## LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

| Module Code |  | S | 273 | B | 20R | Accredited until |  | Renewal date |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Branch of Science |  | Progr. | Registr. №. |  |  |  |  |
| Entitlement |  |  |  |  |  |  |  |  |  |
| Swimming Didactics |  |  |  |  |  |  |  |  |  |
| Prerequisites |  |  |  |  |  |  |  |  |  |
| Basic swimming skills |  |  |  |  |  |  |  |  |  |
| Course (module) Learning Outcomes |  |  |  |  |  |  |  |  |  |
| №. | Learning Outcomes |  |  |  |  | Teaching / Learning Methods |  | Assessment Methods |  |
| 1 | Will know the specifics of swimming, the requirements for the organization of safe exercises, will understand the peculiarities of performing exercises in the water |  |  |  |  | Formal lecture, Literature analysis, Scientific paper analysis |  | Group (team) project, Individual work |  |
| 2 | Will be able to demonstrate swimming techniques in back, crawl, chest, turn and start jump elements. |  |  |  |  | Exercise classes, Formal lecture, <br> Literature analysis |  | Course work, Reporting for practice work |  |
| 3 | Ability to demonstrate recreational diving and jumping into the water component |  |  |  |  | Exercise classes, Formal lecture, Literature analysis |  | Reporting for practice work |  |
| 4 | Will be able to organize swimming and other forms of physical activity (exercise in water, aqua aerobics, games, recreational diving) in water. Will know the peculiarities and rules of competition organization. |  |  |  |  | Exercise classes |  | Course work, Reporting for practice work |  |
| 5 | Demonstrate knowledge of the topics studied in the module |  |  |  |  | Formal lecture, <br> Literature analysis |  | Examination |  |

## Main aim

To study the methods of teaching to swim, the specifics of motion in the water, various forms of physical activities such as the measures of coaching and health promotion. To develop the practical skills of physical activity and health improvement by using swimming exercises. To be able to prepare training programmes for peoples of different ages and different physical fitness.

## Summary

The students will be introduced to the physical peculiarities of water environment and the influence of exercises in the water on the human organism, safety of exercises in the water. Students will learn about the techniques of motion in the water and biomechanics, the technologies of exercises and selection. The students will be introduced to various skills of physical activities in the water: exercises in the water, aerobics in the water, "aqua jogging", high diving, amusement and sports games in the water. The students will analyze the selection of methods and measures, exertion bathing, will learn to prepare the programmes of physical activity in the water according to the abilities of their pupils. Students will improve the skills of pedagogical work by doing the exercises of physical activity in the water.
Level of module

| Level of programme |  | Subject group (under the regulation of the area) |
| :--- | :--- | :--- |
| Cycle | Type |  |
| First | Bachelor | Specialaus lavinimo |

## Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklètojai, pedagogai), sportas (treneriai)

Syllabus

| №. | Sections and themes | Responsible <br> lecturer |
| :---: | :--- | :---: |
| 1. | Swimming classification, social, recreational, sporting and applied <br> significance.Swimming n the world and in Lithuania |  |
| 2. | Drowning and its prevention. National children's swimming program - goals and <br> objectives. Safety during a swimming lesson (exercise). |  |
| 3. | Physical features of the aquatic environment. Basic skills of adaptation in the aquatic <br> environment - buoyancy, breath control, orientation in the water, immersion, basics of <br> swimming statics and dynamics |  |
| 4. | Theoretical and practical bases of swimming teaching didactics (methods, tools, <br> teaching technologies). Peculiarities of a swimming lesson. |  |
| 5. | Backstroke and crawl, statrs and turns, technique and training methods |  |
| 6. | Breaststroke and Butterfly (elements, starts and turns, technique and training methods |  |
| 7. | Recreational Physical Activity in the Water: exercise and AQUA |  |
| 8. | Swimming competition rules, program, organizational features and judging |  |
| 9. | Variety of forms of swimming lessons. Games in the water, their significance and <br> organizational peculiarities. Individual, team, relay with swimming, crochet, jump <br> elements, fin swimming |  |
| 10. | Indoor and Open water swimming - safety and risk assessment. Applied swimming <br> and assistance to the victim in the water |  |

Evaluation procedure of knowledge and abilities:

## References

| №. | Title | $\begin{array}{\|c\|} \hline \text { Edition in Lithuanian } \\ \text { Sports University } \\ \text { library } \\ \hline \end{array}$ |  | In Lithuanian Sports University bookstore | Number of ex. in the methodical cabinet of the depart. |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Pressmark | Number of exemplars |  |  |
| 1. | Maglischo, E. W. Swimming fastest. Champaign: Human Kinetics. 2003 |  | 2 | No |  |
| 2. | Science of swimming faster : the training, technology, and evolution of extraodinary perfomance / ed. S. Riewald, S. Rodeo. Champaign : Human kinetics, 2015. 605 p. : iliustr. ISBN 9780736095716 |  | 2 | No |  |
| 3. | Guzman, R. 2007 The swimming drill book. Champaign : Human kinetics, 2007 |  | 2 | No |  |
| 4. | Daniela Ott, Natascha Hillebrecht. 2001 Aquagymnastik: Korper-und Bewegungstraining im Wasser/ Aachen,. 148 S.. ISBN 3 |  | 1 | No |  |
| 5. | The swim coaching bible / ed. Dick Hannula, Nort Thornton. Champaign : Human Kinetics, 2001, 2012. 2 t |  | 1 | No |  |
| 6. | Salo D., Riewald S.A. (2008). Complete conditioning for swimming. Champaign : Human Kinetics, 239 p |  | 1 | No |  |
| 7. | Mokymas plaukti: realijos ir perspektyvos: mokomoji knyga (2007). Sud. I.J.Zuozienė. Vilnius. |  | 10 | No |  |
| 8. | FINA Handbook 2017-2021. Constitution and Rules.FINA, 2017.http://www.fina.org/content/finarules |  |  | No |  |
| 9. | Skyrienė V., Tarūtienė S. Mokome plaukti ir saugiai elgtis vandenyje. Vilnius: Sporto informacijos centras. 2004 |  | 10 | No |  |


| №. | Title |  |  | Edition in Lithuanian Sports University library |  | In Lithuanian <br> Sports <br> University bookstore | Number of ex. in the methodical cabinet of the depart. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Pressmark | Number of exemplars |  |  |
| 10. | Zuoziené, Ilona-Judita, vandens pamokos prad treneriams ir mokytoja federacija, 2015. 52 p. | $\begin{aligned} & \text { aukir } \\ & \text { kams } \\ & \text { Kau } \\ & \hline \text { KN 9 } \end{aligned}$ | elgesio prie <br> knyga <br> s plaukimo <br> 05 |  | 5 | No |  |
| 11. | Skyriené, V., Ivaškienė mokomès plaukti kartu | $\begin{aligned} & ., \text { Pla } \\ & 019 \end{aligned}$ |  |  | 10 | No |  |
| 12. | Grosse, Susan J. Water Champaign : Human K | rning <br> tics, | osse. |  | 2 | No |  |
| 13. | Noble, Johnny. Swimm parents and teachers / J London, 2009.115 p. | g gam Nobl | ities for geen. 3rd. ed. $\qquad$ |  | 2 | No |  |
| Additional literature |  |  |  |  |  |  |  |
| №. | Young, Mark. The swimming strokes book : 82 easy exercises for learning how to swim the four basic swimming strokes / Mark Young. Hertfordshire : Educate and learn publishing, 2013. 244 p |  |  |  |  |  |  |
| 1. |  |  |  |  |  |  |  |  |  |
| 2. | Thomas, David G. Swimming: Steps to success / -- 2nd. ed. -- Champaign : Human Kinetics, 1996. --152 p. : ill. -- ISBN 0873228464 |  |  |  |  |  |  |
| 3. | Akşıt, T., Özkol, M. Z., Vural, F., Pekünlü, E., Aydinoğlu, R., \& Varol, R. (2017). Contribution of anthropometric characteristics to critical swimming velocity and estimated propulsive force. Journal of Physical Education and Sport, 17(1), 212. |  |  |  |  |  |  |
| 4. | Baxter-Jones, A., Helms, P., Maffulli, N., Baines-Preece, J., \& Preece, M. (1995). Growth and development of male gymnasts, swimmers, soccer and tennis players: A longitudinal study. Annals of Human Biology, 22(5), 381-394. |  |  |  |  |  |  |
| 5. | Brauer Junior, A. G., \& Bulgakova, N. J. (2007). Trajectory of development of morphofunctional pointers as criteria of identification of the sports talent in swimming. Fitness \& Performance Journal (Online Edition), 6(6) 382-387. doi: 10.3900/fpj.6.6.382.e |  |  |  |  |  |  |
| 6. | Cochrane, K.C., Housh, T.J., Smith, C.M., Hill, E.C., Jenkins, N.D.M., Johnson, G.O, ... Cramer, J.T. (2015). Relative contributions of strength, anthropometric, and body composition characteristics to estimated propulsive force in young male swimmers. Journal of Strength and Conditioning Research, 29(6), 1473-1479. |  |  |  |  |  |  |
| 7. | Kamandulis, Sigitas; Juodsnukis, Antanas; Stanislovaitiene, Jurate; Zuoziene, Ilona Judita; Bogdelis, Andrius; Mickevicius, Mantas; Eimantas, Nerijus; Snieckus, Audrius; Olstad, Bjørn Harald; Venckunas, Tomas. Daily resting heart rate variability in adolescent swimmers during 11 weeks of training // International journal of environmental research and public health. Basel : MDPI. ISSN 1661-7827. eI |  |  |  |  |  |  |
| 8. | Hellard P, Pla R, Rodríguez FA, Simbana D, Pyne DB. Dynamics of the Metabolic Response During a Competitive 100-m Freestyle in Elite Male Swimmers. Int J Sports Physiol Perform. 2018 Sep 1;13(8):1011-1020. doi: 10.1123/ijspp.2017-0597. https://www.ncbi.nlm.nih.gov/pubmed/29466071 |  |  |  |  |  |  |
| 9. | Jürimäe J, Haljaste K, Cicchella A, Lätt E, Purge P, Leppik A, Jürimäe T. Analysis of swimming performance from physical, physiological, and biomechanical parameters in young swimmers. Pediatr Exerc Sci. 2007 Feb;19(1):70-81. https://www.ncbi.nlm.nih.gov/pubmed/17554159 |  |  |  |  |  |  |
| 10. | Lätt E, Jürimäe J, Haljaste K, Cicchella A, Purge P, Jürimäe T. Longitudinal development of physical and performance parameters during biological maturation of young male swimmers. Percept Mot Skills. 2009 Feb;108(1):297-307. https://www.ncbi.nlm.nih.gov/pubmed/19425470 |  |  |  |  |  |  |
| Coordinating lecturer |  |  |  |  |  |  |  |
| Position |  |  | Degree, surname, name |  |  | Schedule №. |  |
| Associate Professor |  |  |  |  |  | 83 |  |
| Subdivision |  |  |  |  |  |  |  |
| Entitlement |  |  |  |  |  |  | Code |
| Department of Coaching Science |  |  |  |  |  |  | 2005 |

Study module teaching form №. 1

| Semester | Mode of studies | Structure |  |  |  | Total <br> hours | Credits |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Theory | Seminars | Lab <br> Works | Ind. <br> work |  |  |
| A | N | N | 6 | 0 | 24 | 100 | 130 |

Languages of instruction:

| Lithuanian | L | English | E | Russian | R | French |  | German |  | Other |
| :--- | :--- | ---: | ---: | ---: | ---: | ---: | ---: | ---: | ---: | ---: |

Plan of in-class hours

| №. of Themes | Academic hours |  |  | №. of Themes |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Academic hours |  |  |  |  |
|  | Theory | Seminars | Lab Works |  | Theory | Seminars |
| Lab Works |  |  |  |  |  |  |

Schedule of individual work tasks and their influence on final grade


Study module teaching form №. 2

| Semester |  | Mode of studies | Structure |  |  |  | Total hours | Credits |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Theory | Seminars | Lab Works | Ind. work |  |  |
| A | S |  | D | 8 | 0 | 37 | 85 | 130 | 5 |

Languages of instruction:

| Lithuanian | L | English | E | Russian | R | French |  | German |  |
| :--- | :--- | :--- | :--- | ---: | ---: | ---: | ---: | ---: | ---: |

Plan of in-class hours

| №. of Themes | Academic hours |  |  | №. of Themes | Academic hours |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Theory | Seminars | Lab Works |  | Theory | Seminars | Lab Works |
| 1. | 1 | 0 | 0 | 6. | 1 | 0 | 10 |
| 2. | 2 | 0 | 0 | 7. | 1 | 0 | 4 |
| 3. | 1 | 0 | 4 | 8. | 0 | 0 | 3 |
| 4. | 1 | 0 | 2 | 9. | 0 | 0 | 4 |
| 5. | 1 | 0 | 10 |  |  |  |  |
|  |  |  |  | Total: | 8 | 0 | 37 |

Schedule of individual work tasks and their influence on final grade

|  | №. of syllabus | Totalhours | Influence on grade, \% | Week of presentment of task (*) and reporting <br> (o) |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | 345 | 67819 | 910 | 11 | 12 | 13 | 14 | 15 | 16 | 17-20 |
| Accounting for practice sessions | 5 | 10 | 10 | * |  | 0 |  |  |  |  |  |  |  |  |
| Individual project | 1-9 | 5 | 10 | * |  |  |  |  |  | 0 |  |  |  |  |
| Course work | 1-9 | 30 | 15 | * |  |  |  |  |  |  |  |  | 0 |  |
| Exam | 1-9 | 10 | 30 | * |  |  |  |  |  |  |  |  |  | 0 |
| Accounting for practice sessions | 6 | 10 | 10 | * |  |  | 0 |  |  |  |  |  |  |  |
| Accounting for practice sessions | 5-9 | 10 | 10 | * |  |  |  |  |  | 0 |  |  |  |  |
| Accounting for practice sessions | 8 | 5 | 10 | * |  |  |  |  |  |  |  | 0 |  |  |
| Group (team) project | 1-10 | 5 | 5 |  | * |  | 0 |  |  |  |  |  |  |  |
| Total: | - | 85 | 100 |  |  |  |  |  |  |  |  |  |  |  |

Study module teaching form №. 3

| Semester | Mode of studies | Structure |  |  |  | Total hours | Credits |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Theory | Seminars | Lab <br> Works | Ind. work |  |  |
| S | N | 6 | 0 | 24 | 100 | 130 | 5 |

Languages of instruction:

| Lithuanian | L | English | E | Russian | R | French |  | German |  | Other |
| :--- | :--- | :--- | :--- | :--- | :--- | ---: | ---: | ---: | ---: | ---: | Oth.

Plan of in-class hours

| №. of Themes | Academic hours |  |  | №. of Themes | Academic hours |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Theory | Seminars | Lab Works |  | Theory | Seminars | Lab Works |
| 1. | 1 | 0 | 0 | 6. | 0 | 0 | 8 |
| 2. | 1 | 0 | 0 | 7. | 1 | 0 | 2 |
| 3. | 1 | 0 | 1 | 8. | 1 | 0 | 1 |
| 4. | 1 | 0 | 2 | 9. | 0 | 0 | 1 |
| 5. | 0 | 0 | 8 | 10. | 0 | 0 | 1 |
|  |  |  |  |  |  |  |  |

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) |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | 345 | 566789 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17-20 |
| Group (team) project | 1-9 | 10 | 5 | * |  | 0 |  |  |  |  |  |  |  |  |
| Accounting for practice sessions | 5 | 10 | 10 | * |  | 0 |  |  |  |  |  |  |  |  |
| Accounting for practice sessions | 8 | 10 | 10 | * |  |  |  |  |  | 0 | 0 | 0 | 0 |  |
| Accounting for practice sessions | 6 | 10 | 10 | * |  |  |  |  |  | 0 |  |  |  |  |
| Accounting for practice sessions | 7,9,10 | 10 | 10 | * |  |  |  |  |  | 0 |  |  |  |  |
| Course work | 1-10 | 30 | 15 | * |  |  |  |  |  |  |  |  | 0 |  |
| Individual project | 1-9 | 10 | 10 |  |  |  |  |  |  |  |  |  | 0 |  |
| Exam | 1-10 | 10 | 30 | * |  |  |  |  |  |  |  |  |  | 0 |
| Total: | - | 100 | 100 |  |  |  |  |  |  |  |  |  |  |  |

