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Latvian Academy of Sport Education  
Vice-rector of Studies

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Prof. A. Fernāte  
"\_\_\_" \_\_\_\_\_, 2022

## LATVIAN ACADEMY OF SPORT EDUCATION



PROFESSIONAL BACHELOR HIGHER EDUCATION PROGRAMME  
„SPORT SCIENCE” (42813)  
EDUCATION AND SPORT SPECIALIST PROFESSIONAL QUALIFICATION (4<sup>th</sup>  
st.y.)

## THE CONTENT AND ASSESSMENT OF THE INTEGRATED EXAMINATION

**Riga, 2022**

**The content and assessment of the Integrated Examination of the Education and Sport Specialist Professional Qualification has been developed basing on the document:**

Regulation of the Latvian Academy of Sport Education (LASE) on the final examinations in the Professional bachelor higher education programme „Sport Science”.

**General conditions of the LASE Integrated Examination of the Education and Sport Specialist Professional Qualification**

1. The examination is held in written form and are organised in groups.
2. A student receives the content of the Integrated Examination not later than four weeks before the examination.
3. The total time of the Examination is four astronomical hours, two astronomical hours in each qualification. After the first two hours there is a break of 30 minutes.
4. During the Examination it is not allowed to bring in in the examination room and use information technology and communication means, as well as to use other not allowed means.
5. During the Examination a student is not allowed to leave the room (exceptional cases should be agreed in written form with the representative of the State Examination Commission 3 days before the beginning of the Examination).
6. The academic staff do not give explanations or translations during the Examination.
7. If the general conditions of the State Examination are violated, according to the State Examination Regulation, a student may take the State Examination after one year.
8. A student should arrive to the Examination with his/her pens and identity document.
9. The results of the Examination are announced in two work days after the last Examination day.
10. Appeal about the Examination procedure or assessment may be submitted to LASE Rector during one day from the assessment announcing. The Rector makes an order about the organisation of the Commission of Appeal. The Commission of Appeal considers the case and gives the evaluation in seven day time.
11. In the content of the State Examination in the qualifications „Sport Teacher”, „Recreation Specialist”, „Sports Manager” and „Senior Coach in a Kind of Sport” there are three parts and six questions included.

# THEMES OF THE INTEGRATED EXAMINATION

## PART 1 – THEORETICAL ASPECTS OF PROFESSIONAL QUALIFICATION

### ***Qualification „Sport Teacher”***

1. Subject of general pedagogy, characterisation of categories (notions). Education and educating. Education aims, objectives, means, methods, functions in a democratic school of the 21st century.
2. Characterisation of the study process in a comprehensive (general education) school. Notions, driving forces, regularities of the study process, implementation of didactic functions in the study process. Inclusive education.
3. Characterisation of didactics' – essence, aims and objectives, learning principles, methods and forms of organisation.
4. Aims and objectives of the education process, implementation in comprehensive (general education) schools. Legal aspects of education activity provision.
5. Application of education content, principles, methods in all education degrees (levels).
6. Orientation (direction) of a sports specialist - values, needs and motivation.
7. Psychic processes providing a personality's cognitive activities, their general characterisation and implementation in the pedagogical process.
8. General characterisation of a personality's psycho-emotional conditions, their expressions in a coach and teacher's practical activity.
9. Application of a personality's individual traits – temperament and character examination in all education degrees.
10. Informative- communicative aspect of communication in professional activity (work).
11. Characterisation of social, emotional and cognitive development at the age of 1-3 years.
12. Characterisation of social, emotional and cognitive development at the age of 4-5 years.
13. Characterisation of social, emotional and cognitive development at the age of 6-11 years.
14. Characterisation of social, emotional and cognitive development at the age of 12-18 years.
15. Characterisation of communication notions, expressions, function types and structure. Explanation of the notion of social perception and implementation in the practical activity (work).
16. Content, means, methods of humane pedagogy after the regaining of independence in Latvia.
17. Development of inter-cultural competence in sport education in comparative aspect in different education degrees.

### **Qualification „Sports Manager”**

1. Communication, the role of communication in the management process, communication process, verbal and non-verbal communication.
2. Decision, decision-making process, factors influencing it. Types of decision making.
3. Organization, organization goals, resources. Internal and external environment of the organization. Environmental impact on the organization's operations.
4. Organization and its management process: planning, organization, coordination, motivation and control.
5. Management process, main management functions (planning, organization, coordination, motivation and control).
6. Leader and leadership. Power, influence and authority. Management styles, their formation and efficiency.
7. Company life cycle. Business environment assessment.
8. Market management. Product, analysis of product elements. Market research process and practical application.
9. Financial management. Interaction of company management and financial management processes and influence on decision making.
10. Personnel management, goals and tasks. Personnel planning, search and selection. Staff evaluation. Staff motivation, motivation methods.
11. Strategic management. Stages of strategic planning. Strategic planning methods, their application. Form and content of strategic plans.
12. Essence of public relations, instruments, methods, classification of target audience.

### **Qualification „Recreation specialist”**

1. Recreation as inter-disciplinary science and its functions in a man's physical, mental and emotional recovery. Recreative activities, means and factors affecting recreation.
2. Recreation resources, development of recreative environment, capacity. Interaction of recreation and environment. Sustainable of development of recreation field.
3. Pedagogical and psychological aspects of out-door activities.
4. Characterisation of physical quality expression forms and implementation in relation to recreative activities.
5. Walking paths in Latvia and their use to promote general physical development.
6. Notions *environment* and *environment quality*. Effect of environment on health. Use of environment resources in organisation and running of recreative events. Organisation of environment-friendly events.
7. Application of adventure activities in non-formal education. Organisation and running of adventure activities, and LR laws and normative regulations linked with it.
8. Latvia nature protection territory network „Natura 2000”, its significance. Application of „Natura 2000” territory resources in recreation. Gauja National Park, park nature preserves. GNP resource application in recreation.
9. Content of nature tourism and organisation in the context of protected territories in Latvia. Eco- tourism and country side tourism, tendencies, the common and different.
10. Survival school ABC. Characterisation of a survival school, resource availability in Latvia. Nature protection in Latvia.
11. Types of excursions, excursion composition development. Excursion route development, activity planning and choice according to the participant age, interests, physical condition.
12. Market segmentation, offer, demand, recreation service. Development of marketing strategy in recreation. Service price, product (service) life cycle.

13. Non-material culture heritage (NCH), principles in NCH preservation, stated by Latvia legislation. NCH use in recreation.

### ***Qualification „Senior Coach in a Kind of Sport”***

1. Training and competition load in sports, its volume and intensity.
2. Characterization of meso, micro and monocycles in sports, structure.
3. Study-training work plan in sports, periods and stages.
4. Training training work planning in sports, preconditions, meaning, tasks.
5. Tasks and content of the preparation period in sports (example - TT group).
6. Tasks and content of the competition period in sports (example - TT group).
7. Organization of competitions in the form of sports (regulations, estimate, panel of judges).
8. Selection, orientation (disciplines) and control in the chosen sport.
9. Providing muscle work with energy in loads of different duration and intensity.
10. Physiological changes in the body in sports-specific conditions.
11. Physiological substantiation of acquisition of movement skills.
12. Muscle strength and power. Physiological substantiation of the development of strength properties.
13. Speed, forms of its manifestation and physiological substantiation of development.
14. General aerobic endurance, its indicators, physiological justification of training.
15. Possibilities of developing physical characteristics for people of different ages, justification from the point of view of anatomy and physiology.
16. The most common pathologies of the musculoskeletal system in children and adolescents, their correction with exercises.
17. Changes in the main functional parameters of the circulatory system in the growth process of a child and adolescent.
18. Content of general psychological training in the chosen sport.
19. Psycho-emotional pre-start states of athletes and their regulation methods in the chosen sport.
20. Characteristics of athletes' competition alarm and methods for its regulation.
21. Description of the methods and means used in the general psychological training of athletes in the chosen sport.
22. The beginnings of the chosen sport, competition rules and inventory changes from origin to the present day. The impact of new technologies on the development of various sports equipment.
23. Biomechanical analysis of sports technique.

## **Part 2 - RESEARCH ASPECTS IN SPORT SCIENCE IN PROFESSIONAL QUALIFICATIONS**

### ***(„Sports Teacher”, „Sports manager”, „Recreation specialist”, „ Senior Coach in a Kind of Sport”)***

1. Scientific fields according to their content and direction. Scientific fields according to their connection with practice. Research. Empirical and theoretical research. Signs of scientific work. Hypothesis and theory. The endless cycle of cognition and development.
2. Level of credibility and materiality. Parametric and non-parametric difference criteria. Correlation and its analysis methods.
3. Peculiarities of an athlete as a measuring object. Quantitative and qualitative features. Measuring scales. SI system of units. Measurement errors.
4. Sampling method of statistical research. Representativeness of the sample, its provision and evaluation. Main statistical indicators.

5. Types of sports tests and their scientific substantiation. Features of a scientifically based sports test: standardization, safety, informativeness, evaluation system.
6. Competition observation and its planning. Common and different in different sports. Experimental research. Types of experiments. The concept of pure experiment. The principle of the black box. Experiment planning.
7. Main research directions. History of sports science. Sports science in Latvia, LVFKI and LSPA. Status of sports science in Latvia. Sports science sub-sectors.
8. Qualitative approach to research in sports science, its potential and problems, types of research in it.
9. Principles, concept and planning of qualitative research.
10. Qualitative research methods, their combination and triangulation.
11. Methods of obtaining, processing and interpreting qualitative data.
12. Ethical aspects in sports science.

### **PART 3 - THEORETICAL, PSYCHOLOGICAL, SOCIOLOGICAL, LEGAL ASPECTS OF PROFESSIONAL QUALIFICATION - SPECIALISATION**

#### ***Qualification „Sport Teacher”***

1. Competence - based study content in sports classes – general characterisation. Changes in sports education policy in Latvia – in all education degrees.
2. Transversal competence development in sports classes with sports means.
3. The teacher and student creative cooperation possibilities and content in sports classes.
4. Educative, socialising and developing objectives, their solutions and strategies from the view point of a new sports standard – in all education degrees.
5. Possibilities to vary loads, applying an individual approach for children of different condition and age – in all education degrees.
6. Indicators of a meaningful sports class, their measuring and interpretation – in all education degrees.
7. Basic positions of student achievement assessment in sports classes – in all education degrees.
8. Similar and different in student achievement assessment in all education degrees at school.
9. Value education in the context of sport education.
10. A sports class components of creative approach, their assessment.
11. General characterisation of guidelines in pre-school education.

#### ***Qualification „Sports Manager”***

1. The essence of sport. Sports education, health, social, cultural, economic and political function.
2. Characteristics and preconditions for the development of sports - folk sports, children's and youth sports, adapted sports and high-performance sports.
3. Legal regulation of the sports sector, laws and regulations of the Cabinet of Ministers, which regulate the establishment and operation of sports organizations, financing, organization of classes, events and competitions, advertising issues.
4. Non-governmental sports organization - association, legal basis for its establishment, management system, sources of financing.
5. Commercial activity in the sports sector. Legal basis for the establishment and operation of capital companies. Types of business financing.
6. Specifics of sports / fitness services. Types of market segmentation.

7. Legal regulation of sports competitions. Information and norms to be included in the competition regulations. Organizational expense planning.
8. Stages of strategic planning of a sports organization. Research and analysis of strategic alternatives. SWOT method. Structure of the strategic plan of a sports organization.
9. Latvian state sports policy 2014-2020. Problems in the sports industry. Objectives of sports policy, directions of activity for achieving the objectives.
10. Skills required for senior level employees in professional activities in sports that meet the requirements of the modern labor market. Relationship between manager and subordinate. Group and personality. Peculiarities of management and leadership in the sports environment.
11. The role, functions and significance of sport in human and social life. Sports and socialization. Sports commercialization.
12. Project, its essence and types in sports. Basic principles of project organization. Description of project stages. Project financing.

### ***Qualification „Recreation specialist”***

1. Specifics of recreative out-door events for children and youth.
2. Pedagogically - psychological characterisation of winter sports activities, educative and survival functions, kinds.
3. Excursions as recreation events, history. Psychological dimensions, personality, motivation, values and tourism.
4. Specifics of guide activity and group leader's activity. Methodology of leading an excursion.
5. Aspects of research organisation in recreation, research methods in recreation, choice of methods.
6. Planning of health promotion events for people of different age. Peculiarities and differences when planning events for children, 12 - 15 years old teenagers, 16 - 18 years old adolescents, adults, athletes, retired people un disabled.
7. Planning, organisation and running of recreation events. The role of team work in recreation event organisation. Aims, objectives of recreation events, aspects of an event programme development.
8. Traditional and adapted (non- traditional) kinds of sport and activities in recreation. Specifics of adapted (non- traditional) kinds of sport and activities, effect and significance in an individual's restoring of physical, mental and emotional ability.
9. Providing of nutrition in various outdoor activities. Product planning, transporting and preparing according to the type of hike, load, season, participants, financial and material recourses and other factors.
10. Methodological description of recreative activity video-analyses (of a student chosen recreative activities)
11. Principles of the development of cycling tourism route. Environment- friendly and socially responsible principles of route development and event organisation. Planning of a cycling tourism hike according to participants.
12. To make a training class – development of physical qualities (a physical quality and its expression forms according to own choice) in some outdoor recreative activities (outdoors) for people with and without excess weight.

## **Qualification „Senior Coach in a Kind of Sport”**

1. The relationship between general and special physical fitness in children's and youth sports, justification.
2. Relation of adaptation theory to early specialization in children's and youth sports.
3. Dynamics of volume and intensity in the preparation and competition period in adult sports in their own sport.
4. The most important variants of combining physical properties development methods in the period of preparation and competition in one's own sport.
5. The amount of aerobic training required in one's sport, its development and justification.
6. Means of developing coordination and their connection with the development of skills and abilities in one's own sport.
7. The use of the principle of super compensation in the development of the most important physical characteristics of the sport.
8. Calendar and biological age of a person. Acceleration and retardation, its contributing factors. The impact of different sports training on children's physical development.
9. Opportunities to develop strength, speed, general endurance, flexibility, to learn sports equipment at the age of children.
10. Changes in the body during adolescence ("growth leap", changes in body weight, blood composition, development of circulatory and respiratory systems). Their effect on physical properties (strength, speed, overall strength, coordination, flexibility).
11. Physiological mechanisms of movement memory formation and pedagogical principles of teaching movement skills. Athletes of any age are best at learning new sports techniques.
12. Opportunities to use strength and speed training methods for children, adolescents, young people and the elderly. Anatomical and physiological substantiation (musculoskeletal system, nervous system).
13. Expressions of speed in sports and opportunities to train them for people of different ages. Factors that increase the speed characteristics of adolescents.
14. Factors that determine a person's general endurance or aerobic abilities (central and peripheral). Opportunities to develop general endurance in children, adolescents, young people and the elderly. Anatomical and physiological substantiation (blood, heart, lungs, skeletal muscles, thermoregulation).
15. Methods of general or aerobic endurance training: continuous load, fairway and interval. Sports in which each of these training methods is the most optimal, justified from a physiological and biochemical point of view.

### **ASSESSMENT OF THE INTEGRATED EXAMINATION:**

- A student's answers of the Integrated Examination are assessed in 10 point system.
- Assessing is done without the presence of a student.
- The Integrated Examination is passed, if the assessment in each qualification is at least 4 points.
- If the assessment of the Integrated Examination is negative, then the student is not allowed to defend Bachelor Thesis and Diploma Paper.
- If a student disagree with the assessment of the Integrated Examination, he has right to appeal to the Rector in one day time from the moment of the announcement of the assessment. The Rector makes an order about the organisation of the Commission of Appeal, which during seven work days looks through the paper of the Integrated Examination and gives its evaluation.
- According to LASE Senate decision, retaking of the Integrated Examination is paid service.



**The assessment of the Examination in qualifications „Sports Teacher”, „Sports Manager”, „Recreation Specialist”, „ Senior Coach in a Kind of Sport”**

Every examination part is assessed with points:

<b>Part 1 ( in each qualification 1 question)</b>	
<b>Question of qualification 1</b>	1-5 points
<b>Question of qualification 2</b>	1-5 points
<b>Part 2 (in each qualification 1 question)</b>	
<b>Question of qualification 1</b>	1-5 points
<b>Question of qualification 2</b>	1-5 points
<b>Part 3 (in each qualification 1 question)</b>	
<b>Question of qualification 1</b>	1-5 points
<b>Question of qualification 2</b>	1-5 points
<b>In each qualification together:</b>	<b>15 points</b>

Total assessment of the Examination results in mark according to the points:

<b>1- 3 points</b>	mark 1	<b>9 points</b>	mark 6
<b>4 points</b>	mark 2	<b>10-11 points</b>	mark 7
<b>5-6 points</b>	mark 3	<b>12-13 points</b>	mark 8
<b>7 points</b>	<b>mark 4</b>	<b>14 points</b>	mark 9
<b>8 points</b>	<b>mark 5</b>	<b>15 points</b>	mark 10

### The Examination Assessment Criteria

**1 point**

The main terms included in the question are explained (on each Examination answer sheet it is mentioned that it is necessary to give term explanation in the answer).

**2 points**

The main terms included in the question are explained (on each Examination answer sheet it is mentioned that it is necessary to give term explanation in the answer).

Answers according to content partially show the essence of the questions, opinion is contradictory, ideas repeats.

**3 points**

The main terms included in the question are explained (on each Examination answer sheet it is mentioned that it is necessary to give term explanation in the answer).

Answers according to content partially show the essence of the questions. Samples partially correspond to the description of the essence of the question.

**4 points**

The main terms included in the question are explained (on each Examination answer sheet it is mentioned that it is necessary to give term explanation in the answer).

Answers according to content show the essence of the questions. Samples mostly correspond to the description of the essence of the question.

**5 points**

The main terms included in the question are explained (on each Examination answer sheet it is mentioned that it is necessary to give term explanation in the answer).

Answers according to content fully show the essence of the questions, various characteristic samples from sports practice are mentioned. A based conclusion is given, naming research or theory authors, who have studied the definite problems.

**Points are not given, if answers do not correspond to any criterion to get 5, 4, 3, 2 or 1 point.**

## **CONTENT AND ASSESSMENT OF INTEGRATED EXAMINATION**

Professional bachelor higher education programme  
"Sport Science" (code 42813)

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