

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	В	01M	Accredited			Ren	ewal c	late
Module Code	Branch of Science		Progr.	Registr. №.	until					

Entitlement

Sports Coaching of Selected Sports (basics) – Swimming

Prerequisites

To be a student at LSU

Main aim

To prepare a swimming coach, teacher who will be able to reflect the theoretical knowledge be confident in practical work with the people of various age groups, both gender, to be confident with the new swimming coaching technologies, to be prepared for educate new generation

Provided knowledge and abilities

Knowledge of swimming as a sport and leisure time and the sport history. Drowning: statistics, types, symptoms, drownings complications, drownings prevention The Technique of the crawl, backstroke, breaststroke, butterfly stroke. Benefits of Swimming, Aquaearobics, Aqua jogging, Swimming as a Mean of Rehabilitation, Swimming and Pregnancy. The principles of Training: Interval training, Sprint Training, Repetition Training, Fast interval Training, Slow Interval Training, the Warm-up Individual Training and Sport Performance Directions. Swimming pools and swimmers hygiene Preparatory Exercises for Teaching Swimming, Swimming Didactic

Summary

The course is aimed to show the importance of swimming in education process, the development of swimming as a kind of sport and its social functions. The course is intended to analyse the characteristics of water environment and safe behaviour in the water, to study swimming techniques and how to develop athletes? swimming skills. Students are provided with the knowledge how to organise and execute training sessions, they are acquainted with teaching methods and means, organisation of competitions, the long-term training system. They are introduced to athlete training management: planning and control as well as the organisation of research.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	Subject group (under the regulation of the area)
First	Bachelor	Specialaus lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to Swimming. The Benefits of Swimming, Aquaearobics, Aquajogging, Swimming as a Mean of Rehabilitation, The history of swimming	82 doc. dr. Birutė Statkevičienė
2.	Drowning: Statistics, Types, Symptoms, Drownings Complications, Drownings Prevention.	82 doc. dr. Birutė Statkevičienė
3.	What are the competitive and non-competitive swimming strokes benefits of them?	82 doc. dr. Birutė Statkevičienė
4.	Equipment for Swimming Teaching and Perfecting Swimming Technique.	82 doc. dr. Birutė Statkevičienė
5.	Local and International Swimming Organizations (Comparative Analysis).	82 doc. dr. Birutė Statkevičienė
6.	Swimming Pools and Swimmers' Hygiene.	82 doc. dr. Birutė Statkevičienė
7.	Preparatory Exercises for Teaching Swimming, Swimming Didactics.	82 doc. dr. Birutė Statkevičienė
8.	Swimming competitions' Rules and Refereeing at Competition. International and Local Competition System: Comparative Analysis	82 doc. dr. Birutė Statkevičienė

№.	Sections and themes	Responsible lecturer
9.	Principles of Stroke Technique Mechanics. The Technique of the Crawl,	82 doc. dr. Birutė
9.	Backstroke, Breasstroke, Butterfly Strokes.	Statkevičienė
10.	Swimming for People with Disabilities: Classification of Disabilities, Competition System, Teaching Swimming, Swimming as a Leisure Time and	82 doc. dr. Birutė
10.	Relaxation.	Statkevičienė

Teaching/learning methods: Lectures, seminars, discussion, practice, qualification paper

Evaluation procedure of knowledge and abilities:

References

		Edition			Number of
NC.	TI'. 1	libr	ary	In LSU	ex. in the
№.	Title	Pressmark	Number of	bookstore	methodical cabinet of
			oi exemplars		the depart.
	Statkevičienė, Birutė, Current Issues and New Ideas in Sport		1		the depart.
	Science [Elektroninis išteklius] : 5th Baltic .The interaction of				
1.	anthropomertical indicators and competition results for aquatic			No	
	Olympic female athletes.Sport Science Conference.Kaunas, 18-19				
	April ISBN 9786098040708 p. 212.				
	Statkevičienė, Birutė, Majauskienė, Daiva, Lithuanian Sport				
	Museum's activities in the context of World's Sport				
2.	Museums. Current Issues and New Ideas in Sport Science			No	
	[Elektroninis išteklius] : 5th Baltic Sport Science Conference :				
	Abstracts.2012 Kaunas, 18-19 April ISBN 9786098040708 p. 208.				
3.	Vaičiulis, Vidmantas, Statkevičienė, Birutė. MINSK. p. 27-30.			No	
4.	Statkevičienė B. (1986). Pradinio mokymo plaukti metodika.			No	
-	Vilnius 52				
5.	Pappas Braun MB. (2008). Fantaskti Water Workouts. Human			No	
	Kinetics. 254p.				
6.	Martha, White. "Water Exercise". 2009. Brand: Human Kinetics			No	
-	SKU: 873227263				
7.	Lepore, Monica. Adapted aquatics programming: a professional			No	
-	guide / 2007 LKKCB(1/0) 797.2 Le271				
8.	Čechovska,I., Novotna, V., Milerova, H. (2003). Aqua-fitness. Vydala Grada Publishing.a.s.			No	
9.	FINA Handbook 2013-2016. Edited by FINA Office.			No	
	http://www.lsu.lt/studentams/biblioteka/laisvai-prieinamos-				
10.	duomenu-bazes			No	
11.	http://www.lvb.lt/primo_library/libweb/action/search.do?vid=LKKA			No	
12.	http://www.lsu.lt/studentams/biblioteka/prenumeruojamos-ir-			No	
12.	testuojamos-duomenu-bazes			110	

Additional literature

№.	Title
1.	Swim Magazine 2010-2014
2.	http://www.fina.org/H2O/
3.	Swimming World Newsletter - 2010-2011 NISCA High School All-Americans Announced - August 23, 2011
4.	Johanson, Tim. (2007). Hystory of Open Water Marathon Swimming. Captain's Energeeing Services, Inc. Buzzards Bay, MA 02532. 532 p.
5.	Ocean swimming safety. (2011). Suzanne Rose. http://www.helium.com/items/2205551-ocean-swimming-safety-tips
6.	Lorraine Sears (2011). Swimming: The ultimate exercise .Created on: March 03, 2011. http://www.helium.com/items/2106540-the-benefits-of-swimming
7.	The rise of competitive swimming 1840 to 1878.Parker C, The Sports Historian [Sports Hist], ISSN: 1351-5462, 2001; Vol. 21 (2), pp. 54-67

№. Title																			
8. Infant swimmin Sardella A, Ma																			
Development of a multi-pathway probabilistic health risk assessment model for swimmers exposed to chloroform in indoor swimming pools. Chen MJ, Lin CH, Duh JM, Chou WS, Hsu HT, J Hazard Mater.2011 Jan A survey of Swiss swimming pool attendants' knowledge of first-aid treatment after lip and dental														ed to					
10. A survey of Swinjuries.Merz M											rea	tme	ent a	afte	r lip	ar	nd d	enta	al
11. Martha, White.		ercise". 2	2009. E	Brand:	Humaı	ı Ki	ine	tics	s Sl	KU	: 8	732	2272	263					
Coordinating lectur	er																		
Position doc. dr. Birutė Statkevičienė														82					
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