



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	190	B	038	Accredited until	2020	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sport and Health Policy and Governance

Prerequisites

secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Know and critically evaluate the processes of health policy formation and relationship between health enhancing physical activity and sport policy, be able critically to evaluate the sociodemographic and economical context of health and sport policy development.	Discussion, Group work, Individual project, Interactive lecture, Library / information retrieval tasks, Literature analysis	Case analysis (study), Individual work, Oral presentation, Report, Scientific paper (text) analysis
2	Be able to apply integrated, evidence based recommendations to control risk factors of noncommunicable diseases, to understand the principle "health in all policies", be able to lead people and work in intersectorial group.	Discussion, Group work, Individual project, Interactive lecture, Library / information retrieval tasks, Literature analysis	Case analysis (study), Examination, Individual work, Oral presentation, Report, Scientific paper (text) analysis

Main aim

Teaching and learning of the main principles of health and sports policy formation, giving the ability to apply health in all policies strategy and control of the main NCD risk factors.

Summary

Module is designed to give the knowledge about the principles of health, sports and HEPA policies formation, be able to apply the principle "health in all policies" in the process of health and sports policy implementation and control of NCDs risk factors, working in multisectorial teams.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Health policy conception. (The process of health policy formation. The role of World Health Organization (WHO)).	
2.	Health determinants. Health promotion, sport and physical activity	
3.	Health Enhancing Physical activity (HEPA) and sports policy. (Implementation of WHO/EU policy on sport and physical activity. Providing coordination and implications for infrastructure development according to the WHO consultant on Physical activity prof. A. Rutten with comments of prof. I. Miseviciene)	
4.	Health inequities: social-economical indicators to health.	
5.	European strategies to control NCDs	
6.	Intersectorial collaboration and partnership for health and sport policies.	

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 Lithuanian University	
		Pressmark	ex
1.	1 .WHO 2015 WHO Regional office for Europe. Policy documents http://www.euro.who.int/en/health-topics/health-policy <i>Comment:1 .WHO 2015 WHO Regional office for Europe. Policy documents http://www.euro.who.int/en/health-topics/health-policy</i>		
2.	WHO 2015 Physical activity strategy for the WHO European Region 2016–2025 Regional Committee for Europe 65th session. Vilnius, Lithuania, 14-17 September, 2015 http://www.euro.who.int/en/about-us/governance/regional-committee-for-europe/65th-session/documentation/working-documents/eurrc659-physical-activity-strategy-for-the-who-european-region-20162025		
3.	WHO 2015 NCD's prevention and control: main WHO documents on policy and strategies http://www.euro.who.int/en/health-topics/noncommunicable-diseases/ncd-background-information/vienna-declaration-on-nutrition-and-noncommunicable-diseases-in-the-context-of-health-2020		
4.	Resolution of the Council and of the Representatives of the Governments of the Member States, meeting within the Council, of 21 May 2014 on the European Union Work Plan for Sport (2014-2017). http://eurlex.europa.eu/legalcontent/LT/TXT/HTML/?uri=CELEX:42014Y0614(03)&from=EN		
5.	Kickbusch, I., Gleicher, D. 2012 Governance for health in the 21st century. http://www.euro.who.int/en/what-we-publish/abstracts/governance-for-health-in-the-21st-century		
6.	HEPA Europe (European network for the promotion of health-enhancing physical activity). http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe .		
7.	Taking forward the equity values and goals of Health 2020 in the WHO European Region. http://www.euro.who.int/__data/assets/pdf_file/0020/235712/e96954.pdf?ua=1		
8.	Craig CL, Cameron CA, Bauman A. Utility of surveillance research to inform physical activity policy: An exemplar from Canada. J Phys Act Health. 2016 Dec 5:1-30. https://www.ncbi.nlm.nih.gov/pubmed/27918686		
9.	Hämäläinen RM, Sandu P, Syed AM, Jakobsen MW. An evaluation of equity and equality in physical activity policies in four European countries. Int J Equity Health. 2016 Nov 24;15(1):191. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5122031/		
10.	Eime RM, Harvey JT, Charity MJ, Payne WR. Population levels of sport participation: implications for sport policy.BMC Public Health. 2016 Aug 9;16:752. doi: 10.1186/s12889-016-3463-5. https://www.ncbi.nlm.nih.gov/pubmed/27506922 ; http://download.springer.com/static/pdf/642/art%253A10.1186%252Fs12889-016-3463-5.pdf?originUrl=http%3A%2F%2Fbmcpublichealth.biomedcentral.com%2Farticle%2F10.1186%2Fs12889-016-3463-5		

Additional literature

№.	Title
1.	M.Marmot 2014 Review of social determinants and the-health divide in the WHO European Region.Final report. http://www.euro.who.int/en/search?q=m+marmot
2.	EC document 2011 Evaluation report of the Preparation Actions in Sport http://ec.europa.eu/sport/news/doc/evaluation_final_report_prepact_special_events_20110727.pdf
3.	WHO 2011 WHO, Health enhancing physical activity (HEPA) http://www.euro.who.int/__data/assets/pdf_file/0006/151395/e95785.pdf?ua=1

№.	Title
4.	Hynek Pikhart and Jitka Pikhartova 2015 The relationship between psychosocial risk factors and health outcomes of chronic diseases: a review of the evidence for cancer and cardiovascular diseases. http://www.euro.who.int/en/publications/abstracts/relationship-between-psychosocial-risk-factors-and-health-outcomes-of-chronic-diseases-a-review-of-the-evidence-for-cancer-and-cardiovascular-diseases-th
5.	WHO 2015 Taking a participatory approach to development and better health. Examples from the Regions for Health Network (2015) http://www.euro.who.int/en/publications/abstracts/taking-a-participatory-approach-to-development-and-better-health.-examples-from-the-regions-for-health-network-2015
6.	Kelly,P., Matthews, A., Foster, Ch. 2012 Young and physically active: a blueprint for making physical activity appealing to youth http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/publications/2012/young-and-physically-active-a-blueprint-for-making-physical-activity-appealing-to-youth
7.	. Intersectorial actions for health- Experiences from small countries. WHO, 2016. http://www.euro.who.int/_data/assets/pdf_file/0017/325322/ISA-Experiences-small-countries-WHO-ER.pdf?ua=1
8.	Pagnotta KD, Mazerolle SM, Pitney WA, Burton LJ, Casa DJ. Implementing Health and Safety Policy Changes at the High School Level From a Leadership Perspective. J Athl Train. 2016 Apr;51(4):291-302. doi: 10.4085/1062-6050-51.2.09. Epub 2016 Mar 22. http://natajournals.org/doi/10.4085/1062-6050-51.2.09?code=nata-site
9.	Kathryn R. Hesketh,Claire O’MalleyVeena Mazarello PaesHelen MooreCarolyn SummerbellKen K. OngRajalakshmi LakshmanEsther M. F. van Sluijs. Determinants of Change in Physical Activity in Children 0–6 years of Age: A Systematic Review of Quantitative Literature. Sports Med. 2016 Dec 17. http://download.springer.com/static/pdf/95/art%253A10.1007%252Fs40279-016-0656-0.pdf?originUrl=http%3A%2F%2Flink.sp
10.	Thornton CM, Cain KL, Conway TL, Kerr J, Saelens BE, Frank LD5, Glanz K7, Sallis JF. Relation of Adolescents' Physical Activity to After-School Recreation Environment. J Phys Act Health.2017 Feb 7:1-21. doi: 10.1123/jpah.2016-0365. http://journals.humankinetics.com/doi/pdf/10.1123/jpah.2016-0365
11.	Abildsnes et al. The Norwegian Healthy Life Study: protocol for a pragmatic RCT with longitudinal follow-up on physical activity and diet for adults. BMC Public Health (2017) 17:18. http://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-016-3981-1
12.	Karolina Horodyska, Aleksandra Luszczynska, Catherine B. Hayes, Miriam P. O’Shea, Lars J. Langøien, Gun Roos, Matthijs van den Berg, Marieke Hendriksen, Ilse De Bourdeaudhuij, and Johannes Brug. Implementation conditions for diet and physical activity interventions and policies: an umbrella review. BMC Public Health. 2015; 15: 1250. Published online 2015 Dec 17. doi: 10.1186/s12889-015-2585-5 http

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		909

Subdivision

Entitlement	Code
	10

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	6	20	0	104	130	5

Languages of instruction:

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