



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	01P	Accredited until	2018	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Fitness Group Activities

Prerequisites

Informacija ruošiamą

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to communicate effectively, sharing the knowledge and experience, knowing the terminology.	Debates, Discussion, Exercise classes, Individual project, Literature analysis, Practical exercises (tasks)	Group (team) project, Individual project, Reporting for practice work
2	Will be able to demonstrate safe and correct exercises and basic steps of aerobics	Exercise classes, Literature analysis, Practical exercises (tasks), Role play, Team project	Peer-assessment, Reporting for practice work, Self-assessment
3	Will be able to demonstrate skills in group work indoors and in gym, choosing safe and correct exercises (with various equipment), knowing terminology	Exercise classes, Group work, Individual project, Interactive lecture, Literature analysis, Practical exercises (tasks)	Individual project, Peer-assessment, Reporting for practice work, Self-assessment
4	Will be able to manage the process of group activities (of aerobics, joga, pilates and etc.)	Exercise classes, Group work, Literature analysis, Practical exercises (tasks)	Background reading, Group (team) project, Individual project, Reporting for practice work, Scientific paper (text) analysis
5	Will be able to develop, implement and assess various physical activity programmes for individuals and target groups, based on scientific health education theories	Case analysis (Case study), Exercise classes, Group work, Literature analysis, Practical exercises (tasks), Scientific paper analysis, Team project	Group (team) project, Literature reviewing and presentation, Peer-assessment, Scientific paper (text) analysis

Main aim

To educate a specialist of health and wellness, able to demonstrate knowledge in healthy lifestyle and physical activity, to motivate and consult people varying in age and physical fitness while practising effective fitness group activities.

Summary

This modul is about knowledge and skills how to performe (sports) group fitness activities in different settings and with music. Students will learn to choose the right activities for specific target groups; how to instruct, lead, motivate and stimulate group activities to different target groups. The main activities will be:

- Fitness Group Activities (Aerobic and Step, Circuit / Interval Training, Body Toning, Fit-Ball, etc)
- Mind & Body Activities (Yoga, Pilates, Stretching, classes to develop Relaxation, Concentration, Body Conscience, Posture, etc).

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
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No.	Sections and themes	Responsible lecturer
1.	Introduction to group activities with music: types, structure, technique, methodics, intensity regulation	628 dr. Simona Pajaujienė
2.	The performance and teaching technique of Muscle training using various types of resistance (such as body weight, free weights, etc.) in fitness group activities.	628 dr. Simona Pajaujienė
3.	Step aerobics: structure, technique, and terminology. Basic steps and its combinations.	675 dr. Kristina Zaičėnkoviėnė
4.	Interval and circuit training: the main recommendations of its management.	628 dr. Simona Pajaujienė
5.	Methods of creating choreography. Requirements for instructors. Verbal and visual signs. Leading trainings with mirroring method.	675 dr. Kristina Zaičėnkoviėnė
6.	Group training with stationery bicycles: structure, technique, impact, and safety regulations.	628 dr. Simona Pajaujienė
7.	Pilates: philosophy, teaching methods, and principles of training.	675 dr. Kristina Zaičėnkoviėnė
8.	Yoga: basic asanas, technique, and breathing.	628 dr. Simona Pajaujienė
9.	Training using Fit-Ball and Soft Gym: peculiarities, technique, and methodics.	675 dr. Kristina Zaičėnkoviėnė
10.	Fitness group exercises to ensure the safety factors. Harmful and unsafe exercises.	628 dr. Simona Pajaujienė

Evaluation procedure of knowledge and abilities:

References

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		
1.	Kennedy-Armbruster C., Yoke M.M. 2009. Methods og group exercise instruction. Champaign : Human Kinetics			No	
2.	Page P. 2005. Strength band training : over 100 exercises for using resestive bands and tubing. Champaign : Human Kinetics			No	
3.	Brick L. 1996. Fitness aerobics. Champaign : Human Kinetics			No	
4.	Pahmeier I., Niederbaumer C 2001. Step aerobics: fitness training for schools, club and studios. Myer & Meyer Sport			No	
5.	Alter, M. (2004). Science of Flexibility. Champaign: Human Kinetics.			No	
6.	Instructor Manual. San Diego, CA: American Council on Exercise.			No	
7.	Isacowitz, R. (2006). Pilates. Champaign, Il: Human Kinetics.			No	
8.	Karninoff, L. (2007). Yoga Anatomy. Champaign, Il: Human Kinetics.			No	
9.	Kirk, M. L.; Boon, B. & Dituro, D. (2006). Hatha Yoga Illustrated. Champaign, Il: Human Kinetics.			No	
10.	Rocha, R. S, Rieger, T., Jimenez, A. (2015). EuropeActive's Essentials for Fitness Instructor. Champaign, IL: Human Kinetics.			No	

Additional literature

No.	Title
1.	Armstrong N., Tomkinson G, Ekelund U. 2011. Aerobic fitness and its relationship to sport, exercise training and habitual physical activity during youth. British Journal Of Sports Medicine, 45 (11):849-58.
2.	Smith A.L. 2008 Youth physical activity and sedentary behavior. Champaign : Human Kinetics
3.	Andersen J.C. 2005 Stretching before and after exercise: Effect on muscle soreness and injury risk Journal of Athletic Training, 40:218-20
4.	Brick L. 1996 Fitness aerobics. Champaign : Human Kinetics
5.	Kennedy C.A., Yoke M.M. 2005 Methods of group exercise instruction. 1st ed. Champaign : Human Kinetics
6.	Bumgardner W. 2006 Nordic Walking: A Total Body Experience
7.	Howley E.T., Franks, B. D. 2007 Fitness Professional's handbook 5th ed. Champaign : Human Kinetics

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer	Dr. Simona Pajaujienė	628

Subdivision

Entitlement	Code
a	2005

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	6.	0	0	0
2.	1	4	0	7.	1	4	0
3.	0	2	0	8.	1	4	0
4.	1	2	0	9.	1	2	0
5.	0	2	0	10.	0	0	0
				Total:	6	20	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																					
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20					
				Oral presentation	1-10	20	20	*															0		
Individual project	1-10	40	40	*																				0	
Accounting for practice sessions	1-10	24	10	*																				0	
Group (team) project	1-10	20	30	*																				0	
Total:	-	104	100																						

Study module teaching form №. **2**

Semester	Mode of studies	Structure				Total hours	Credits
		Theory	Seminars	Lab Works	Ind. work		

A	S	D	10	20	0	100	130	5
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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	6.	0	0	0
2.	1	4	0	7.	1	4	0
3.	0	2	0	8.	1	4	0
4.	1	2	0	9.	1	2	0
5.	0	2	0	10.	0	0	0
Total:					6	20	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				(o)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20	
Oral presentation	1-19	20	20	*							0										
Group (team) project	1-10	20	30	*															0		
Individual Homework	1-10	40	40	*															0		
Accounting for practice sessions	1-10	24	10	*															0		
Total:		-	104	100																	

Study module teaching form №. 3

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	N	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
Total:					0	0	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				(o)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20	
Total:		-	0	0																	