LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code S 2'					В	20R	Accredited			Ren	ewal d	ate
	.1 .		Branc	h of Science	Registr. №.	until						
Entr	tlement	1										
Swi	mming Die	dacti	cs									
Prer	equisites											
Basi	ic swimmi	ng sl	cills									
Cou	rse (modul	le) L	earning	Outcomes			1		1			
№.	Learning	Out	comes		Teaching / Lear Methods	essm hods	ent					
1	Will kno for the or peculiari	w the rgani ties c	e specifi zation o of perfor	cs of swimm f safe exercis ming exercis	Formal lecture, Literature analysis	eam) Individ	lual					
2	Will be a crawl, ch	ible t iest, 1	to demoi turn and	nstrate swimr start jump el	Exercise classes Formal lecture, Literature analys	, sis	Cou Rep prac	rse w ortin	vork, g for work			
3	Ability to into the v	o der water	nonstrat compo	e recreational nent	diving and	Exercise classes Formal lecture, Literature analys	, sis	Rep prac	ortin tice	g for work		
4	Will be a physical recreation and rules	ble t activ nal d of c	o organi vity (exe living) in ompetiti	ze swimming rcise in water n water. Will ion organizat	forms of obics, games, peculiarities	Exercise classes		Course work, Reporting for practice work				
5	Demonst module	rate	knowled	lge of the top	ics studied	in the	Formal lecture, Literature analys	sis	Exa	mina	tion	
Mai	n aim											
To s activ activ peop Sum	tudy the n vities such vity and he oles of diff	netho as th ealth feren	ods of tea ne measu improve t ages ar	aching to swi ures of coachi ement by usin nd different p	m, the spec ng and hea g swimmin hysical fith	cifics of motior alth promotion. ng exercises. To ness.	n in the water, var To develop the p o be able to prepa	ious fo ractica re train	orms o ıl skill ning p	f phy s of j rogra	ysical physic amme	al s for
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 in the doin	ction of mo the water ac	ethoo cord cises	ds and m ling to th s of phys	neasures, exerned abilities of bical activity i	tion bathin their pupil n the water	ng, will learn to s. Students will r.	prepare the program of the program of the program of the skill improve the skill imp	ramme ls of p	es of p edago	hysio gical	cal act work	ivity by
Leve	el of modu	ıle		2								
	Level of	f pro	gramme							<u>`</u>		
Cyc	le	Тур	e		S	ubject group (u	inder the regulation	on of th	ne area	a)		
First	t	Bac	helor	Spec	ialaus lavi	nimo						
Grou	up under fi	inanc	cial class	sification								
10.0	10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas											

(treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Swimming classification, social, recreational, sporting and applied significance.Swimming n the world and in Lithuania	
2.	Drowning and its prevention. National children's swimming program - goals and objectives. Safety during a swimming lesson (exercise).	
3.	Physical features of the aquatic environment. Basic skills of adaptation in the aquatic environment - buoyancy, breath control, orientation in the water, immersion, basics of swimming statics and dynamics	
4.	Theoretical and practical bases of swimming teaching didactics (methods, tools, 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 organizational peculiarities. Individual, team, relay with swimming, crochet, jump elements, fin swimming	
10.	Indoor and Open water swimming – safety and risk assessment. Applied swimming and assistance to the victim in the water	

Evaluation procedure of knowledge and abilities:

References

N <u>∘</u> .	Title	Edition in Sports U lib	Lithuanian Jniversity rary	In Lithuanian Sports University	Number of ex. in the methodical
		Pressmark	Number of exemplars	bookstore	cabinet of the depart.
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/fina- rules			No	
9.	Skyrienė V., Tarūtienė S. Mokome plaukti ir saugiai elgtis vandenyje. Vilnius: Sporto informacijos centras. 2004		10	No	

			Edition in	Lithuanian	In Lithuanian	Number of						
			Sports U	Jniversity	Sports	ex. in the						
№.	Title		lib	rary	University	methodical						
			Pressmark	Number of	bookstore	cabinet of						
				exemplars		the depart.						
	Zuozienė, Ilona-Judita, Plaukimo	o ir saugaus elgesio prie										
10.	vandens pamokos pradinukams :	No										
	treneriams ir mokytojams. Kauna											
<u> </u>	Shumioni V, kusilioni V, Dlaul											
11.	More No											
	Grosse Susen I Water learning	Sugar I Gragga										
12.	Champaign : Human Kinetics 20	0.07 170 m		2	No							
	Noble Johnny Swimming game	s and activities for										
13	parents and teachers / Iim Noble	Alan Cregeen 3rd ed		2	No							
15.	London, 2009, 115 p.	, Than Cregeen. Sta. ea.		2	110							
Add	itional literature											
Nº.	Title											
	Young, Mark, The swimming str	okes book : 82 easy exerc	cises for le	arning how	to swim the fo	ur basic						
1.	swimming strokes / Mark Young	. Hertfordshire : Educate	and learn	publishing,	2013. 244 p	ui ousio						
	Thomas, David G. Swimming: S	teps to success / 2nd. e	d Cham	paign : Hun	nan Kinetics, 1	996						
2.	152 p. : ill ISBN 0873228464	1		1.0								
	Aksıt, T., Özkol, M. Z., Vural, F., Pekünlü, E., Avdinoğlu, R., & Varol, R. (2017). Contribution of											
3.	anthropometric characteristics to	critical swimming veloci	ty and esti	mated prop	ulsive force. Jo	ournal of						
	Physical Education and Sport, 17	<i>I</i> (1), 212.	•									
	Baxter-Jones, A., Helms, P., Mat	ffulli, N., Baines-Preece,	J., & Preed	e, M. (1995). Growth and							
4.	development of male gymnasts, s	swimmers, soccer and ten	nis players	s: A longitu	dinal study. Ar	nnals of						
	Human Biology, 22(5), 381-394.											
	Brauer Junior, A. G., & Bulgako	va, N. J. (2007). Trajector	ry of devel	opment of r	norphofunction	nal						
5.	pointers as criteria of identification	on of the sports talent in s	swimming.	Fitness & I	Performance Jo	ournal						
	(Online Edition), 6(6) 382-387. c	loi: 10.3900/fpj.6.6.382.e										
	Cochrane, K.C., Housh, T.J., Sm	ith, C.M., Hill, E.C., Jenl	cins, N.D.N	M., Johnson	, G.O, Cran	ner, J.T.						
6.	(2015). Relative contributions of	strength, anthropometric	, and body	compositio	n characteristi	cs to						
	estimated propulsive force in you	ing male swimmers. Jour	nal of Stre	ngth and Co	onditioning Res	search,						
	29(6), 14/3–14/9.	A	. T	7	L. L. D.	. 1.1'.						
	Andrius: Mickovicius Montos: E	, Antanas; Stanislovattien	e, Jurale; A	Luoziene, II	ona Judita; Bo	gaens,						
7.	Tomas Daily resting heart rate y	ariability in adolescent sy	vimmers d	uring 11 we	eks of training	· //						
	International journal of environm	ental research and public	health Ba	asel · MDPI	ISSN 1661-7							
	Hellard P Pla R Rodríguez FA	Simbana D. Pyne DR. Dy	vnamics of	the Metabo	lic Response I	During a						
8.	Competitive 100-m Freestyle in	Elite Male Swimmers. Inf	J Sports F	Physiol Perfe	orm. 2018 Sep	Juling u						
	1;13(8):1011-1020. doi: 10.1123	/ijspp.2017-0597. https://	www.ncbi	.nlm.nih.gov	v/pubmed/294	66071						
	Jürimäe J, Haljaste K. Cicchella	A, Lätt E, Purge P. Lenni	k A. Jürim	läe T. Analv	sis of swimmi	ng						
9.	performance from physical, phys	iological, and biomechan	ical param	eters in you	ng swimmers.	Pediatr						
	Exerc Sci. 2007 Feb;19(1):70-81	. https://www.ncbi.nlm.n	ih.gov/pub	med/17554	159							
	Lätt E, Jürimäe J, Haljaste K, Cio	cchella A, Purge P, Jürim	äe T. Long	gitudinal dev	elopment of p	hysical						
10.	and performance parameters duri	ing biological maturation	of young i	nale swimn	ners. Percept M	lot Skills.						
	2009 Feb;108(1):297-307. https://	//www.ncbi.nlm.nih.gov/j	pubmed/19	9425470								
Coor	rdinating lecturer											
	Position Degree, surname, name Schedule №.											
	Associate Professor				83							
Subc	livision											

Subdivision	
Entitlement	Code
Department of Coaching Science	2005

Study module teaching form №. 1

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Study module teaching form №. 3

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