



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	210	B	039	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Behaviour (Disease Prevention Models)

Prerequisites

Secondary Education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Is capable of accepting criticism and remarks by other specialists, considering them, evaluating them and reacting objectively in dealing with the observed failures in the Professional and personal activity.	Discussion, Gests lectures, Seminar	Essay, Individual work
2	Is capable of communicating efficiently, dealing with conflict situations with other team members.	Group work	Group work
3	Is capable of analyzing individual cases by providing complex integration of the possessed academic knowledge and previewing ways of assistance and methodological devices.	Gests lectures	Essay
4	Is capable of finding and individually reading, analyzing and generalizing the most up-to-date academic information	Individual project	Essay, Individual work

Main aim

To be able to recognize and describe the inappropriate, harmful health behavior and be able to choose the most appropriate way of behavior change depending on the theoretical attitudes and behavior change model.

Summary

Students will be able to recognize and describe the inappropriate, harmful health behavior. They will be able to choose the most appropriate way of behavior change depending on the theoretical attitudes and behavior change model in every special situation.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Theories of change in behaviour: similarities and differences, advantages and drawbacks	1305 asist. Lina Gaižiūnienė
2.	Change in behaviour: nutrition	66 prof. dr. Rasa Jankauskienė
3.	Change in behaviour: eating disorders, orthorexia	66 prof. dr. Rasa Jankauskienė
4.	Change in behaviour: physical activity and exercise dependent	1064 asist. Aurimas Mačiukas
5.	Change in behaviour: consumption of tobacco and alcohol	1305 asist. Lina Gaižiūnienė
6.	Change in behaviour: use of illegal narcotic substances	1305 asist. Lina

№.	Sections and themes	Responsible lecturer
		Gaižiūnienė
7.	Change in behaviour: use of illegal food supplements	1064 asist. Aurimas Mačiukas
8.	Change in behaviour: sexual behaviour	43 doc. dr. Vilma Dudonienė

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Thirlaway, K. & Upton, D. (2009). The Psychology of Lifestyle: Promoting Healthy Behaviour. London and New York: Routledge. Taylor & Francis Group	613 Th24	30	No	
2.	Bartholomew, L.K., Parcel, G.S., Kok, G., Gottlieb, N.H., Fernandez, M.E. (2006). Planning Health Promotion Programs: An Intervention Mapping Approach. A Wiley Imprint 989 Market Street, San Francisco, CA			Yes	

Additional literature

№.	Title
1.	Myers, J. E., & Sweeney, T. J. (2008). Wellness Counseling: The Evidence Base for Practice. Journal of Counseling & Development, 86, 482-493.
2.	Myers, J. E., & Harper, M.C. (2004). Evidence-Based Effective Practices With Older Adults. Journal of Counseling & Development, 82, 207-218
3.	Niemi, P.M., & Tiuraniemi, J. (2010). Cognitive Therapy Trainees' Self- Reflections on Their Professional Learning. Behavioural & Cognitive Psychotherapy, 38(3), 255–274.
4.	Stokols, D. (2000). Social Ecology and Behavioral Medicine, Implications for Training, Practice, and Policy. Behavioral Medicine, 26(3), 129-139.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor	Prof. Dr. Rasa Jankauskienė	66

Subdivision

Entitlement	Code
	10

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	8	8	0	114	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.	2	2	0	5.	2	2	0
2.	2	2	0	6.	2	2	0

