



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

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

Entitlement

Physical activity and clinical conditions

Prerequisites

Anatomy, basics of physiology

Main aim

To provide a basic understanding of chronic clinical diseases, their signs and symptoms, and exercises to treat and prevent these conditions.

Provided knowledge and abilities

Be able to identify, locate, analyse and organise up-to-date scientific information. Be able to track and identify individuals with clinical diseases. Be able to make safe recommendations for physical activity in specific clinical settings. Be able to design and implement lifestyle change projects in a group of people with a specific clinical conditions.

Summary

This module is aimed at students studying physical activity and health promotion. The material includes basic terms and key clinical conditions: neuromuscular diseases, musculoskeletal diseases, immunological diseases, haematological diseases, autoimmune diseases, cardiorespiratory diseases, cardiological diseases, how to recognise them and how to improve the physical health of patients with these chronic diseases.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Prevention of CVD through physical activity	
2.	Principles/characteristics of exercise in CVD	
3.	Prevention, treatment and improvement of coronary artery disease through physical activity	
4.	Improving/restoring motor and cognitive function through physical activity after SCI	
5.	Exercise/activity application and its goals at different stages of rehabilitation after SCI	
6.	Opportunities to improve quality of daily life through physical activity after SCI	
7.	Exercise/activity interventions to improve quality of life in hemophilia patients (mild, moderate and severe)	
8.	Indications and contraindications for physical activity in haemophilia at different ages	
9.	Arterial and venous circulatory insufficiency and physical activity	
10.	Opportunities, features and benefits of physical activity in atherosclerosis	
11.	Opportunities, features and benefits of physical activity in rheumatoid arthritis	
12.	Opportunities, features and benefits of physical activity in lupus	
13.	Benefits and applications of physical activity in endocrinological diseases	
14.	Clinical conditions and consequences of stress	
15.	The potential of physical activity to reduce stress and its consequences	

№.	Sections and themes	Responsible lecturer
16.	Choice of exercise in hypertension	
17.	Lymphoma and physical activity	
18.	Blood diseases (sickle cell anaemia, HIV) and physical activity	
19.	Oncological diseases and physical activity	
20.	Overweight and physical activity: exercise selection at high (and low) BMI	
21.	Emergency care for acute conditions	
22.	The impact of physical activity on mortality	

Teaching/learning methods:

Traditional lecture, case study, video preparation, video material study, test, discussion, practical lesions, analysis of scientific articles, reflection

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 Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (2009). Lippincott Williams & Wilkins.			no	
2.	K.Lorig H.Holman, D. Sobel, D.Laurent, V. Gonzalez, M.Minor (2007). Living a Healthy Life with Chronic Conditions: For Ongoing Physical and Mental Health Conditions. Bull Publishing Company; Canadian Edition.			no	

Additional literature

№.	Title
1.	1.
	The Journal of Emergency Medicine http://www.elsevier.com

Coordinating lecturer

Position	Degree, surname, name	Schedule №.

Subdivision

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	30	16	14	200	260	10

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	0	0	12.	1	1	0
2.	1	1	2	13.	1	2	2
3.	1	0	0	14.	2	0	0
4.	1	0	0	15.	0	2	2
5.	1	0	0	16.	2	0	0
6.	1	2	2	17.	2	2	0
7.	1	0	0	18.	2	0	0
8.	2	2	0	19.	2	2	0
9.	2	0	0	20.	1	0	2
10.	1	0	0	21.	1	0	2
11.	1	2	2	22.	2	0	0
				Total:	30	16	14

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