



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	28A	Accredited until			Renewal date
	Branch of Science		Progr.	Registr. №.				

Entitlement

Sporting Activities

Prerequisites

Anatomy, basics of physiotherapy

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will have the basics of clinical thinking based on knowledge of biomedical sciences	Discussion, Formal lecture, Group work, Library / information retrieval tasks, Seminar	Individual work,
2	Able to communicate and collaborate with other experts, work in a team, critically evaluate facts and ideas.	Exercise classes, Seminar	Individual project
3	Students will be able to creatively apply training and physiotherapy techniques in practice.	Exercise classes, Seminar	
4	Will be able to plan and perform physiotherapy procedures in sport.	Formal lecture, Seminar	Test,
5	Be able to find and understand modern scientific ideas and applied and proven practice.	Seminar	Scientific paper (text) analysis,

Main aim

To provide knowledge and abilities to solve physiotherapeutic problems related by sports activities.

Summary

Students will be introduced to sports activities, sports injuries and their prevention. They will try sporting activities in practice and injury prevention methods.

Level of module

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

Group under financial classification

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction. Specific of Sporting Activities. Classification of different sports disciplines	
2.	Athletics. Specificity, injury prevention	
3.	Weightlifting. Specificity, injury prevention	
4.	Team sports. Specificity, injury prevention	
5.	Individual sports. Teniss, golf. Specificity, injury prevention.	
6.	Combat sorts. Specificity, injury prevention.	
7.	Winter sports. Specifics, injuries, prevention	
8.	Water sports. Specifics, injuries, prevention	
9.	Motor sports, cycling. Specifics, injuries, prevention	
10.	Training of athletes	
11.	Assessment and control of athletes' health	
12.	Sports for everyone. Leisure and recreational 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.	Kineziterapijoje taikomi funkciniai testai : mokomoji knyga / Monika Pocienė ; Klaipėdos valstybinė kolegija, Klaipėda : Vitae litera, 2013. 52 p. : iliustr. ISBN: 9786094540950. UDK: 615.825 (075.8) ; UDK: 616-072.7 (075.8).	615.825 Po-13.	30	No	
2.	Stuburo stabilizavimo pratimai. Nugaros skausmo valdymas : studijų knyga / Vilma Dudonienė ; Lietuvos sporto universitetas Dudonienė, Vilma Kaunas : LSU, 2021. 104 puslapiai : iliustracijos. ISBN: 9786098200430. UDK: 615.825:616.711-009.7 (075.8) ; UDK: 616.711-009.7:615.825 (075.8).	615.825 Du94	80	No	
3.	Kineziterapeutės užrašai. Laikysena, ėjimas / Gražina Krutulytė Krutulytė, Gražina Kaunas : Naujasis lankas, 2020. 101 puslapis : iliustracijos. ISBN: 9786094742248. UDK: 615.825 ; UDK: 612.76.	615.825 Kr444	80	No	
4.	Kineziologijos pagrindai : mokomoji knyga / sudaryt. Jonas Poderys ; Lietuvos kūno kultūros akademija ; Kauno medicinos universitetas Kaunas : KMU 1-klā, 2004. 283 p. : iliustr. ISBN: 9986451590. UDK: 612.766 (075.8).	612.76 Ki-105.	80	No	
5.	Fitneso terapija : išsamus vadovas norintiems išvengti traumų ir visą gyvenimą džiaugtis sveiku kūnu / Kate Sheehy Sheehy, Kate Kaunas : Vaiga, 2001. 460 p. ISBN: 9955407425. UDK: 615.825 ; UDK: 796.012.62.	615.825 Sh-11	80	No	
6.	Judėsių mokslas : pratimai, mityba, sportas / Albertas Skurvydas ; Lietuvos sporto universitetas II dalis Pratimai, mityba, sportas Skurvydas, Albertas, 1960- Kaunas : Vitae litera, 2020. 451 puslapis : iliustracijos. ISBN: 9786094545054. UDK: 612.766	612.7 Sk93	80	No	
7.	Sportas vaikams: nuo mankštos iki medalio / sudaryt. Arvydas Jakštas, Danguolė Kandrotienė, Renatas Mizėras, Audronė Vizbarienė Kaunas : Debesų ganyklos, 2018. 256 p. : iliustr. ISBN: 9786094730702. UDK: 796:087.5	796 Sp48	80	No	
8.	Brukner and Khan's clinical sports medicine / Peter Brukner ... [et al.] Brukner, Peter North Ryde, Australia : McGraw-Hill, 2012. 1296 p. : iliustr. ISBN: 9780070998131 ; ISBN: 0070998132. UDK: 796.01:61 ; UDK: 61:796.01 ; UDK: 796.01:616 ; UDK: 616:796.01.	796.01:61 Br332	30	No	
9.	Training young distance runners : proven plans for cross country, track, and road racing / Larry Greene, Russ Pate Greene, Larry; Pate, Russ Champaign : Human kinetics, 2015. 244 puslapiai : iliustracijos. ISBN: 9781450468848. UDK: 796.422 ; UDK: 796.422.16.015.	796.422 Gr204.	80	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		
10.	Sportinės traumos: diagnostika, gydymas, reabilitacija ir prevencija : mokomoji knyga / R. Gudas, L. Šiupšinskas, V. Trumpickas, P. Mikučionis, A. Piktuižytė, G. Tankevičius, A. Ūsas, M. Špokas, E. Kandravičius, D. Velička Gudas, Rimtautas Kaunas : UAB "INDIGO print", 2015. 242 p. : iliustr. ISBN: 9786098078381. UDK: 796.01:616.7-001 (075.8) ; UDK: 616.7-001:796.01 (075.8).	796.01:616 Sp49	40	No	
11.	Developing game sense in physical education and sport / Ray Breed, Michael Spittle Breed, Ray, aut; Spittle, Michael Champaign : Human kinetics, 2021. 292 puslapiai : iliustracijos. ISBN: 9781492594147. UDK: 613.7:612 ; UDK: 796.01:612 ; UDK: 796.3:612	613.7 Br-152	80	No	
12.	Athletic movement skills : training for sports performance / Clive Brewer Brewer, Clive Champaign : Human kinetics, 2017. 403 p. : iliustr. ISBN: 9781450424127. UDK: 796.012 ; UDK: 796.015 ; UDK: 612.766.1.	796.012 Br-183	30	No	
13.	Science and practice of strength training / Vladimir M. Zatsiorsky, William J. Kraemer, Andrew C. Fry Зациорский, Владимир Михайлович; Крамер, William J. ; Fry, Andrew C. Champaign : Human kinetics, 2021. 327 puslapiai : iliustracijos. ISBN: 9781492592006. UDK: 796.015.52.	796.015.5 Za237.	30	No	
14.	Basketball anatomy : your illustrated guide to optimize performance and minimize injury / B. Cole, R. Panariello Cole, Brian; Panariello, Rob Champaign : Human kinetics, 2016. 199 p. : iliustr. ISBN: 9781450496445. UDK: 796.323.015 ; UDK: 796.323:612	796.323 Co-68	30	No	
15.	Fizinis aktyvumas ir sveikata : vadovėlis / sudarytoja Rasa Jankauskienė, autoriai : Miglė Bacevičienė, Neringa Bakanauskienė, Marius Brazaitis, Sandrija Čapkuskienė, Agnė Čekanauskaitė, Vida Česnaitienė, Vilma Čingienė, Laura Daniusevičiūtė-Brazaitė, Margarita Drozdova-Statkevičienė, Inga Gerulskienė, Stanislovas Grincevičius, Rita Gruodytė-Račienė, Vinga Indriūnienė, Rasa Jankauskienė, Vilma Ju	613.7 Fi406	80	No	
16.	Strength training / ed. L. E. Brown Champaign : Human kinetics, 2017. 391 p. : iliustr. ISBN: 9781492522089. UDK: 613.7 ; UDK: 796.015.52.	13.7 St321	80	No	
17.	Functional training anatomy : your illustrated guide to improved multiplanar movement / Kevin Carr, Mary Kate Feit Carr, Kevin, 1987–; Feit, Mary Kate Champaign : Human kinetics, 2022. 187 puslapiai : iliustracijos. ISBN: 9781492599104. UDK: 796.01	796.015 Ca235	40	No	



