



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	05B	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Teaching Didactics and Physical Activity

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Demonstrate understanding of own weaknesses and strengths as healthy lifestyle educator. (PALC-1)	Individual project, Reflection on action	Individual work
2	Are able to give and receive feedback working in group. (PALC-1)	Group work, Reflection on action	Case analysis (study), Self-assessment
3	Are able to formulate learning goals in the field of physical activity education. (PALC-1)	Individual project, Reflection on action	Self-assessment
4	Able to explain didactic processes. (PALC-4)	Exercise classes, Simulation of real-life (world) situations	Reporting for practice work
5	Are able to implement their knowledge and skills planning and developing physical activities. (PALC-4)	Exercise classes, Group work, Individual project, Modeling of real-life (world) situations (projects), Role play	Oral presentation, Reporting for practice work
6	Know and are able to present different physical activities for people of different ages and kinds of disabilities. (PALC-4)	Exercise classes, Group work, Simulation of real-life (world) situations	Oral presentation
7	Are able to identify and explain characteristics of leisure time physical activity. (PALC-10)	Exercise classes	Reporting for practice work
8	Are able to practise leisure time physical activities for personal development. (PALC-10)	Exercise classes	Reporting for practice work

Main aim

The aim is to convey basic knowledge of personal physical activity education and didactics, to develop students' reflection (PALC-1), health-enhancing physical activity (PALC-2) and behaviour change (PALC-4) skills.

Summary

The aim is to convey basic knowledge of personal physical activity education and didactics, to develop students' reflection, health-enhancing physical activity and behaviour change skills. The modul content will contain physical activity related definitions, physical activity related recomendations, physical activity didactics for disabled people. Attention will be focused on promotion of physically active lifestyle, physical activity friendly environment. Many practical classes related to promotion of physically active lifestyle will be provided.

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.	Basic concepts of physical activity	
2.	Physical activity recommendations for all ages	
3.	Physical activity vs. physical education	
4.	Education of physically active lifestyle	
5.	Development of activity-friendly environment	
6.	Physical activity didactics	
7.	Learning styles	
8.	Physical activity didactics for disabled people	
9.	Exercise safety and injury prevention	
10.	Introduction into leisure physical activity	

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.	Hardman, K., Green, K., Contemporary Issues in Physical Education. 2011. Meyer and Meyer Sport.	37.037.1 Co-156	2	Yes	
2.	Routledge handbook of physical education pedagogies. 2017	37.037.1 Ro-167	1	Yes	
3.	Winnick, J, Adapted Physical Education and Sport. 2011. Human Kinetics.	376 Ad23	1	Yes	
4.	Rouse, P., Inclusion in Physical Education. 2009. Human Kinetics.			No	1
5.	Research methods in physical activity. Thomas, Jerry R. 2015	796.01 Th31	2	Yes	
6.	Physical education and health : global perspectives and best practice. 2014	613.7 Ph-09	1	Yes	
7.	Ellis, V., Learning and Teaching in Secondary Schools. 3rd edition. 2007. Learning Matters Ltd.			No	1
8.	Ransdell, L., Dinger, M., Huberty, J., Miller, K., Developing Effective Physical Activity Programs. 2009. Human Kinetics.	613.7 De402	1	Yes	
9.	The research process in sport, exercise and health : case studies of active researchers. 2014	796.01 Re-192	3	Yes	
10.	Kennedy-Armbruster, C., Yoke M.M., Methods of group exercise instruction. 2nd edition. 2009. Champaign: Human Kinetics.	613.7 Ke-112	2	Yes	
12.	Pickard, John. Teaching physical education creatively. 2014	373:796 Pi-07	2	Yes	
14.	Moral panic in physical education and coaching. 2015	796.011.5 Mo-168	1	Yes	
15.	Starrett, Kelly. Becoming a supple leopard : the ultimate guide to resolving pain, preventing injury, and optimizing athletic performance. 2013	613.7 St83	1	Yes	

№.	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		
16.	Harrison, G., Erpelding, M., Outdoor Program Administration: Principles and Practices. 2012. Human Kinetics.	379.8 Ou-08	1	Yes	

Additional literature

№.	Title
1.	Hein, V., Ries, F., Pires, F., Caune, A., Emeljanovas, A., Ekler, J. H., Valantinienė, I., The relationship between teaching styles and motivation to teach among physical education teachers. 2012. Journal of Sports Science and Medicine.
2.	Tomporowski, Phillip D. Enhancing children's cognition with physical activity games. 2015
3.	Gerstein, N., Guiding yoga's light: lessons for yoga teachers. 2008. Champaign: Human Kinetics.
4.	Bowden, M., McNally, M., Thomas, S., Gibson, A., Oxford Handbook of Orthopaedics and Trauma. 2010. Oxford University Press.
5.	Dishman, Rod K. Physical activity epidemiology
6.	Kasser, Susan L. Inclusive physical activity : promoting health for a lifetime. 2013
7.	Budde, Henning; Velasques, Bruna; Ribeiro, Pedro; Machado, Sergio; Emeljanovas, Arūnas; Wegner, Mirko. How does acute exercise influence cognition? // Journal of Applied Physiology. Bethesda: American Physiological Society. ISSN 8750-7587. 2016, Web of Science, cit. rod.: 3,004.
8.	Budde, H.; Velasques, B.; Ribeiro, P.; Machado, S.; Emeljanovas, A.; Kamandulis, S.; Skurvydas, A., Wegner, M. Does intensity or youth affect the neurobiological effect of exercise on major depressive disorder? // Neurosci Biobehav Rev. 2016, Web of Science, cit. rod. 8,580
9.	Hein, V.; Emeljanovas, A.; Mieziene, B. A cross-cultural validation of the controlling teacher behaviours scale in physical education // European Physical Education Review, 2017, Web of Science, cit. rod. 0,906
10.	Venkūnas, Tomas; Emeljanovas, Arūnas; Miežienė, Brigita; Volbekienė, Vida. Secular trends in physical fitness and body size in Lithuanian children and adolescents between 1992 and 2012 // Journal of epidemiology and community health, 2017, Web od Science, cit. rod. 3,865

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor		790

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	10	20	0	100	130	5

Languages of instruction:

Lithuanian	<input type="checkbox"/>	English	<input type="checkbox"/>	Russian	<input type="checkbox"/>	French	<input type="checkbox"/>	German	<input type="checkbox"/>	Other	<input type="checkbox"/>
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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	0	6.	1	1	0
2.	1	1	0	7.	1	1	0
3.	1	2	0	8.	1	1	0
4.	1	1	0	9.	1	2	0

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
5.	1	1	0	10.	1	9	0
Total:				10	20	0	

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Individual Homework	8-10	25	25	*			0													
Group (team) project	1-4	25	25		*		0													
Individual Homework	5-7	25	25						*		0									
Exam	1-10	25	25											*				0		
Total:		-	100	100																

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	10	20	0	100	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	0	6.	1	1	0
2.	1	1	0	7.	1	1	0
3.	1	2	0	8.	1	1	0
4.	1	1	0	9.	1	2	0
5.	1	1	0	10.	1	9	0
Total:				10	20	0	

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Individual Homework	5-7	25	25	*			0													
Group (team) project	1-4	25	25	*			0													
Exam	1-10	25	25	*														0		
Individual project	8-10	25	25			*			0											
Total:		-	100	100																