

# LITHUANIAN SPORTS UNIVERSITY

# STUDY MODULE PROGRAMME (SMP)

Modula Coda	S	S 273		01P	Accredited	2018	06	01	Ren	ewal d	late
Module Code	Brancl	h of Science	Progr.	Registr. №.	until	2016	00	UI			
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# Entitlement

Fitness Group Activities

Prerequisites

Informacija ruošiama

Co	urse (module) Learning Outcomes		
№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to communicate effectively, sharing the knowledge and experience, knowing the terminology.	Debates, Discussion, Exercise classes, Individual project, Literature analysis, Practical exercises (tasks)	Group (team) project, Individual project, Reporting for practice work
2	Will be able to demonstrate safe and correct exercises and basic steps of aerobics	Exercise classes, Literature analysis, Practical exercises (tasks), Role play, Team project	Peer-assessment, Reporting for practice work, Self-assessment
3	Will be able to demonstrate skills in group work indoors and in gym, choosing safe and correct exercises (with various equipment), knowing terminology	Exercise classes, Group work, Individual project, Interactive lecture, Literature analysis, Practical exercises (tasks)	Individual project, Peer- assessment, Reporting for practice work, Self-assessment
4	Will be able to manage the process of group activities (of aerobics, joga, pilates and etc.)	Exercise classes, Group work, Literature analysis, Practical exercises (tasks)	Background reading, Group (team) project, Individual project, Reporting for practice work, Scientific paper (text) analysis
5	Will be able to develop, implement and assess various physical activity programmes for individuals and target groups, based on scientific health education theories	Case analysis (Case study), Exercise classes, Group work, Literature analysis, Practical exercises (tasks), Scientific paper analysis, Team project	Group (team) project, Literature reviewing and presentation, Peer-assessment, Scientific paper (text) analysis

#### Main aim

To educate a specialist of health and wellness, able to demonstrate knowledge in healthy lifestyle and physical activity, to motivate and consult people varying in age and physical fitness while practising effective fitness group activities.

# Summary

This modul is about knowledge and skills how to performe (sports) group fitness activities in different settings and with music. Students will learn to choose the right activities for specific target groups; how to instruct, lead, motivate and stimulate group activities to different target groups. The main activities will be:

- Fitness Group Activities (Aerobic and Step, Circuit / Interval Training, Body Toning, Fit-Ball, etc)
- Mind & Body Activities (Yoga, Pilates, Stretching, classes to develop Relaxation, Concentration, Body Conscience, Posture, etc).

# Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to group activities with music: types, structure, technique, methodics, intensity regulation	628 dr. Simona Pajaujienė
2.	The performance and teaching technique of Muscle training using various types of resistance (such as body weight, free weights, etc.) in fitness group activities.	628 dr. Simona Pajaujienė
3.	Step aerobics: structure, technique, and terminology. Basic steps and its combinations.	675 dr. Kristina Zaičenkovienė
4.	Interval and circuit training: the main recommendations of its management.	628 dr. Simona Pajaujienė
5.	Methods of creating choreography. Requirements for instructors. Verbal and visual signs. Leading trainings with mirroring method.	675 dr. Kristina Zaičenkovienė
6.	Group training with stationery bicycles: structure, technique, impact, and safety regulations.	628 dr. Simona Pajaujienė
7.	Pilates: philosophy, teaching methods, and principles of training.	675 dr. Kristina Zaičenkovienė
8.	Yoga: basic asanas, technique, and breathing.	628 dr. Simona Pajaujienė
9.	Training using Fit-Ball and Soft Gym: peculiarities, technique, and methodics.	675 dr. Kristina Zaičenkovienė
10.	Fitness group exercises to ensure the safety factors. Harmful and unsafe exercises.	628 dr. Simona Pajaujienė

Evaluation procedure of knowledge and abilities:

# References

			n Lithuanian iversity library	In Lithuanian	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	Sports University bookstore	methodical cabinet of the depart.
1.	Kennedy-Armbruster C., Yoke M.M. 2009. Methods og group exercise instruction. Champaign: Human Kinetics			No	
2.	Page P. 2005. Strength band training: over 100 exercises for using resestive bands and tubing. Champaign: Human Kinetics			No	
3.	Brick L. 1996. Fitness aerobics. Champaign : Human Kinetics			No	
4.	Pahmeier I., Niederbaumer C 2001. Step aerobics: fitness training for schools, club and studios. Myer & Meyer Sport			No	
5.	Alter, M. (2004). Science of Flexibility. Champaign: Human Kinetics.			No	
6.	Instructor Manual. San Diego, CA: American Council on Exercise.			No	
7.	Isacowitz, R. (2006). Pilates. Champaign, Il: Human Kinetics.			No	
8.	Karninoff, L. (2007). Yoga Anatomy. Champaign, Il: Human Kinetics.			No	
9.	Kirk, M. L.; Boon, B. & Dituro, D. (2006). Hatha Yoga Illustrated. Champaign, Il: Human Kinetics.			No	

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	Armstrong N., T	omkii	nson G. Ekelı	ınd U. 2	2011. A	verobic	fitness	and it	s rel	atio	nship	to sn	ort. e	exer	cise		
1.	training and habitual physical activity during youth. British Journal Of Sports Medicine, 45 (11):849-58.																
2.	Smith A.L. 2008 Youth physical activity and sedentary behavior. Champaign: Human Kinetics																
3.	Andersen J.C. 2005 Stretching before and after exercise: Effect on musele soreness and injury risk Journal																
٥.	of Athletic Training, 40:218-20																
4.	Brick L. 1996 Fi																
5.	Kennedy C.A., Y Kinetics	oke l	M.M. 2005 M	lethods	of grou	ıp exerc	ise ins	tructio	on. 1	st ed	d. Cha	mpa	ign:	Huı	nan		
6.		2006	Nordic Walk	ing: A	Total B	ody Ex	erienc	e									
7.	Bumgardner W. 2006 Nordic Walking: A Total Body Experience Howley E.T., Franks, B. D. 2007 Fitness Professional's handbook 5th ed. Champaign: Human Kinetics																
Co	ordinating lecturer																
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	Lecturer		]	Dr. Sim	ona Paj	jaujienė							628				
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