



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	16Z	Accredited until	2025	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Games

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	The course introduces the rules and competition peculiarities of basketball. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Group work, Practical exercises (tasks)	Mid-term examination
2	The course introduces the rules and competition peculiarities of volleyball. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Group work, Practical exercises (tasks)	Mid-term examination
3	The course introduces the rules and competition peculiarities of badminton. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination
4	The course introduces the rules and competition peculiarities of handball. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination
5	The course introduces the rules and competition peculiarities of football. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination
6	The course introduces the rules and competition peculiarities of baseball. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination
7	The course introduces the rules and competition peculiarities of tennis. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination
8	The course introduces the rules and competition peculiarities of golf. It also introduces the "classic" elements of the game techniques. The students are taught the practical application of sports games exercises for the purposes of health promotion, active recreation and the development of physical abilities.	Discussion, Exercise classes, Group work, Practical exercises (tasks)	Mid-term examination

Main aim

The aim is to teach students to use exercises of games (basketball, volleyball etc.) as means of the development of physical abilities, health promotion and trauma prevention when training athletes and schoolchildren at all ages.

Summary

Sports game is a discipline which gives possibilities to extend motor skill stockpiles and understand importance and significant of sports games (basketball, volleyball etc). In time of lectures the student is teaching different aspects of games (technique, rules, organization of competition, trauma prevention).

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

No.	Sections and themes	Responsible lecturer
1.	Basics of basketball and injury prevention	
2.	Basics of volyball and injury prevention	
3.	Basics of badminton and injury prevention	
4.	Basics of handball and injury prevention	
5.	Basics of football and injury prevention	
6.	Basics of baseball and injury prevention	
7.	Basics of tennis and injury prevention	
8.	Basics of golf and injury prevention	

Evaluation procedure of knowledge and abilities:

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.	Žaidimai: teorija ir didaktika. Krepšinis. Tinklinis: vadovėlis aukštųjų mokyklų kūno kultūros specialybių studentams. 2-asis papild ir patais. leidimas / S.Stonkus, A.Zuoza, V.Jankus, R.Pacena. 2008.		65	No	
2.	Krepšinis. Istorija, teorija, didaktika: vadovėlis aukštųjų mokyklų studentams / Stonkus S.-Kaunas: LKKA, 2003.		98	No	
3.	Čižauskas A., Kreivytė R., Balčiūnas M. Parengiamieji krepšinio pratimai. Kaunas, LKKA, 2012.		50	No	
4.	Cavala M., Rogulj N., Srhoj V., Srhoj L., Katić R. 2008. Biomotor structures in elite female handball players according to performance. Coll Antropol., 32(1):231-9.Review.		1	No	
5.	Matulaitis, K., Skarbalius, A., Abrantes, A., Gonçalves, B., Sampaio, J. (2019). Fitness, Technical, and Kinanthropometrical Profile of Youth Lithuanian Basketball Players Aged 7–17 Years Old. Front Psychol., 10: 1677. DOI: 10.3389/fpsyg.2019.01677		1	No	
6.	Lidor R., Ziv G. 2010. Physical and physiological attributes of female volleyball players-a review. J Strength Cond Res., 24(7):1963-73. Review.		1	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		
7.	Kazakevičius, R., Labutis, J., Statkevičius, R. Futbolas. Istorija, teorija, didaktika. Vadovėlis. Kaunas, 2006.		25	No	
8.	Stasiulevičius, G., Puodžiūnas, K. Rankinio žaidimo mokymas. LŽŪA, 2001.		20	No	
9.	Skarbalius A. Didelio meistriskumo rankininkų rengimo optimizavimas. Kaunas, LKKA, 2010.		50	No	
10.	Saunders, V. Golfo vadovas . Vilnius: Verslo žinios, 2009.		10	No	
11.	Kamandulis S., Vilčinskas P. Beisbolo taisyklės. 2002. Kaunas, LKKA.		50	No	
12.	Ali A. 2011. Measuring soccer skill performance: a review. Scand J Med Sci Sports, 21(2):170-83. Review.		1	No	

Additional literature

№.	Title
1.	Janet A. Young . Coach resilience: What it means, why it matters and how to build it. Victoria University, Australia. ITF Coaching and Sport Science Review, 2014, 63 (22): 10-12.
2.	Laisvalaikio pagrindai :vadovėlis /sudaryt. Rimantas Mikalauskas. Kaunas : LSU, 2017. 456 p. : iliustr
3.	Sporto renginių organizavimas ir vykdymas mokyklose :studijų knyga /A. K. Zuoza, A. Buliuolis, I. J. Zuozienė ; Lietuvos sporto universitetas. Kaunas : LSU, 2016. 164 p. : iliustr.
4.	Čižauskas A., Balčiūnas M. Parengiamieji krepšinio pratimai. Mokomoji priemonė.-Kaunas: LKKA, 2003
5.	Zuoza A.K. Tinklinio varžybų organizavimas ir vykdymas: Mokomasis leidinys.K.: LKKI, 1999. 50 p.4.
6.	Horst Wein. Developing youth football players: tap the full potential of your young footballers, Human Kinetics, 2007.
7.	Evans, K., Tuttle, N. (2015). Improving performance in golf: current research and implications from a clinical perspective. Braz J Phys Ther, http://dx.doi.org/10.1590/bjpt-rbf.2014.0122 .

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor		111

Subdivision

Entitlement	Code
a	2005

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	7	8	30	85	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.	1	1	4	5.	1	1	4
2.	1	1	4	6.	1	1	4
3.	1	1	4	7.	1	1	3
4.	1	1	4	8.	0	1	3

