

LITHUANIAN SPORTS UNIVERSITY

Study Programme: **PHYSICAL ACTIVITY AND LIFESTYLE (FAS)**

Study Cycle: **UNDERGRADUATE (B)**

Form of Study: **FULL TIME (I)**

PATVIRTINTA:

2018 m. gegužės 31 d.

LSU Senato posėdyje,

Protokolo Nr. 13

Course/Year:	1	2	3				Contact Hours				Coordinators
Semester:	1	2	3	4	5	6	T	S	P	Σ	
Credits:	180	30	30	30	30	30	0	0	0	0	
Number of Modules:	6	6	5	6	3	3					

**Basic University Studies: 20 credits**

	1	2	3	4	5	6	T	S	P	Σ	Coordinators
1 Research Methodology					5	5				0	
2 Optional module I			5							0	
3 Optional module II				5						0	

**Major Studies: 160 credits**

	1	2	3	4	5	6	T	S	P	Σ	Coordinators
3 Introduction to Public Health	5									0	
4 Teaching Didactics and Physical Activity	5									0	
5 Professional Communication (Presentation and Co	5									0	
6 Functional Anatomy	5									0	
7 Behavioural Change Models	5									0	
8 Project Management	5									0	
9 Applied Basic Health Sciences		5								0	
10 Cardiofitness and Strength Training		5								0	
11 Exercise Testing and Prescription		5								0	
12 Exercise for Clinical Conditions		5								0	
13 Fitness Group Activities		5								0	
14 Outdoor Fitness Activities		5								0	
15 Behaviour (Disease Prevention Models)			5							0	
16 Health Psychology			5							0	
17 Counselling and Traineeship			10							0	
18 Physical Activity (Changing Behaviour)			5							0	
19 Exercise and Nutrition Across the Lifespan (Nutrition I)				5						0	
20 European Nutrition Policy (Nutrition II)				5						0	
21 Individual Consultation				5						0	
22 Nutrition Intervention Planing				5						0	
23 Intervention Mapping				5						0	
24 Leading Entrepreneurship					10					0	
25 Internship (Sport, SPA Centers or Working settings or Rehabilitation settings)					15					0	
26 Sport and Health Policy and Governance						5				0	
28 Final Project						20				0	

**Optional Modules (choose two):**

	1	2	3	4	5	6
Swimming (Recreational physical activity in the water)						
Physical Activity: Mind and Body						
Dance for Health						
Lifetime Ball Games						
Other Study Units of the University						
Study Units of Other Universities						

**Abbreviations:**

- T - theory (lectures)
- S - seminars
- P - practice / lab works

Senato pirmininkas

Albertas Skurvydas

Senato sekretorė

Kristina Bradauskiene