LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	260	B	037	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Counselling

Prerequisites

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Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Student is capable of studying individually, finding out and critically evaluating professional knowledge and novelties.	Literature analysis, Scientific paper analysis	Literature reviewing and presentation
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.	Case analysis (Case study), Discussion, Seminar	Case analysis (study)
3	Student is capable of focusing the members of the team one is working in and maintaining the positive spirit at work or being an efficient member of the team.	Discussion, Formal lecture, Seminar	Reflection on action
4	Student is capable of using individual techniques of behavior change, providing complex integration of the possessed knowledge and drafting a plan of individual assistance, Is capable of evaluating an individual's need to be counseled and to direct an individual to counseling by other competent specialists.	Formal lecture	Examination

Main aim

To revise and strengthen counselling skills, which are important to change clients' physical activity and lifestyle behaviour (PAL-1 (B): Reflection; PAL-2 (C): Professional orientation; PAL-3 (C): Assessing; PAL-4 (C): Changing behaviour.)

Summary

The main purpose of this module is to revise and strengthen counselling skills, which are important to change clients' physical activity and lifestyle behaviour. In the module will be reviewed the steps used in the process of counselling and practice them in various situations.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Mokslo srities pagrindų

Group under financial classification

4.Socialinių mokslų studijos (išskyrus politikos mokslus, sportą ir studijas, nurodytas 8 punkte)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Counselling process. Brief versus long-term counselling	850 dr. Vinga Indriūnienė
2.	Comunication skills	850 dr. Vinga Indriūnienė
3.	Probing and asking questions	850 dr. Vinga Indriūnienė
4.	Morals, values and ethics in counselling practice	850 dr. Vinga Indriūnienė
5.	Session planning	850 dr. Vinga Indriūnienė

№.	Sections and themes	Responsible lecturer
6.	Adapted 5 A's model	850 dr. Vinga Indriūnienė
7.	Group counselling	850 dr. Vinga Indriūnienė
8.	Work with unmotivated clients	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

№.	Title	Edition in LSU library Pressmark	Number of exemplars	In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
1.	Kardelienė, L., Rakauskienė, V., Kardelis, K. (2011). Fizinio aktyvumo skatinimas taikant edukacinį konsultavimą : studijų knyga. Kaunas : Lietuvos kūno kultūros akademija.	372.8 Ka413	10	Yes	
2.	Ramseier, C. A., & Suvan, J. E. (2015). Behaviour change counselling for tobacco use cessation and promotion of healthy lifestyles: a systematic review. Journal of clinical periodontology, 42 (16), S47-S58. doi: 10.1111/jcpe.12351			No	
	Comment:Available in the internet				

Additional literature

№.	Title
1.	Noordman, J., Koopmans, B., Korevaar, J.C., Weijden, T. van der, & Dulmen, S. van. (2013). Exploring lifestyle counselling in routine primary care consultations: the professionals' role. Family Practice, 30 (3), 332-340. doi: 10.1093/eurpub/ckr164
2.	Rakauskienė, Vinga (aut., disert.). Promotion of physical activity among senior high school students by applying educational counseling at school: social sciences, education science (07S), physical education, motor learning, sport (S273). Kaunas : Lietuvos sporto universitetas, 2013.

Coordinating lecturer

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

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.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
1.	1	1	0	5.	1	1	0
2.	1	1	0	6.	1	1	0
3.	1	1	0	7.	1	2	0
4.	1	0	0	8.	1	1	0

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
				Total:	8	8	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Literature reviewing and presentation	1-8	23	20	*									0							
Individual Homework	1-8	23	20	*														0		
Reflection on action	1-8	11	10	*															0	
Exam	1-8	57	50	*																0
Total:	-	114	100																	