

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Modula Coda	S	273	В	01P	Accredited	2018	06	01	Rer	newal o	date
Module Code	Branch	n of Science	Progr.	Registr. №.	until	2018	00	01			

Entitlement

Fitness Group Activities

Prerequisites

Informacija ruošiama

Course (module) Learning Outcomes

Co	urse (module) Learning Outcomes		
№ .	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to communicate effectively, sharing the knowledge and experience, knowing the terminology.	Debates, Discussion, Exercise classes, Individual project, Literature analysis, Practical exercises (tasks)	Group (team) project, Individual project, Reporting for practice work
2	Will be able to demonstrate safe and correct exercises and basic steps of aerobics	Exercise classes, Literature analysis, Practical exercises (tasks), Role play, Team project	Peer-assessment, Reporting for practice work, Self-assessment
3	Will be able to demonstrate skills in group work indoors and in gym, choosing safe and correct exercises (with various equipment), knowing terminology	Exercise classes, Group work, Individual project, Interactive lecture, Literature analysis, Practical exercises (tasks)	Individual project, Peer- assessment, Reporting for practice work, Self-assessment
4	Will be able to manage the process of group activities (of aerobics, joga, pilates and etc.)	Exercise classes, Group work, Literature analysis, Practical exercises (tasks)	Background reading, Group (team) project, Individual project, Reporting for practice work, Scientific paper (text) analysis
5	Will be able to develop, implement and assess various physical activity programmes for individuals and target groups, based on scientific health education theories	Case analysis (Case study), Exercise classes, Group work, Literature analysis, Practical exercises (tasks), Scientific paper analysis, Team project	Group (team) project, Literature reviewing and presentation, Peer-assessment, Scientific paper (text) analysis

Main aim

To educate a specialist of health and wellness, able to demonstrate knowledge in healthy lifestyle and physical activity, to motivate and consult people varying in age and physical fitness while practising effective fitness group activities.

Summary

This modul is about knowledge and skills how to performe (sports) group fitness activities in different settings and with music. Students will learn to choose the right activities for specific target groups; how to instruct, lead, motivate and stimulate group activities to different target groups. The main activities will be:

- Fitness Group Activities (Aerobic and Step, Circuit / Interval Training, Body Toning, Fit-Ball, etc)
- Mind & Body Activities (Yoga, Pilates, Stretching, classes to develop Relaxation, Concentration, Body Conscience, Posture, etc).

Level of module

Level	of programme	Subject group (under the regulation of the erec)
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.	Introduction to group activities with music: types, structure, technique, methodics, intensity regulation	
2.	The performance and teaching technique of Muscle training using various types of resistance (such as body weight, free weights, etc.) in fitness group activities.	
3.	Step aerobics: structure, technique, and terminology. Basic steps and its combinations.	
4.	Interval and circuit training: the main recommendations of its management.	
5.	Methods of creating choreography. Requirements for instructors. Verbal and visual signs. Leading trainings with mirroring method.	
6.	Group training with stationery bicycles: structure, technique, impact, and safety regulations.	
7.	Pilates: philosophy, teaching methods, and principles of training.	
8.	Yoga: basic asanas, technique, and breathing.	
9.	Training using Fit-Ball and Soft Gym: peculiarities, technique, and methodics.	
10.	Fitness group exercises to ensure the safety factors. Harmful and unsafe exercises.	

Evaluation procedure of knowledge and abilities:

References

			n Lithuanian iversity library	In Lithuanian	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	Sports University bookstore	methodical cabinet of the depart.
1.	Kennedy-Armbruster C., Yoke M.M. 2009. Methods og group exercise instruction. Champaign: Human Kinetics			No	
2.	Page P. 2005. Strength band training: over 100 exercises for using resestive bands and tubing. Champaign: Human Kinetics			No	
3.	Brick L. 1996. Fitness aerobics. Champaign: Human Kinetics			No	
4.	Pahmeier I., Niederbaumer C 2001. Step aerobics: fitness training for schools, club and studios. Myer & Meyer Sport			No	
5.	Alter, M. (2004). Science of Flexibility. Champaign: Human Kinetics.			No	
6.	Instructor Manual. San Diego, CA: American Council on Exercise.			No	
7.	Isacowitz, R. (2006). Pilates. Champaign, Il: Human Kinetics.			No	
8.	Karninoff, L. (2007). Yoga Anatomy. Champaign, Il: Human Kinetics.			No	
9.	Kirk, M. L.; Boon, B. & Dituro, D. (2006). Hatha Yoga Illustrated. Champaign, Il: Human Kinetics.			No	
10.	Rocha, R. S, Rieger, T., Jimenez, A. (2015). EuropeActive's Essentials for Fitness Instructor. Champaign, IL: Human Kinetics.			No	

Additional literature

№.	Title
1	Armstrong N., Tomkinson G, Ekelund U. 2011. Aerobic fitness and its relationship to sport, exercise
1.	training and habitual physical activity during youth. British Journal Of Sports Medicine, 45 (11):849-58.

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Anderson	 Smith A.L. 2008 Youth physical activity a Andersen J.C. 2005 Stretching before and of Athletic Training, 40:218-20 					_											c Jo	urnal
1 1											, ,							
	 4. Brick L. 1996 Fitness aerobics. Champaign: Human Kinetics Kennedy C.A., Yoke M.M. 2005 Methods of group exercise instruction. 1st ed. Champaign: Human 																	
5. Kennedy C	C.A.	, Yoke I	M.M. 200	5 Methods	of group	ex	ercise ins	strı	uctio	on.	1st e	ed. C	hamp	oaig	n : I	Hun	nan	
S. Kinetics																		
6. Bumgardn																		
7. Howley E.			B. D. 200	7 Fitness I	Profession	nalʻ	's handbo	ok	5th	ed	. Ch	amp	aign :	: Hu	ımaı	ı K	inet	ics
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Plan of in-class hours

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Schedule of individual work tasks and their influence on final grade

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Group (team) project	1-10	20	30	*												0	
Individual Homework	1-10	40	40	*												0	
Accounting for practice sessions	1-10	24	10	*												0	
Total:	-	104	100														

Study module teaching form No. 3

				Structu	ıre		Total	
Seme	ester	Mode of studies	Mode of studies Theory Seminar				Total hours	Credits
A	S	N	10	20	0	100	130	5

Languages of instruction:

Lithuanian

Plan of in-class	hours						
№. of Themes		Academic ho	ours	№. of Themes		Academic ho	ours
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French

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Other

Schedule of individual work tasks and their influence on final grade

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