh and can injuries in sports. Thysical alongy gardonnosi	Siupšinskas
16	Knee injuries on sports. Physical therapy guidelines	988 dr. Laimonas
10.	The injuries on sports. Thysical alorapy galacimest	Siupšinskas
17	Ankle and foot injuries on sports. Physical therapy guidelines	988 dr. Laimonas
17.	Timie and foot injuries on sports. Thysical dietapy gardennes.	Siupšinskas
18	Demonstration of PT techniques for upper and lower quadrant	617 asist. Rolandas
10.	Demonstration of 11 teeningues for apper and to wer quadrant	Kesminas
19	Return to play. Functional rehabilitation	988 dr. Laimonas
-/-		Siupšinskas
22.	Prevention of sports injuries	988 dr. Laimonas
		Siupšinskas
23.	Analysis of the scientific paper. Presentation	988 dr. Laimonas
		Siupšinskas
24.	The athlete with disability. Physical therapy and physical activity.	61 doc. dr. Kęstutis
		Skučas

№.	Sections and themes	Responsible lecturer
25.	Psychological aspects of trauma. Sportsmen psychological reaction to trauma.	42 doc. dr. Pavelas Zachovajevas

Evaluation procedure of knowledge and abilities:

References

			Edition in	n LSU library		Number of				
№.		Title	Pressmark	Number of exemplars	In LSU bookstore	ex. in the methodical cabinet of the depart.				
1.	Magee, D. J. 2008. Orthop Philadelphia:Saunders	edic Physical Assessment.			No	1				
2.	Houglum, P.A. 2001. Ther injuries. Human Kinetics.	apeutic Exercise for Athletic			No	1				
3.	Peterson, L., Renstrom, P. prevention and Treatment.	2001. Sports Injuries. Their Human Kinetics.			No	1				
4.	Skurvydas, Albertas. Mod judesių valdymas ir proto t	ernioji neuroreabilitacija : reniruotė : studijų knyga / 2011			No	1				
Ad	ditional literature									
№.	Title									
1	Goodman, C.C., Snyder, T	.E.(2007). Differential Diagnosi	s for Physi	ical Therapists	s. Screening f	for				
1.	Referral. Saunders, Elsevie	er								
2.	Brotzman, S.B., Wilk, K.E	. (2007). Handbook of Orthopae	dic Rehab	ilitation. Mos	by Elsevier					
3.	Voight, M.I., Prentice, W.I	E. (2001). Techniques in muscul	oskeletal r	ehabilitation.	McGrawHill					
Co	Coordinating lecturer									
	Position	Degree, surnar	ne, name		Sche	dule №.				
	Associate Professor	Assoc. Prof. Dr. Viln	na Juodžba	lienė		670				
Sut	odivision									

Entitlement	Code
a	2006

Study module teaching form №. 1

							Structu	ıre						
Seme	ester		Mode of stu	dies	L	ectures	Pract.	Lab.	Ind. work	Total h	ours	Crec	lits	
А	S		D			9	17	0	246	273	3	10)	
Language	es of instruc	ction:												
Lithuania	in L	Engl	lish E	Russiar	n R	F	French	F	Germ	an G		Other Ot		
Plan of ir	n-class hour	'S												
No. of	Thomas		Academ	ic hours			No. of Th	amag		Aca	ademi	c hours		
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	5.		1 0				17.			0		2	0	
	6.		1	0	0		18.			0	1	0		
	7.		0	0	0		19.			0		0	0	
	8.		0	1	0		22.			0		0	0	
	9.		0	1	0		23.			0		1	0	
	10.		0	2	0		24.			1		0	0	

No. of Thomas	Academ	nic h	ours		No. of Thomas							Academic hours									
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12.	0		2	0																	
			Total:								9			17		0					
Schedule of individual w	ork tasks and	their	r infl	uence o	on final g	rade															
	№. of	To	otal	Influ	ence on	Week of presentment of task (*) and repo												orting			
	synabus	по	uis	gra	ue, 70	12	234	15	67	8	91	01	1	12	13	14	15	16	17-20		
Exam	1-25	13	30		50	*													0		
Accounting for practice sessions	10-18	6	5		20			*				()								
Scientific paper (text) analysis	10-17,23	7	8		30		Π	*							0						
Total:	-	27	73]	100																
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								Struct	ure						
Seme	ester	Ν	Mode of	f studi	es	Le	ectures	Pract.	La	ıb.	Ind. work	Total	hours	Crec	lits
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Language	ction:														
Lithuania	n L	Englis	h E	R	Russian	R	F	French	F		Germa	an G		Other	Oth.
Plan of in	-class hour	S													
No. of	Thomas		Aca	demic	hours		,	Vo. of T	hom	20		Ac	ademi	e hours	
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	5.		1			0		15				0		2	0
	6.		1		0	0		16.				1		0	0
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	9.		1		2	0		18.				0		2	0
	10.		0		0	0		19	•			0		1	0
-	11.		1		2	0		22				0		2	0
	12.		1		1	0		23	•			0		1	0
-	13.				1	0		24	•			0		0	0
									Tot	al:	9		17	0	
Schedule	Schedule of individual work tasks and their influence on final grade														
		luenco	on org	We	ek o	f pre	esentme	ent of ta	sk (*)	and repo	orting				

	№. of	Total	Influence on grade, $\frac{0}{2}$	v	ve	ek	0	t p	re	sen	tme	nt c	of ta c)	isk ((*);	and	rep	orting
	synabus	nours	70	1	2	3	45	56	7	89	10	11	12	13	14	15	16	17-20
Exam	1-30	114	50	*														0
Scientific paper (text) analysis	1-30	159	50			*	*								*	*		0
Total:	-	273	100															