



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| | | | | | | | | | | | |
|-------------|-------------------|-----|--------|-------------|------------------|------|----|----|--------------|--|--|
| Module Code | S | 273 | B | 01P | Accredited until | 2018 | 06 | 01 | Renewal date | | |
| | Branch of Science | | Progr. | Registr. №. | | | | | | | |

Entitlement

Fitness Group Activities

Prerequisites

Informacija ruošiamo

Course (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 area) |
| Cycle | Type | |
| 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

| №. | 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. | 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 training and habitual physical activity during youth. British Journal Of Sports Medicine, 45 (11):849-58. |

