



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	470	B	001	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports and Exercise Physiology

Prerequisites

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Test
2		Case analysis (Case study), Discussion, Seminar	Oral presentation, Seminar
3		Case analysis (Case study), Discussion, Laboratory classes, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
4		Case analysis (Case study), Discussion, Laboratory classes, Literature analysis, Seminar	Background reading, Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Seminar, Test
5		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
6		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
7		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
8		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test
9		Case analysis (Case study), Discussion, Formal lecture, Laboratory classes, Literature analysis, Problem-based learning, Reflection on action, Seminar	Directed private laboratory work, Laboratory examination, Laboratory notes and report, Oral presentation, Reflection on action, Seminar, Test

Main aim

Summary

Acute responses to physical activity. Anticipation, on-transition, fatigue, recovery. Organism adaptation under influence of endurance and strength developing training loads. The physiological basis of endurance and strength training. Testing of aerobic and anaerobic capacity. Longterm adaptation of the human organism

during chronic physical activity. Adaptation and performance under different environmental conditions. Age and sex influence on the adaptation to training loads.

Level of module

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

Group under financial classification

5.Fizinių, biomedicinos, technologijos mokslų studijos (išskyrus nurodytąsias 6, 7, 11, 13, 14 ir 16 punktuose)

Syllabus

№.	Sections and themes	Responsible lecturer
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		

Evaluation procedure of knowledge and abilities:

Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

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.	http://www.lsu.lt/Emokymas			No	
2.	Lt sistema, https://accounts.kuracloud.com/user/login?instance=88287b84&product=adinstruments			No	
3.	Kėvelaitis E., Illert M., Hultborn H. Žmogaus fiziologija. 2009, KMU leidykla		2	No	

Additional literature

№.	Title
1.	Scott K. Powers, Edward T. Howley Exercise Physiology: Theory and Application to Fitness and Performance., McGraw-Hill Education, 2017,

A	S	N	31	6	28	195	260	10
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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	10.	1	1	0
2.	2	0	0	11.	6	0	8
3.	1	0	0	12.	1	0	0
4.	2	0	4	13.	3	0	4
5.	1	0	0	14.	3	0	4
6.	1	0	4	15.	3	1	0
7.	1	0	4	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
Total:					31	6	28

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
				Directed private laboratory work	2-14	22	5													
Exam	2-17	40	35																	0
Laboratory notes and report	2-14	40	25															*		0
Seminar	2-17	33	10														*			0
Test	2-17	20	15														*			0
Oral presentation	2-17	40	10														*			0
Total:	-	195	100																	

Study module teaching form №. 3

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	31	6	28	195	260	10

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Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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1.	1	0	0	10.	1	1	0
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3.	1	0	0	12.	1	0	0
4.	2	0	4	13.	3	0	4
5.	1	0	0	14.	3	0	4
6.	1	0	4	15.	3	1	0
7.	1	0	4	16.	1	1	0
8.	1	1	0	17.	1	1	0
9.	1	1	0	18.	1	0	0
Total:					31	6	28

