

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

	dule Code	S	189	В	098	Accredited	2024	06	01	01 Renewal date					
		Branc	h of Science	Progr.	Registr. №.	until	2021	00	01						
	tlement														
	rvention Ma	apping													
	requisites														
	t semester n														
Cou		e) Learnii	ng Outcome	S											
№.	Learning Outcomes	Tea	aching / Lea	rning Met	thods			Asse	ssmei	nt Met	hods				
1		tas		e analysis	, Practical exe	nformation retri rcises (tasks),	ieval	Project report, Refle on action							
2			sign projects per analysis	s, Group v	work, Literatui	e analysis, Scie	entific		rt, Ref	ntatio flectio		ject			
3			sign projects alysis	s, Literatu	re analysis, So	eientific paper			rt, Ref	rk, Pro flectio					
4		Greact	Oral report	•	ntatio	n, Pro	oject								
Mai	n aim							•							
The	main aim o	of the stud	dy unit is to	introduce	students to the	e conception of	Interve	ntion	Mapp	ing ar	d to				
dev	elop skills to	o create a	an evidence -	- based he	alth promotion	n projects, and	to evalu	ate th	eir eff	ective	eness.				
	nmary														
			to the main	principles	of Interventio	n Manning Le	arning f	rom e	xnerie	nce a	nd gro	nun			
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№.	Sections and themes	Responsible lecturer
9	Step 6 Planning for evaluation	

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	Sports U	Lithuanian Jniversity rary Number of exemplars	In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.		
1.	Bartholomew, L.K., et al. Planning health promotion programs. An Intervention Mapping Approach. 3th edition, Jossey Bass 2011		5	Yes			
2.	Kok G, Gottlieb NH, Peters GY, et al. A taxonomy of behaviour change methods: An intervention mapping approach. Health Psychology Review. 2016;10(3):297- 312.			No			
3.	Lewis ZH, Ottenbacher KJ, Fisher SR, et al. The feasibility and RE-AIM evaluation of the TAME health pilot study. Int J Behav Nutr Phys Act. 2017;14(1):106- 017-0560-5.			No			
4.	Gourlan M, Bernard P, Bortolon C, et al. Efficacy of theory-based interventions to promote physical activity. A meta-analysis of randomised controlled trials. Health Psychology Review. 2016;10(1):50-66.			No			
5.	Davis R, Campbell R, Hildon Z, Hobbs L, Michie S. Theories of behaviour and behaviour change across the social and behavioural sciences: A scoping review. Health Psychology Review. 2015;9(3):323-344.			No			
6.	Susan Michie, Rachel N Carey, Marie Johnston, Alexander J Rothman, Marijn de Bruin, Michael P Kelly, Lauren E Connell; From Theory-Inspired to Theory-Based Interventions: A Protocol for Developing and Testing a Methodology for Linking Behaviour Change Techniques to Theoretical Mechanisms of Action, Annals of Behavioral Medicine, Volume 52, Issue 6, 18 May 2018, Pages 501–512, https://doi.org/10.10			No			
7.	Peters GY, de Bruin M, Crutzen R. Everything should be as simple as possible, but no simpler: Towards a protocol for accumulating evidence regarding the active content of health behaviour change interventions. Health Psychology Review. 2015;9(1):1-14.			No			
8.	Desiron HA, Crutzen R, Godderis L, Van Hoof E, de Rijk A. Bridging health care and the workplace: Formulation of a return-to-work intervention for breast cancer patients using an intervention mapping approach. J Occup Rehabil. 2016;26(3):350-365.			No			

Additional literature

Total:

100

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N <u>∘</u> .	Title										
1.		Page R. 2011 Comprehensive School Health Education	. 7th edition McGraw, Hill								
1.	Companies, Inc.										
		edrag Klasnja, William T. Riley, Matthew P. Buman, Jo									
2.	Rivera, Cesar A. Martin; Agile science: creating useful products for behavior change in the real world,										
۷.	Translational Behavioral Medicine, Volume 6, Issue 2, 1 June 2016, Pages 317–328,										
	https://doi.org/10.1007/s13142-016-0395-7										
	Chang SJ, Choi S, Kim S, Song M. Intervention strategies based on information-motivation-behavioral										
3.	skills model for health behavior change: A systematic review. Asian Nursing Research. 2014;8(3):172-										
	181. doi: https://doi.org/10.1016/j.anr.2014.08.002.										
4.	Gourlan M, Bernard P, Bortolon C, et al. Efficacy of theory-based interventions to promote physical										
4.	activity. A meta-analysis of randomised controlled trials. Health Psychology Review. 2016;10(1):50-66.										
Coor	rdinating lecturer										
Position Degree, surname, name Schedule №.											
	Professor		66								
Subo	Subdivision										

Entitlement	Code
a	1006

Study module teaching form №. 1

						Structure												
Semester		Mo	ode of stu	Theory	Se	Seminars			Lab ⁄ork		Ind. work		Total hours			Cr	edits	
A	S		D		10		20			0]	00		13	0			5
Languages of instruction:																		
Lithuanian	L	Englis	sh E	Russia	n R		Frenc	ch	F		Ge	rmai	1 (L L		0	ther	Oth.
Plan of in-class hours																		
№. of Theme	26		Academ		Мо	ofT	han	200				Academic hours						
	-5	Theory	Semina	urs Lab	Works	JNº.	№. of Then				Theo	ry	Seminars			L	Lab Work	
1.		1	0		0		6.				1	3				0		
2.		1	2		0		7.				1			2			0	
3.		1	1		0		8.				1			3			0	
4.		2	3		0		9.				1		3		0)	
5.		1	3		0													
								Τc	otal	:	10			20)
Schedule of in	ndivi	dual work	tasks an	nd their infl	luence or	n fina	al gra	ıde										
	No. a	foullabou	Total	Influence of	n grada	0/	Wee	k of	f pı	ese	ntme	nt of	task	s (*)) an	d rej	porti	ng (o)
	№. of syllabus hours Influence				л grade,	70	123	45	6	78	9 10	11	12	13	14	15	16	17-20
Course work		1-9	40	6	50	\$	k										0	
Project report		1-9	60	4	-0	\$	k										0	
			100															

Study module teaching form №. 2

100

					Structu		т	otol						
Seme	ster	Mode	Mode of studies			y	Seminars	Lab Works		Ind. work		otal ours	Cre	dits
Α	S		Ν		8		22	(0 100		130		5	
Language	Languages of instruction:													
Lithuania	an L	English	Е	Russia	n R		French	F	(German	G	(Other	Oth.

Plan of in-class hours

No of Thomas		Academic h	ours	No. of Thomas	Academic hours									
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works							
1.	1	2	0	6.	2	2	0							
2.	1	2	0	7.	1	2	0							
3.	1	2	0	8.	1	4	0							
4.	1	2	0	9.	1	2	0							
5.	1	2	0											
				Total:	10	20	0							
Schodulo of indi	ridual worl	r tooleo and th	air influonae a	n final grada										

Schedule of individual work tasks and their influence on final grade

	No. of avillations	Total	Influence on grade, %	Week of presentment of task (*) and reporting (o)												ting (o)		
	№. of syllabus	hours	influence on grade, %	1	2	3 4	15	56	7	89	10	11	12	13	14	15	16	17-20
Course work	1-9	60	60	*													0	
Individual project	1-9	40	40	*													0	
Total:	-	100	100															