

## LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Mo	odule Code	S	260	В	036	Accredited		Renewal date											
		Branc	h of Science	Progr.	Registr. №.	until													
		•																	
		/																	
-	requisites																		
Co	urse (module)	Learning	g Outcomes																
№.	Teaching / Learning Assessment																		
1	Branch of Science       Progr.       Registr. Ne.       until         Entitlement       Health Psychology         Prerequisites       -         Course (module) Learning Outcomes       Teaching / Learning Methods         Ne.       Learning Outcomes         Student is capable of finding, nalysing, evaluating new       Literature analysis, scientific paper analysis, problems and discussing with colegues.         2       Student is capable of analyzing individual cases of behaviour change by providing complex integration of the possessed knowledge and drafting a plan of individual assistance.       Formal lecture, Seminar         3       Student is capable of studying individually, finding out and critically evaluating professional knowledge and novelties.       Formal lecture, Reflection on action seminar         3       Student is capable of studying individually, finding out and critically evaluating professional knowledge and novelties.       Formal lecture, Neffection on action seminar         7       Study psychological and behavioral processes in health, illness, and healthcare, understanding psychologic factors that influence health, and constructively applying that knowledge in practice (PAL-1 (B): Refection; PAL-2 (B): Professional orientation; PAL-4 (B): Changing Behavior).         Summary       Level of programme       Subject group (under the regulation of the area)         Cycle       Type       Subject group (under the regulation of the area)         First       Bachelor       M																		
2	<ul> <li>2 change by providing complex integration of the possessed knowledge and drafting a plan of individual assistance.</li> <li>3 Student is capable of studying individually, finding out and Seminar</li> <li>3 Student is capable of studying individually, finding out and Seminar</li> </ul>																		
3		rudent is capable of studying individually, finding out and itically evaluating professional knowledge and novelties. Formal lecture, Reflection on action, Seminar Reflection																	
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To study psychological and behavioral processes in health, illness, and healthcare, understanding psychological factors that influence health, and constructively applying that knowledge in practice (PAL-1 (B): Refection; PAL-2 (B): Professional orientation; PAL-4 (B): Changing Behavior).																			
The module develops knowledge in health psychology field, understanding psychological factors that influence health, and constructively applying that knowledge, learning to improve health by working directly with																			
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	Level of pro	ogramme			Subject anoun (u		ion of 4												
Cycl	e Tyj	pe		•	Subject group (u	nder the regulat	101 01 1	ne area)											
				slo srities	pagrindų														
-																			
	-	lų studijo	s (išskyrus po	litikos mol	kslus, sportą ir s	tudijas, nurodyt	as 8 pur	ıkte)											
	labus		<b>S</b> = =4	· · · · · · · · · · · · · · · · · · ·				D											
JN <u>0</u> .			Sect	ions and t	nemes														
1.	An introduct	ion to he	alth psycholog	<sub>gy</sub>				Methods Literature reviewing and presentation Examination Reflection on action action ding psychological (B): Refection; directly with e area) e area) kte) Responsible lecturer 350 dr. Vinga indriūnienė 350 dr. Vinga											
2.	Student is capable of finding, nalysing, evaluating new academic literature on a topic in specific counseling problems and discussing with colegues.       Literature analysis, Scientific paper reviewing and presentation         Student is capable of analyzing individual cases of behaviour change by providing complex integration of the possessed knowledge and drafting a plan of individual assistance.       Formal lecture, Seminar       Examination         Student is capable of studying individually, finding out and critically evaluating professional knowledge and novelties.       Formal lecture, Reflection on action, Seminar       Reflection on action         in aim       tudy psychological and behavioral processes in health, illness, and healthcare, understanding psychological professional orientation; PAL-4 (B): Changing Behavior).       Reflection on action, Seminar         mmmary       module develops knowledge in health psychology field, understanding psychological factors that influence th, and constructively applying that knowledge in protice (PAL-1 (B): Reflection;2 (B): Professional orientation; PAL-4 (B): Changing Behavior).       Methods         mmary       module develops knowledge in health psychology field, understanding psychological factors that influence th, and constructively applying that knowledge, learning to improve health by working directly with vidual patients or indirectly in large-scale public health programs.       Methods         vel of module       Level of programme       Subject group (under the regulation of the area)       Image: Subject group (under the regulation of the area)         is Bachelor       Mokslo srities pagrindų																		
3.	Personality a	Personality and health																	
4.	3       critically evaluating professional knowledge and novelties.       Reflection of action, Seminar       action         Main aim       To study psychological and behavioral processes in health, illness, and healthcare, understanding psychological factors that influence health, and constructively applying that knowledge in practice (PAL-1 (B): Refection; PAL-2 (B): Professional orientation; PAL-4 (B): Changing Behavior).       Summary         Summary       Summary       The module develops knowledge in health psychology field, understanding psychological factors that influence health, and constructively applying that knowledge, learning to improve health by working directly with individual patients or indirectly in large-scale public health programs.       Level of module         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       Mokslo srities pagrindų         Group under financial classification       4.50 dr. Vinga Indriūnienė         1.       An introduction to health psychology       850 dr. Vinga Indriūnienė         2.       Health, disease and pain       850 dr. Vinga Indriūnienė         3.       Personality and health       850 dr. Vinga Indriūnienė         4.       Health education, prevention and intervention       850 dr. Vinga Indriūnienė         5.       Stress and resistance to change       850 dr. Vinga																		
5.	4.       Health education, prevention and intervention       850 dr. Vinga Indriūnienė         5.       Stress and resistance to change       850 dr. Vinga																		
6.					nological health	and health-		850 dr. Vinga											
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№.	Sections and themes	Responsible lecturer
7.	Quality of life and psychical health	850 dr. Vinga Indriūnienė
8.	Self-respect, self-esteem and psychical resistance	850 dr. Vinga Indriūnienė

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

		Edition in	LSU library		Number of
№.	Title	Pressmark	Number of exemplars	In LSU bookstore	ex. in the methodical cabinet of the depart.
1.	Marks, D. F., Murray, M., Evans, B., Estacio, E. V. (2013). Health psychology : theory, research and practice. London: Sage.	613 He- 04	1	No	
Ad	ditional literature				

№. Title

 Evans, R., Kawabata, M., & Thomas, S. (2015). Prediction of fruit and vegetable intake: The importance of contextualizing motivation. British Journal of Health Psychology, 20 (3), 534–548. doi: 10.1111/bjhp.12123

Coordinating lecturer

Reflection on action

Position	Degree, surname, name	Schedule №.
Lecturer	Dr. Vinga Indriūnienė	850
Subdivision		

Entitlement	Code
	10

## Study module teaching form №. 1

					Structure																			
Seme	ester	Ν	Mode of studies				ctures	Pract.		Lab.			Ind. work			Γot	al ł	nours			Credits			
А	S	D				8	8		0 1		114			130					5					
Languages of instruction:																								
Lithuania	n L	Englis	h E	R	ussian	R	F	rencl	h	F			G	German G					Ot	Other Ot				
Plan of in-class hours																								
No. of	f Themes		Acade	emic	hours			Mo o	C TTI- come o							Ac	cade	ic hours						
JN <u>0</u> . O	Themes		Lectures	5	Р	L		№. of Themes							Le	ecti	ires		Р	L				
	1.		1		1	0	5.								1			1	0					
	2.		1		1	0	6.								1			0						
	3.		1		1	0		7.						1						1	0			
	4.		1		1	0			8	•					1						1	0		
								Total:							8						8	0		
Schedule	of individu	ıal work	tasks and	1 the	ir influ	ence o	n final	grad	le															
No. of Total							ience (	n n		V	Vee	ek	of	pre	esentment of task (*) and									
		syllabus hours			ade, %	<u>, 11</u>								reporting (o)					<u> </u>					
			Synab	us	nouis	gr	aue, 70		12	123456789		91	0	11	12	13	14	15	16	17-20				
Exam		1-8		57		50		*													0			

15

1-8

12

0

0 0 0

	№. of	Total		Week of presentment of task (*) and reporting (o)														
	syllabus	hours	grade, %		23	34	. 5	6	78	9	10	11	12	13	14	15	16	17-20
Literature reviewing and presentation	1-8	45	35		*	*								0	0	0	0	
Total:	-	114	100															