LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05C	Accredited until	2018	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Exercise Testing and Prescription

Prerequisites

Applied Basic Health Sciences

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	PALC – 3. Will be able to apply testing and evaluation of physical activity and fitness knowledge in the praxis PALC – 3. Will be able to work in a team other professionals in order to asses clients /students physical activity, evaluate physical fitness and prescribe exercise	Debates, Group work, Interactive lecture, Literature analysis, Practical exercises (tasks)	Group (team) project, Literature reviewing and presentation
2	PALC – 3. Will be able to apply appropriate methods, equipment and instruments for clients / group physical activity, physical fitness evaluation PALC – 3. Will be able to use questionnaires, interview apply monitoring techniques and test physical fitness of different age clients / students PALC – 3. Will be able apply intervention for individuals and target groups	Assignments, Debates, Group work, Practical exercises (tasks), Simulation of real-life (world) situations	Assignments, Group (team) project, Reporting for practice work, Test
3	PALC – 4. Will be able to identify physical activity needs of individuals and groups, summarize the information.	Case analysis (Case study), Individual project, Practical exercises (tasks), Problem-based learning	Individual project, Peer-assessment, Reflection on action, Reporting for practice work
4	PALC – 4.Will be able to find and analyse the latest scientific information related to physical activity, testing of evaluation physical fitness, prescription of exercise. PALC – 5. Will be able to plan and carry out simple research related to physical activity and physical fitness testing and present results to professionals, or other communities. PALC – 9. Will be able to communicate orally and present results in written way to the target audience (clients, co-workers, professionals).	Discussion, Field trips/works visits, Group work, Practical exercises (tasks), Scientific paper analysis, Simulation of real-life (world) situations, Team project	Essay, Examination, Literature reviewing and presentation, Project report

Main aim

To provide a theoretical and practical preparation consistent and updated, based on scientific research reference, with regard to forms of professional intervention with participants of exercise programs, regardless of age. Competences: to apply contemporary exercise prescription guidelines to different populations, regardless of age; to apply the assessment methods for health screening, resting and exercise evaluations. to develop competences of searching and critically evaluate recent research findings in a selected area from exercise testing and prescription.

Summary

Benefits and risks of associated with physical activity, exercise and exercise testing; Concepts and

methods of measurement of metabolic and mechanical loading of physical activity; Preparticipation health screening, risk factor analysis, signs and symptoms suggestive of disease, and risk stratification; Resting evaluations and interpretation of results (blood pressure, overweight, obesity, cholesterol, glycaemia); Exercise Testing and Interpretation of Results: cardiovascular, Muscular strength and endurance, flexibility; General principles of exercise prescription for cardiovascular and musculoskeletal health.

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

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Health-related physical activity. Physical activity assessment methods and tools.	430 dr. Renata Rutkauskaitė
2.	Benefits from exercise. Analysis of risk factors. Risk assessment and classification. Case studies. Pre-exercise evaluation. Principles and assumption	412 dr. Vida Janina Česnaitienė
3.	Basic principles for exercise prescription.	412 dr. Vida Janina Česnaitienė
4.	Cardiorespiratory Fitness. Basic principles. Assessment specificities. Planning and periodization exercise prescription.	412 dr. Vida Janina Česnaitienė
5.	Strength. Basic concepts assessment specificities. Exercise prescription.	412 dr. Vida Janina Česnaitienė
6.	Flexibility and functional assessment. Basic principles Assessment exercise prescription.	430 dr. Renata Rutkauskaitė
7.	Body Composition. Basic concepts assessment specificities. Exercise prescription and its' effects on body composition.	430 dr. Renata Rutkauskaitė
8.	Exercise Testing Prescription. Case study applications.	412 dr. Vida Janina Česnaitienė
9.	Exercise prescription for weight loss.	430 dr. Renata Rutkauskaitė

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	ACSM's resource manual for guidelines for exercise testing and prescription	615.825 Ac51	1	Yes	1
2.	ACSM's guidelines for exercise testing and prescription	615.825 Ac51	1	Yes	1
3.	Swain, David P. Exercise prescription : a case study approach to the ACSM guidelines	615.825 Sv-02	1	Yes	1

Additional literature

№.	Title
1.	Singh A, Uijtdewilligen L, Twisk JW, van Mechelen W, Chinapaw MJ. 2012 Physical activity and performance at school: a systematic review of the literature including a methodological quality assessment. Arch Pediatr Adolesc Med. Jan;166(1):49-55.
2.	Welk GJ, Corbin CB, Dale D. 2000 Measurement issues in the assessment of physical activity in children. Research Quarterly for Exerccise and Sport. Jun;71(2 Suppl):S59-73.

№.	Title
3.	Darren E.R. Warburton, Crystal Whitney Nicol, Shannon S.D. Bredin 2006 Prescribing exercise as preventive therapy Canadian Medical Association journal ;174(7):961-74 https://www.researchgate.net/publication/7211074_Prescribing_exercise_as_preventive_therapy
4.	World Health Organization 2010 2010 Global recommendations on physical activity for health http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Dr. Vida Janina Česnaitienė	412

Subdivision

Entitlement	Code
a	1006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	11	13	0	106	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
				Total:	0	0	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
Group (team) project	1-7	40	30	*														0		
Individual project	8-9	22	20	*															0	
Exam	1-9	20	50	*																0
Total:	-	82	100																	