

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Modulo Codo	В	470 B 0		001	001 Accredited			Ren	ewal d	late
Module Code	Branch	n of Science	Progr.	Registr. №.	until					

Entitlement

Sports and Exercise Physiology

Prerequisites

Course (module) Learning Outcomes

Cou	rse (module) L	earning Outcomes	
№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Test
2		Case analysis (Case study), Discussion, Seminar	Oral presentation, Seminar
3		Case analysis (Case study), Discussion, Laboratory classes, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
4		Case analysis (Case study), Discussion, Laboratory classes, Literature analysis, Seminar	Background reading, Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
5		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
6		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
7		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
8		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
9		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test

Main aim

Summary

Acute responses to physical activity. Anticipation, on-transition, fatigue, recovery. Organism adaptation under influence of endurance and strength developing training loads. The physiological basis of endurance and strength training. Testing of aerobic and anaerobic capacity. Longterm adaptation of the human organism

during chronic physical acivity. Adaptation and performance under different environmental conditions. Age and sex influence on the adaptation to training loads.

Level of module

Level of programme		Subject group (under the regulation of the erea)			
Cycle Type		Subject group (under the regulation of the area)			
First	Bachelor	Mokslo srities pagrindų			

Group under financial classification

5.Fizinių, biomedicinos, technologijos mokslų studijos (išskyrus nurodytąsias 6, 7, 11, 13, 14 ir 16 punktuose)

C v/1	1.1	3110
. 7 V I	пиг	1118

№.	Sections and themes	Responsible lecturer
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		

Evaluation procedure of knowledge and abilities:

References

№.	Title	Universi Pressmark	an Sports ty library Number	In Lithuanian Sports University bookstore
1.	http://www.lsu.lt/ Emokymas			No
2.	Lt sistema, https://accounts.kuracloud.com/user/login?instance=88287b84&product=adinstruments			No
3.	Kėvelaitis E., Illert M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla		2	No

Additional literature

№.	Title
1.	Scott K. Powers, Edward T. Howley Exercise Physiology: Theory and Application to Fitness and
	Performance., McGraw-Hill Education, 2017,
2.	McArdle W.D., Katch F.I., Katch V.L. Exercise physiology: energy, nutrition, and human performance. LWW, 2015
3.	Wilmore J.H., Costill D.L., Kenny W.L. Physiology of sport and exercise. Human kinetics, 2019
5.	Kėvelaitis E., Illert M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor		54

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Study module teaching form №. 1

			Structure			T-4-1		
Sem	ester	Mode of studies	Theory	neory Seminars .		Ind. work	Total hours	Credits
A	S	D	31	6	28	195	260	10

Languages of instruction:

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

Plan of in-class hours

No of Thomas	Academic hours			No of Thomas	Academic hours			
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works	
1.	1	0	0	10.	1	1	0	
2.	2	0	0	11.	6	0	8	
3.	1	0	0	12.	1	0	0	
4.	2	0	4	13.	3	0	4	
5.	1	0	0	14.	3	0	4	
6.	1	0	4	15.	3	1	0	
7.	1	0	4	16.	1	1	0	
8.	1	1	0	17.	1	1	0	
9.	1 1 0		0	18.	1	0	0	
				Total:	31	6	28	

Schedule of individual work tasks and their influence on final grade

	№. of	Total		W	ee	k (of :	pr	ese	en	tme		of ta o)	ısk	(*)	anc	l rej	orting
	syllabus	hours	grade, %	1	2 3	3 4	5	6	7 8	9	10	11	12	13	14	15	16	17-20
Test	2-17	20	15	*				0		0			0					
Seminar	2-17	33	10	*									0					
Oral presentation	2-17	40	10	*									0					
Directed private laboratory work	2-14	22	5	*												0		
Laboratory notes and report	2-14	40	25	*													0	
Exam	2-17	40	35	*														0
Total:	-	195	100															

Study module teaching form №. 2

				Structu	ıre		Total	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	N	31	6	28	195	260	10

Languages of instruction:

ithuanian L English I	Russian R	French F	German G	Other Oth.
-----------------------	-----------	----------	----------	------------

Plan of in-class hours

No of Thomas		Academic h	ours	Mo of Thomas		Academic h	ours
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	2	0	0	11.	6	0	8

№. of Themes		Academic ho	ours	№. of Themes		Academic h	ours
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works
3.	1	0	0	12.	1	0	0
4.	2	0	4	13.	3	0	4
5.	1	0	0	14.	3	0	4
6.	1	0	4	15.	3	1	0
7.	1	0	4	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
				Total:	31	6	28

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total		W	eel	ς ο	of p	re	ese	en	tme		of t (o)	ask	(*)	and	d re	porting
	syllabus	hours	grade, %	1 2	2 3	4	56	57	8	9	10	11	12	2 13	14	15	16	17-20
Directed private laboratory work	2-14	22	5	*				0										
Test	2-17	20	15	*					0			0			0			
Exam	2-17	40	35	*														0
Laboratory notes and report	2-14	40	25				*	;										0
Seminar	2-17	33	10					*										0
Oral presentation	2-17	40	10					*										0
Total:	-	195	100											•				•

Study module teaching form No. 3

				Structu	ıre		Total	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	D	31	6	28	195	260	10

Languages of instruction:

Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.
D1	1.										

Plan	of	in-c	lass .	hours

No of Thomas		Academic ho	ours	№. of Themes		Academic h	ours
№. of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works
1.	1	0	0	10.	1	1	0
2.	2	0	0	11.	6	0	8
3.	1	0	0	12.	1	0	0
4.	2	0	4	13.	3	0	4
5.	1	0	0	14.	3	0	4
6.	1	0	4	15.	3	1	0
7.	1	0	4	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
				Total:	31	6	28

Schedule of individual work tasks and their influence on final grade

	№. of	Total		W	eel	k (of p	ore	ese	nt	me	-	of ta o)	ısk	(*)	and	rep	porting
	syllabus	hours	grade, %	1 2	2 3	4	56	5 7	8	9	10	11	12	13	14	15	16	17-20
Test	2-17	20	15	*				0			0				0			
Seminar	2-17	33	10	*											0			
Oral presentation	2-17	40	10	*											0			

	№. of	Total		W	ee	k	of	pr	es	en	tm		of ta o)	ask	(*)	anc	l rej	orting
	syllabus	hours	grade, %	1 2	2 3	3 4	- 5	6	7 8	3 9	10	11	12	13	14	15	16	17-20
Directed private laboratory work	2-14	22	5	*												0		
Laboratory notes and report	2-14	40	25	*													0	
Exam	2-17	40	35	*														0
Total:	-	195	100															

Study module teaching form №. 4

			Structure					
Seme	ester	Mode of studies	studies Theory		Lab Works	Ind. work	Total hours	Credits
A	S	N	31	6	28	195	260	10

Languages of instruction:

Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.
Plan of in-class hours											

Mr. of Theresay		Academic h	ours	M. CTI.	Academic hours								
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works						
1.	1	0	0	10.	1	1	0						
2.	2	0	0	11.	6	0	8						
3.	1	0	0	12.	1	0	0						
4.	2	0	4	13.	3	0	4						
5.	1	1 0 0 14.		14.	3	0	4						
6.	1	0	4	15.	3	1	0						
7.	1	0	4	16.	1	1	0						
8.	1	1	0	17.	1	1	0						
9.	1	1	0	18.	1	0	0						
				Total:	31	6	28						

Schedule of individual work tasks and their influence on final grade

	№. of	Total		Week of presentment of task (*) and reporting (o)													
	syllabus	hours	grade, %	1 2	2 3	4	56	57	8	9 10	11	12	13	14	15	16	17-20
Directed private laboratory work	2-14	22	5	*				0									
Test	2-17	20	15	*						0		0		0			
Exam	2-17	40	35	*													0
Laboratory notes and report	2-14	40	25				*	;									0
Seminar	2-17	33	10					*									0
Oral presentation	2-17	40	10					*									0
Total:	_	195	100														