



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	20Q	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Children Coaching Science

Prerequisites

Students must have completed the modules "Sports Psychology and Sports Pedagogy", "Special Pedagogy and Psychology"

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	At the end of the module, students will gain modern knowledge and a clear understanding of the specifics of children's coaching.	Formal lecture, Literature analysis	Individual work, Literature reviewing and presentation
2	Students will be able to understand the importance of an understandable explanation of their personal coaching philosophy and will be able to evaluate and communicate it.	Formal lecture, Seminar	Case analysis (study), Individual project
3	Students will be able to make effective and informed decisions regarding medium- and long-term workouts program and competition planning (assessing the stages of children's growth and maturation).	Exercise classes, Formal lecture, Literature analysis	Mid-term examination, Reporting for practice work
4	Students will be able to understand the importance of recognizing the physical, mental and cultural diversity of participants and adapting practical activities that are appropriate for them.	Case analysis (Case study), Exercise classes, Formal lecture	Case analysis (study), Group work, Reporting for practice work

Main aim

Based on the achievements of modern sports science, to provide students with knowledge and skills to: a) understand the functional areas of the coach's work when working with children; b) to understand the specifics of training, education at different stages of children's growth and maturation.

Summary

Based on the achievements of modern sports science to provide knowledge and skills about the functional areas of the coach's work when working with children, an understanding of the specifics of coaching, comprehensive education at various stages of children's growth and maturation.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	
Bendrojo universitetinio lavinimo		

Group under financial classification

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

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Physiology of age stages. Testing.	
2.	Promoting physical activity at a young age. Physical literacy education.	
3.	Creating a positive and sustainable training environment.	
4.	Coach self-development	

№.	Sections and themes	Responsible lecturer
5.	Long-term sports training. Physical (athletic) education of young athletes (LTD). Early specialization.	
6.	Motor control and training at a young age.	
7.	Strength and power development at a young age.	
8.	Development of speed and agility at a young age.	
9.	Coaching of children with disabilities	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Uthoff, A., Oliver, J., Cronin, J., Harrison, C., & Winwood, P. (2020). Sprint-specific training in youth: backward running vs. forward running training on speed and power measures in adolescent male athletes. <i>The Journal of Strength & Conditioning Research</i> , 34(4), 1113-1122			No	
2.	Bergeron M.F., Mountjoy, M., Armstrong, N., et.al. International Olympic Committee consensus statement on youth athletic development//Br J Sports Sci. 2015 49:843-851.			No	
3.	Borms J. (1986). The child and exercise: an overview. <i>The Growth of Physical Characteristics In Male And Female Children Journal of Sports Sciences</i> , 4, 3- 20			No	
4.	Oliver, J. L., Cahill, M., & Uthoff, A. (2019). Speed training for young athletes. In <i>Strength and Conditioning for Young Athletes</i> (pp. 207-227). Routledge.			No	
5.	Faigenbaum, A. D., Rebullido, T. R., Peña, J., & Chulvi-Medrano, I. (2019). Resistance Exercise for the Prevention and Treatment of Pediatric Dynapenia. <i>Journal of Science in Sport and Exercise</i> , 1(3), 208–216.			No	

Additional literature

№.	Title
1.	Knight C,J; Harwood Ch.G; Gould D. <i>Sport Psychology for Young Athletes</i> //London, Routledge, 2017
2.	Balyi, I., Way, R., & Higgs, C. (2013). Long-term athlete development. <i>Human Kinetics</i> .
3.	Nagler, P., & Gruber, S. (2002). <i>Die Schnelligkeit systematisch verbessern</i> .
4.	Ballantyne, Craig., Beradi, John., Brown, Kwame., Colby, Scott., Grasso, B. J., Hartman, Bill., LaBella, C. R., Osar, E., Reynolds, R. A., Taft, Lee., & International Youth Conditioning Association. (n.d.) (2011). <i>Developmental essentials : the foundations of youth conditioning</i>
5.	Faigenbaum, A. D., Kraemer, W. J., Blimkie, C. J. R., Jeffreys, I., Micheli, L. J., Nitka, M., & Rowland, T. W. (2009). Youth resistance training: updated position statement paper from the national strength and conditioning association. <i>Journal of strength and conditioning research / National Strength & Conditioning Association</i> (Vol. 23, Issue 5 Suppl).
6.	Faigenbaum, A. D., Lloyd, R. S., & Myer, G. D. (2013). Youth resistance training: Past practices, new perspectives, and future directions. <i>Pediatric Exercise Science</i> , 25(4), 591–604.
7.	Lloyd, R. S., & Oliver, J. L. (2012). The Youth Physical Development Model. <i>Strength and Conditioning Journal</i> , 34(3), 61–72.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer		685

Subdivision

Entitlement	Code
Department of Coaching Science	2005

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	16	6	8	100	130	5

Languages of instruction:

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

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	2	0	6.	2	0	0
2.	2	0	3	7.	2	0	3
3.	2	2	0	8.	1	0	2
4.	1	1	0	9.	2	0	0
5.	2	1	0				
				Total:	16	6	8

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)																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
				Mid-term examination	1	10	10	*	0											
Mid-term examination	2	10	20		*	0														
Mid-term examination	3-4	20	20			*	0													
Mid-term examination	5	10	10					*	0											
Mid-term examination	6	20	20							*	0									
Mid-term examination	7	10	10										*	0						
Mid-term examination	9	20	10														*	0		
Total:	-	100	100																	

Study module teaching form №. 2

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	N	16	6	8	100	130	5

Languages of instruction:

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

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	2	0	6.	2	0	0
2.	2	0	3	7.	2	0	3
3.	2	2	0	8.	1	0	2
4.	1	1	0	9.	2	0	0
5.	2	1	0				
				Total:	16	6	8

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				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
				Mid-term examination	1	10	10	*	0											
Mid-term examination	2	10	20		*	0														
Mid-term examination	3-4	20	20			*	0													
Mid-term examination	5	10	10					*	0											
Mid-term examination	6	20	20							*	0									
Mid-term examination	7	10	10									*	0							
Mid-term examination	9	20	10													*	0			
Total:	-	100	100																	