



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	700	B	013	Accredited until				Renewal date
	Branch of Science		Progr.	Registr. №.					

Entitlement

Health Education and Project Management

Prerequisites

Behavior Change Theories

Main aim

To enable students to acquire competencies in health promotion, disease prevention, and project management processes—including planning, organization, implementation, monitoring, and evaluation—so they can contribute to improving health outcomes and sustainable development.

Provided knowledge and abilities

Students will gain knowledge of health concepts, behavior change, and project management principles, including planning, implementation, monitoring, and evaluation of health programs. They develop skills to design and deliver health education activities, prepare project proposals and budgets, use management tools, and assess program outcomes. The subject also builds communication, teamwork, leadership, and problem-solving abilities essential for promoting community health and managing effective health initiatives.

Summary

The subject Health Education and Project Management equips students with the knowledge and skills to promote health and manage effective health programs within communities. It integrates concepts of health promotion, behavior change, and communication with practical project management principles, including planning, implementation, monitoring, and evaluation. Students learn to design and deliver health education activities, develop project proposals and budgets, apply management tools, and assess project outcomes. The course also strengthens leadership, teamwork, communication, and problem-solving abilities, preparing learners to design, manage, and evaluate sustainable health initiatives that improve individual and community well-being.

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

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Foundations of Health Education and Health Promotion	
2.	Behaviour Change Theories (Models)	
3.	The Self-Determination Theory in Physical Activity and Sport	
4.	Obesity prevention: body weight centered and health in every size approach	
5.	Choice architecture interventions and maintenance of behaviour change in PA. TEO theory.	
6.		
7.		

Teaching/learning methods:

The study methods for Health Education and Project Management include interactive lectures to build foundational knowledge, group discussions and case studies to analyze real-life health issues, and project-based learning where students design and manage simulated or community-based health projects. Role plays, workshops, and presentations are used to develop communication and leadership skills, while fieldwork, surveys, and community outreach activities help students apply health education and project management principles in practice. Continuous assessment through assignments, reports, and reflective journals encourages active participation and critical thinking throughout the course.

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.	Bartolomew L.K., etc.. Planning Health Promotion Programs: An Intervention Mapping approach. 4th edition. Jossey – Bass, 2016		10	Yes	5
2.	Kok G, Gottlieb NH, Peters GY, et al. A taxonomy of behaviour change methods: An intervention mapping approach. Health Psychology Review. 2016;10(3):297-312.			No	
3.	Sánchez-Carracedo D, Neumark-Sztainer D, López-Guimerà G. Integrated prevention of obesity and eating disorders: Barriers, developments and opportunities. Public Health Nutr. 2012;15(12):2295-2309. Accessed 2018/11/21. doi: 10.1017/S1368980012000705.			No	
4.	Kerner, C., Prescott, A., Smith, R., & Owen, M. (2022). A systematic review exploring body image programmes and interventions in physical education. European Physical Education Review, 28(4), 942-967. https://doi.org/10.1177/1356336X221097318			No	
5.	Vasconcellos, Diego, Parker, Philip D., Hilland, Toni, Cinelli, Renata, Owen, Katherine B., Kapsal, Nathaniel, Lee, Jane, Antczak, Devan, Ntoumanis, Nikos, Ryan, Richard M., Lonsdale, Chris Self-determination theory applied to physical education: A systematic review and meta-analysis. Journal of Educational Psychology, Vol 112(7), Oct 2020, 1444-1469			No	
6.	Ryan E. Rhodes, Desmond McEwan, Amanda L. Rebar, Theories of physical activity behaviour change: A history and synthesis of approaches, Psychology of Sport and Exercise, Volume 42, 2019, Pages 100-109, ISSN 1469-0292, https://doi.org/10.1016/j.psychsport.2018.11.010 .			No	
7.	Beets, M.W., Okely, A., Weaver, R.G. et al. The theory of expanded, extended, and enhanced opportunities for youth physical activity promotion. Int J Behav Nutr Phys Act 13, 120 (2016). https://doi.org/10.1186/s12966-016-0442-2			No	
8.	Landais, L.L., Damman, O.C., Schoonmade, L.J. et al. Choice architecture interventions to change physical activity and sedentary behavior: a systematic review of effects on intention, behavior and health outcomes during and after intervention. Int J Behav Nutr Phys Act 17, 47 (2020). https://doi.org/10.1186/s12966-020-00942-7			No	
9.	Peter Gelius, Sven Messing, Lee Goodwin, Diana Schow, Karim Abu-Omar, What are effective policies for promoting physical activity? A systematic review of reviews, Preventive Medicine Reports, Volume 18, 2020, 101095, ISSN 2211-3355, https://doi.org/10.1016/j.pmedr.2020.101095 .			No	
10.	Teixeira, P.J., Carraça, E.V., Markland, D. et al. Exercise, physical activity, and self-determination theory: A systematic review. Int J Behav Nutr Phys Act 9, 78 (2012). https://doi.org/10.1186/1479-5868-9-78			No	

№.	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		
11.	Mohammad Javad Zare Sakhvidi, Amir Houshang Mehrparvar, Fariba Zare Sakhvidi, Payam Dadvand, Greenspace and health, wellbeing, physical activity, and development in children and adolescents: An overview of the systematic reviews, Current Opinion in Environmental Science & Health, Volume 32, 2023, 100445, ISSN 2468-5844, https://doi.org/10.1016/j.coesh.2023.100445 .			No	
12.	Terry Hartig, Richard Mitchell, Sjerp de Vries and Howard Frumkin Nature and Health. Vol. 35:207-228 (Volume publication date March 2014) https://doi.org/10.1146/annurev-publhealth-032013-182443			No	
13.	Javtokas, Z. (2012). Sveikatos mokymas: mokymo formos ir metodai (1). Sveikatos mokymo ir ligų prevencijos centras.			No	

Additional literature

№.	Title
1.	Meeks L, Heit P, Page R. 2011 Comprehensive School Health Education. 7th edition McGraw, Hill Companies, Inc.
2.	O'Hara, L., & Taylor, J. (2018). What's Wrong With the 'War on Obesity?' A Narrative Review of the Weight-Centered Health Paradigm and Development of the 3C Framework to Build Critical Competency for a Paradigm Shift. SAGE Open, 8(2). https://doi.org/10.1177/2158244018772888
3.	Po-Ching Huang, Hung-Ching Wu, Ji-Kang Chen, Xavier C.C. Fung, Nadia Bevan, Daniel Kwasi Ahorsu, Mark D. Griffiths, Jung-Sheng Chen, Kuo-Hsin Lee, Amir H. Pakpour, Chung-Ying Lin, The mediating role of physical activity avoidance in the association between weight stigma and physical activity, Acta Psychologica, Volume 257, 2025, 105107, ISSN 0001-6918, https://doi.org/10.1016/j.actpsy.2025.105107 .
4.	Forberger, S., Reisch, L., Kampfmann, T. et al. Nudging to move: a scoping review of the use of choice architecture interventions to promote physical activity in the general population. Int J Behav Nutr Phys Act 16, 77 (2019). https://doi.org/10.1186/s12966-019-0844-z
5.	Rosenkranz, R. R., Ridley, K., Guagliano, J. M., & Rosenkranz, S. K. (2021). Physical activity capability, opportunity, motivation and behavior in youth settings: theoretical framework to guide physical activity leader interventions. International Review of Sport and Exercise Psychology, 16(1), 529–553. https://doi.org/10.1080/1750984X.2021.1904434
6.	Mnich, C.; Weyland, S.; Jekauc, D.; Schipperijn, J. Psychosocial and Physiological Health Outcomes of Green Exercise in Children and Adolescents—A Systematic Review. Int. J. Environ. Res. Public Health 2019, 16, 4266. https://doi.org/10.3390/ijerph16214266
7.	Yang, C. H., & Conroy, D. E. (2019). Mindfulness and physical activity: a systematic review and hierarchical model of mindfulness. International Journal of Sport and Exercise Psychology, 18(6), 794–817. https://doi.org/10.1080/1612197X.2019.1611901

Coordinating lecturer

Position	Degree, surname, name	Schedule №.

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		

