



## LITHUANIAN SPORTS UNIVERSITY

### STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	220	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Coaching II

Prerequisites

Students must have completed the module “Sport and exercise physiology”

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	At the end of the module the student will be able to explain the principles of coaching, to develop programs of training stages, applying modern technologies of athlete training.	Exercise classes, Formal lecture, Literature analysis, Problem-based learning, Seminar	Case analysis (study), Individual work, Mid-term examination, Scientific paper (text) analysis, Test
2	At the end of the module, students will be able to describe and select appropriate teaching and learning methods to achieve their training goals.	Discussion, Exercise classes, Formal lecture, Individual project, Seminar	Case analysis (study), Individual work, Mid-term examination, Seminar, Test

Main aim

On the basis of international level fundamental and applied interdisciplinary science and technologies, to train university level Bachelor of Sports, providing knowledge and skills necessary to work with athletes in the areas of sports coaching. In the course of their studies students will gain knowledge of sports mastery, skills in organizing competitions; they will learn how to establish and assess athletes’ powers and prepare coaching programmes, train people of different age and mastery.

Summary

The main aim of the module is to provide profound knowledge of athlete training theory based on the international achievements of fundamental and applied interdisciplinary science technologies, to teach creative and critical analysis of the latest athlete training technologies and mobile skills development methods, to develop practical skills of athlete training planning. Competences developed: versatile cognition and idea management; continuous professional training and personal development, development of educational environment; management of the athlete training process.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
4.	Warming-up, speed, strength & conditioning (dr. Kristina Bradauskienė, dr. Inga Lukonaitienė)	685 dr. Kristina Bradauskienė
4.1	Speed ability description and characteristics	685 dr. Kristina Bradauskienė
4.2	Speed training didactics	685 dr. Kristina Bradauskienė
4.3	Speed training for athletes of various ages and abilities	685 dr. Kristina Bradauskienė
4.4	Interaction of speed with other motor abilities	685 dr. Kristina Bradauskienė

№.	Sections and themes	Responsible lecturer
4.5	Assessment and management of speed training	685 dr. Kristina Bradauskienė
4.6	Warm-up strategies	685 dr. Kristina Bradauskienė
4.7	Warm-up in team sports	685 dr. Kristina Bradauskienė
4.8	Strength and conditioning in soccer	685 dr. Kristina Bradauskienė
4.9	Strength and conditioning in basketball	685 dr. Kristina Bradauskienė
4.10	Strength and conditioning in handball	685 dr. Kristina Bradauskienė
4.11	Strength and conditioning in rocket sports	685 dr. Kristina Bradauskienė
4.12	Strength and conditioning in other sports	685 dr. Kristina Bradauskienė
4.13	Strength and conditioning in other sports	685 dr. Kristina Bradauskienė
5.	Flexibility, balance, coordination and agility (prof. dr. Sigitas Kamandulis, asoc. prof. dr. Pavelas Zachovajevas, dr. Roma Aleksandravičienė)	111 prof. dr. Sigitas Kamandulis
5.1	Muscle fascia stretching: applied physiology	42 doc. dr. Pavelas Zachovajevas
5.2	Flexibility characteristics and training methods	111 prof. dr. Sigitas Kamandulis
5.3	Balance, coordination and agility characteristics and training methods	111 prof. dr. Sigitas Kamandulis
6.	Sport theory 2 (prof. habil.dr. Antanas Skarbalius, dr. Aistė Barbora Ušpurienė)	6 prof. habil.dr. Antanas Skarbalius
6.1	Technologies for athletes recovery	6 prof. habil.dr. Antanas Skarbalius
6.2	Spercompensation phenomenon. Theory of two facotrs	6 prof. habil.dr. Antanas Skarbalius
6.3	Training Principles	6 prof. habil.dr. Antanas Skarbalius
6.4	Coach status. Sport development factors	6 prof. habil.dr. Antanas Skarbalius
6.5	Development of sport technologies	6 prof. habil.dr. Antanas Skarbalius
6.6	Peculiarities of training technologies for elite athletes of different sports	6 prof. habil.dr. Antanas Skarbalius
6.7	The system of athletes training: world experience	6 prof. habil.dr. Antanas Skarbalius
6.8	Classification of sports. Sports competition system	6 prof. habil.dr. Antanas Skarbalius

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.	Kenney, W.L., Wilmore, J.H., Costil, D.L. (2020). Physiology of Sport and Exercise, 7th ed. Champaign, IL: Human Kinetics.	796.01:612 Ke-112	2	No	
2.	Mikalauskas, R. (sudarytojas), Girdauskas, G., Zachovajevas, P., Stasiulis, A., Stanislovaitis, A., Novikovas, V., Jakubauskas, A., Skurvydas, A., Kontvainis, V. (2007). Trenerio knyga. Fizinis rengimas. [Vadovėlis]. Kaunas: LKKA. 264 p.	796.015 Tr94	50	Yes	
3.	Skurvydas, A. (2008). Judesių mokslas: raumenys, valdymas, mokymas, reabilitavimas, sveikatinimas, treniravimas, metodologija. [Vadovėlis]. Kaunas: LKKA. 606 p	612.7 Sk93	99	Yes	
4.	Nelson, A. G., Kokkonen, J. J. Streching Anatomy. 2007			No	
5.	Bompa, T.O. , Buzzichelli, C.A. (2015). Periodization Training for Sports. 3rd ed. Human Kinetics.			No	
6.	Kairaitis, R. (2012). Jėgos treniruotė. Kultūrizmas. Sveikatingumas. [Studijų knyga]. Kaunas: LKKA, 230 p.	796.89 Ka-151	21	Yes	
7.	Skarbalius, A., Masiulis, N., Stanislovaitis, A., Stanislovaitienė, J., Poderys, J., Kamandulis, S., Rutkauskaitė, R. (2012). Sports Coaching (Basics). [Studijų knyga]. Kaunas: LKKA. 261 p.	796.015 Sp51	100	Yes	
8.	Balyi, I., Way, R., Higgs, C. (2013). Long-Term Athlete Development. Human Kinetics.			No	
9.	Pyke, F. (2015). Coaching Excellence. Human Kinetics.	796.015 Co-01	1	No	
10.	Issurin, V. (2010). New horizons for the methodology and physiology of training periodization. Sports Medicine, 40(3), 189–206. [PDF]			No	

Additional literature

№.	Title
1.	Čepulėnas, A. (2001). Slidininkų rengimo technologija : monografija / Algirdas Čepulėnas ; Lietuvos kūno kultūros akademija. Kaunas : LKKA, 654 p.
2.	Karoblis, P. (2003). Jaunojo sportininko treniruotė.
3.	Chu, D.A. Explosive Power and Strength. Complex Training for Maximum Results. 1996
4.	Tanner, R.K., Gore, Ch., J. (2013). Physiological tests for elite athletes, 2nd ed. Human Kinetics.
5.	Bompa, T.O. , Buzzichelli, C.A. (2022). Periodization of strength training for Sports. Human Kinetics.
6.	Gabbet. T. (2014). Effects of Physical, Technical, and Tactical Factors on Final Ladder Position in Semiprofessional Rugby League. International Journal of Sports Physiology and Performance, 9, 680-688.
7.	Votteler, A., Honer, O. (2014). The relative age effect in the German Football TID Programme: Biases in motor performance diagnostics and effects on single motor abilities and skills in groups of selected players. European Journal of Sport Science, 14:5, 433–442.

№.	Title
8.	Ross, M., Abbiss, C., Laursen, P. (2013). Precooling Methods and Their Effects on Athletic Performance A Systematic Review and Practical Applications. Sports Medicine, 43:207–225.
9.	Naclerio, F. Moody, J. Chapman, M. (2013). Applied periodization: a methodological Approach. Journal of Human Sport & Exercise. Volume 8, Issue 2, 350–366.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor	Prof. Dr. Sigitas Kamandulis	111

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	28	27	5	200	260	10

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
4.1	1	0	0	4.13	1	2	0
4.2	2	0	0	5.1	1	1	1
4.3	2	1	2	5.2	1	2	2
4.4	1	0	0	5.3	1	3	0
4.5	1	1	0	6.1	2	1	0
4.6	1	1	0	6.2	2	1	0
4.7	1	1	0	6.3	1	1	0
4.8	1	1	0	6.4	1	1	0
4.9	1	1	0	6.5	1	1	0
4.10	1	1	0	6.6	1	1	0
4.11	1	2	0	6.7	1	1	0
4.12	1	2	0	6.8	1	1	0
Total:					28	27	5

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	4.1-4.13	100	40	*												
Mid-term examination	5.1-5.3	40	30					*											0	
Mid-term examination	6.1-6.8	60	30								*								0	
Total:	-	200	100																	

### Study module teaching form №. 2

Semester	Mode of studies	Structure	Credits
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