Package 1: Physical Education and Sports Pedagogy

1.1. S000B281 Sports Exercises and Games (football, badminton)  
Credits: 4 ECTS  
Institution: Physical Education Department, Faculty of Pedagogy  
Aim and contents: The aim of the module of Sports Exercises and Games (football, badminton) is to introduce students to the characteristics of football and badminton, the methodology of teaching, the rules and the gear of the games, and the history of their appearance and evolution. The course introduces to development of football and badminton, historic review, characteristics of these sportive games. It also introduces and teaches methods for performance of basic actions in techniques, analyzes methodology for teaching and development of games and skills, typical for each sportive game. It introduces to the tactics of offensive and defensive actions, selects groups of exercises, designed for mastering and development of different technical elements, analyzes rules of above games, particularities in officiating of contests, systems of their organization. Finally the course provides with knowledge about basic inventory for above games.  
Teaching: Involving lecture, practicing, individual assignments for teaching and development of technique, method of group activity.  
Assessment: Evaluation procedure of knowledge and abilities: ten grade and gathered evaluation system is applied. The semester’s individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.

1.2. S000B184 Test Theory and Measuring  
Credits: 5 ECTS  
Institution: Department of Physical Education: Faculty of Pedagogy  
Aim and contents: Main aim - to provide students with the knowledge of testing theory, to introduce them to the current state of the research in sport science and devices of measuring and testing, and the measuring and tests for the identification of schoolchildren and sportsmen's physical development and physical capacity and their methodology. The course is designed for testing of knowledge in measurements of human physical development, physical and functional readiness, for development of skills in practical research and analysis of results. Students are introduced to anthropometric, physio-metric and anthroposcopic equipment and measurements for examination of schoolchildren and athletes, presently widely employed collections of tests for evaluation of physical potential and specific physical properties, tests on functional state. Students acquire theoretical knowledge and practical skills for organization and performance of researches, evaluation and interpretation of received results.  
Teaching: Verbal training methods: lecture, analysis and interpretation of measurement and testing results, discussions, questions-answers. Visual training methods: demonstration of measurement equipment and testing devices, pictures, reports, results, tables, diagrams, observation of measurements and tests. Practical training methods: study of literature, organization
and implementation of measurements and tests, writing and discussion of reports, results, tables, diagrams.

**Assessment:** Ten grade and gathered evaluation system is applied. The semester’s individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.

### 1.3. S000B143 Gymnastics and its Teaching

**Credits:**

**Institution:** Physical Education Department, Faculty of Pedagogy

**Aim and content.** The aim of module is to introduce students to gymnastics, its types, the system of gymnastics exercises and the teaching methodology. On completing the course, students will know the terminology of physical exercises, the structure of the lesson of gymnastics and the methodology of giving it, and will be aware of the role of correct posture in man’s life. Gymnastics is one of basic means in physical education. Students are introduced to history of gymnastics in different age stages, to peculiarities and reasons of its development, training methodology. They master exercises in formation and order, learn how to select general exercises for improvement of physical development. They also learn exercises in acrobatics, jumps and vaults, climbing up the rope, parallel bars. Students learn how to breathe and sit correctly, walk gracefully.

**Teaching:** Discussion, formal lecture, literature analysis, case analysis (case study), exercise classes, formal lecture, group work, practical exercises (tasks), small group tutorials.

**Assessment:** Colloquium (interview led by lecturer and / or specialist), examination, reporting for practice work.

### 1.4. S000B050 Track and Field Athletics and its Teaching

**Credits:** 6 ECTS

**Institution:** Physical Education Department, Faculty of Pedagogy

**Aim and content.** The course is designed to acquaint students with the history, tasks, techniques and peculiarities of Track and Field athletics (TFA). Students analyze General Programmes (2008) learn to prepare a lesson plan – precis for TFA, define the goals of the training tasks, choose appropriate methods to reach them, prepare interesting and attractive learning material that meets the safety requirements.

During the training period, students develop their functional abilities: they learn to perform the technical operations of individual athletic competition, lead the lessons of track and field athletics and umpire at the competition of TFA.

**Teaching:** The class will be a mixture of lectures, literature analysis, discussions, practical exercises (tasks), case analysis (case study).

**Assessment:** Ten grade and gathered evaluation system is applied. The semester’s individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.

The final exam includes the marks collected during the semester and the exam mark which makes no less than 50%. The written form of the exam prevails.

### 1.5. S000B223 Volleyball and its Teaching

**Credits:** 5 ECTS

**Institution:** Physical Education Department, Faculty of Pedagogy

**Aim and contents:** The aim of the module is to acquaint students with the history of appearance and evolution of volleyball, with the techniques and tactics of the game, its rules, and provide the knowledge of organizing matches. Students are acquainted with the history of volleyball, its history in Lithuania. They learn volleyball playing techniques, i.e. serving, passing, setting, hitting, blocking, and digging, and the methodology of teaching them; the offensive and defensive techniques are learnt and improved. Volleyball rules are analyzed, the specificity of judging, and the organization of matches; students learn to judge and to document the matches. Students are encouraged to learn independently; situations are created that encourage critical thinking, decision making, creating ideas and alternatives, and communicate.
**Teaching:** traditional lecture, questions-answers, discussion, survey, demonstration of motion techniques, the schemas and descriptions of the game, group/team work, literary analysis, practical tasks, activity reflection, exam, self-evaluation, individual counseling, practice, mid-term exam.

**Assessment:** The semester’s individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.

1.6. **S000B061 Practice at school 3**

**Credits:** 15 ECTS

**Institution:** Physical Education Department, Faculty of Pedagogy

**Aim and content.** The aim of the module is to integrate theoretical and methodological knowledge and to use it in the practice of schoolchildren’s physical education; to form the skills of pedagogical work.

During the practice, students observe and analyze lessons and classes of formal and non-formal physical education given by teachers and peers, give lessons of different types, by applying different teaching methods and ways of organization of schoolchildren’s activities. Individually and together with peers they give classes of non-formal physical educations and organize events. During the practice, students also get acquainted with the functions of class teacher and writes pedagogical – psychological characteristics of a schoolchild. Students develop the skills of pedagogical, organizational, and research activity and develop the need for professional development.

**Teaching:** The class will be a mixture of lectures, literature analysis, one-to-one tutorials, exercise classes, case analysis (Case study), small group tutorials, team project.

**Assessment:** Ten grade criterion scale is applied. University practice supervisor and enterprise mentor give their own grades for student’s practice work, its results presentation and analysis. The final grade is the arithmetic average grade of the grades given by the supervisor and the mentor. The average grade is rounded down or up integer number.

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