

## LITHUANIAN SPORTS UNIVERSITY

Study Programme: **PHYSICAL ACTIVITY AND LIFESTYLE**Study Cycle: **UNDERGRADUATE**Form of Study: **FULL TIME**

PATVIRTINTA:

2018 m. gegužės 31 d.

LSU Senato posėdyje,

Protokolo Nr. 13

Course/Year:	1	2	3	3		
Semester:	1	2	3	4	5	6
Credits:	180	30	30	30	30	30
Number of Modules:	6	6	5	6	3	3

**Basic University Studies:** 20 credits

1	Research Methodology				5	5
2	Optional module I		5			
3	Optional module II			5		

**Major Studies:** 160 credits

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

**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						