



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	25X	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Physical Activity (Yoga, Fitness, Pilates, Swimming)

Prerequisites

Informacija ruošiamą

Main aim

To introduce the technique of Pilates, yoga, fitness, aquatics exercise specifics as one of the physical activity forms, as part of training and health improvement measures. To develop and increase physical activity in health promotion practical skills in various sports training programs, rehabilitation, recreational physical activity forms to develop the ability to apply the acquired skills in practice.

Provided knowledge and abilities

To be able to apply the knowledge gained through Pilates method, yoga, fitness, aquatic as one of the forms of health, ability to organise the class - training for differently physical active people, to choose safe exercises based on individual needs, to use knowledge in practice. To be able to adapt to different physical properties to improve the exercises according to individual needs, to create a safe and effective school, sports or health establishments, health education program to follow the principles of injury prevention.

Summary

Tecnologies of physical activity, such as swimming (water exercise), yoga, fitness, pilates are one of the most popular programs in the health centers, improving human physical activity. Students will be able to offer a variety of exercise recommendations, and style according to client's needs and individual differences, the main physical loads to choose different workout environments and conditions of the equipment, will be able to apply the aerobic, stretching workout and workout with resistance, pilates and yoga methods as flexibility and internal muscle-building measures to carry out the exercises in the water, safe to apply them in practice.

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

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Pilates history, philosophy, the basic principles. The mind and body workout. Similarities and differences with other methods.	
2.	34 classic original Pilates exercises and their variation technique and analysis.	
3.	Pilates exercises anatomic and biomechanical analysis. Breathing, neutral spine and pelvis. Spinal movements and positions of the basic exercises	
4.	Pilates exercises with additional tools (large and smaller balls, thera bands, weights, foam rollers). Study equipment.	
5.	Variety and organization of muscle strength and endurance training (functional, interval, circle training with a variety of additional equipment).	
6.	Practise of flexibility improvement and stretching exercises.	
7.	Aerobic endurance improvement training. Basic aerobic steps, their connection to the choreography and performance with music.	
8.	Unsafe exercises, the most common errors in exercise and injury prevention.	
9.	Basic positions of Yoga exercises, philosophy, breathing.	
10.	Yoga exercises anatomy and biomechanics and benefits on body health.	

№.	Sections and themes	Responsible lecturer
11.	Swimming and physical activity in the water. A variety of shapes and features.	
12.	Health exercise types in water , structure (power of endurance training exercise variety, Pilates in water)	
13.	Health exercise for pregnancy and beyond.	
14.	Safety of the exercises in the pool and in open water	
15.	Recreational swimming: techniques and tools, workload dosage	
16.	Exercise in water forms gymnastics, aerobics in the water,, aquajogging, Aichi.	
17.	Applied swimming techniques: Halwik method.	

Teaching/learning methods:

Lectures, workshops, video review, demonstration activities.

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.	Di Lorenzo CE. (2011). Pilates: what is it? Should it be used in rehabilitation? Sports Health. Jul;3(4):352-61.			No	
2.	Mokomoji lit. Zaičenkoviėnė, K. (2011). Pilates mankšta su Kristina [elektroninis išteklius] : 4 Dvd. :Pradinis-vidutinis lygis. 2. Pažengusiems.3. Su mažuoju minkštu kamuoliuku. 4. Su didžiaisiais gimnastikos kamuoliais.			Yes	
3.	Mokomoji knyga. Ramanauskienė, Irina, Linonis, Vitas, Pečiukaitienė, Aukšė, Zaičenkoviėnė, Kristina, Aleksandravičienė, Roma,Fizinių pratimų su didžiaisiais kamuoliais poveikis žmogaus taisyklingai laikysenai ir raumenų stiprinimui : Kaunas : Technologija, 2008. 178 p. :			Yes	
4.	Mokomoji kn. Aleksandravičienė, R., Stasiulevičienė, L., Zaičenkoviėnė, K. Aerobikos ABC : Kaunas : LKKA, 2012. 243 p.			Yes	
5.	Vadovėlis. Kristina Zaičenkoviėnė. Pilates mankšta. Kaunas : Lietuvos Sporto universitetas, 2017. 365 p.			Yes	
6.	Honda T, Kamioka H. (2012). Curative and health enhancement effects of aquatic exercise: evidence based on interventional studies. Open Access J Sports Med. Mar 29;3:27-34.			No	
7.	Leslie Kaminoff, Sharon Ellis, Amy Matthews (2007). Joga anatomy. Human Kinetics.			No	
8.	Yoga practice has minor influence on respiratory function at rest in men and women.Ugdymas. Kūno kultūra. Sportas. ISSN 1392-5644 , Nr. 1(88). p. 97-101.			Yes	
10.	Cramer H, Lauche R, Haller H, Dobos G, Michalsen A. (2014). A systematic review of yoga for heart disease. Eur J Prev Cardiol. Feb 3			No	

№.	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		
11.	Abramavičiūtė, Vaiva, Zaičėnkovienė, Kristina (2013). Impact of strength training program on physical fitness and physical condition for elderly women. <i>Ugdymas. Kūno kultūra. Sportas.</i> ISSN 1392-5644, Nr. 1(88). p. 3-8.			Yes	

Additional literature

№.	Title
1.	Isakowitz, R., Clippinger K. (2007). <i>Pilates anatomy.</i> Human Kinetics.
2.	Abramavičiūtė, V., Zaičėnkovienė, K., Sujeta, A. (2013). The influence of pilates exercise on women's anthropometry indices, core muscle performance and heart rate changes during the session. <i>Ugdymas. Kūno kultūra. Sportas.</i> ISSN 1392-5644, Nr. 2(89). p. 5-11.
3.	da Luz MA Jr, Costa LO, Fuhro FF, Manzoni AC, Oliveira NT, Cabral CM. (2014). Effectiveness of Mat Pilates or Equipment-Based Pilates Exercises in Patients With Chronic Nonspecific Low Back Pain: A Randomized Controlled Trial. <i>Phys Ther.</i> Feb 27.
4.	Skurvydas A. (2008). <i>Judesių mokslas: raumenys, valdymas, mokymas, reabilitavimas, sveikatinimas, treniravimas, metodologija.</i> LKKA.
5.	Howley E.T., Franks, B. (2007). <i>Fitness Professional's handbook.</i> 5th ed. Champaign : Human Kinetics.
6.	Kairaitis R. (2012). <i>Jėgos treniruotė. Kultūrizmas. Sveikatingumas.</i> LKKA
7.	Jolliffe JA, Rees K, Taylor RS, Thompson D, Oldridge N, Ebrahim S. (2001). Exercise-based rehabilitation for coronary heart disease. <i>Cochrane Database Syst Rev.</i> 2000;(4):CD001800. Review. Update in: <i>Cochrane Database Syst Rev.</i> ;(1):CD001800.
8.	Patel NK, Newstead AH, Ferrer RL. (2012). The effects of yoga on physical functioning and health related quality of life in older adults: a systematic review and meta-analysis. <i>J Altern Complement Med.</i> Oct;18(10):902-17. doi: 10.1089/acm
9.	da Luz MA Jr, Costa LO, Fuhro FF, Manzoni AC, Oliveira NT, Cabral CM. (2014). Effectiveness of Mat Pilates or Equipment-Based Pilates Exercises in Patients With Chronic Nonspecific Low Back Pain: A Randomized Controlled Trial. <i>Phys Ther.</i> Feb 27.
10.	Menotti F, Laudani L, Damiani A, Macaluso A. (2014). Amount and intensity of daily living activities in Charcot-Marie-Tooth 1A patients. <i>Brain Behav.</i> Jan;4(1):14-20. doi: 10.1002/brb3.187. Epub 2013 Oct 30.
11.	Lynne Robinson (2012). <i>Pilates for pregnancy.</i> London
12.	Zaičėnkovienė, Kristina, Stasiulis, Arvydas, Paknys, Darius, aut. Daniusevičiūtė, Laura, Ramanauskienė, Irina, Aleksandravičienė, Roma (2010). Bėgimo greičio ir laipiojimo sukeltos nuovargio poveikis aerobininkų kojų raumenų EMG rodikliams. <i>Ugdymas. Kūno kultūra. Sportas.</i> ISSN 1392-5644 2010, Nr. 2(77). p. 105-111.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		83

Subdivision

Entitlement	Code
a	2005

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	0	0	0	130	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
				Total:	0	0	0

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
Oral presentation	1-17	18	15	*			0													
Portfolios/learning logs	2,4-10,12,13-17	10	10	*														0		
Individual project	2,4-10,12, 13-17	32	30	*														0		
Accounting for practice sessions	2, 4-10, 12-17	25	30	*					0	0	0	0					0	0		
Test	1,3,5,8,9,10,12-17	19	15				*							0						
Total:	-	104	100																	

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	0	0	0	130	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
				Total:	0	0	0

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
Total:	-	0	0																	