



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	470	B	001	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports and Exercise Physiology

Prerequisites

Course (module) Learning 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 activity. 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 area)
Cycle	Type	
First	Bachelor	Mokslų srities pagrindų

Group under financial classification

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

Syllabus

№.	Sections and themes	Responsible lecturer
1.		
2.		
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18.		

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore
		Pressmark	Number of exemplars	
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

