

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	В	700	В	011	Accredited		Ren	ewal o	late
Wiodule Code	Branch	of Science	Progr.	Registr. №.	until			The war da	
Entitlement									

Entitlement

Sustainable development of the individual and society

Prerequisites

Secondary education

Course (module) Learning Outcomes

Cou	rse (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 amoun (under the magulation of the area)
Cycle	Type	Subject group (under the regulation of the area)
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1	Introduction: the concept of sustainable development of the individual	795 asist. Kristina
1.	and society	Motiejūnaitė
2.	Challenges and solutions for societal development. Sustainable	795 asist. Kristina
۷.	development on political agendas	Motiejūnaitė
3.	The complexity of the individual and society	448 jaun.m.d. Kristina
3.	The complexity of the individual and society	Poderienė
4	Value existence of the individual and assists	908 doc. dr. Tomas
4.	Value systems of the individual and society	Saulius

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

Evaluation procedure of knowledge and abilities:

References

Ker	erences				
№.	Title	Pressmark	an Sports by library Number	Lithuanian Sports University	Number of ex. in the methodical cabinet of the depart.
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.			No	
	Comment: Open Access				
5.	Sue Westwood. (2019). Ageing, Diversity and Equality: Social Justice Perspectives. Routledge.			No	
	Comment: Open Access				
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,https://www.un.org/sustainabledevelopment/wp-content/uploads/2019/01/SDG_Guidelines_AUG_2019_Final.pdf			No	
	Comment:Open Access				

Additional literature

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

				Structu	T-4-1			
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	D	13	13	0	104	130	5

	instruction:

Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

No of Thomas		Academic h	ours	No of Thomas		Academic h	ours
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	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		Influence on grade,	١	We	ee.	k (of	p	re	se	ent	me		of to	ask	(*)	and	rep	orting
	syllabus	hours	%	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												
Control work	7	20	20	*						0										
	3, 8	20	20		*							0								
Seminar	4	20	20			*	0													
Reflection on action	6	20	20				*	0												
Total:	-	104	100																	

Study module teaching form No. 2

				Structu	ıre		То4о1	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	N	13	13	0	104	130	5

Languages of instruction:

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

Plan of in-class hours

№. of Themes		Academic h	ours	№. of Themes		Academic h	ours
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	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,	1	Ve	eel	ς ο	f j	pr	es	en	tme		of ta (o)	ask	(*)	and	rep	orting
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Group Homework	1, 2, 5	24	20	*		0													
	3, 8	20	20			*	k	:											
Seminar	4	20	20				* ()											
Control work	7	20	20					*	0)									
Reflection on	6	20	20					*	0	\prod									
action	U	20	20						ľ	_									
Total:	-	104	100																

Study module teaching form №. 3

				Structu	ıre		Total	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	hours	Credits
A	S	D	13	13	0	104	130	5

Languages of instruction:

Ī	Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

Ma of Thomas		Academic h	ours	No of Thomas		Academic h	ours
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	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	_	Influence on grade,	1	V€	eel	k c	of	pı	res	sei	ntm	iei	,	of ta o)	isk	(*)	and	rep	orting
	syllabus	hours	%	1	2	3	4 5	5 6	5 '	7 8	8 9	9 10	Э	11	12	13	14	15	16	17-20
Group Homework	1, 2, 5	24	20	*				()											
	3, 8	20	20			*				(0									
Seminar	4	20	20				* ()												
Reflection on action	6	20	20					,	k (С										
Control work	7	20	20						;	* (О									
Total:	-	104	100																	

Study module teaching form №. 4

				Structu	ıre		Total	
Semo	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	N	13	13	0	104	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
Plan of in-cl	ass l	nours									

Train of in Class	110 6110												
№. of Themes		Academic h	ours	Mo of Thomas	Academic hours								
	Theory	Seminars	Lab Works	№. of Themes	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	n						

Schedule of individual work tasks and their influence on final grade

Schedule of Hidivi	duai work tas	ks and	then influence on th	ıaı	٤	,10	uc	_													
	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				1	2	3	4	5	6	7 8	8	9	10	11	12	13	14	1	5	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																		