

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	В	710	В	122	Accredited		Re	Renewal date		
	Branch of Science		Progr.	Registr. №.	until					
Entitlement										
Dance for Health										

Prerequisites

Teaching Didactics and Physical Activity; Outdoor Fitness Activities

Main aim

To learn and experience the health benefits of different type of dance

Provided knowledge and abilities

Students will learn and experience different type of dance to various musical accompaniments for a wide spectrum of target recipients; will get skills in designing a session of a preferred type of dance for a chosen group of "clients" (varying in age or abilities); will participate in "a creativity lab" to explore the many benefits of dance with music.

Summary

Dancing to different types of music is a spontaneous response related to our need to communicate and express our emotions through the movement and the body. It is universal language, which not only serve as social glue, but also is very useful for our physical and mental health. Recent studies reveal that one of the keys to happiness is dance: be it children, teenagers, adults or seniors - the improvements in psychosomatic symptoms such as neck and back pain due to anxiety, depression and stress began to be appreciated already within a few weeks of dancing classes (when emphasis is on the pleasure of the movement rather than performance). Often those who were dancing not only reported feeling happier, but also had fewer negative thoughts, better concentration and a greater sense of peace and tranquility and were more satisfied with their lives, especially in relationships, health, and the goals achieved over the years. Therefore, dance is an excellent therapeutic resource, improving our mood having positive effect on our daily lives.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Dance as lifetime health-enhancing physical activity (HEPA)	
2.	Emotional and mental health benefits of dance from young to senior years	
3.	Creative dance for all ages	
4.	Social dance for all ages: the history, basic movements and teaching methods of the most popular social dances (salsa, swing, rhythmic foxtrot, slow waltz, Viennese waltz, samba, Cha cha, rumba, etc.)	
5.	Evidence-based dance interventions to improve health: neuroscience and multidimensional perspectives	

Teaching/learning methods:

Lectures; Practical workshops; Discussions; Video Analysis; Individual Work; Group Projects, etc.

References

			Lithuanian versity library	In Lithuanian Sports	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	bookstore	methodical cabinet of the depart.
1.	Kassing, H. (2017). History of Dance-2nd Edition. Human Kinetics.			No	
2.	Franklin, E. (2014) Dance imagery for technique and performance. 2nd ed. Champaign: Human kinetics	793 Fr96	1	No	
3.	Kassing, G., Jay D. M. (2003). Dance teaching methods and curriculum design. Champaign: Human Kinetics	793 Ka539		No	

Additional literature

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№.	Title
	Atkins, R., Deatrick, J. A., Gale, S. G., Earley, S., Earley, D., Lipman, T.H. (2019). Partnerships to
1.	Evaluate the Social Impact of Dance for Health: A Qualitative Inquiry. Journal of Community Health
	Nursing, 36:3, 124-138, DOI: 10.1080/07370016.2019.1630963
	Skinner, J. (2013). Social Dance for Successful Aging: The Practice of Health, Happiness, and Social
2.	Inclusion Amongst Senior Citizens. Anthropology and Aging Quarterly, 34(1), 18-29.
	https://doi.org/10.5195/aa.2013.24
3.	Duberg A. (2016) Dance Intervention for Adolescent Girls with Internalizing Problems // Effects and
٥.	Experiences. Doctoral Dissertation. Örebro University
4.	Physical activity and educational achievement: insights from exercise neuroscience / ed. by R.
4.	Meeusen, S. Schaefer, P. Tomporowski, R. Bailey. London, New York: Routledge, 2018
5.	Wright, J. (2013). Social Dance-3rd edition. Human Kinetics
6.	Sofras, P.A. (2018). Dance Composition Basics Presentation Package-2nd Edition. Human Kinetics
7.	Franklin, E. (2019). Conditioning for Dance-2nd Edition. Human Kinetics

Coordinating lecturer

Position	Degree, surname, name	Schedule №.		
Associate Professor		698		

Subdivision

Entitlement	Code
a	1006

Study module teaching form №. 1

				Structu		Total			
Semester		Mode of studies	Theory	Theory Seminars		Ind. work	Total hours	Credits	
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Languages of instruction:

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Plan of in-class hours

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Study module teaching form No. 2

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Accounting for practice sessions	4	25	25					*				0						
Individual Homework	4	25	25					*					0					
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Study module teaching form No. 4

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