



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05E	Accredited until	2011	09	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Games

Prerequisites

Secondary education

Main aim

The aim is to teach students to use exercises of games (basketball, volleyball etc.) as means of the development of physical abilities, health promotion and active recreation training athletes and schoolchildren of all ages; to help students prepare for independent pedagogical and organizational work.

Provided knowledge and abilities

The course provides theoretical knowledge of sports games and their potential in developing athletes and schoolchildren. It introduces the rules and competition peculiarities of basketball, volleyball, tennis, table tennis, badminton. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities. They develop teaching-sports skills required for their future work.

Summary

Sports game is a discipline which gives possibilities to extend motor skill stockpiles and understand importance and significant of sports games (basketball, volleyball etc) for coaches of different kind of sport. In time of lectures the student is teaching different aspects of games (technique, tactics, rules, organization of competition, education technology)

Level of module

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

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Organising and conducting basketball competitions, rules of the game.	
2.	Basics of basketball technique and tactics.	
3.	Methodology of training basketball technique and tactics, skills building.	
4.	Organising and conducting volleyball competitions, rules of the game.	
5.	Basics of volleyball technique and tactics.	
6.	Methodology of training volleyball technique and tactics, skills building	
7.	Basics and rules of table tennis	
8.	Basics and rules of tennis	
9.	Basics and rules of badminton	

Teaching/learning methods:

Case analysis (Case study), Discussion, Exercise classes, Formal lecture, Guest lectures, Group work, Library / information retrieval tasks, Literature analysis, Practical exercises (tasks), Simulation (engineering, technology or process simulation)

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.	Žaidimai: teorija ir didaktika. Krepšinis. Tinklinis: vadovėlis aukštųjų mokyklų kūno kultūros specialybių studentams. 2-asis papild ir patais. leidimas / S.Stonkus, A.Zuoza, V.Jankus, R.Pacanka. 2008.		65	No	
2.	Krepšinis. Istorija, teorija, didaktika: vadovėlis aukštųjų mokyklų studentams / Stonkus S.-Kaunas: LKKA, 2003.		98	No	
3.	Čižauskas A., Kreivytė R., Balčiūnas M. Parengiamieji krepšinio pratimai. Kaunas, LKKA, 2012.		50	No	
4.	Bogušas, V. Mieželytė, A. Stalo tenisas. Kaunas, LKKA, 1998		50	No	
5.	International Tennis Federation Rules of Tennis. International Tennis Federation, ITF ITd, London, 2012.		1	No	
6.	Ziv G., Lidor R. 2009. Physical attributes, physiological characteristics, on-court performances and nutritional strategies of female and male basketball players. Sports Med., 39(7):547-68. Review.		1	No	
7.	Lidor R., Ziv G. 2010. Physical and physiological attributes of female volleyball players-a review. J Strength Cond Res., 24(7):1963-73. Review.		1	No	

Additional literature

№.	Title
1.	Zuoza A.K., Jankus V. Tinklinis. Mokykimės teisėjauti. Mokomasis leidinys. 2-asis papild. Ir patais. leidimas?K.: LKKI, 2001. ? 75 p3.
2.	Zuoza A.K. Tinklinio varžybų organizavimas ir vykdymas: Mokomasis leidinys.?K.: LKKI, 1999. ? 50 p.4.
3.	Gedvilas V., Čižauskas A. Išmokime žaisti krepšinį. Metodinė priemonė.-Kaunas: LKKA, 2003
4.	Čižauskas A., Balčiūnas M. Parengiamieji krepšinio pratimai. Mokomoji priemonė.-Kaunas: LKKA, 2003

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor	Dr. Sigitas Kamandulis	111

Subdivision

Entitlement	Code
a	2005

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	N	5	18	0	107	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	2	0	6.	0	2	0

