



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	B	700	B	011	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

### Entitlement

Sustainable development of the individual and society

### Prerequisites

Secondary education

### Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Describe the concepts and principles of sustainability and sustainable development.	Discussion, Formal lecture, Reading list	Mid-term examination
2	Understand and describe the complexity, diversity and adaptability of individuals and societies.	Discussion, Literature analysis, Reading list, Reflection on action	Reflection on action
3	Be able to find, critically evaluate and apply relevant information.	Library / information retrieval tasks, Practical exercises (tasks), Seminar	
4	Understand the irrationality of human behaviour.	Discussion, Formal lecture, Literature analysis, Seminar	Group work
5	Understand and apply the principles of sustainable lifestyles.	Idea (mind) mapping, Literature analysis, Practical exercises (tasks), Seminar	Reflection on action

### Main aim

to give knowledge about the harmonious functioning of the individual and society, the promotion of sustainable and harmonious development by technological, economic, political means; to develop the ability to find the necessary information, to critically evaluate and apply it, to understand the complexity of the individual and society and the importance of sustainable development.

### Summary

The purpose of the module is to provide knowledge about the harmonious functioning of the individual and society, the promotion of sustainable and harmonious development by technological, economic, political means; to develop the ability to find the necessary information, to critically evaluate and apply it, to understand the complexity of the individual and society and the importance of sustainable development. Students will be able to describe the concepts and principles of sustainability and sustainable development, understand and describe the complexity, diversity and adaptability of the individual and society, find the necessary information, critically evaluate and apply it, understand the irrationality of human behavior, evaluate and apply the principles of a sustainable lifestyle.

### 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
1.	Introduction: the concept of sustainable development of the individual and society	795 asist. Kristina Motiejūnaitė
2.	Challenges and solutions for societal development. Sustainable development on political agendas	795 asist. Kristina Motiejūnaitė
3.	The complexity of the individual and society	448 jaun.m.d. Kristina Poderienė
4.	Value systems of the individual and society	908 doc. dr. Tomas Saulius

№.	Sections and themes	Responsible lecturer
5.	Behavioral economics of the individual and society	795 asist. Kristina Motiejūnaitė
6.	Behaviour in the digital world	1326 dr. Antanas Ūsas
7.	Sustainable lifestyle	932 doc. Brigita Miežienė
8.	Diversity as a basis for adaptation, environmental influence on development.	448 jaun.m.d. Kristina Poderienė

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.	Magdalena Stefańska (ed.). (2021). Sustainability and Sustainable Development. Poznań University of Economics and Business.			No	
2.	Simon, D. (2016). Rethinking Sustainable Cities : Accessible, Green and Fair. Policy Press.			No	
3.	Prerna Banati. (2021). Sustainable Human Development Across the Life Course : Evidence From Longitudinal Research. Bristol University Press			No	
4.	David K. Levine. (2012). Is Behavioral Economics Doomed? : The Ordinary Versus the Extraordinary. Open Book Publishers. <i>Comment: Open Access</i>			No	
5.	Sue Westwood. (2019). Ageing, Diversity and Equality : Social Justice Perspectives. Routledge. <i>Comment: Open Access</i>			No	
6.	SUSTAINABLE DEVELOPMENT GOALS UNITED NATIONS DEPARTMENT OF GLOBAL COMMUNICATIONS May 2020 GUIDELINES FOR THE USE OF THE SDG LOGO INCLUDING THE COLOUR WHEEL, AND 17 ICONS, <a href="https://www.un.org/sustainabledevelopment/wp-content/uploads/2019/01/SDG_Guidelines_AUG_2019_Final.pdf">https://www.un.org/sustainabledevelopment/wp-content/uploads/2019/01/SDG_Guidelines_AUG_2019_Final.pdf</a> <i>Comment: Open Access</i>			No	

#### Additional literature

№.	Title
1.	Thaler, R. H., & Sunstein, C. R. (2008). Nudge: Improving decisions about health, wealth, and happiness. Yale University Press.

#### Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Assistant	Kristina Motiejūnaitė	795

#### Subdivision

Entitlement	Code
Department of Physical and Social Education	1006

### Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	13	13	0	104	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.	1	0	0	5.	3	2	0
2.	1	2	0	6.	2	2	0
3.	1	2	0	7.	2	2	0
4.	2	1	0	8.	1	2	0
				Total:	13	13	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
Group Homework	1, 2, 5	24	20	*					0											
	3, 8	20	20			*			0											
Seminar	4	20	20				*	0												
Reflection on action	6	20	20						*	0										
Control work	7	20	20							*	0									
Total:	-	104	100																	

Study module teaching form №. 4

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	13	13	0	104	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.	1	0	0	5.	3	2	0
2.	1	2	0	6.	2	2	0
3.	1	2	0	7.	2	2	0
4.	2	1	0	8.	1	2	0
				Total:	13	13	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
Group Homework	1, 2, 5	24	20	*					0											
	3, 8	20	20			*			0											
Seminar	4	20	20				*	0												
Reflection on action	6	20	20						*	0										
Control work	7	20	20							*	0									
Total:	-	104	100																	