



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	260	B	038	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Individual Consultation

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will understand and evaluate psychosocial determinants of harmful behavior	Case analysis (Case study), Literature analysis	Individual work
2	Will be able to handle peculiarities of individual consultation in a specific area of behavior and population	Interactive lecture, Literature analysis	Problem-solving task
3	Will be able to provide autonomy support	Discussion, Group work, Literature analysis	Case analysis (study), Peer-assessment
4	Will know and be able to adapt nutrition education theories	Literature analysis	Control work
5	Will be able to apply new information technologies in nutrition and physical activity intervention programs	Creativity workshops, Team project	Group (team) project

Main aim

To recognize the psychological mechanisms of unhealthy behavior as well as lifestyle regimen compliance and adapt counseling skills in accordance with educational and psychological tenets of consultation.

Summary

Students will learn psychological mechanisms of the lifestyle regime compliance in the field such as diet, physical activity as well as the psychological determinants of an unhealthy lifestyle. Students will receive specific knowledge and will train practical skills about working with the client to change harmful behavior.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Compliance to treatment and lifestyle regimen (psychological determinants, the role of information, recommendations)	932 lekt. Brigita Miežienė
2.	Developmental models of eating behaviour (Exposure, Social learning, Associative learning)	932 lekt. Brigita Miežienė
3.	Theory of intuitive eating	932 lekt. Brigita Miežienė
4.	A weight concern model of eating behaviour. Body dissatisfaction.	932 lekt. Brigita Miežienė
5.	Dieting (psychological determinants of dieting and undereating and dieting and overeating)	932 lekt. Brigita Miežienė
6.	The peculiarities of health professional - client communication	932 lekt. Brigita

№.	Sections and themes	Responsible lecturer
		Miežienė
7.	Autonomy support (recommendations)	932 lekt. Brigita Miežienė
8.	The psychosocial determinants of exercise behavior and individual consultation	932 lekt. Brigita Miežienė
9.	Nutrition Education Overview: what is it? Where is it? Does it work?	1218 asist. Vaiva Balčiūnienė
10.	Theories in Nutrition Education: Overview	1218 asist. Vaiva Balčiūnienė
11.	Worksite health promotion, nutrition interventions	1218 asist. Vaiva Balčiūnienė
12.	Welcoming a new generation to wellness: significance of informational technologies	1218 asist. Vaiva Balčiūnienė
13.	Mass media nutrition education	1218 asist. Vaiva Balčiūnienė

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.	Ogden, J. (2012). Health psychology. McGraw-Hill Education (UK).			No	
2.	Kathleen Bauer, Doreen Liou, Carol Sokolik. (2012). Nutrition Counseling and Education Skill Development			No	
3.	Bridget M. Klawitter, Kathy King. (2007). Nutrition Therapy– Advanced Counseling Skills			No	

Additional literature

№.	Title

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer	Brigita Miežienė	932

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	14	18	0	228	260	10

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	0	0	8.	1	2	0

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
2.	1	0	0	9.	1	1	0
3.	1	0	0	10.	1	3	0
4.	1	0	0	11.	1	1	0
5.	1	0	0	12.	2	4	0
6.	1	2	0	13.	1	1	0
7.	1	4	0				
				Total:	14	18	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		
Individual project	7,8	50	25	*														0				
Group (team) project	9-13	62	25		*																0	
Group (team) project	11,12	60	25		*																0	
Exam	1-13	60	25							*												0
Total:	-	232	100																			