



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	28K	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Outdoor Physical Activity

Prerequisites

Basic pedagogic and didactic skills

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to understand and apply the principles, methods and features of organizing various games in the field of physical activity, as well as realize their influence on the formation of motor skills and the promotion of physical activity.	Discussion, Library / information retrieval tasks, Literature analysis	Examination
2	Will be able to explain the modern development trends of park and beach volleyball, the basic rules and principles of organizing competitions, applying them in physical activity activities.	Exercise classes, Practical exercises (tasks)	
3	Will be able to explain the modern development trends, basic rules and principles of competition organization of Frisbee and badminton, applying them in physical activity activities.	Exercise classes, Practical exercises (tasks)	
4	Will be able to understand the modern development trends, basic rules and principles of competition organization of spikeball, applying them in physical activity activities.	Exercise classes, Practical exercises (tasks)	
5	Will be able to understand the modern development trends, basic rules and principles of competition organization in beach tennis, tennis and paddle tennis, applying them in physical activity activities.	Exercise classes, Practical exercises (tasks)	

Main aim

To provide knowledge about the possibility of applying games for physical activity as a means of developing physical strength, motor skills, health and active recreation while working as a sports specialist.

Summary

The module is designed to provide students with theoretical knowledge and practical skills necessary for planning and implementing various outdoor physical activity sports activities. During the module, students will have the opportunity to try various games for recreation. They will become familiar with games - in the context of physical, health and sports. They will analyze their development, modern trends in change, learn technical and tactical actions, be able to explain their importance, as well as learn the basic rules, understand the peculiarities of organizing competitions, and be able to convey their knowledge to their students. Special attention is paid to the integration of various sports games and their methods outdoors, in order to promote an active lifestyle.

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.	Introductory lecture. The role of games in developing motor skills and promoting physical activity	

№.	Sections and themes	Responsible lecturer
2.	A variety of games for physical activity for the formation of movement skills and the promotion of physical activity	
3.	Origin, development, current development trends, rules, organizational principles and importance for physical activity of park and beach volleyball	
4.	The origin, development, current development trends, rules, organizational principles and importance for physical activity of Frisbee and badminton	
5.	The origin, development, current development trends, rules, organizational principles and importance of spikeball for physical activity	
6.	Origin, development, current development trends, features of rules, principles of organization and significance for physical activity of beach tennis, tennis, paddle tennis	
7.	Methodology of teaching park and beach volleyball actions and formation of movement skills	
8.	Methodology of teaching laxball (Frisbee) and badminton actions and formation of movement skills	
9.	Methodology of teaching spikeball actions and formation of movement skills	
10.		

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.	Schmidt, Becky, autorius. Volleyball: steps to success. / Becky Schmidt. -- Champaign : Human kinetics, 2016. -- 194 p.	796.035 Ma494	1	Yes	
2.	Gilbertson, Ken autorius. Outdoor education: methods and strategies / Ken Gilbertson, Alan Ewert, Pirkko Siklander, Timothy Bates. -- 2nd edition -- Champaign : Human kinetics, 2023. -- 263 puslapiai : iliustracijos.	379.8 Gi-175	1	Yes	
3.	Breed, Ray autorius. Developing game sense in physical education and sport / Ray Breed, Michael Spittle. -- Champaign : Human kinetics, 2021. -- 292 puslapiai : iliustracijos.	613.7 Br-152	1	Yes	
4.	ITF - A Guide to Beach tennis, 2020			No	
5.	Teniso žaidimo taisyklės. Red. Jonas Dagys. 2000. Leidykla: Mokslo aidai		4	Yes	
6.	Cristian Paul Tejado Oter. Ultimate Frisbee Training Methodology/ Suplemento, 2016			No	
7.	ITF Rules of Beach tennis, 2023			No	

Additional literature

№.	Title
1.	https://www.frisbee.lt/
2.	https://spikeball.eu/
3.	https://spikeball.com/pages/official-rules
4.	https://ptm.lt/papludimio-tenisas/
5.	Sandy Farquharson. The Padel Player's Guide. / The Padel School, 2024
6.	Chris Lewit. The Secrets of Spanish Tennis, 2024. New Chapter Press

Coordinating lecturer

Position	Degree, surname, name	Schedule №.

Subdivision

Entitlement	Code
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