

FIRST CYCLE STUDY PROGRAMME  
**SPORTS COACHING**  
 FULL-TIME

APPROVED ON  
 June 30, 2014  
 at LSU Senate Meeting  
 Protocol No. 10

	Credits
<b>GENERAL UNIVERSITY STUDIES</b>	<b>30</b>
<b>BASIC STUDIES</b>	<b>200</b>
<b>OPTIONAL COURSES</b>	<b>10</b>
	<b>240</b>

Semester:	1	2	3	4	5	6	7	8
Credits:	30	30	30	30	30	30	30	30
Number of courses:	3	4	5	5	5	4	4	2

**GENERAL UNIVERSITY STUDIES**

Academic Communication and Career Planning	5							
The English Language	5							
Philosophy of Education		5						
Standard Lithuanian and Oratory Science	5							
<b>Alternative</b> (Development of Student Outlook)		5						
<b>Optional Course</b> (Field of Science Introductory Courses, Foreign Language, etc.)				5				

**BASIC STUDIES**

Functional Anatomy and Biochemistry		10						
Sports and Exercise Physiology			10					
Motor Control, Neuromechanics and Learning				10				
Individual Kinds of Sport			5	5				
Pedagogy and Psychology	10	5						
Sports Medicine, Injury Prevention and First Aid			5	5				
General and Applied Massage			5	5				
Sports Games					5	5		
Athlete Training Technologies					10	15		
Research Methods					5	5		
Athlete Nutrition							5	
Coaching Science of the Selected Sport	5	5	5		5		5	
Internship Practice						5	15	
Final Thesis							5	25

**OPTIONAL COURSES**

Credits:	30	30	30	30	30	30	30	30
Number of courses:	7	5	4	5	6	4	4	2
Semester:	1	2	3	4	5	6	7	8

**Alternatives**

<b>Alternative (select one of three)</b>								
Sport and Physical Education in History		5						
Psychology and Sociology of Human Identity		5						
Interaction of Global Policy, Economy and Culture		5						

**LIST OF RECOMMENDED OPTIONAL COURSES**

Semester:	1	2	3	4	5	6	7	8
Credits:	0	0	0	0	0	0	0	0
History of Olympism and Student Sport					5			
Applied Psychology								5
Business Management								5
Recreational Physical Activity in Water					5			
Pilates								5
Recreational Physical Activity II (Outdoor)					5			