



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05N	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Traineeship (Counselling)

Prerequisites

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Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Student is capable of formulating short term counselling questions, using techniques, analyzing motivational interviewing opportunities.	Formal lecture, Library / information retrieval tasks, Simulation of real-life (world) situations	Individual work, Reporting for practice work
2	Student is capable of establishing contacts with the counseled individuals, planning counseling work when seeking positive changes in the client's behaviour and is capable of accepting and expressing Professional criticism.	Simulation of real-life (world) situations	Reporting for practice work, Work placement report
3	Student is capable of searching for the latest knowledge, to apply and analyze it in the course of counseling work.	Exercise classes, Group work, Simulation of real-life (world) situations	Reflection on action

Main aim

The main purpose of the module is to develop counselling skills working with different type of lifestyle problems (PAL-2 (B): Professional orientation; PAL-4 (B): Changing behaviour; PAL-6 (B): Develop and Innovate)

Summary

The module develops counselling skills working with different type of physical activity and lifestyle problems. Each counselling skill is presented through a brief explanation with examples, followed by practical activities designed to enable students to understand the concepts and practise these new skills.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Mokslo sritys pagrindu

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Solution-focused brief counseling: main assumptions	850 dr. Vinga Indriūnienė
2.	Solution-focused brief counselling: main techniques	850 dr. Vinga Indriūnienė
3.	Motivational interview	850 dr. Vinga Indriūnienė
4.	Counseling case: nutrition	850 dr. Vinga Indriūnienė
5.	Counseling case: physical activity	850 dr. Vinga Indriūnienė
6.	Counseling case: smoking	850 dr. Vinga Indriūnienė
7.	Counseling case: alcohol consumption	850 dr. Vinga Indriūnienė
8.	Counseling case: social environment and lifestyle	850 dr. Vinga Indriūnienė

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title	Edition in LSU library		In LSU bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Bacevičienė, R.; Čapkauskienė, S.; Čingienė, V. (sudaryt.). Kvalifikacijos tobulinimo programa fizinio aktyvumo srityje dirbantiems specialistams : metodinė medžiaga / Lietuvos sporto universitetas. Kaunas : Lietuvos sporto universitetas, 2014.	5006789.		No	
2.	Lundahl, B., & Burke, B.L. (2009). The effectiveness and applicability of motivational interviewing: a practice-friendly review of four meta-analyses. Journal of clinical psychology, 65 (11), 1232 – 1245. doi: 10.1002/jclp.20638 <i>Comment: Available in the internet</i>			No	
3.	Grant, A. M., Cavanagh, M. J., Kleitman, S., Spence, G., Lakota, M., & Yu, N. (2012). Development and validation of the solution-focused inventory. Journal of Positive Psychology, 7(4), 334-348. http://dx.doi.org/10.1080/17439760.2012.697184 <i>Comment: Available in the internet</i>			No	

Additional literature

№.	Title
1.	Baumann, S., Toft U., Aadahl, M., Jørgensen, T., Pisinger, C. (2015). The long-term effect of screening and lifestyle counseling on changes in physical activity and diet: the Inter99 Study - a randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 12(33), DOI 10.1186/s12966-015-0195-
2.	Rakauskienė, Vinga (aut., disert.). Promotion of physical activity among senior high school students by applying educational counseling at school : summary of doctoral dissertation : social sciences, education science(07S), physical education, motor learning, sport (S273). Kaunas : Lietuvos sporto universitetas, 2013.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer	Dr. Vinga Indriūnienė	850

Subdivision

Entitlement	Code
	10

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	6	26	0	228	260	10

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours	№. of Themes	Academic hours
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