

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

		S	260	В	044		Accredited				Rer	newal	date
Mo	dule Code		h of Science	Progr.	Registr. №	2.	until	2025	06	01	Itor	le war	aute
Enti	tlement			8	8								
	vidual Const	ultation											
	equisites												
	ondary educa	ation											
			ng Outcomes										
№.	Learning C	Outcome	S				eaching / Lear ethods	ning	A	Assess	ment	Metho	ods
1	Will understand and evaluate psychosocial determinants of harmful behavior Case analysis (Case study), Literature analysis Individual work												
2	population Literature analysis											ask	
3	Will be able to provide autonomy support Discussion, Literature analysis (study Peer-assessment)											dy),	
4	Will know and be able to adapt nutrition education theories Literature analysis									Contro	ol wor	k	
5	Will be abl in nutrition programs	Creativity workshops, Team project Group (team) project											
Mai	n aim					•			•				
							avior as well						e
_		eling ski	Ills in accorda	ance with	educationa	ıl an	d psychologic	al tenet	s of c	onsult	atıon.		
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№.			Sect	tions and	themes				R	espon	sible	lecture	er
1.	Autonomy	support	(Self-determ							•			
2.													
3.			ent. Mediterra	nean die	t								
4.	Health beh	avior ch	ange techniq	ues									
5.	Client – pr	actitione	er relationshi	p and cor	nmunication	n_							
6.	Physical ac	ctivity, s	ports and per	sonality.	Sport psych	holo	gy						
7.	Complianc	e to trea	tment and lif	estyle re	gimen								
8.	Self-talk												
9.	Empathy, o	confiden	tiality and pr	ofessiona	al ethics								
1.0	1												

10. Tailoring information and advice about lifestyle behaviour

№.	Sections and themes	Responsible lecturer
11.	Advice to individual characteristics	
12.	The latest technologies in the health and wellness industry	
13.	Mass media health-behavior education	
14.	Worksite health promotion interventions	

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

	Telles				
№.	Title	Sports U	Lithuanian Jniversity rary	In Lithuanian Sports University	Number of ex. in the methodical cabinet of
		Pressmark	Number of exemplars	bookstore	the depart.
1.	Triantafyllidis, A., Kondylakis, H., Votis, K., Tzovaras, D., Maglaveras, N., & Rahimi, K. (2019). Features, outcomes, and challenges in mobile health interventions for patients living with chronic diseases: A review of systematic reviews. International journal of medical informatics, 103984.			No	
2.	Michie, S. (2014). The behaviour change wheel: a guide to designing interventions			No	
3.	Tiitinen, S., Ilomäki, S., Laitinen, J., Korkiakangas, E. E., Hannonen, H., & Ruusuvuori, J. (2020). Developing theory-and evidence-based counseling for a health promotion intervention: A discussion paper. Patient education and counseling, 103(1), 234-239.			No	
4.	Bennett, E. D., Le, K., Lindahl, K., Wharton, S., & Weng Mak, T. (2017). Five out of the box techniques for encouraging teenagers to engage in counseling. Retrieved from VISTAS Online American Counselling Association Knowledge Center website: https://www.counseling.org/docs/default-source/vistas/encouraging-teenagers.pdf.			No	
5.	Ryan, R. M., & Deci, E. L. (2008). A self-determination theory approach to psychotherapy: The motivational basis for effective change. Canadian Psychology/Psychologie canadienne, 49(3), 186.			No	
6.	Spahn, J. M., Reeves, R. S., Keim, K. S., Laquatra, I., Kellogg, M., Jortberg, B., & Clark, N. A. (2010). State of the evidence regarding behavior change theories and strategies in nutrition counseling to facilitate health and food behavior change. Journal of the American Dietetic Association, 110(6), 879-891.			No	
7.	Kristeller, J. L., & Wolever, R. Q. (2010). Mindfulness-based eating awareness training for treating binge eating disorder: the conceptual foundation. Eating disorders, 19(1), 49-61.			No	
8.	Foote, J. (2005). Group Motivational Intervention (GMI-20) Manual: A Cognitive-Behavioral-Motivational Treatment Approach. therapy, 1, 35-58.			No	

79-132. 2. Kristeller, J. L., & Wolever, R. Q. (2010). Mindfulness-based eating awareness training for to binge eating disorder: the conceptual foundation. Eating disorders, 19(1), 49-61. Palmeira, A. L., Teixeira, P. J., Branco, T. L., Martins, S. S., Minderico, C. S., Barata, J. T., Sardinha, L. B. (2007). Predicting short-term weight loss using four leading health behavior theories. International Journal of Behavioral Nutrition and Physical Activity, 4(1), 14. Spahn, J. M., Reeves, R. S., Keim, K. S., Laquatra, I., Kellogg, M., Jortberg, B., & Clark, N. State of the evidence regarding behavior change theories and strategies in nutrition counseling facilitate health and food behavior change. Journal of the American Dietetic Association, 118, 891. 5. Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and speepformance: A meta-analysis. Perspectives on Psychological Science, 6(4), 348-356. 6. Foote, J. (2005). Group motivational intervention (GMI-20) manual: A cognitive-behavioral motivational treatment approach. therapy, 1, 35-58. 7. Travaline, J. M., Ruchinskas, R., & D'Alonzo Jr, G. E. (2005). Patient-physician communical and how. Journal of the American Osteopathic Association, 105(1), 13. Coordinating lecturer Position Degree, surname, name Schedule Lecturer Position Degree, surname, name Schedule Lecturer A study module teaching form Ne. 1 Semester Mode of studies Theory Seminars Lab Ind. Morks work hours work work work work work work work work	№.		Title Edition in Lithuani Sports University library Pressmark Number exempla Vahn F. B. Ramsey J. T. Brownson R. C. Heath G.							Sports University of booksto	ex. in the methodical
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Individual

Homework

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Group (team) project

Total:

Group Homework

10-11

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