



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05C	Accredited until	2018	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Exercise Testing and Prescription

Prerequisites

Applied Basic Health Sciences

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to apply testing and evaluation of physical activity and fitness knowledge in the praxis Will be able to work in a team o in order to asses clients /students physical activity, evaluate physical fitness and prescribe exercise	Group work, Interactive lecture, Practical exercises (tasks)	Group (team) project, Individual project
2	Will be able to apply appropriate methods, equipment and instruments for clients / group physical activity, physical fitness evaluation Will be able apply intervention for individuals and target groups	Group work, Practical exercises (tasks), Simulation of real-life (world) situations	Assignments, Reporting for practice work, Test
3	Will be able to identify physical activity needs of individuals and groups, summarize the information.	Case analysis (Case study), Individual project, Practical exercises (tasks)	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), Simulation of real-life (world) situations, Team project	Portfolios/learning logs, Report

Main aim

To provide a theoretical and practical preparation consistent and updated, based on scientific research reference, with regard to forms of professional intervention with participants of exercise programs. Competences: to apply contemporary exercise prescription guidelines to different populations; to apply the assessment methods for health screening, resting and exercise evaluations. To develop competences of searching and evaluate research findings in a selected area from exercise testing and prescription.

Summary

Benefits and risks of associated with physical activity, exercise and exercise testing; Concepts and methods of measurement of metabolic and mechanical loading of physical activity; Preparticipation health screening, risk factor analysis, signs and symptoms suggestive of disease, and risk stratification; Resting evaluations and interpretation of results (blood pressure, overweight, obesity, cholesterol, glycaemia); Exercise Testing and Interpretation of Results: cardiovascular, Muscular strength and endurance, flexibility; General principles of exercise prescription for cardiovascular and musculoskeletal health.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	

First	Bachelor	Mokslo srities pagrindu
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Group under financial classification

Syllabus

No.	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

No.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	ACSM's resource manual for guidelines for exercise testing and prescription	615.825 Ac51	1	Yes	1
2.	ACSM's guidelines for exercise testing and prescription	615.825 Ac51	1	Yes	1
3.	Swain, David P. Exercise prescription : a case study approach to the ACSM guidelines	615.825 Sv-02	1	Yes	1

Additional literature

No.	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.	Welk GJ, Corbin CB, Dale D. 2000 Measurement issues in the assessment of physical activity in children. Research Quarterly for Exercise 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.	World Health Organization 2010 2010 Global recommendations on physical activity for health http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf

Coordinating lecturer

Position	Degree, surname, name	Schedule No.
Associate Professor		412

Subdivision

Entitlement	Code
a	1006

