LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

		S	273	В	05C	Ac	credited		0.5		Renewa		date
Mo	dule Code	Branc	h of Science	Progr.	Registr. №.		until	2018	06	01			
En	titlement				-								
Exe	Exercise Testing and Prescription												
Pre	erequisites												
App	lied Basic H	ealth Sci	ences										
Co	urse (module	e) Learni	ng Outcome	s									
№.	Learning O	utcomes					Teaching Methods	g / Learn	ing	Asses	sment	Meth	ods
1	Will be able activity and work in a te activity, eva	e to appl l fitness eam o in aluate pl	y testing and knowledge i order to asso nysical fitnes	Group work, Interactive lecture, Practical exercises (tasks) Group (team) project									
2	Will be able instruments fitness eval individuals	e to appl for clie uation V and targ	y appropriat nts / group p Vill be able a get groups	e methods hysical ac apply inter	nd l	Group w Practical (tasks), S of real-lit situations	ork, exercise Simulatic fe (world s	es on 1)	Assig Repoi work,	nment ting fo Test	s, or prae	ctice	
3	Will be able individuals	e to iden and gro	tify physical ups, summar	l activity n rize the inf		Case ana study), Ir project, I exercises	lysis (Ca ndividua Practical (tasks)	ise I	Individual project, Reporting for practice work				
4	Will be able to find and analyse the scientific information related to physical activity, testing of evaluation physical fitness, prescription of exercise. Will be able to plan and carry out simple research related to physical activity and physical fitness testing and present results to professionals, or other communities. Will be able to communicate orally and present results in written way to the target audience (clients, co-workers, professionals)Practical exercises (tasks)Portfolios/learning logs, Report											g	
Ma	uin aim												
Top	provide a the	oretical a	and practical	preparati	on consistent a	nd up	odated, bas	sed on					
scie	ntific researc	h referei	nce, with reg	ard to for	ms of professio	onal i	nterventio	n with p	articij	pants o	of		
exer	cise program	ıs. Comp	petences: to a	apply cont	emporary exer	cise _l	prescriptio	n					
guid	lelines to diff	erent po	pulations; to	apply the	assessment m	ethoc	is for healt	th					
scre	ening, resting	g and ex	ercise evalua	ations. To	develop comp	etenc	es ot searc	ching and	1 eval	uate r	esearcl	n tind	ings
in a	selected area	trom ex	tercise testin	g and pres	scription.								
Su	mmary	2							~				
Ben	etits and risk	s of asso	ciated with	physical a	ctivity, exercis	se and	exercise	testing;	Conce	epts ar	nd		
meth	nods of meas	urement	ot metaboli	c and mec	hanical loadin	g of p	onysical ac	tivity; P	repart	ticipat	10N		
heal	th screening,	risk fac	tor analysis,	signs and	symptoms sug	gesti	ve of disea	ase, and		• 1 ·			
risk	stratification	; Resting	g evaluations	s and inter	pretation of re	sults	(blood pre	ssure, o	verwe	aght,			
obes	sity, choleste	rol, glyc	aemia); Exe	rcise Testi	ng and Interpr	etatio	n of Resu	its: cardi	ovasc	ular,			
Mus	cular strengt	n and en	aurance, fle	xibility; G	eneral princip	les of	exercise p	prescript	ion to	r			
	iovascular al		uloskeletal h	eann.									
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Level o	of programme	Subject group (under the regulation of the gree)
Cycle	Туре	Subject group (under the regulation of the area)

First	Bachelor	Mokslo srities pagrindų						
Group under financial classification								

Syl	labus	
<u>№</u> .	Sections and themes	Responsible lecturer
1.	Health-related physical activity. Physical activity assessment methods and tools.	
2.	Benefits from exercise. Analysis of risk factors. Risk assessment and classification. Case studies. Pre-exercise evaluation. Principles and assumption	
3.	Basic principles for exercise prescription.	
4.	Flexibility and functional assessment. Basic principles Assessment exercise prescription.	
5.	Body Composition. Basic concepts assessment specificities. Exercise prescription and its' effects on body composition.	
6.	Cardiorespiratory Fitness. Basic principles. Assessment specificities. Planning and periodization exercise prescription.	
7.	Strength. Basic concepts assessment specificities. Exercise prescription.	
8.	Exercise Testing Prescription. Case study applications.	

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

			Edition in Lit	nuanian Sports ty library			Number of ex. in the			
№.	Title		Pressmark Number of Uni exemplars			uanian Sports sity bookstore	methodical cabinet of the depart.			
1.	ACSM's resource manual for guid for exercise testing and prescription	615.825 Ac51	1	Yes		1				
2.	ACSM's guidelines for exercise to and prescription	615.825 Ac51	1	Yes		1				
3.	Swain, David P. Exercise prescrip case study approach to the ACSM guidelines	615.825 Sv- 02	1	Yes		1				
Ade	ditional literature									
<u>№</u> .	Title									
1.	 Singh A, Uijtdewilligen L, Twisk JW, van Mechelen W, Chinapaw MJ. 2012 Physical activity and performance at school: a systematic review of the literature including a methodological quality assessment. Arch Pediatr Adolesc Med. Jan: 166(1):49-55 									
2.	2. Welk GJ, Corbin CB, Dale D. 2000 Measurement issues in the assessment of physical activity in children. Research Ouarterly for Exerccise and Sport. Jun;71(2 Suppl):S59-73.									
3.	 Darren E.R. Warburton, Crystal Whitney Nicol, Shannon S.D. Bredin 2006 Prescribing exercise as preventive therapy Canadian Medical Association journal ;174(7):961-74 https://www.researchgate.net/publication/7211074 Prescribing exercise as preventive therapy 									
4.	4. World Health Organization 2010 2010 Global recommendations on physical activity for health http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf									
Coo	ordinating lecturer									
Position Degree, surname, name Schedule №.										
Associate Professor 412										

Subdivision

Entitlement	Code
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Study module teaching form №. 1

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