



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	01M	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Coaching of Selected Sports (basics) – Swimming

Prerequisites

To be a student at LSU

Main aim

To prepare a swimming coach, teacher who will be able to reflect the theoretical knowledge be confident in practical work with the people of various age groups, both gender, to be confident with the new swimming coaching technologies, to be prepared for educate new generation

Provided knowledge and abilities

Knowledge of swimming as a sport and leisure time and the sport history. Drowning: statistics, types, symptoms, drownings complications, drownings prevention The Technique of the crawl, backstroke, breaststroke, butterfly stroke. Benefits of Swimming, Aquaeerobics, Aqua jogging, Swimming as a Mean of Rehabilitation, Swimming and Pregnancy. The principles of Training: Interval training, Sprint Training, Repetition Training, Fast interval Training, Slow Interval Training, the Warm-up Individual Training and Sport Performance Directions. Swimming pools and swimmers hygiene Preparatory Exercises for Teaching Swimming, Swimming Didactic

Summary

The course is aimed to show the importance of swimming in education process, the development of swimming as a kind of sport and its social functions. The course is intended to analyse the characteristics of water environment and safe behaviour in the water, to study swimming techniques and how to develop athletes? swimming skills. Students are provided with the knowledge how to organise and execute training sessions, they are acquainted with teaching methods and means, organisation of competitions, the long-term training system. They are introduced to athlete training management: planning and control as well as the organisation of research.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to Swimming. The Benefits of Swimming, Aquaeerobics, Aquajogging, Swimming as a Mean of Rehabilitation, The history of swimming	
2.	Drowning: Statistics, Types, Symptoms, Drownings Complications, Drownings Prevention.	
3.	What are the competitive and non-competitive swimming strokes benefits of them?	
4.	Equipment for Swimming Teaching and Perfecting Swimming Technique.	
5.	Local and International Swimming Organizations (Comparative Analysis).	
6.	Swimming Pools and Swimmers' Hygiene.	
7.	Preparatory Exercises for Teaching Swimming, Swimming Didactics.	
8.	Swimming competitions' Rules and Refereeing at Competition. International and Local Competition System: Comparative Analysis	
9.	Principles of Stroke Technique Mechanics. The Technique of the Crawl, Backstroke, Breasstroke, Butterfly Strokes.	

№.	Sections and themes	Responsible lecturer
10.	Swimming for People with Disabilities: Classification of Disabilities, Competition System, Teaching Swimming, Swimming as a Leisure Time and Relaxation.	

Teaching/learning methods:

Lectures, seminars, discussion, practice, qualification paper

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.	Statkevičienė, Birutė, Current Issues and New Ideas in Sport Science [Elektroninis išteklius] : 5th Baltic .The interaction of anthropometrical indicators and competition results for aquatic Olympic female athletes.Sport Science Conference.Kaunas, 18-19 April ISBN 9786098040708 p. 212.			No	
2.	Statkevičienė, Birutė, Majauskienė, Daiva, Lithuanian Sport Museum's activities in the context of World's Sport Museums.Current Issues and New Ideas in Sport Science [Elektroninis išteklius] : 5th Baltic Sport Science Conference : Abstracts.2012 Kaunas, 18-19 April ISBN 9786098040708 p. 208.			No	
3.	Vaičiulis, Vidmantas, Statkevičienė, Birutė. MINSK. p. 27-30.			No	
4.	Statkevičienė B. (1986). Pradinio mokymo plaukti metodika. Vilnius 52			No	
5.	Pappas Braun MB. (2008). Fantaskti Water Workouts. Human Kinetics. 254p.			No	
6.	Martha, White. "Water Exercise". 2009. Brand: Human Kinetics SKU: 873227263			No	
7.	Lepore, Monica. Adapted aquatics programming : a professional guide / 2007 LKKCB(1/ 0) 797.2 Le271			No	
8.	Čechovska,I., Novotna, V., Milerova, H. (2003). Aqua-fitness. Vydala Grada Publishing.a.s.			No	
9.	FINA Handbook 2013-2016. Edited by FINA Office.			No	
10.	http://www.lsu.lt/studentams/biblioteka/laisvai-prieinamos-duomenu-bazes			No	
11.	http://www.lvb.lt/primo_library/libweb/action/search.do?vid=LKKA			No	
12.	http://www.lsu.lt/studentams/biblioteka/prenumeruojamos-ir-testuojamos-duomenu-bazes			No	

Additional literature

№.	Title
1.	Swim Magazine 2010-2014
2.	http://www.fina.org/H2O/
3.	Swimming World Newsletter - 2010-2011 NISCA High School All-Americans Announced - August 23, 2011
4.	Johanson, Tim. (2007). Hystory of Open Water Marathon Swimming.Captain's Energeeing Services,Inc. Buzzards Bay, MA 02532. 532 p.
5.	Ocean swimming safety. (2011). Suzanne Rose. http://www.helium.com/items/2205551-ocean-swimming-safety-tips
6.	Lorraine Sears (2011). Swimming: The ultimate exercise .Created on: March 03, 2011. http://www.helium.com/items/2106540-the-benefits-of-swimming

