



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	210	B	039	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Behaviour (Disease Prevention Models)

Prerequisites

Secondary Education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Is capable of accepting criticism and remarks by other specialists, considering them, evaluating them and reacting objectively in dealing with the observed failures in the Professional and personal activity.	Discussion, Gests lectures, Seminar	Essay, Individual work
2	Is capable of communicating efficiently, dealing with conflict situations with other team members.	Group work	Group work
3	Is capable of analyzing individual cases by providing complex integration of the possessed academic knowledge and previewing ways of assistance and methodological devices.	Gests lectures	Essay
4	Is capable of finding and individually reading, analyzing and generalizing the most up-to-date academic information	Individual project	Essay, Individual work

Main aim

To be able to recognize and describe the inappropriate, harmful health behavior and be able to choose the most appropriate way of behavior change depending on the theoretical attitudes and behavior change model.

Summary

Students will be able to recognize and describe the inappropriate, harmful health behavior. They will be able to choose the most appropriate way of behavior change depending on the theoretical attitudes and behavior change model in every special situation.

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.		
2.	Change in behaviour: nutrition	
3.	Change in behaviour: eating disorders, orthorexia	
4.	Change in behaviour: physical activity and exercise dependent	
5.	Change in behaviour: consumption of tobacco and alcohol	
6.	Change in behaviour: use of illegal narcotic substances	
7.	Change in behaviour: use of illegal food supplements	
8.	Change in behaviour: sexual behaviour	
9.		

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.	Thirlaway, K. & Upton, D. (2009). The Psychology of Lifestyle: Promoting Healthy Behaviour. London and New York: Routledge. Taylor & Francis Group	613 Th24	30	No	
3.	ACSM complete guide to fitness & health (2nd edition) /ed. B. A. Bushman. 2017.	613.7 Ac51		No	
4.	Planning health promotion programs: an intervention mapping approach / L. Kay Bartholomew Eldredge ... [et al.]. 4th ed. San Francisco : Jossey-Bass, 2016.	613 Pl-18		No	

Additional literature

№.	Title
1.	Myers, J. E., & Sweeney, T. J. (2008). Wellness Counseling: The Evidence Base for Practice. Journal of Counseling & Development, 86, 482-493.
2.	Myers, J. E., & Harper, M.C. (2004). Evidence-Based Effective Practices With Older Adults. Journal of Counseling & Development, 82, 207-218
3.	Niemi, P.M., & Tiuraniemi, J. (2010). Cognitive Therapy Trainees' Self- Reflections on Their Professional Learning. Behavioural & Cognitive Psychotherapy, 38(3), 255-274.
4.	Stokols, D. (2000). Social Ecology and Behavioral Medicine, Implications for Training, Practice, and Policy. Behavioral Medicine, 26(3), 129-139.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		698

Subdivision

Entitlement	Code
a	1006

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	8	16	2	104	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	1	0	6.	0	1	0
2.	1	2	0	7.	1	1	0
3.	1	2	0	8.	1	1	0
4.	1	2	0	9.	1	10	2
5.	1	0	0				
Total:					8	20	2

