



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

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|-------------|-------------------|-----|--------|-------------|------------------|--|--|--------------|
| Module Code | S | 273 | B | 00C | Accredited until | | | Renewal date |
| | Branch of Science | | Progr. | Registr. №. | | | | |

Entitlement

Technologies of physical activity (swimming, yoga, fitness, pilates)

Prerequisites

Informacija ruošiamo

Course (module) Learning Outcomes

| No. | Learning Outcomes | Teaching / Learning Methods | Assessment Methods |
|-----|-------------------|--|-----------------------------|
| 1 | | Formal lecture, Group work, Literature analysis, Scientific paper analysis | Oral presentation |
| 2 | | Exercise classes, Group work | Reporting for practice work |
| 3 | | Literature analysis, Scientific paper analysis | Test |
| 4 | | Exercise classes, Reflection on action | Individual project |
| 5 | | Gests lectures | Portfolios/learning logs |

Main aim

To introduce the technique of Pilates, yoga, fitness, aquatics exercise specifics as one of the physical activity forms, as part of training and health improvement measures. To develop and increase physical activity in health promotion practical skills in various sports training programs, rehabilitation, recreational physical activity forms to develop the ability to apply the acquired skills in practice.

Summary

Tecnologies of physical activity, such as swimming (water exercise), yoga, fitness, pilates are one of the most popular programs in the health centers, improving human physical activity. Students will be able to offer a variety of exercise recommendations, and style according to client's needs and individual differences, the main physical loads to choose different workout environments and conditions of the equipment, will be able to apply the aerobic, stretching workout and workout with resistance, pilates and yoga methods as flexibility and internal muscle-building measures to carry out the exercises in the water, safe to apply them in practice.

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

| No. | Sections and themes | Responsible lecturer |
|-----|--|--------------------------------|
| 1. | Pilates history, philosophy, the basic principles. The mind and body workout. Similarities and differences with other methods. | 675 dr. Kristina Zaičėnkoviėnė |
| 2. | 34 classic original Pilates exercises and their variation technique and analysis. | 675 dr. Kristina Zaičėnkoviėnė |
| 3. | Pilates exercises anatomic and biomechanical analysis. Breathing, neutral spine and pelvis. Spinal movements and positions of the basic exercises | 675 dr. Kristina Zaičėnkoviėnė |
| 4. | Pilates exercises with additional tools (large and smaller balls, thera bands, weights, foam rollers). Study equipment. | 675 dr. Kristina Zaičėnkoviėnė |
| 5. | Variety and organization of muscle strength and endurance training (functional, interval, circle training with a variety of additional equipment). | 675 dr. Kristina Zaičėnkoviėnė |
| 6. | Practise of flexibility improvement and stretching exercises. | 675 dr. Kristina |

| №. | Sections and themes | Responsible lecturer |
|-----|---|--------------------------------------|
| | | Zaičėnkoviėnė |
| 7. | Aerobic endurance improvement training. Basic aerobic steps, their connection to the choreography and performance with music. | 675 dr. Kristina Zaičėnkoviėnė |
| 8. | Unsafe exercises, the most common errors in exercise and injury prevention. | 675 dr. Kristina Zaičėnkoviėnė |
| 9. | Basic positions of Yoga exercises, philosophy, breathing. | 675 dr. Kristina Zaičėnkoviėnė |
| 10. | Yoga exercises anatomy and biomechanics and benefits on body health. | 675 dr. Kristina Zaičėnkoviėnė |
| 11. | Swimming and physical activity in the water. A variety of shapes and features. | 83 doc. dr. Ilona Judita Zuoziėnė |
| 12. | Health exercise types in water , structure (power of endurance training exercise variety, Pilates in water) | 675 dr. Kristina Zaičėnkoviėnė |
| 13. | Health exercise for pregnancy and beyond. | 675 dr. Kristina Zaičėnkoviėnė |
| 14. | Safety of the exercises in the pool and in open water | 83 doc. dr. Ilona Judita Zuoziėnė |
| 15. | Recreational swimming: techniques and tools, workload dosage | 83 doc. dr. Ilona Judita Zuoziėnė |
| 16. | Exercise in water forms gymnastics, aerobics in the water,, aquajogging, Aichi. | 172 asist. Jolanta Janina Grigonienė |
| 17. | Applied swimming techniques: Halwik method. | 172 asist. Jolanta Janina Grigonienė |

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. | Di Lorenzo CE. (2011). Pilates: what is it? Should it be used in rehabilitation? Sports Health. Jul;3(4):352-61. | | | No | |
| 2. | Mokomoji lit. Zaičėnkoviėnė, K. (2011). Pilates mankšta su Kristina [elektroninis išteklis] : 4 Dvd. :Pradinis-vidutinis lygis. 2. Pažėngusiems.3. Su mažuju minkštu kamuoliuku. 4. Su didžiaisiais gimnastikos kamuoliais. | | | Yes | |
| 3. | Mokomoji knyga. Ramanauskienė, Irina, Linonis, Vitas, Pečiukaitienė, Auksė, Zaičėnkoviėnė, Kristina, Aleksandravičienė, Roma, Fizinių pratimų su didžiaisiais kamuoliais poveikis žmogaus taisyklingai laikysenai ir raumenų stiprinimui : Kaunas : Technologija, 2008. 178 p. : | | | Yes | |
| 4. | Mokomoji kn. Aleksandravičienė, R., Stasiulevičienė, L., Zaičėnkoviėnė, K. Aerobikos ABC : Kaunas : LKKA, 2012. 243 p. | | | Yes | |
| 5. | Vadovėlis. Kristina Zaičėnkoviėnė. Pilates mankšta. Kaunas : Lietuvos Sporto universitetas, 2014. 365 p. | | | Yes | |
| 6. | Honda T, Kamioka H. (2012). Curative and health enhancement effects of aquatic exercise: evidence based on interventional studies. Open Access J Sports Med. Mar 29;3:27-34. | | | No | |
| 7. | Leslie Kaminoff, Sharon Ellis, Amy Matthews (2007). Joga anatomy. Human Kinetics. | | | No | |

| №. | Title | Edition in LSU library | | In LSU bookstore | Number of ex. in the methodical cabinet of the depart. |
|-----|--|------------------------|---------------------|------------------|--|
| | | Pressmark | Number of exemplars | | |
| 8. | Yoga practice has minor influence on respiratory function at rest in men and women. Ugdymas. Kūno kultūra. Sportas. ISSN 1392-5644, Nr. 1(88). p. 97-101. | | | Yes | |
| 9. | Alexander Christine .(2011) Water Fitness Lesson Plans and Choreography 200 pages. ISBN-13: 9780736091121. Human Kinetics. | | | No | |
| 10. | Cramer H, Lauche R, Haller H, Dobos G, Michalsen A. (2014). A systematic review of yoga for heart disease. Eur J Prev Cardiol. Feb 3 | | | No | |
| 11. | Abramavičiūtė, Vaiva, Zaičėnkovienė, Kristina (2013). Impact of strength training program on physical fitness and physical condition for elderly women. Ugdymas. Kūno kultūra. Sportas. ISSN 1392-5644, Nr. 1(88). p. 3-8. | | | Yes | |

Additional literature

| №. | Title |
|-----|---|
| 1. | Isakowitz, R., Clippinger K.(2007). Pilates anatomy. Human Kinetics. |
| 2. | Abramavičiūtė, V., Zaičėnkovienė, K., Sujeta, A. (2013). The influence of pilates exercise on women's anthropometry indices, core muscle performance and heart rate changes during the session. Ugdymas. Kūno kultūra. Sportas. ISSN 1392-5644, Nr. 2(89). p. 5-11. |
| 3. | da Luz MA Jr, Costa LO, Fuhro FF, Manzoni AC, Oliveira NT, Cabral CM. (2014). Effectiveness of Mat Pilates or Equipment-Based Pilates Exercises in Patients With Chronic Nonspecific Low Back Pain: A Randomized Controlled Trial. Phys Ther. Feb 27. |
| 4. | Skurvydas A. (2008). Judėsių mokslas: raumenys, valdymas, mokymas, reabilitavimas, sveikatinimas, treniravimas, metodologija. LKKA. |
| 5. | Howley E.T., Franks, B. (2007). Fitness Professional's handbook. 5th ed. Champaign : Human Kinetics. |
| 6. | Kairaitis R. (2012). Jėgos treniruotė. Kultūrizmas. Sveikatingumas. LKKA |
| 7. | Jolliffe JA, Rees K, Taylor RS, Thompson D, Oldridge N, Ebrahim S. (2001). Exercise-based rehabilitation for coronary heart disease. Cochrane Database Syst Rev. 2000;(4):CD001800. Review. Update in: Cochrane Database Syst Rev. ;(1):CD001800. |
| 8. | Patel NK, Newstead AH, Ferrer RL. (2012). The effects of yoga on physical functioning and health related quality of life in older adults: a systematic review and meta-analysis. J Altern Complement Med. Oct;18(10):902-17. doi: 10.1089/acm |
| 9. | da Luz MA Jr, Costa LO, Fuhro FF, Manzoni AC, Oliveira NT, Cabral CM. (2014). Effectiveness of Mat Pilates or Equipment-Based Pilates Exercises in Patients With Chronic Nonspecific Low Back Pain: A Randomized Controlled Trial. Phys Ther. Feb 27. |
| 10. | Menotti F, Laudani L, Damiani A, Macaluso A. (2014). Amount and intensity of daily living activities in Charcot-Marie-Tooth 1A patients. Brain Behav. Jan;4(1):14-20. doi: 10.1002/brb3.187. Epub 2013 Oct 30. |
| 11. | Lynne Robinson (2012). Pilates for pregnancy. London |
| 12. | Zaičėnkovienė, Kristina, Stasiulis, Arvydas, Paknys, Darius, aut. Daniusevičiūtė, Laura, Ramanauskienė, Irina, Aleksandravičienė, Roma (2010). Bėgimo greičio ir laipiojimo sukėlto nuovargio poveikis aerobininkų kojų raumenų EMG rodikliams. Ugdymas. Kūno kultūra. Sportas. ISSN 1392-5644 2010, Nr. 2(77). p. 105-111. |

Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|----------|----------------------------|-------------|
| Lecturer | Dr. Kristina Zaičėnkovienė | 675 |

Subdivision

| Entitlement | Code |
|-------------|------|
| | 2004 |

