LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05F	Accredited until	2019	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Cardiofitness and Strength Training

Prerequisites

Informacija ruošiama

Main aim

To educate a specialist of health and wellness, able to demonstrate knowledge in healthy lifestyle and physical activity, to motivate and consult in health strengthening of people varying in age and physical fitness while practising effective different cardio and strength training exercise.

Provided knowledge and abilities

Will be able to demonstrate safe and correct exercises during practice using various equipment (cardio and strength training exercise);
Will be able to apply effective cardiovascular and strength training exercise skills with gym equipment, know the terminology and be able to demonstrate correct and safe performance;
Will be able to use physical fitness assessment methods (observation, interview, etc.);
Will be able to develop, implement and assess various physical activity programmes (strength training, power training, endurance training) for individuals and target groups, based on scientific health education theories.

Summary

The module covers current knowledge of the practical strength and power as well as cardiorespiratory endurance training principles based on scientific knowledge. A comprehensive coverage of the biological basis for strength, power, aerobic and anaerobic training including age-related changes.

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

№.	Sections and themes	Responsible lecturer
1.	Physiological Adaptation to Strength and Conditioning	347 doc. dr. Nerijus Masiulis
2.	Resistance Training Modes: A Practical Perspective	347 doc. dr. Nerijus Masiulis
3.	Strength and Conditioning Considerations for Different Age and Gender	347 doc. dr. Nerijus Masiulis
4.	Cardiovascular Adaptation to Conditioning and Physical Activity	55 doc. dr. Gediminas Mamkus
5.	Cardiovascular Assessment and Aerobic Training Prescription	55 doc. dr. Gediminas Mamkus
6.	Training Methods and Equipment. Monitoring Progress	628 dr. Simona Pajaujienė
7.	Physical Activity and Mental Health	2251 H. Budde

Teaching/learning methods:

Lectures, Group discussions, Project, Analysis of scientific literature, Brain storm, Case study, Seminar

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		

№.	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.	Yoke, M., and C. Kennedy. 2004. Progressive Functional Training. Monterey, CA: Healthy Learning.			No	
2.	Cardinale M., Newton R., Nosaka K. 2011. Strength and Conditioning. Biological Principles and Practical Applications. Wiley-Blackwell			No	
3.	American College of Sports Medicine 2009. Progression Models in Resistance Training for Healthy Adults. Medicine & Science in Sports & Exercise			No	
4.	Jackson A. 2010. Physical Activity for Health and Fitness Lab Manual. Human Kinetics			No	
5.	Lloyd RS., et al. 2014. Position statement on youth resistance training: the 2014 International Consensus. British Journal of Sports Medicine			No	

Additional literature

№.	Title
1.	Andersen J.C. 2005. Stretching before and after exercise: Effect on muscele soreness and injury risk.Journal of Athletic Training, 40:218-220
2.	Smith A.L.2008. Youth physical activity and sedentary behavior. Human Kinetics
3.	Delavier F. 2006. Strength training anatomy. Human Kinetics
4.	Armstrong N., Tomkinson G., Ekelund U. 2011. Aerobic fitness and its relationship to sport, exercise training and habitual physical activity during youth. British Journal Of Sports Medicine, 45 (11):849-858.
5.	Kushi LH et al., 2012. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention.Reducing the Risk of Cancer With Healthy Food Choices and Physical Activity. CA: A Cancer Journal for Clinicians, 62:30–67.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Nerijus Masiulis	347

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	7	19	0	104	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

	№. 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
Total:	-	0	0																	