



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	19Z	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

Entitlement

Sports Games II

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	The course provides theoretical knowledge of basketball sport and it's potential in developing athletes and schoolchildren. It introduces the rules and competition peculiarities of basketball. It also introduces the "classic" elements of the basketball techniques. The students are taught the practical application of basketball exercises for the purposes of health promotion, active recreation and the development of physical abilities. They develop teaching-sports skills required for their future work.	Exercise classes, Formal lecture, Group work, Library / information retrieval tasks, Practical exercises (tasks), Seminar	Mid-term examination, Reporting for practice work
2	The course provides theoretical knowledge of volleyball sport and it's potential in developing athletes and schoolchildren. It introduces the rules and competition peculiarities of volleyball. It also introduces the "classic" elements of the volleyball techniques. The students are taught the practical application of volleyball exercises for the purposes of health promotion, active recreation and the development of physical abilities. They develop teaching-sports skills required for their future work.	Exercise classes, Formal lecture, Group work, Library / information retrieval tasks, Seminar	Mid-term examination, Reporting for practice work
3	The course provides theoretical knowledge of tennis, table tennis, badminton sports and their potential in developing athletes and schoolchildren. It introduces the rules and competition peculiarities of sports games. It also introduces the "classic" elements of the tennis, table tennis and badminton techniques. The students are taught the practical application of tennis, table tennis, badminton exercises for the purposes of health promotion, active recreation and the development of physical abilities. They develop teaching-sports skills required for their future work.	Exercise classes, Formal lecture, Group work, Library / information retrieval tasks, Seminar	Mid-term examination, Reporting for practice work

Main aim

The aim is to teach students to use exercises of games (basketball, volleyball etc.) as means of the development of physical abilities, health promotion and active recreation training athletes and schoolchildren of all ages; to help students prepare for independent pedagogical and organizational work.

Summary

Sports game is a discipline which gives possibilities to extend motor skill stockpiles and understand importance and significant of sports games (basketball, volleyball etc) for coaches of different kind of sport. In time of lectures the student is teaching different aspects of games (technique, tactics, rules, organization of competition, education technology)

Level of module

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

Group under financial classification

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

Syllabus

No.	Sections and themes	Responsible lecturer
1.	Organising and conducting basketball competitions, rules of the game.	
2.	Basics of basketball technique and tactics.	
3.	Methodology of training basketball technique and tactics, skills building.	
4.	Organising and conducting volleyball competitions, rules of the game.	
5.	Basics of volleyball technique and tactics.	
6.	Methodology of training volleyball technique and tactics, skills building	
7.	Basics and rules of table tennis	
8.	Basics and rules of tennis	
9.	Basics and rules of badminton	

Evaluation procedure of knowledge and abilities:

References

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		
1.	Žaidimai: teorija ir didaktika. Krepšinis. Tinklinis: vadovėlis aukštųjų mokyklų kūno kultūros specialybių studentams. 2-asis papild ir patais. leidimas / S.Stonkus, A.Zuoza, V.Jankus, R.Pacenka. 2008.		65	No	
2.	Krepšinis. Istorija, teorija, didaktika: vadovėlis aukštųjų mokyklų studentams / Stonkus S.-Kaunas: LKKA, 2003.		98	No	
3.	Čižauskas A., Kreivytė R., Balčiūnas M. Parengiamieji krepšinio pratimai. Kaunas, LKKA, 2012.		50	No	
4.	Bogušas, V. Mieželytė, A. Stalo tenisas. Kaunas, LKKA, 1998		50	No	
5.	International Tennis Federation Rules of Tennis. International Tennis Federation, ITF ITd, London, 2012.		1	No	
6.	Matulaitis, K., Skarbalius, A., Abrantes, A., Gonçalves, B., Sampaio, J. (2019). Fitness, Technical, and Kinanthropometrical Profile of Youth Lithuanian Basketball Players Aged 7–17 Years Old. Front Psychol., 10: 1677. DOI: 10.3389/fpsyg.2019.01677		1	No	
7.	Lidor R., Ziv G. 2010. Physical and physiological attributes of female volleyball players-a review. J Strength Cond Res., 24(7):1963-73. Review.		1	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		
8.	Schneider, C., Wiewelhove, T., McLaren, S.J., Röleke, L., Käsbauer, H., Hecksteden, A., Kellmann, M., Pfeiffer, M. & Ferrauti, A. (2020, December 27). Monitoring training and recovery responses with heart rate measures during standardized warm-up in elite badminton players. SportRxiv.			No	

Additional literature

№.	Title
1.	Zuoza A.K., Jankus V. Tinklinis. Mokykimės teisėjauti. Mokomasis leidinys. 2?asis papild. Ir patais. leidimas?K.: LKKI, 2001. ? 75 p3.
2.	Zuoza A.K. Tinklinio varžybų organizavimas ir vykdymas: Mokomasis leidinys.?K.: LKKI, 1999. ? 50 p.4.
3.	Gedvilas V., Čižauskas A. Išmokime žaisti krepšinį.Metodinė priemonė.-Kaunas: LKKA, 2003
4.	Čižauskas A., Balčiūnas M. Parengiamieji krepšinio pratimai. Mokomoji priemonė.-Kaunas: LKKA, 2003
5.	Sporto renginių organizavimas ir vykdymas mokyklose :studijų knyga /A. K. Zuoza, A. Buliuolis, I. J. Zuozienė ; Lietuvos sporto universitetas. Kaunas : LSU, 2016. 164 p. : iliustr.
6.	Laisvalaikio pagrindai :vadovėlis /sudaryt. Rimantas Mikalauskas. Kaunas : LSU, 2017. 456 p. : iliustr.
7.	Janet A. Young . Coach resilience: What it means, why it matters and how to build it. Victoria University, Australia. ITF Coaching and Sport Science Review, 2014, 63 (22): 10-12.
8.	Warashina, Y., Ogaki, R., Sawai, A., Shiraki, H., & Miyakawa, S. (2018). Risk factors for shoulder pain in Japanese badminton players: a quantitative-research survey. Journal of Sports Science.,6, 84–93

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor		111

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	5	11	29	85	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	1	1	6.	0	2	4
2.	0	1	5	7.	1	1	3
3.	0	2	4	8.	1	1	3
4.	1	1	1	9.	1	1	3
5.	0	1	5				
Total:					5	11	29

