



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	M	029	Accredited until	2016	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Physiotherapy

Prerequisites

BSc in Physiotherapy

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Deepen knowledge about the pathophysiology of tissue damage, differentiate tissue healing phases, and, basing on this knowledge, apply adequate physiotherapy technologies in sports, design intervention methods and protocols.	Discussion, Formal lecture, Group work, Problem-based learning, Scientific paper analysis	Scientific paper (text) analysis, Test
2	Deepen knowledge about the possibilities of applying therapeutic modalities in the rehabilitation of athletes.	Formal lecture, Literature analysis, Problem-based learning, Seminar	Case analysis (study), Test
3	Understand importance of motor control and motor learning in patients with pain and injury at different stages and the characteristics of motor learning in athlete rehabilitation process.	Formal lecture, Scientific paper analysis	Scientific paper (text) analysis, Test
4		Case analysis (Case study), Literature analysis, Literature review presentation, Scientific paper analysis	Literature reviewing and presentation, Oral presentation, Scientific paper (text) analysis
5	Analyze the peculiarities of developing physical characteristics in athletes; understand periodization technologies and design intervention programmes and protocols basing on this knowledge.	Discussion, Formal lecture	Scientific paper (text) analysis, Test
6	Deepen knowledge about the relevant medical conditions in athletes, planning and implementing physiotherapy for athletes	Case analysis (Case study), Discussion, Seminar	Scientific paper (text) analysis, Test
7	Understand biomechanical reasons of injuries in different kinds of sports and the possibilities to correct biomechanics.	Formal lecture	Test
8		Discussion, Formal lecture	Group work, Test

Main 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 intended 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 prevention.

Level of module

Level of programme		Subject group (under the regulation of the area)	Subject level
Cycle	Type		
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 Kesminas
2.	Physical fitness in sports: strength, endurance, speed.	988 dr. Laimonas Šiupšinskas
3.	Physical fitness in sports: coordination, agility and flexibility.	988 dr. Laimonas Šiupšinskas
4.	Athletic training in sports. Technologies, periodization, micro, mezzo and macro-cycles programming technologies.	6 prof. habil.dr. Antanas Skarbalius
5.	Pain in sports. Methods for pain measurement.	988 dr. Laimonas Šiupšinskas
6.	Mechanisms of Musculoskeletal tissue injuries. Immobilization, tissue healing processes and physical therapy guidelines.	670 doc. dr. Vilma Juodžbaliėnė
7.	Pain, injury and motor control.	988 dr. Laimonas Šiupšinskas
8.	Functional evaluation of the athlete. Pre-participation physical evaluation and screening the elite athletes.	988 dr. Laimonas Šiupšinskas
9.	Athletic and kinesio taping, bracing and orthosis in sports physical therapy.	670 doc. dr. Vilma Juodžbaliėnė
10.	Back injuries in sports. Physical therapy guidelines.	617 asist. Rolandas Kesminas
11.	Shoulder injuries in sports. Physical therapy guidelines.	617 asist. Rolandas Kesminas
12.	Injuries of the arm, forearm and elbow in sports. Physical therapy guidelines.	988 dr. Laimonas Šiupšinskas
13.	Wrist and hand injuries in sports. Physical therapy guidelines	988 dr. Laimonas Šiupšinskas
14.	Hip and groin injuries in sports. Physical therapy guidelines.	617 asist. Rolandas Kesminas
15.	Thigh and calf injuries in sports. Physical therapy guidelines.	988 dr. Laimonas Šiupšinskas
16.	Knee injuries on sports. Physical therapy guidelines.	988 dr. Laimonas Šiupšinskas
17.	Ankle and foot injuries on sports. Physical therapy guidelines.	988 dr. Laimonas Šiupšinskas
18.	Demonstration of PT techniques for upper and lower quadrant	617 asist. Rolandas Kesminas
19.	Return to play. Functional rehabilitation.	988 dr. Laimonas Šiupšinskas
22.	Prevention of sports injuries	988 dr. Laimonas Šiupšinskas
23.	Analysis of the scientific paper. Presentation	988 dr. Laimonas Šiupšinskas
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

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Magee, D. J. 2008. Orthopedic Physical Assessment. Philadelphia:Saunders			No	1
2.	Houglum, P.A. 2001. Therapeutic Exercise for Athletic injuries. Human Kinetics.			No	1
3.	Peterson, L., Renstrom, P. 2001. Sports Injuries. Their prevention and Treatment. Human Kinetics.			No	1
4.	Skurvydas, Albertas. Modernioji neuroreabilitacija : judesių valdymas ir proto treniruotė : studijų knyga / 2011			No	1

Additional literature

№.	Title
1.	Goodman, C.C., Snyder, T.E.(2007). Differential Diagnosis for Physical Therapists. Screening for Referral. Saunders, Elsevier
2.	Brotzman, S.B., Wilk, K.E. (2007). Handbook of Orthopaedic Rehabilitation. Mosby Elsevier
3.	Voight, M.I., Prentice, W.E. (2001). Techniques in musculoskeletal rehabilitation. McGrawHill

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Vilma Juodžbalienė	670

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	9	17	0	246	273	10

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	13.	0	2	0
2.	1	0	0	14.	0	2	0
3.	1	0	0	15.	1	1	0
4.	1	0	0	16.	0	1	0
5.	1	0	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

