



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

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

Entitlement

Outdoor Fitness Activities

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1			
2			
3			
4			
5			

Main aim

To educate a specialist in fitness area, who would be capable of demonstrating the health related physical activity knowledge, when necessary motivating people of different age, consulting and instructing them on health enhancing issues, organising recreational physical activities outdoors.

Summary

This module provides knowledge and skills on how to organise various outdoor fitness activities in different settings: during winter, spring, autumn or summertime; on land, ice or water. 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 are: recreational winter and water sports, Nordic Walking, hiking, golf, activities in the adventure parks, games such as beach volleyball, badminton, tennis, Frisbee, etc.

Level of module

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

Group under financial classification

10.Dailė (mokytojai), teatro (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	The concept and types of active leisure outdoors. Safety regulations of various types of outdoor fitness activities and its' impact on human body.	698 dr. Rita Gruodytė-Račienė
2.	Organising and performing ice-skating and skiing activities and games on snow and ice.	104 doc. dr. Pranas Mockus
3.	The technique and methodical recommendations of Nordic Walking. Regulation of exercise intensity.	628 dr. Simona Pajaujienė
4.	Outdoor training machines and organisation of activities using them.	698 dr. Rita Gruodytė-Račienė
5.	Organising and performing outdoor games such as Pétanque, Frisbee, etc.	103 dr. Daiva Bulotienė
6.	Organising and performing accurateness needed activities (such as archery, darts, etc.) and sports (such as badminton, tennis, beach volleyball, football, etc.).	500 dr. Rima Bakienė
7.	Golf - outdoor sports game and active leisuretime activity.	55 doc. dr. Gediminas Mamkus

№.	Sections and themes	Responsible lecturer
8.	Organising and performing hiking and biking activities.	98 doc. dr. Aleksandras Alekrinskis
9.	Organising activities in the adventure parks.	98 doc. dr. Aleksandras Alekrinskis
10.	Organising and performing various activities in open water (rowing, sailing, water games, ect.). Organising and performing boating activities.	98 doc. dr. Aleksandras Alekrinskis

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.	Harrison G., Erpelding M. (2012) Outdoor program administration: association of outdoor recreation and education. Champaign: Human Kinetics	379.8 Ou-08		No	
2.	Plummer, R. (2009) Outdoor recreation: an introduction. New York : Routledge	379.8 Pl-109		No	
3.	Siedentop, D., Hastie P., and van der Mars H. (2004, 2011) Complete guide to Sport Education. Champaign: Human Kinetics	37.037.1 Si24		No	
4.	Saunders, V. (2009) Golfo vadovas: universalus nuostabiausio žaidimo vadovas. Vilnius: Verslo žinios. 224 psl.	796.3 Sa256		No	
5.	Schurman C., Schurman D. (2009) The outdoor athlete. Champaign : Human Kinetics	379.8 Sc72		No	

#### Additional literature

№.	Title
1.	Litti, B.H. (2009). Golfas: išmokime žaisdami. Vilnius: Algarvė. 344 psl.
2.	Howley E.T., Franks, B. D. (2007) Fitness Professional's handbook. 5th ed. Champaign : Human Kinetics
3.	Andersen J.C. (2005) Stretching before and after exercise: Effect on muscle soreness and injury risk. Journal of Athletic Training, 40:218-20
4.	Jackson A. W., Morrow J.R., Hill D.W., Dishman R. K. (2004) Physical activity for health and fitness. Champaign : Human Kinetics
5.	ITF (1998). Marketing the Game. ITF Ltd. London.
6.	Delaigue, N. (2007). Working with adult beginners: 10 golden rules, ITF CSSR, 42, 15-16.
7.	Miley, D. (2007). Tennis. Play and Stay, ITF CSSR, 42, 2-3.
8.	ITF. (2007). Rules of Tennis. ITF Ltd. London.

#### Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Dr. Rita Gruodytė-Račienė	698

#### Subdivision

Entitlement	Code
a	1006

#### Study module teaching form №. 1

Semester	Mode of studies	Structure	Total hours	Credits
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