



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	27E	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Physical Characteristics Testing and Prescription

Prerequisites

Applied Basic Health Sciences

Main aim

To provide consistent and research-based theoretical and practical training in assessing of physical capacity of individuals and assigning physical intervention to the development of motor skills.

Provided knowledge and abilities

Will be able to apply knowledge in testing and evaluating physical capacity, exercises prescription. Will be able to apply reliable methods and instruments when testing a person's physical capacity. Will be able to apply an intervention program to an individual, to target groups. Will be able to distinguish, find, analyze scientific information related to physical capacity testing, assessment, exercise prescription studies.

Summary

The module is intended for students who want to gain knowledge about testing, evaluating, and prescribing exercises for a person's physical capacity. After listening to the topics of the module and completing the practical tasks, students will be able to assess the physical capacity of people of various ages, they will be able to provide information to the client in a qualified manner and prescribe various physical activities according to the individual's needs and capabilities.

Level of module

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

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.	Physical capacity, components of physical capacity	
2.	Assessment and development of body composition and flexibility. Assignment of exercises	
3.	Functional Status Examination and Assessment (FMS). Basic principles of exercises prescription.	
4.	Training and assessment of muscle strength	
5.	Increasing muscle mass	
6.	Power training technologies	
7.	Resistance training methods	
8.	Testing and evaluation of motor functions (speed, dexterity, balance, coordination). Basic principles of prescribing exercises	
9.	Aerobic endurance testing and assessment. Basic principles of prescribing exercises.	
10.	Complex examination and assessment of functional status	

Teaching/learning methods:

Case analysis (Case study), Individual project, Practical exercises (tasks), Simulation of real-life (world) situations,

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.	ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition			Yes	
2.	ACSM's Resources for the Exercise Physiologist Edition: 3			No	
3.	KRAEMER, WILLIAM J.1; RATAMESS, NICHOLAS A.2. Fundamentals of Resistance Training: Progression and Exercise Prescription. Medicine & Science in Sports & Exercise 36(4):p 674-688, April 2004. DOI: 10.1249/01.MSS.0000121945.36635.61			No	
4.	Wells JC, Fewtrell MS. Measuring body composition. Arch Dis Child. 2006 Jul;91(7):612-7. doi: 10.1136/adc.2005.085522. PMID: 16790722; PMCID: PMC2082845.			No	
5.	Cardiovascular Physiology in Exercise and Sport 1st Edition - July 15, 2008			No	

Additional literature

№.	Title
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Coordinating lecturer

Position	Degree, surname, name	Schedule №.
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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	12	14	4	100	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	6.	1	1	1
2.	2	4	0	7.	1	1	0
3.	1	0	2	8.	1	2	0
4.	1	0	0	9.	1	3	0
5.	1	1	1	10.	2	2	0
				Total:	12	14	4

Schedule of individual work tasks and their influence on final grade

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
Individual project	2-3	35	30	*				0												
Individual project	4-7	35	30						*				0							

