

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Modulo Codo	В	470	В	001	Accredited	2020	06	01	Ren	ewal o	date
Module Code	Branch	of Science	Progr.	Registr. №.	until	2020	00	UI			

Entitlement

Sports and Exercise Physiology

Prerequisites

Co	urse (module) l	Learning Outcomes	
№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Problem- based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Test
2		Case analysis (Case study), Discussion, Seminar	Oral presentation, Seminar
3		Case analysis (Case study), Discussion, Laboratory classes, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
4		Case analysis (Case study), Discussion, Laboratory classes, Literature analysis, Seminar	Background reading, Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
5		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
6		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
7		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
8		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
9		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test

Main aim

Summary

Acute responses to physical activity. Anticipation, on-transition, fatigue, recovery. Organism adaptation under influence of endurance and strength developing training loads. The physiological basis of endurance and strength training. Testing of aerobic and anaerobic capacity. Longterm adaptation of the human organism during chronic physical acivity. Adaptation and performance under different environmental conditions. Age and sex influence on the adaptation to training loads.

Level of module

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

Group under financial classification

5. Fizinių, biomedicinos, technologijos mokslų studijos (išskyrus nurodytąsias 6, 7, 11, 13, 14 ir 16 punktuose)

Syllabus

№ .	Sections and themes	Responsible lecturer
1.		54 prof. dr. Arvydas Stasiulis
2.		701 doc. dr. Sandrija Čapkauskienė
3.		701 doc. dr. Sandrija Čapkauskienė
4.		701 doc. dr. Sandrija Čapkauskienė
5.		701 doc. dr. Sandrija Čapkauskienė
6.		54 prof. dr. Arvydas Stasiulis
7.		701 doc. dr. Sandrija Čapkauskienė
8.		701 doc. dr. Sandrija Čapkauskienė
9.		701 doc. dr. Sandrija Čapkauskienė
10.		701 doc. dr. Sandrija Čapkauskienė
11.		54 prof. dr. Arvydas Stasiulis
12.		54 prof. dr. Arvydas Stasiulis
13.		54 prof. dr. Arvydas Stasiulis
14.		54 prof. dr. Arvydas Stasiulis
15.		54 prof. dr. Arvydas Stasiulis
16.		54 prof. dr. Arvydas Stasiulis
17.		54 prof. dr. Arvydas Stasiulis
18.		54 prof. dr. Arvydas Stasiulis

Evaluation procedure of knowledge and abilities:

References

			in Lithuanian iversity library	In Lithuanian Sports	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	University bookstore	
1.	http://www.lsu.lt/ Emokymas			No	
2.	Stasiulis A., Dubininkaitė L., Venckūnas T. Sporto ir pratimų fiziologijos laboratoriniai darbai.		100	No	
3.	Kėvelaitis E., Illert M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla		2	No	
4.	Vitkienė I., Čapkauskienė S. Kraujas ir kraujo apytaka raumenų veiklos metu. 2008, LSU biblioteka			No	

Additional literature

№.	Title
1.	Kraemer W.J., Fleck S.J., Deschenes M.R. Exercise physiology integrating theory and application. LWW, 2012
2.	McArdle W.D., Katch F.I., Katch V.L. Exercise physiology: energy, nutrition, and human performance. LWW, 2010
3.	Wilmore J.H., Costill D.L., Kenny W.L. Physiology of sport and exercise. Human kinetics, 2012
4.	Maughan R., Gleeson M. The biochemical basis of sports performance. Oxford university press, 2010

Coordinating lecturer

Position Degree, surname, name	Schedule №.
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Professor		P	Prof. Dr.	Arvvdas	Stasiuli	3									54	1		
Subdivision	<u> </u>																	
			Enti	tlement													(Code
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Plan of in-class	hours																	
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Test		11-13	20	5		Ħ	H	*	H	+	0							
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Languages of in	struction:																	
Lithuanian L	Engl	ish E	Russian	R	Fren	ch	F		(Ger	ma	n	G			Ot	her	Oth.
Plan of in-class	hours																	
No of Thomas		Academic h	ours		Mo of T	`1						Ac	ade	mic	e ho	urs		

№. of Themes

Theory

Seminars

Lab Works

№. of Themes

Theory

Seminars

Lab Works

№. of Themes		Academic ho	ours	№. of Themes		Academic ho	ours
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	1	1	0	11.	6	0	4
3.	1	0	0	12.	1	1	0
4.	1	0	2	13.	3	0	4
5.	1	0	0	14.	3	0	2
6.	1	0	2	15.	2	1	0
7.	1	0	2	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
	•		_	Total:	28	8	16

Schedule of individual work tasks and their influence on final grade

	№. of	Total		W	eel	ζ (of p	re	se	ntı	me		of ta o)	ısk	(*)	and	rep	orting
	syllabus	hours	grade, %	1 2	2 3	4	5 6	7	8	9	10	11	12	13	14	15	16	17-20
Test	2-10	20	5	*			5											
Directed private laboratory work	2-14	16	5	*						0								
Oral presentation	2-17	40	10	*												0		
Seminar	2-17	4	5	*												0		
Exam	2-17	38	45	*														0
Test	11-13	20	5				*				0							
Test	14-17	20	5				*					0						
Laboratory notes and report	11-14	50	20									*			0			
Total:	-	208	100															

Study module teaching form №. 3

				Structu	Total			
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	hours	Credits
A	S	N	28	24	0	208	260	10

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 ho	ours	№. of Themes		Academic ho	ours
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	1	1	0	11.	6	0	4
3.	1	0	0	12.	1	1	0
4.	1	0	2	13.	3	0	4
5.	1	0	0	14.	3	0	2
6.	1	0	2	15.	2	1	0
7.	1	0	2	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
				Total:	28	8	16

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	1 0/	Week of presentment of task (*) and reporting (0) 1234567891011121314151617-20
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	№. of Total Influence on syllabus hours grade, %		Week of presentment of task (*) and reporting (o)															
	syllabus	nours	grade, %	1 2	2 3	4	5	6	7 8	9	10	11	12	13	14	15	16	17-20
Exam	2-18	38	45	;	ķ							0						
Directed private laboratory work	2-14	16	5		*	0												
Test	2-10	20	5		*					0								
Test	11-13	20	5		*						0							
Oral presentation	2-17	40	10		*							*						
Laboratory notes and report	11-14	50	20		*							0						
Test	14-17	20	5		*							0						
Seminar	2-17	4	5		*							0						
Total:	-	208	100															

Study module teaching form №. 4

				Structu	ıre		Total	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	hours	Credits
A	S	N	28	24	0	208	260	10

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
D1 C'	1 1										

Plan of in-class hours

№. of Themes		Academic ho	ours	№. of Themes		Academic ho	ours
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	1	1	0	11.	6	0	4
3.	1	0	0	12.	1	1	0
4.	1	0	2	13.	3	0	4
5.	1	0	0	14.	3	0	2
6.	1	0	2	15.	2	1	0
7.	1	0	2	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
				Total:	28	8	16

Schedule of individual work tasks and their influence on final grade

	№. of										ask	(*) and reporting						
	syllabus	hours	rs grade, %	2 3	4	5 6	57	8	9	10	11	12	13	14	15	16	17-20	
Directed private laboratory work	2-14	16	5		*	0												
Test	2-10	20	5		*					0								
Test	11-13	20	5		*						0							
Exam	2-17	38	45		*							0						
Laboratory notes and report	11-14	50	20		*							0						
Oral presentation	2-17	40	10		*							0						
Test	14-17	20	5		*							0						
Seminar	2-17	4	5		*							0						
Total:	-	208	100															

					Structu	ıre		Total	
	Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
Α	1	S	D	28	24	0	208	260	10

Languages of instruction:

Lithuanian L English E	Russian R	French F	German	Other	Oth.
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Plan of in-class hours

Ma af Thamas		Academic ho	ours	Mo of Thomas		Academic ho	ours
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	1	1	0	11.	6	0	4
3.	1	0	0	12.	1	1	0
4.	1	0	2	13.	3	0	4
5.	1	0	0	14.	3	0	2
6.	1	0	2	15.	2	1	0
7.	1	0	2	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
				Total:	28	8	16

Schedule of individual work tasks and their influence on final grade

	№. of	1 1 (0)							ask	sk (*) and reporting								
	syllabus	hours	grade, $\%$		2 3	4	5	6	7 8	3 9	10	11	12	13	14	15	16	17-20
Test	2-10	20	5	*			0											
Directed private laboratory work	2-14	16	5	*						C)							
Oral presentation	2-17	40	10	*												0		
Seminar	2-17	4	5	*												0		
Exam	2-17	38	45	*														0
Test	11-13	20	5					*			0							
Test	14-17	20	5					*				0						
Laboratory notes and report	11-14	50	20									*			0			
Total:	-	208	100															