LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| Ma | odule Code | e – | S | 273 B 27G Accredited | | | Renewal date | | | | | | | | | | | | | | | | |
|---|--|---|--|--|---|-----------------------------------|---|-----------------|-----------------------------|------|--------|---|--|--|--|--|--|--|--|--|--|--|--|
| | 1 | | Branc | h of Scie | ence | Progr. | Registr | . №. | until | | | | | | | | | | | | | | |
| Entit | Entitlement Motor cognitive interaction | | | | | | | | | | | | | | | | | | | | | | |
| Prer | Prerequisites | | | | | | | | | | | | | | | | | | | | | | |
| Acc | A course or module in Anatomy and Physiology must be taken | | | | | | | | | | | | | | | | | | | | | | |
| Cou | Course (module) Learning Outcomes | | | | | | | | | | | | | | | | | | | | | | |
| №. | Learning | Outo | comes | | | | | Teac | hing / Learning | Met | hods | Assessment Methods | | | | | | | | | | | |
| 1 | Students cognitive that deve to compre- and reflect individua | to evalue of person nctions. nterpret ge and al | uate th ns and Stude t the ob bilities | cise classes, Inte re, Modeling of ld) situations (pr tical exercises (t lem-solving sess nar | eract real rojec asks sions | ive -life ets),), S, | Individual project, Reporting for practice work, | | | | | | | | | | | | | | | | |
| Maiı | n aim | | | | | | | | | | | | | | | | | | | | | | |
| To p peop | provide kno ple of diffe | owled rent a | dge and age by | l practic includir | al skil ng mus | ls in asses cle-brain | sing and interactio | develo n mec | pping the motor hanisms. | and | cognit | ive functions of | | | | | | | | | | | |
| Sum | mary | | | | | | | | | | | | | | | | | | | | | | |
| child perfe will will train indiv brain | childhood, adolescence, older age - it becomes especially important, e.g. in order to develop the ability to perform movements correctly or to maintain independence as long as possible. In the study module, students will be introduced to the latest science-based motor and cognitive function evaluation methodologies, students will analyze the motor and cognitive function disorders characteristic of individuals and the principles of their training. The knowledge and skills acquired in the module will enable students to work with healthy individuals and individuals with motor and cognitive function disorders, students will be able to use muscle-brain interaction mechanisms for the development of motor and cognitive functions. | | | | | | | | | | | | | | | | | | | | | | |
| Leve | el of modu | le | | | | | | | | | | | | | | | | | | | | | |
| | Level of | prog | gramme | 2 | - | S | Subject gr | oup (u | under the regulat | tion | of the | area) | | | | | | | | | | | |
| Cyc | le | Type | e 1 | | M. 1- | 1 | | • • | C . | | | , | | | | | | | | | | | |
| First | i un under fi | Bacr | iel elec | cificatio | NIOK | sio srities | pagrindų | | | | | | | | | | | | | | | | |
| Sull | ap under m | mane | iai cias | Sincan | Л | | | | | | | | | | | | | | | | | | |
| Nº. | abus | | | | Sect | tions and t | themes | | | | | Responsible lecturer | | | | | | | | | | | |
| 1. | General 1 | mech | anisms | of inter | raction | between | motor an | d cogn | itive functions. | | | | | | | | | | | | | | |
| 2. | Develop | ment | of chil | dren's c | ognitiv | ve and mo | tor functi | ons | | | | | | | | | | | | | | | |
| 3. | Develop | ment | of cog | nitive ar | nd mot | or functio | ns of chil | dren a | and adolescents | | | | | | | | | | | | | | |
| 4. | Assessm | ent o | f cogni | tive and | l motor | function | s of child | ren an | d adolescents | | | | | | | | | | | | | | |
| 5. | Methods | of m | otor ar | d cogni | tive fu | nctions tra | aining of | adults | | | | | | | | | | | | | | | |
| 6. | Aging. A functions | ssign | nment (| of exerc | ises, m | ethods of | training | notor | and cognitive | | | | | | | | | | | | | | |
| 7. | Assessme | ent o | f intera | ction be | etween | motor an | d cognitiv | ve fund | ctions. Dual task | κ. | | | | | | | | | | | | | |
| 8. | Physical | activ | ity, co | gnitive f | unctio | ns and con | mmon me | ental d | isorders. | | | | | | | | | | | | | | |
| 9. | Sleep and | d cog | nitive- | motor fi | unction | 18. | | | <u> </u> | | | | | | | | | | | | | | |
| 10. | The influ | ience | ot add | ictive d | iseases | on cogni | tive and r | notor | tunctions. | | | 10. The influence of addictive diseases on cognitive and motor functions. | | | | | | | | | | | |

Evaluation procedure of knowledge and abilities:

References

| №. | | Title | | | Edition i Sports li | n Lithuar Universi brary Numbe | nian ty r of | In Lithuanian Sports University | Number of ex. in the methodical cabinet of |
|------|---|--|--|--------------------------|---------------------------|---|--------------------|---------------------------------------|---|
| | | | | | Pressmark | exemp | lars | bookstore | the depart. |
| 1. | Von Hofsten, motor develo 8(6), 266-272 | C. (2004). An actio pment. Trends in co | on perspe ognitive s | ective on sciences, | | | | No | |
| 2. | Grossberg, S. Neural princi development, 70). Springer | T. (2012). Studies ples of learning, per cognition, and mot Science & Busines | of mind a rception, tor contro s Media. | | | | No | | |
| 3. | Adolph, K. E development. | ., & Robinson, S. R | . (2015). | Motor | | | | No | |
| 4. | Kiefer, M., & representation developments directions. co | 2 Pulvermüller, F. (2 ns in mind and brain s, current evidence a rtex, 48(7), 805-82: | 2012). Co n: Theore and future 5. | onceptual etical e | | | | No | |
| 5. | Gabbard, C. (Lippincott W | 2021). Lifelong mo illiams & Wilkins. | otor devel | lopment. | | | | No | |
| 6. | Skurvydas, A neuroreabilita treniruotė. Ka | . (2011). Modernio acija. Judesių valdyn aunas: Vitae Litera. | ji mas ir pro | | | | Yes | | |
| 7. | Skurvydas, A metodologija sveikatinimas Litera. | (2017). Judesių m , mokymas, valdym s, treniravimas, reab | okslas: as, raum pilitacija. | | | Yes | | | |
| 8. | Ward, J. (201 neuroscience. | 5). The student's gu | ide to co | gnitive | | | | No | |
| Add | itional literatur | re | | | | | | | 1 |
| №. | Title | | | | | | | | |
| Coo | rdinating lectur | er | | | | | | <u> </u> | 1 14 |
| | Associate | lion Professor | | Degree | , surname, r | name | | Schedu | le №. |
| Subo | livision | 10105501 | | | | | | 41. | 2 |
| | | | Ent | itlement | | | | | Code |
| | | Department | t of Physi | ical and S | ocial Educat | tion | | | 1006 |
| | | | | | | | | | |
| | | St | tudy mod | dule teach | ing form N | 9. 1 | | | |
| | Semester | emester Mode of studies Theory | | | | re Lab Works | Ind. work | Total hours | Credits |
| A | S | D | | 10 | 16 | 0 | 104 | 130 | 5 |
| Lang | guages of instru | uction: | | | | | | | |
| Lith | nuanian L | English E | Russia | n R | French | F | Germa | n G C | Other Oth. |
| Plan | of in-class hou | ırs | | | | | | | 1 |

| No. of Thomas | | Academic ho | ours | No. of Thomas | Academic hours | | | | | | | | |
|----------------|--------|-------------|-----------|----------------|----------------|----------|-----------|--|--|--|--|--|--|
| Jvº. Of Themes | Theory | Seminars | Lab Works | Jvº. Of Themes | Theory | Seminars | Lab Works | | | | | | |
| 1. | 1 | 0 | 0 | 6. | 1 | 2 | 0 | | | | | | |
| 2. | 1 | 2 | 0 | 7. | 1 | 2 | 0 | | | | | | |

| No. of Themes | | Academic h | ours | Mo of Thomas | Academic hours | | | | | | | |
|----------------|--------|------------|-----------|----------------|----------------|----------|-----------|--|--|--|--|--|
| JNº. Of Themes | Theory | Seminars | Lab Works | Jvº. Of Themes | Theory | Seminars | Lab Works | | | | | |
| 3. | 1 | 2 | 0 | 8. | 2 | 2 | 0 | | | | | |
| 4. | 2 2 0 | | | 9. | 1 | 2 | 0 | | | | | |
| 5. | 1 | 2 | 0 | 10. | 1 | 2 | 0 | | | | | |
| | | | | Total: | 12 | 18 | 0 | | | | | |

Schedule of individual work tasks and their influence on final grade

-

Total:

130

| | No. of syllabus | Total | Influence en anala 0/ | | | Week of presentment of task (*) and reporting (o | | | | | | | | | | | ting (o) | | |
|--------------------|-----------------|-------|---------------------------------------|---|---|--|---|---|---|---|----|----|----|----|----|----|----------|----|-------|
| | Nº. OI Syllabus | hours | s s s s s s s s s s s s s s s s s s s | | 2 | 3 | 4 | 5 | 6 | 7 | 89 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17-20 |
| Individual project | 1-4 | 40 | 33 | * | | | | | 0 | | | | | | | | | | |
| Individual project | 5-7 | 45 | 34 | | | | | | * | | | | 0 | | | | | | |
| | 8-10 | 45 | 33 | | | | | | | | | | | * | | | | | 0 |
| Total: | - | 130 | 100 | | | | | | | | | | | | | | | | |

Study module teaching form №. 2

| | | | | | Structure | | | | | | | | | | | - 1 | | | | | |
|------------------------|------------------------------|--------------------------------|-----------|-----------|-------------|---------------------|-----|------------|----------------|-----|----------|---------|------|----------|------|---------|-----------|------------|----------|--|--|
| Semester | М | Mode of studies | | | Sem | Seminars Lat Wor | | ab rks | Ind. s work | | d. rk | | hou | ai rs | | Credits | | | | | |
| A S | | Ν | 10 |] | 16 | | | 0 |) | 104 | | | 130 | | | | 5 | | | | |
| Languages of ins | | | | | | | | | | | | | | | | | | | | | |
| Lithuanian L | Lithuanian L English E Russi | | | | Fr | enc | h | F | 7 | | G | dern | nan | I G | | | | Other Oth. | | | |
| Plan of in-class hours | | | | | | | | | | | | | | | | | | | | | |
| No of Thomas | | Academic | hours | | Ma | fт | har | m 0 | a | | | | A | Acad | lem | ic h | our | ours | | | |
| Jvº. 01 Themes | Theory | Seminars | Lab | Works | JNº. OI The | | | | 8 | T | The | eory | 7 | Sen | nina | ars | Lab Works | | | | |
| 1. | 1. 1 0 | | | | 6. | | | | | | | 1 | | | 1 | | 0 | | | | |
| 2. | 1 | 2 | | 0 | 7. | | | | 1 | | | | 2 | | | | 0 | | | | |
| 3. | 1 | 2 | | 0 | 8. | | | 1 | | | | 2 | | | | 0 | | | | | |
| 4. | 1 | 2 | | 0 | | 9. | | | | 1 | | | | 2 | | | | 0 | | | |
| 5. | 1 | 1 | | 0 | | 10 |). | | | | | 1 | | | 2 | | 0 | | 0 | | |
| | | | | | | | Т | ota | ıl: | | 1 | 0 | | | 16 | | | | 0 | | |
| Schedule of indiv | vidual wor | k tasks and | their inf | luence on | final | gra | de | | | | | | | | | | | | | | |
| | No of sull | Total | nfluona | a an arad | 0.04 | We | ek | of | pre | ese | ntr | nen | t of | tasl | K (* |) an | d re | epor | ting (o) | | |
| | JNº. OI SYII | №. of syllabus hours Influence | | | 10, 70 | 12 | 3 4 | 5 | 567 | | 9 | 9 10 11 | | 12 13 14 | | 15 | 16 | 17-20 | | | |
| Individual project | 1-4 | 40 | | 33 | * | × | | | 0 | | | | | | | | | | | | |
| Individual project | 5-7 | 45 | | 35 | | | | | | * | | | | 0 | | | | | | | |
| | 8-10 | 45 | | 33 | | | | | | | | | | * | | | | | 0 | | |

101