



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	122	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

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

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.	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.

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	7	6	17	100	130	5

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 hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
				Total:	0	0	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Total:	-	0	0																	

Study module teaching form №. 3

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	7	6	17	100	130	5

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 hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	0	0	4.	2	1	7
2.	2	0	0	5.	0	5	5
3.	1	0	5				
				Total:	7	6	17

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Accounting for practice sessions	1-3, 5	25	25	*															0	
Oral presentation	1-3, 5	25	25	*															0	
Accounting for practice sessions	4	25	25						*			0								
Individual Homework	4	25	25						*			0								
Total:	-	100	100																	

Study module teaching form №. 4

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	7	6	17	100	130	5

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 hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
				Total:	0	0	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Total:	-	0	0																	