



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	088	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Physical Activity (Changing Behaviour)

Prerequisites

Course (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 colleague PA with PA assessment 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 (written 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 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 module and Recreational zones for PA	
2.	Assessment of zones for recreational physical activity	
3.	PA in different age groups: Preschool children (3-6 year)	
4.	PA in different age groups: primary school 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 characteristics	
11.	Teaching and communications children with EBD	

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.	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

