

## **LITHUANIAN SPORTS UNIVERSITY**

# STUDY MODULE PROGRAMME (SMP)

Module Code	B 710		В 088		Accredited			Rer	newal o	date
	Branch	n of Science	Progr.	Registr. №.	until					

#### Entitlement

Physical Activity (Changing Behaviour)

#### Prerequisites

Course (module) Learning Outcomes

Cou	rse (module) Learning Outcomes		
№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Assessment of zones for recreational physical activity	Group work, Interactive lecture, Team project	Group (team) project, Group work
2	Prepare preventive physical activity / healthy lifestyle-related physical activity plan / programs / summer camp / scenario	Group work, Seminar, Team project	Group (team) project, Group work
3	Prepare ~ 25 minutes lesson plan and present it practically on the chosen topic	Exercise classes, Individual project	Individual project
4	To estimate coleague PA with PA assement monitors, or other telemetric devices and etc. equipment and tools during training sessions / workshops.	Exercise classes, Individual project, Seminar	Individual work, Peer-assessment
5	Prepare for a particular student / athlete / client physical activity and lifestyle changing program/plan.	Case analysis (Case study), Individual project	Individual work
6	Monitoring colleagues' lessons / sessions / activities and their critical evaluation	Case analysis (Case study), Exercise classes, Individual project	Case analysis (study), Individual work
7	Prepare ~25 min. lesson plan (writen form) with exercises for children having emotional and behavioural disorders.	Exercise classes, Individual project	Individual work

## Main aim

The aim of this course is to integrate theoretical knowledge and practical skills. The module will help develop professional skills in practical work in specific situations and develop general competencies.

#### Summary

## Level of module

Level o	of programme	Subject aroun (under the regulation of the area)			
Cycle	Type	Subject group (under the regulation of the area)			
First	Bachelor	Bendrojo universitetinio lavinimo			

## Group under financial classification

# Syllabus

Ŋ <u>o</u> .	Sections and themes	Responsible lecturer
1.	Introduction to module and Recreational zones for PA	
2.	Assessment of zones for recreational physical activity	
3.	PA PA in different age groups: Preschool children (3-6 year)	
4.	PA PA in different age groups: primaryschool children (6-10 year)	
5.	PA in different age groups: secondary school children (11-17 year)	
6.	PA in different age groups: youths (18-25 year)	
7.	PA in different age groups: young families (25-40 year)	
8.	PA in different age groups: adults (~30-50 year)	
9.	PA in different age groups: seniors (~50+ year)	

№.	Sections and themes	Responsible lecturer
10.	Children having emotional and behavioural disorders charecteristics	
11.	Teaching and comunications children with EBD	

Evaluation procedure of knowledge and abilities:

# References

		Edition in Sports Unive	Lithuanian ersity library	In Lithuanian	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	Sports University bookstore	methodical cabinet of the depart.
1.	A. Jackson, J. Morrow, D. Hill, R. Dishman. (2004). Physical Activity for Health and Fitness-Updated Edition. Paper Book. Human Kinetics	613.7 Ja71	2	No	
2.	A. Jackson. (2010). Physical Activity for Health and Fitness Lab Manual. Paper Book Human kinetics	613.7	1	No	
3.	V. Heyward. (2010). Advanced Fitness Assessment and Exercise Prescription. Paper Book Amazon.com	613.7 He- 134	2	No	
4.	P.A. Bishop. (2008). Measurement and Evaluation in Physical Activity Applications. Paper Book Amazon. com			No	
5.	A.E. Hardman D. J. Stensel. (2009). Physical Activity and Health: The Evidence Explained. Paper Book Amazon.com			No	
6.	Rahl, R.L. (2010). Physical activity and health guidelines. Champaign: Human Kinetics	613.7 Ra- 119	1	No	
7.	ed. by Caroline Heaney [et al.]. (2009). Exploring sport and fitness: work-based practice. London, New York: Routledge	37.037.1 Ex26	1	No	
8.	Gavin, James (2005). Lifestyle fitness coaching Champaign: Human Kinetics	613.7 Ga586	1	No	

## Additional literature

№.	Title
1.	Darren E.R. Warburton, Crystal Whitney Nicol, Shannon S.D. Bredin 2006 Prescribing exercise as preventive therapy Canadian Medical Association journal; 174(7):961-74
2.	Allen Jackson, James Morr Jr., David Hill, Rod Dishman 2004 Physical Activity for Health and Fitness-Updated Edition Paper Book
3.	World Health Organization (2010). Global recommendations on physical activity for health http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf
4.	Gavin, James (2005). Lifestyle fitness coaching
5.	ed. by Caroline Heaney [et al.]. (2009). Exploring sport and fitness: work-based practice.
6.	Hughes et al. (2009) "Best-practice physical activity programs for older adults: findings from the national impact study". American Journal of Public Health, 99(2):362-368
7.	Stewart (2001) "Community-based physical activity programs for adults age 50 and older". Journal of Aging and Physical Activity, 9:S71-S91
8.	WHO (2016) "Physical activity strategy for the WHO European Region 2016–2025".
9.	Mehtälä et al. (2014) "A socio-ecological approach to physical activity interventions in childcare: a systematic review". International Journal of Behavioral Nutrition and Physical Activity, 11:22
10.	Sääkslahti (2014) "Keys to successful physical activity during childhood". Science & Sports, 29S, S34-S35

Title		
		gh youth into adulthood".
Gustafson & Rhodes (2006) "Par Sports Medicine, 36 (1): 79-97	rental correlates of physical activity in children	and early adolescents".
` /		gitudinal study".
rdinating lecturer		
Position	Degree, surname, name	Schedule №.
	Fjørtoft et al. (2009) "Children in schoolyards using global position 93 210-217  Fjørtoft et al. (2010) "Schoolyard and heart rate monitoring analyse Sebire et al. (2013) "Testing a se motivation: a cross-sectional stud 10:111  Himberg et al. (2003) The main peducation. Preparing adolescents Kjønniksen et al. (2008) "Tracking adulthood: a 10-year longitudina Activity, 5:69  Telama et al. (2014) "Tracking of Medicine & science in sports & ed Gustafson & Rhodes (2006) "Par Sports Medicine, 36 (1): 79-97  Ornelas et al. (2012) "Are neighbour participation among Dutch adole Activity, 9:90  rdinating lecturer	Fjørtoft et al. (2009) "Children in schoolyards: Tracking movement patterns an schoolyards using global positioning system and heart rate monitoring". Lands 93 210-217  Fjørtoft et al. (2010) "Schoolyard physical activity in 14-year-old adolescents a and heart rate monitoring analysed by GIS". Scandinavian Journal of Public He Sebire et al. (2013) "Testing a self-determination theory model of children's ph motivation: a cross-sectional study". International Journal of Behavioral Nutrit 10:111  Himberg et al. (2003) The main purpose of physical education. In: "Teaching SEducation. Preparing adolescents to be active for life". Champaign: Human Ki Kjønniksen et al. (2008) "Tracking of leisure-time physical activity during ado adulthood: a 10-year longitudinal study". International Journal of Behavioral Nactivity, 5:69  Telama et al. (2014) "Tracking of physical activity from early childhood through Medicine & science in sports & exercise, 46(5):955-62  Gustafson & Rhodes (2006) "Parental correlates of physical activity in children Sports Medicine, 36 (1): 79-97  Ornelas et al. (2007) "Parental influences on adolescent physical activity: a lon International Journal of Behavioral Nutrition and Physical Activity, 4:3  Prins et al. (2012) "Are neighbourhood social capital and availability of sports participation among Dutch adolescents?". International Journal of Behavioral Nactivity, 9:90  rdinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		430

Subdivision

Entitlement	Code
a	1006

# Study module teaching form №. 1

Semester Mode of studio			Structu	Total				
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Languages of instruction:

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Plan of in-class hours

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3.	1	1	0	9.	1	1	0						
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Schedule of individual work tasks and their influence on final grade

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