

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

м	odule Code	В	470	В	001	Accredited				Ren	ewal d	late				
IVI		Branch	n of Science	Progr.	Registr. №.	until										
Enti	tlement															
Spo	rts and Exercis	e Physio	logy													
Prer	equisites															
Cou	rse (module) L	earning (Outcomes			1										
№.	Learning Outcomes	Teachin	ng / Learning	Methods		Assessment Me	tho	ds								
1		Case ar Formal Probler action,	nalysis (Case s lecture, Labo n-based learni Seminar	study), Dis ratory clas ing, Refleo	scussion, sses, ction on	Directed private Laboratory exar and report, Oral	e la nin pro	borat ation esent	ory 1, La atioi	worl bora n, Te	k, itory n est	otes				
2		Case ar Semina	nalysis (Case s r	study), Dis	scussion,	Oral presentation, Seminar										
3		Case ar Labora	nalysis (Case s tory classes, S	study), Dis eminar	scussion,	Directed private Laboratory exar and report, Oral Test	e la nin pro	borat ation esent	ory 1, La ation	worl bora 1, Se	k, atory n eminar	otes				
4		Case ar Labora Semina	nalysis (Case s tory classes, L ır	study), Dis iterature a	scussion, analysis,	Background reading, Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test										
5		Case an Formal Literatu Reflect	alysis (Case s lecture, Labo ure analysis, P ion on action,	study), Dis ratory clas roblem-ba Seminar	scussion, sses, ased learning,	Directed private laboratory work, Laboratory examination, Laboratory r g, and report, Oral presentation, Reflecti on action, Seminar, Test										
6		Case an Formal Literatu Reflect	halysis (Case s lecture, Labo ure analysis, P ion on action,	study), Dis ratory clas roblem-ba Seminar	scussion, sses, ased learning,	Directed private Laboratory exar and report, Oral on action, Semi	e la nin pro nar	borat atior esent , Tes	ory 1, La atioi t	worl bora 1, Re	k, atory n eflectio	otes on				
7		Case an Formal Literatu Reflect	halysis (Case s lecture, Labo ure analysis, P ion on action,	study), Dis ratory clas roblem-ba Seminar	scussion, sses, ased learning,	Directed private Laboratory exar and report, Oral on action, Semi	e la nin pro nar	borat ation esent , Tes	ory 1, La atioi t	worl bora n, Re	k, atory n eflectio	otes on				
8		Case an Formal Literatu Reflect	halysis (Case s lecture, Labo ure analysis, P ion on action,	study), Dis ratory clas roblem-ba Seminar	scussion, sses, ased learning,	Directed private Laboratory exar and report, Oral on action, Semi	e la nin pro nar	borat ation esent , Tes	ory 1, La atioi t	worl bora n, Re	k, atory n eflectio	otes on				
9		Case an Formal Literatu Reflect	halysis (Case s lecture, Labo ure analysis, P ion on action,	study), Dis ratory clas roblem-ba Seminar	scussion, sses, ased learning,	Directed private Laboratory exar and report, Oral on action, Semi	e la nin pro nar	borat ation esent , Tes	ory 1, La ation t	worl bora n, Re	k, atory n eflectio	otes on				

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 o	of programme	Subject group (under the regulation of the gree)
Cycle	Туре	Subject group (under the regulation of the area)
First	Bachelor	Mokslo srities pagrindų
Group under t	financial classificatio	n

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

№.	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:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

<u>№</u>	Title	Editi Lithu Spo Univ libu Pressma rk	on in anian orts ersity cary Number of exempla rs	In Lithuani an Sports Universi ty bookstor e	Number of ex. in the methodic al cabinet of the depart.
1.	http://www.lsu.lt/ Emokymas			No	
2.	Lt sistema, https://accounts.kuracloud.com/user/login?instance=88287b84∏ uct=adinstruments			No	
3.	Kėvelaitis E., Illert M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla		2	No	
3. Add	leidykla leitonal literature		2	No	

№.	Title
1.	Scott K. Powers, Edward T. Howley Exercise Physiology: Theory and Application to Fitness and Performance., McGraw-Hill Education, 2017,

N⁰.	Title												
2.	McArdle W.D., K LWW, 2015	atch F.I., Katch V.L. Exercise physiology: energy, nutrition, and human perf	formance.										
3.	Wilmore J.H., Cos	still D.L., Kenny W.L. Physiology of sport and exercise. Human kinetics, 20	19										
5.	Kėvelaitis E., Iller	t M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla											
Coo	Coordinating lecturer												
	Position	Degree, surname, name Schedule M	√ <u>0</u> .										
	Professor	54											
Subo	division												
	Entitlement Code												
		a	2006										

Study module teaching form №. 1

					Stru	icti	ıre						т	.4.1				
Semester	Ν	lode of studi	es	Theory	Semina	rs	v	Lab Vorl) KS	Iı w	nd. ork		ho	ours			Cre	dits
A S		D		31	6			28		1	95		2	60			1	0
Languages of in	struction:																	
Lithuanian L	Eng	lish E	Russia	n R	Frenc	h	F		(Ger	mai	n	G			Oth	er	Oth.
Plan of in-class	hours																	
No of Thomas		Academic l	nours		Mo of T	har	na	, _				Aca	adei	nic	ho	urs		
Jv₂. Of Themes	Theory	Seminars	Lab	Works	JNº. 01 1.	nei	nes	5	Th	eoi	ry	Se	emiı	nars	5	La	b W	Vorks
1.	1	0		0	10	•				1			1				0	
2.	2	0		0	11	•				6			0				8	
3.	1	0		0	12	•				1			0					
4.	2	0		4	13	•				3			0					
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	
						To	ota	1:		31			6				28	3
Schedule of ind	ividual wo	rk tasks and t	heir inf	luence on	final gra	de												
		№ of	Total	Influen	ice on	We	eek	of	pre	ser	ntme	ent o	of ta	ısk	(*)	and	l rep	porting
		syllabus	hours	grade	e. %	_	тт		-	r r	-	(0)	1	r	1	-	
		-)		8	,,,,	12	3	45	67	89	910	11	12	13	14	15	16	17-20
Test		2-17	20	15	5	*	Ц	0		0			0					
Directed private work	laboratory	2-14	22	5		*								0				
Exam		2-17	40	35	5	*												0
Laboratory notes report	and	2-14	40	25	5	*				0					0			
Seminar		2-17	33	1()	Π	П						Ī	*			0	
Oral presentation	1	2-17	40	10)									*			0	
	Total:	-	195	10	0													

Study module teaching form №. 2

			Structu	ıre		Total	
Semester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	hours	Credits

А	S		Ν		31	6				28			195			20	60			1	0	
Language	Languages of instructi Lithuanian L																					
Lithuania	an L	Engl	ish E	Russia	n R	Fre	nch]	F			Ge	rm	an	(Ĵ			Oth	ler	Oth.	
Plan of in	-class h	ours																				
No. of Th			Academic h	ours		No of	тЪ		20					A	ca	der	nic	ho	urs			
JNº. 01 11	lemes	Theory	Seminars	Lab	Works	JN <u>0</u> . 01	1 11	eme	:5		Tł	neo	ry		Sei	mir	nars	3	La	b W	/orks	
1.		1	0		0	1	10.					1				1				0		
2.		2	0		0	1	11.					6				0				8		
3.		1	0		0	1	12.					1				0				0		
4.		2	0		4]	13.					3				0						
5.		1	0		0]	14.					3				0			4			
6.		1	0		4	1	15.					3				1						
7. 1			0		4	16.						1				1						
8. 1			1		0	1	17.				1				1							
9.		1	1		0	18.						1			0						0	
							,	Tot	al:			31				6				28	3	
Schedule	of indiv	vidual wor	k tasks and t	heir inf	luence o	n final g	rad	e														
			№. of	Total	Influe	ence on	V	Vee	k (of j	pre	se	ntn	nen	to (c	f ta)	ısk	(*)	anc	l rej	porting	
			syllabus	nours	grac	ie, %	1	23	34	5	67	8	91	0 1	1	12	13	14	15	16	17-20	
Directed p work	rivate la	iboratory	2-14	22		5				:	* *	0										
Exam			2-17	40	3	35					*										0	
Laboratory report	/ notes a	and	2-14	40	2	25				;	*										0	
Seminar			2-17	33	1	0					*										0	
Test			2-17	20	1	5					*										0	
Oral presentation			2-17	40	1	0					*										0	
		Total:	-	195	1	00																

Study module teaching form №. 3

							Struct	ure			T -4	-1		
Seme	ester	M	ode of s	tudies	ſ	Theory	Seminars	La Wo	ab orks	Ind. work	hou	al rs	Cre	edits
Α	S		D			31	6	2	8	195	26	0]	0
Language	s of ins	truction:												
Lithuania	an L	Engli	sh E	R	lussiar	n R	French	F	(German	G		Other	Oth.
Plan of in	-class h	ours												
No of Th	0.000		Acader	nic hou	urs		No of The	200		I	Academ	ic ho	urs	
JNº. 01 11	lemes	Theory	Semir	nars	Lab V	Works		nes	Th	eory	Semina	ars	Lab V	Vorks
1.		1	0		(0	10. 1						C)
2.		2	0		(0	11.			6	0		8	3
3.		1	0		(0	12.			1		C)	
4.		2	0		4	4	13.			3	0		4	ŀ
5.		1	0		(0	14.			3	0		4	ŀ
6.		1	0		2	4	15.			3	1		C)
7.		1	0		4	4	16.			1	1		C)
8.		1	1		(0	17.		1		1		C)
9.		1	1		(0	18.			1	0		C)
							Т	otal:		31	6		2	8

Schedule of individual work tasks and their influence on final grade

	№. of	Total	tal Influence on				of	f presentment of task (*) and (0)									porting
	synabus	nours	grade, %	12	23	4	5	67	8	9 10) 11	12	13	14	15	16	17-20
Test	2-17	20	15	*			0			0		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
Seminar	2-17	33	10									*			0		
Oral presentation	2-17	40	10									*			0		
Total:	_	195	100														

Study module teaching form №. 4

		1														-							
							Stru	ıctı	ure	e							т	o+01	1				
Seme	ester	M	lode of studi	es	Theo	ry	Semina	ars	v	L Wo	ab orl	s] V	lno vo	d. rk		h	otal	5		C	rec	lits
Α	S		Ν		31		6			2	28			19	5		2	60		Τ		1()
Language	es of ins	truction:																					
Lithuani	an L	Engl	ish E	Russia	n R		Frenc	ch	F	TT.		(Ge	rn	nar	l	G			Of	her	ſ	Oth.
Plan of in	-class h	ours																					
			Academic	hours				1								Ac	ade	mic	: hc	ours	5		
Nº. of 11	nemes	Theory	Seminars	Lab	Works		№. of 1	hei	me	s		Th	lec	ory	7	S	emi	nar	s	L	ab	W	orks
1.		1	0		0		10).					1				1					0	
2.		2	0		0		11	11.					6				0					8	
3.		1	0		0	1			12.			1									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	16.		1		1			1					0			
8.		1	1		0		17						1				1					0	
9.		1	1		0		18	5.					1				0					0	
								Т	ota	al:			31				6					28	
Schedule	of indiv	vidual wor	k tasks and	their inf	luence	on	final gra	ıde															
			№. of	Total	Influ	ıen	ice on	W	eel	k c	of j	ore	se	nt	me	nt	of t (0)	ask	(*)	*) and rep			orting
			syllabus	hours	gra	ade	e, %	12	23	4	5	57	8	9 10		1	1 12	13	14	11	5 1	6	17-20
Directed p work	rivate la	aboratory	2-14	22						* 0													
Evom			2 17	40		25	τ			1		ĸ	1					1	1	1			Δ

WORK												
Exam	2-17	40	35		*							0
Laboratory notes and report	2-14	40	25		*							0
Test	2-17	20	15		*							0
Seminar	2-17	33	10			*						0
Oral presentation	2-17	40	10			*						0
Total:	-	195	100									