



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	079	Accredited until	2019	06	01	Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

Exercise for Clinical Conditions

Prerequisites

Basics of anatomy and physiology.

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Be able to distinguish, find, analyze, systematize the latest scientific information.	Literature analysis, Literature review presentation	Literature reviewing and presentation
2	Be able to track and identify persons with clinical conditions	Case analysis (Case study), Literature review presentation	Case analysis (study), Literature reviewing and presentation
3	Be able to provide safe recommendations for physical activity in certain clinical conditions	Problem-based learning, Problem-solving sessions, Scientific paper analysis	Case analysis (study), Literature reviewing and presentation, Problem-solving task
4	Be able to create projects promoting lifestyle changes and implement them in group of people with certain clinical condition.	Discussion, Formal lecture, Practical exercises (tasks), Problem-solving sessions, Seminar	Colloquium (interview led by lecturer and / or specialist), Examination, Group (team) project, Literature reviewing and presentation

Main aim

To provide basic knowledge about chronic clinical conditions, their signs and symptoms and exercise for the prevention of these conditions.

Summary

The module is intended for students studying physical activity and health promotion. Teaching material include basic terms, and main clinical conditions: neuromuscular, musculoskeletal, immunological, hemotological diseases, how to recognise them and how to promote physical health of people suffering from these chronic conditions.

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.	Introduction to the module. Basic terms, and main clinical conditions. Classification of exercises.	701 doc. dr. Sandrija Čapkauskienė
2.	Cardiopulmonary conditions and exercise.	701 doc. dr. Sandrija Čapkauskienė
2.1	Prevalence and causes of Heart and blood vessel diseases. Symptoms and signs, and Risk factors	701 doc. dr. Sandrija Čapkauskienė
2.2	Coronary heart disease, exercise and Precautions	701 doc. dr. Sandrija Čapkauskienė
2.3	Hypertension. Exercise and precautions.	701 doc. dr. Sandrija

№.	Sections and themes	Responsible lecturer
		Čapkauskienė
2.4	Prevalence and causes of Respiratory disease. Symptoms, signs, and Risk factors.	701 doc. dr. Sandrija Čapkauskienė
2.5	Chronic obstructive pulmonary disease and exercise. Bronchial asthma (allergic and exercise induced) and chronic bronchitis. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
3.	Neuromuscular conditions and exercise.	701 doc. dr. Sandrija Čapkauskienė
3.1	Stroke, cerebral palsy. Classification, characteristics, risk factors. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
3.2	Chronic Back pain and exercise.	670 doc. dr. Vilma Juodžbalienė
4.	Neoplastic and hematologic conditions and exercise.	701 doc. dr. Sandrija Čapkauskienė
4.1	Prevalence and causes of cancer. Symptoms and signs. Risk factors. The most common cancers in men and women	670 doc. dr. Vilma Juodžbalienė
4.2	Hemophilia: signs, symptoms and exercise.	701 doc. dr. Sandrija Čapkauskienė
4.3	Peripheral vascular disease: signs and symptoms. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
5.	Immunologic and endocrinologic conditions and exercise.	701 doc. dr. Sandrija Čapkauskienė
5.1	Obesity: causes, prevalence, and degrees. BMI and skin folds' measurement and evaluation. Body size. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
5.2	Metabolic syndrome. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
5.3	Diabetes mellitus: causes, prevalence, and types. Hyperglycemia and hypoglycemia signs. Exercise and precautions.	701 doc. dr. Sandrija Čapkauskienė
5.4	Osteoporosis: symptoms, risk factors. Exercise and precautions	670 doc. dr. Vilma Juodžbalienė
5.5	Signs and symptoms of osteoarthritis. Exercise and precautions.	670 doc. dr. Vilma Juodžbalienė
6.	Acute pathological condition and first aid.	40 doc. dr. Saulė Sipavičienė
6.1	The clinical and biological death. Animating.	40 doc. dr. Saulė Sipavičienė
6.2	Evaluation of general health condition	40 doc. dr. Saulė Sipavičienė

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 Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (2009). Lippincott Williams & Wilkins.			No	

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
2.	K.Lorig H.Holman, D. Sobel, D.Laurent, V. Gonzalez, M.Minor (2007). Living a Healthy Life with Chronic Conditions: For Ongoing Physical and Mental Health Conditions. Bull Publishing Company; Canadian Edition.			No	

Additional literature

№.	Title
1.	Australian Association for Exercise and Sports Science (AAESS): Clinical Practicum Logbook for apparently healthy clientele.
2.	Thompson D. et al. (2007). Exercise and Acute Cardiovascular Events. Circulation.
3.	PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION. Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf
4.	Advancing the Profession of Clinical Exercise Physiology. www.cepa-acsm.org
5.	Baster T., Baster-Brooks C.(2005). Exercise and hypertension. Australian Family Physician .Vol. 34, No. 6, June, 2005; 115:2358-2368
6.	Slentz A. et al (2009). Exercise, Abdominal Obesity, Skeletal Muscle, and Metabolic Risk: Evidence for a Dose Response, 17(3).
7.	Basaran S. (2006).Effects of physical exercise on quality of life, exercise capacity and pulmonary function in children with asthma. J rehabil med;
8.	K Y Wolin,Y Yan, G A Colditz, I-M. Lee (2009). Physical activity and colon cancer prevention: a meta-analysis.Br J Cancer 24; 100(4): 611–616.
9.	Gordon et al (2004). Physical Activity and Exercise Recommendations. Stroke, 35:1230-1240; http://stroke.ahajournals.org/content/35/5/1230.full.pdf+html

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Vilma Dudonienė	43

Subdivision

Entitlement	Code
a	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	10	20	0	100	130	5

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		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	0	0	4.2	0	1	0
2.	1	0	0	4.3	0	1	0
2.1	0	1	0	5.	1	0	0
2.2	0	1	0	5.1	0	2	0
2.3	0	1	0	5.2	0	1	0
2.4	0	1	0	5.3	0	1	0

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
2.5	0	1	0	5.4	0	1	0
3.	1	0	0	5.5	0	1	0
3.1	0	1	0	6.	1	0	0
3.2	0	1	0	6.1	0	1	0
4.	1	0	0	6.2	0	1	0
4.1	0	1	0				
				Total:	6	18	0

[illegible]

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	10	20	0	100	130	5

Mode of studies

Structure

Total
hours

Credits

languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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English	E
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Russian

French

German

Other	
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
				Total:	0	0	0

Academic hours

No. of Themes

Academic hours

Total:

O

0

O

Schedule of individual work tasks and their influence on final grade

[illegible]

Category	Percentage
1	100%
2	100%
3	100%
4	100%
5	100%
6	100%
7	100%
8	100%
9	100%
10	100%
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95	100%
96	100%
97	100%
98	100%
99	100%
100	100%

Influence on grade, %

Week of presentment of task (*) and reporting (o)

Total:

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