



LITHUANIAN
SPORTS
UNIVERSITY

AN INTENSIVE COURSE FOR COACHES

The course is aimed at young and
professional swimming coaches

LEVEL 1



AN INTENSIVE COURSE FOR COACHES

The course is aimed at young and professional swimming coaches

LEVEL 1

COURSE FOR SWIMMING INSTRUCTORS AND PHYSICAL EDUCATION TEACHERS

The aim of the course is to teach every adult swimmer the fundamentals of swimming methodology, organize and plan swimming lessons, obtain knowledge of swimming hygiene, become familiar with swimming pool equipment and acquire knowledge of life-saving as well as judging in a swimming competition.

After completing the course the participants will have the ability to teach people of all ages:

- to use preparatory exercises for swimming lessons and swimming fun
- to put into practice all competitive and non-competitive swimming styles for peoples' leisure time and fun
- to work as lifeguards in public and private swimming pools
- to advise young swimmers on proper nutrition
- to advise on the fundamentals of swimming athletics
- to organize swimming competition for beginners and organize stroke and technique demonstrations at the pool
- to teach swimming to people with disabilities
- to present and defend a paper "Organizing and planning swimming lessons for people of all age groups."

Hrs.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
8.30 - 10.30	ARRIVAL	Introduction <i>Dr. B. Statkevičienė</i>	Nutrition and Diets for Swimmers <i>Dr. V. Kriaučionienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Basics of classic massage <i>Dr. V. Ostasevičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model <i>Prof. L. Poderys</i>	Selection and Monitoring Sport Performance <i>Prof. A. Skarbalius</i>	Training and Performance <i>Prof. A. Skarbalius</i>	Organizing shows and the festivities in open and closed swimming pools <i>A. Glemžaitė</i>	Rules for swimming competition, judging and organizing a swimming competition for the beginners <i>Dr. B. Statkevičienė</i>	Presentations To present and defend a paper "Organizing and planning swimming lessons for people of all age groups" <i>Dr. B. Statkevičienė</i>
11.00 - 12.00		Health benefits of swimming What's good about being a swimmer. Preparing to the swimming lesson <i>Dr. B. Statkevičienė</i>	Nutrition and diets for swimmers <i>Dr. V. Kriaučionienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Sports massage <i>Dr. V. Ostasevičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model. <i>Prof. L. Poderys</i>	Selection and monitoring sport performance <i>Prof. A. Skarbalius</i>	Training and performance <i>Prof. A. Skarbalius</i>	Teaching Butterfly <i>Dr. B. Statkevičienė</i>	Rules for a swimming competition, judging and organizing a swimming competition for the beginners <i>Dr. B. Statkevičienė</i>	
12.00 - 13.00		LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
13.00 - 14.00		Swimming pools: equipment, hygiene, competitive and non-competitive swimming pools <i>Dr. B. Statkevičienė</i>	Dry land training <i>R. Binevičienė</i>	Planning the teaching process for beginner swimmers <i>Dr. B. Statkevičienė</i>	Sports massage <i>Dr. V. Ostasevičienė</i>	Teaching Backstroke <i>Dr. B. Statkevičienė</i>	Teaching Breaststroke <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Teaching Crawl <i>Dr. B. Statkevičienė</i>	Swimming for persons with disabilities (practice) <i>Dr. B. Statkevičienė</i>	Presentations To present and defend a paper "Organizing and planning swimming lessons for people of all age groups"
14.30 - 15.30		Teaching preparatory exercises in water for swimming lessons <i>Dr. B. Statkevičienė</i>	Dry land training <i>R. Binevičienė</i>	Swimming teaching methods <i>Dr. B. Statkevičienė</i>	Fun and games in water using preparatory exercises (practice) <i>Dr. B. Statkevičienė</i>	Teaching Backstroke (practice) <i>Dr. B. Statkevičienė</i>	Teaching Breaststroke Turns and starts (practice) <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Teaching Butterfly <i>Dr. B. Statkevičienė</i>	Aquaerobics, Aquajogging (practice) <i>Dr. B. Statkevičienė</i>	<i>Dr. B. Statkevičienė</i>
16.00 - 17.00	TOUR AT LSU	Teaching preparatory exercises in water for swimming lessons <i>Dr. B. Statkevičienė</i>	Teaching preparatory exercises in water for swimming lessons (practice) <i>Dr. B. Statkevičienė</i>	Teaching preparatory exercises in water for swimming lessons (practice) <i>Dr. B. Statkevičienė</i>	Fun and games in water using preparatory exercises (practice) <i>Dr. B. Statkevičienė</i>	Teaching Backstroke turns and starts(Practice) <i>Dr. B. Statkevičienė</i>	Teaching Breaststroke turns and starts (practice) <i>Dr. B. Statkevičienė</i>	Teaching Crawl (freestyle) (practice) <i>Dr. B. Statkevičienė</i>	Teaching Butterfly turns and starts (practice) <i>Dr. B. Statkevičienė</i>	Aquaerobics, Aquajogging <i>Dr. B. Statkevičienė</i>	Presentations To present and defend a paper "Organizing and planning swimming lessons for people of all age groups" <i>Dr. B. Statkevičienė</i>
17.30 - 18.00		Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the course

Course fee is **1035 EUR.**

Registration form is [here](#)

Tuition fee will be paid after confirmation of your registration.

Note: Course is delivered in a group not less than 10 applicants.

CONTACT INFORMATION:

International Relations Office
Lithuanian Sports University
Sporto Str. 6 Kaunas LT-44221
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Irena Cikotiene: irena.cikotiene@lsu.lt

Birute Statkevičienė: birute.statkeviciene@lsu.lt

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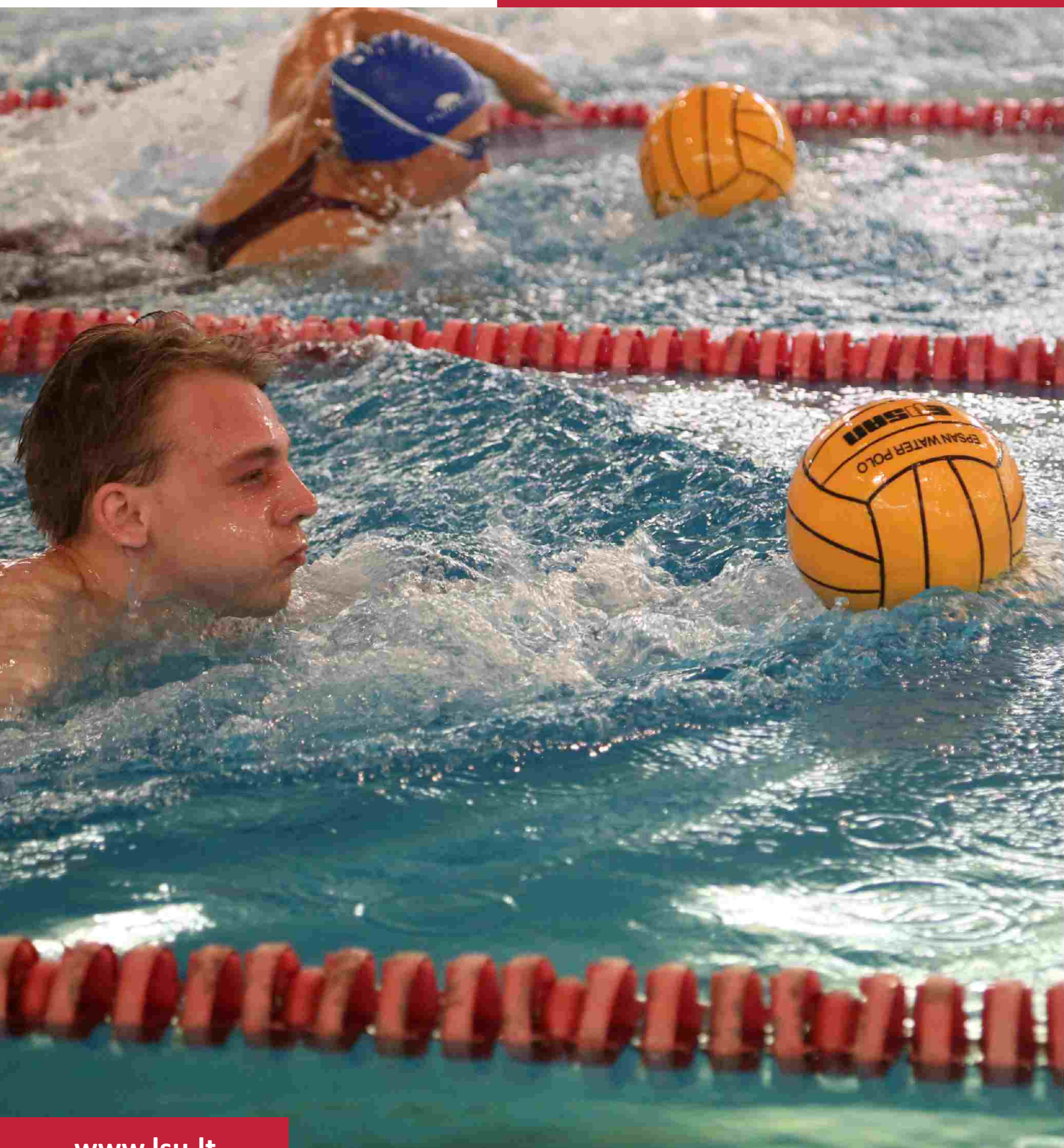


LITHUANIAN
SPORTS
UNIVERSITY

AN INTENSIVE COURSE FOR COACHES

Course for swimming coaches
and training groups

LEVEL 2



AN INTENSIVE COURSE FOR COACHES

The course is aimed at young and professional swimming coaches

LEVEL 2

COURSE FOR SWIMMING COACHES AND TRAINING GROUPS

The aim of this course is to teach how to plan and organize swimming training loads for swimmers of a certain age group and to prepare them for local competition.

After completing the course the participants will be able to:

- work with athletes in group training
- teach and perfect the athletes' techniques in each swimming style, starts and turns
- analyze a swimming technique of the world's best age group swimmers
- advise them on daily and competition day nutrition
- organize a swimming competition and be able to judge it
- organize dry land training for age group swimmers in order to develop their stamina, strength and flexibility
- work with people with disabilities
- prepare and defend a paper "Organizing and planning swimming workouts for athletes in training groups"
- to present and defend a paper "Organizing and planning swimming lessons for people of all age groups."

Hrs.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
8.30-10.30	ARRIVAL	Introduction <i>Dr. B. Statkevičienė</i>	Lifelong influence of nutrition on health <i>Dr. V. Kriauciūnienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Basics of classic massage <i>Dr. V. Ostaševičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model <i>Prof. L. Poderys</i>	Selection and Monitoring Sport Performance <i>Prof. A. Skarbalius</i>	Training and Performance <i>Prof. A. Skarbalius</i>	Organizing shows and festivities in open and closed swimming pools <i>A. Glemžaitė</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	Presentations “Organizing and planning swimming workouts for athletes in training groups” <i>Dr. B. Statkevičienė</i>
		Health Benefits of Swimming What's good about being a swimmer. Athletes and teachers preparing to a swimming workout <i>Dr. B. Statkevičienė</i>	Nutrition and Diets for Swimmers <i>Dr. V. Kriauciūnienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Sports massage <i>Dr. V. Ostaševičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model <i>Prof. L. Poderys</i>	Selection and Monitoring Sport Performance <i>Prof. A. Skarbalius</i>	Training and Performance <i>Prof. A. Skarbalius</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	
12.00-13.00		LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
13.00- 14.00		Swimming pools: equipment, hygiene, competitive and non-competitive swimming pools <i>Dr. B. Statkevičienė</i>	Dry land training in training groups <i>R. Binevičienė</i>	Planning the teaching process of the fundamentals of a swimming technique <i>Dr. B. Statkevičienė</i>	Sports massage <i>Dr. V. Ostaševičienė</i>	Perfecting Backstroke <i>Dr. B. Statkevičienė</i>	Perfecting Breaststroke <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Perfecting Butterfly Perfecting Freestyle <i>Dr. B. Statkevičienė</i>	Swimming for persons with disabilities (practice) <i>Dr. B. Statkevičienė</i>	Presentations “Organizing and planning swimming workouts for athletes in training groups” <i>Dr. B. Statkevičienė</i>
14.30 - 15.30	TOUR AT LSU	Preparatory exercises in water for perfecting swimming styles <i>Dr. B. Statkevičienė</i>	Dry land training in training groups <i>R. Binevičienė</i>	Planning the teaching process of the fundamentals of a swimming technique (practice) <i>Dr. B. Statkevičienė</i>	Fun and games in water using preparatory exercises for training group athletes (practice) <i>Dr. B. Statkevičienė</i>	Perfecting Backstroke <i>Dr. B. Statkevičienė</i>	Perfecting Breaststroke (practice) <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Perfecting Butterfly <i>Dr. B. Statkevičienė</i>	Aquaeerobics, Aquajogging (practice) <i>Dr. B. Statkevičienė</i>	
16.00-17.00		Fun and games in water using preparatory exercises for training group athletes <i>Dr. B. Statkevičienė</i>	Watching swimming workout at Kaunas swimming center <i>Dr. B. Statkevičienė</i>	Watching swimming workout at Kaunas swimming center <i>Dr. B. Statkevičienė</i>	Watching swimming workout at Kaunas swimming center <i>Dr. B. Statkevičienė</i>	Perfecting Breaststroke (practice) <i>Dr. B. Statkevičienė</i>	Watching swimming workout at Kaunas swimming center <i>Dr. B. Statkevičienė</i>	Perfecting turns in all swimming strokes <i>Dr. B. Statkevičienė</i>	Perfecting IM <i>Dr. B. Statkevičienė</i>	Perfecting starts in all swimming strokes <i>Dr. B. Statkevičienė</i>	
17.30-18.00		Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the day <i>Dr. B. Statkevičienė</i>	Summary of the course <i>Dr. B. Statkevičienė</i>

Course fee is **1015 EUR**.

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LITHUANIAN
SPORTS
UNIVERSITY

AN INTENSIVE COURSE FOR COACHES

Course for national level
swimming team coaches

LEVEL 3



AN INTENSIVE COURSE FOR COACHES

The course is aimed at young and professional swimming coaches

LEVEL 3

COURSE FOR NATIONAL LEVEL SWIMMING TEAM COACHES

The aim of the course is to teach coaches to work with elite athletes, organize swimming competition as well as judge and referee a competition.

After completing the course the participants will be able to:

- plan and organize an elite level swimming training process
- choose optimal physical loads for elite swimmers
- analyze scientific literature on swimming, nutrition and massage for swimmers
- work with disabled swimmers and plan their training loads
- prepare a swimming pool for a competition
- judge and referee an elite swimming competition
- plan a training process for Master swimmers
- prepare and defend a paper “Organizing and planning swimming workouts for elite athletes”

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8.30 - 10.30	ARRIVAL	Introduction <i>Dr. B. Statkevičienė</i>	Lifelong influence of nutrition on health <i>Dr. V. Kriaučionienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Basics of classic massage <i>Dr. V. Ostaševičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model <i>Prof. L. Poderys</i>	Selection and Monitoring Sport Performance <i>Prof. A. Skarbalius</i>	Training and Performance <i>Prof. A. Skarbalius</i>	Organizing shows and festivities in open and closed swimming pools <i>A. Glemžaitė</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	Presentations "Organizing and planning swimming workouts for elite athletes" <i>Dr. B. Statkevičienė</i>
11.00 - 12.00		Health Benefits of Swimming What's good about being a swimmer. Athletes and teachers preparing to the swimming workout <i>Dr. B. Statkevičienė</i>	Nutrition and Diets for Swimmers <i>Dr. V. Kriaučionienė</i>	Growth, development and maturation. Differences between genders <i>Dr. V. Dudonienė</i>	Sports massage <i>Dr. V. Ostaševičienė</i>	Complex system approach in testing and management of athlete training: Lithuanian model <i>Prof. L. Poderys</i>	Selection and Monitoring Sport Performance <i>Prof. A. Skarbalius</i>	Swimming for master swimmers <i>Dr. B. Statkevičienė</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	Rules for a swimming competition, judging and organizing a swimming competition <i>Dr. B. Statkevičienė</i>	
12.00 - 13.00		LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
13.00 - 14.00		Swimming pools: equipment, hygiene, competitive and non-competitive swimming pools <i>Dr. B. Statkevičienė</i>	Dry land training in training groups <i>R. Binevičienė</i>	Planning the teaching process of the fundamentals of a swimming technique <i>Dr. B. Statkevičienė</i>	Sports massage <i>Dr. V. Ostaševičienė</i>	Perfecting Backstroke <i>Dr. B. Statkevičienė</i>	Perfecting Breaststroke <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Perfecting Butterfly Perfecting Freestyle <i>Dr. B. Statkevičienė</i>	Swimming for persons with disabilities (practice) <i>Dr. B. Statkevičienė</i>	Presentations "Organizing and planning swimming training for elite athletes" <i>Dr. B. Statkevičienė</i>
14.30 - 15.30	TOUR AT LSU	Preparatory exercises in water for perfecting swimming styles <i>Dr. B. Statkevičienė</i>	Dry land training in training groups <i>R. Binevičienė</i>	Planning the teaching process of the fundamentals of a swimming technique (practice) <i>Dr. B. Statkevičienė</i>	Fun and games in water using preparatory exercises for training group athletes (practice) <i>Dr. B. Statkevičienė</i>	Perfecting Backstroke <i>Dr. B. Statkevičienė</i>	Perfecting Breaststroke (practice) <i>Dr. B. Statkevičienė</i>	Lifeguarding <i>Dr. B. Statkevičienė</i>	Perfecting Butterfly <i>Dr. B. Statkevičienė</i>	Aquaeerobics, Aquajogging (practice) <i>Dr. B. Statkevičienė</i>	
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