

The title of the course:	General pedagogy
The code of the course :	PBV1101
The type of the course:	General study course
The level of course:	Professional Bachelor of Education in Sports Science
Study year:	1.
Semester :	1.
Credit points	3 KP 4,5 ECTS
Teaching staff	Mag. paed. doc.I.Immere
Requirements for starting the course:	To know actual problems of history in the view of the century, psychology and philosophy basic knowledge.
The aim of the course :	To provide students" pedagogical idea about modern pedagogical theories, skills theoretically show and to use practically in study and upbringing methods at school and sport lessons.
The task of the course:	To show pedagogical idea connected with modern requirements, science, cultural tradition level. To provide knowledge about basic lines in 21 century education. To provide theoretical links with modern school practice. To acquire knowledge and skills in study and upbringing process organization, to acquire knowledge and skills of pupils personality development, to provide students independent work and its theoretical foundation necessary to learn the course, to provide pedagogical previous knowledge which forms creative work of sport teacher activity.
Planned results of the study course:	To use the basic pedagogical theories in school practice, to be able to divide general knowledge in pedagogy in concrete history points to understand why they appeared, knowledge about 21. century pedagogical models, personal structures components contents, to choose realize and analyze study and upbringing tasks in study process and out of class time, skills to use acquired theoretical knowledge in practice.
The content of the course :	Educational and pedagogical idea in ancient times, middle ages, pedagogical idea and education in the period till 20 century. The Leading lines in the 21 century general pedagogical subject, categories. Educational system's characteristics. Didactics. Study process, principles, methods, study organizational forms, study difference and individualization . The essence of education, structure, laws, trends, principles, methods, forms, relation as upbringing content, upbringing tasks. Different ways of leading the class.
Obligatory literature:	Albrehta Dz.Didaktika.Rīga:RaKa,2001.,168 lpp. Jurgena I. Vispārīgā pedagoģija. Rīga: SIA Izglītības soli, 2001.,131 lpp L. Ļukovs.Pedagoģija.Rīga:LSPA,1996., 147 lpp. Ļukovs L. Pedagoģijas vēsture. Rīga:RaKa, 1999.,303 lpp.
Additional literature:	Špona A.Audzinašanas process teorijā un praksē. Rīga:RaKa, 2006.,211 lpp. ; Zelmenis V.Pedagoģijas pamati. Rīga: RaKa, 2000.,291 lpp.
Other sources of information:	Magazines, periodicals, electronic information sources;
The organization and tasks of students' independent work:	Discussions, group work, cooperative methods, work out of projects.
The criteria of assessing the results of the studies:	Evaluation is acquired, summarizing the number of points for separate tasks performance; oral report, two test works, year examination.
Study language:	Latvian,English

Course title:	Adult Education PBVI102
Course type:	General education study course
Course level:	Professional bachelor in sport science
Study year:	1
Term:	2.
Credits:	1 CP /1,5 ECTS
Lecturers:	Prof. Jansone R, Prof. U.Švinks
Requirements to start course:	Completing professional bachelor programme „Sport Science“ in term 1, year 1 at least at the level of grade 4-10.
Course goal:	To enable students to learn about the content, functions and initial research skills in the process of education.
Course tasks:	To assess and critically analyse the content, notions and regulating documents of adult educational study courses. To develop understanding of the functions of adult education and personified approaches in the area. To develop skills for managing classes with adult audiences in the meaning of H. Gardner's multiple capacity facilitation. To learn the methods and to apply various teaching styles working with adult audience.
Planned study results:	As a result of completing the study course, students acquire the following: - Knowledge: of the theoretical and practical aspects of adult educational process. - Skills: managing classes for adult audiences using various teaching styles. - Competences: practical performance and research in adult education.
Course content:	Subject, description and notions of adult education. Models of pedagogic collaboration in adult education. Basic principles of teaching, styles and furthering multiple capacities according to H. Gardner's theory. Issues in relating teaching methods to safe environment at classes with adult audience.
Compulsory literature:	1. Latvijas nacionālais attīstības plāns 2014.–2020.gadam: http://www.nap.lv/images/NAP2020%20dokumenti/20121220_NAP2020_Saeim%C4%81_apstiprin%C4%81ts.pdf 2. Koķe T. „Pieaugušo izglītības attīstība: raksturīgākās iezīmes” SIA “Mācību apgāds NT” 1999 3. Lieģeniece D. „Ievads androgoģijā” Izdevniecība RaKa, 2002. 4. Lonstrupa B., “Mācīt pieaugušos ar atklātību” Rīga, 1995. 5. Šēnbergere M. „Ja tev ir kolēģi, ienaidnieki nav vajadzīgi” Izdevniecība Avots, 2008. 6. Volmeše S. „Kustībā slēptā gidrība, jeb kā kļūt fiziski un garīgi līdzsvarotam” Rīga.
Additional literature:	7. Embrekte L. pēc M.Kūlis un Kūļa R. Grāmatas „Filozofija” 8. Vazne Ļ., 2006. Teorētiskās nostādnes sporta pedagoga pedagogiskajai praksei. Materiāli sagatavoti un izdoti ESF līdzfinansēta projekta ietvaros VPD/ESF/PIAA/05/APK/3.2.6.3./0133/0176. 9. Goulmens D., Tava emocionālā inteliģence. Rīga, Jumava, 2001. 10. Maslo E., Mācīšanās spēju pilnveide. Rīga, izdevniecība RaKa, 2002.

The title of the course:	Special terminology and communication (The English language)
The code of the course:	PBVI 103
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	3 / 4.5 ECTS
Teaching staff:	Doc. I.Boge , Lect. Rudzinska I., A.Ropa
Requirements for starting the course:	Knowledge, skills and competence in English corresponding to the Standard of general secondary education.
The aim of the course:	To acquire and develop special terminology and communication in English.
The tasks of the course:	To provide a possibility to learn special terminology in English. Basing on professional lexis and the grammar structures of English to develop the skills of public presentation and working with special literature, to develop inter-cultural and communicative competence.
Planned results of the study course:	Knowledge of special terminology, professional lexis and the grammar structures of English; the skill of public presentation and discussion, the skill of working with special literature in English; developed inter-cultural and communicative competence.
The content of the course:	Learning of special terminology in English for communication in speciality.
Obligatory literature:	1.Berga I, Boge I. Athlete Companion to Sports and Games, part I – Rīga, 2000. 2.Berga I, Boge I. Athlete Companion to Sports and Games, part II – Rīga, 2001 3.Berga I. Notice and Remember. - Rīga, 2001.
Additional literature:	4. Berga I. Improve Your Athletics.-Rīga, 2004 5. Berg I. Gymnastics. – Rīga, 1999.
Other sources of information:	Dictionaries of sports terms, explanatory dictionaries of terms; Internet: www.oup.com/elt/headway .
The organization and tasks of students' independent work:	Reading of one's own chosen text in English about one's speciality, preparation for a test, discussion and seminar according to the content of the study course.
The criteria of assessing the results of the studies:	Knowledge of general sports lexis (tests); presentations: the skills of public presentation and independent work; attitude and group work skills when doing course tasks, individual dynamics is stated by evaluating one's growth of knowledge and skills.
Study language	English

Course title: General and development psychology
Course code: PBVI104, PBVI105
Course type: *Study course of general education*
Course level: Professional Bachelor in Sports Science
Study year: 1st
Term: 1st
Credit points: 2.0 CP/3.0 ECTS
Lecturers: Prof. Agita Ābele, Assoc.Prof. Ķermēna Vazne

Requirements to start course:

- Successfully completed secondary school programme;
- Knowledge in general psychology;
- Knowledge about CNS structure and functions.

Course goal: To facilitate the development of understanding about psychology as science and about personality psychic phenomena processes and expressions. Development of understanding about regularities of human development and peculiarities in different life stages, about possibilities to facilitate development of personality and motivating of development of one's own personality. Development of holistic approach in understanding and interpretation of problem issues of a personality psychic development.

Course tasks:

- to acquaint students with theoretical basic directions of psychology;
- to provide the notion about approaches of personality study;
- to develop understanding about psychic phenomena processes and expressions.
- to provide knowledge about study subject of development psychology, its place in science system, history and role in education today;
- to provide knowledge about periodisation of human psychic development, about age period characterisation and their mutual relationships;
- to facilitate the skill to characterize theoretically human development and his life coherences from the aspect of cognitive development, emotional development and social development;
- to provide knowledge about reasons of personality psychoemotional comfort and discomfort, selffeeling, activities, selfrealisation and creative ability relationship. possibilities;
- to facilitate application of the knowledge acquired in the course in characterisation of one's own personality development;
- to facilitate the skill to cooperate with children in different age periods;
- to provide knowledge and create research skills in pedagogue's work.

Planned study outcomes:

Academic competences – to develop notion about theoretical basic directions of psychology; understanding about specifics of the development psychology subject, its terminology, age periods of personality's development, personality development theories and approaches.

Practical competences - the skills to apply the acquired theoretical bases about personality study approaches in personality characterisation; the skills to characterize independently each age period of somatic, social, cognitive and emotional development; the skills to apply the acquired knowledge when describing one's own personality development; the skills to analyse factors, which determines the development of child as a personality.

Intellectual competences - knowledge and understanding about processes of psychic phenomena and their expressions in professional activity. The competence to evaluate theoretically and apply different methodologies and practical approaches in pedagogical work.

Course content:

Theoretical basic directions of psychology:

- subject of general and development psychology; research methods;
- approaches of personality study;
- personality advancement; development criteria, driving forces, factors;
- cognition processes and emotional and will conditions;
- personality individual qualities.
- Development theories (K.G.Jung, A.Adler, Z.Freud, E.Ericson a.o.).
- Periodisation of age stages (D.Elkonin, E.Ericson, Z.Piaze, B.Akamjev).
- Charecterisation of a child, teenager and adolescent,s psychic development;
- Adult period, its pstchological characterisation.

Compulsory literature:

1. A.Ābele. Vispārīgā psiholoģija. 2000.
2. A. Vorobjovs. Vispārīgā psiholoģija. 2000.
3. A. Vorobjovs. No domas līdz zinātnei: psiholoģijas vēsture. 2005.
4. Svence G. Attīstības psiholoģija. R.: Zvaigzne ABC, 1999.

Additional literature:

5. R. Vuorinens, E.Tūnala. Psiholoģijas pamati. Psihe - garīgā pasaule.- 1998.
6. L.E.Borns, N.F.Ruso. Psiholoģija. - 2001.

7. V.Renģe. Psiholoģija: Personības Psiholoģija. 2000.
8. I.Šuvajevs. Dziļu psiholoģija: personas, idejas un risinājumi. 2002.
9. Ā.Karpova . Personības teorijas un to radītāji.1998.
10. Špalleka R. Māmiļ, vai tu mani mīli? - R.: Preses Nams, 1998. 171.-173. lpp.
11. Balsons M. Kā izprast klases uzvedību. Lielvārde: Lielvārds, 1996. 49.-74., 123.-149. lpp
12. Boulbijs Dž. Drošais pamats. Vecāku un bērnu savstarpējā pieķeršanās - cilvēka veselīgas attīstības priekšnoteikums. R: Rasa ABC, 1998
13. Kempbels R. Kā patiesi mīlēt savu bērnu. - R.: SIA Amnis, 1998, 40.-44. lpp.
14. Kempbels R. Kā izprast pusaudzi. - R.: SIA Amnis, 1998
15. Karpova Ā. Personība. Teorija un to radītāji. - R.: Zvaigzne ABC, 1998.
16. Vuorinēns R., Tūnala E. Cilvēka attīstības posmi. - R.: Zvaigzne, 1999.
17. Karpova Ā. Ģimenes psiholoģija. R.: RaKa, 2007
18. Vecgrāve A. Kā man saprast savu bērnu. - R.: Zvaigzne ABC, 1996., 41.-52.; 65.70.; 169.-172. lpp.
19. Plotnieks J. Psiholoģija ģimenē. - R.: Zvaigzne, 1988., 89., - 125. lpp.
20. Puškarevs I. Attīstības psiholoģija. R.: RaKa, 2001
21. Кулагина И.Ю. Возрастная психология. - М.: Изд. УРАО, 1997. 58-57; 70-81; 82-107 с.

Other sources of information:

Online www.psihologija.lv

Electronical data bases

Organization and tasks of students' independent work:

Analytical description of one theoretical direction of psychology.

Independent study about one of psychic phenomenon;

Mind map about cognition processes.

Independent study "Development theories" (K.G.Jungs, A.Adler, Z.Freud, E.Ericson, K.Rodger, A.Maslov a.o.).

Independent study "Autobiographic childhood memories and their analyses".

Independent study "Early childhood, preschool, the youngest school age, adolescent and adult peculiarities of psychic development".

Evaluation criteria of the study outcomes:

Successful 5 independent works – 50%

Student's active attitude during classes and seminars – 20%;

Successful assessment in knowledge test.

Language of instruction: Latvian, English

The title of the course:	THE BASICS OF PHILOSOPHY
The code of the course	PBVI106
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1. 5 ECTS
Teaching staff:	Professor, Dr.phil. Aino Kuzļecova, viesdoc.L.Zeiberte
Requirements for beginning the course:	Necessary previous knowledge: culturology, ability to operate with basic categories of logics un ethics.
The aim of the course:	Develop further sports specialists thinking culture, necessary competences for objective solution of human and society problems.
The tasks of the course:	-learn to use methods of scientific cognition, develop skills and acquirements to interpret and analyze independently philosophical texts, connect philosophical insights with art of life and chosen profession; - learn the history of philosophical ideas and their development nowadays, promoting and analyzing the skill to understand the causes of emerging a philosophical issue, the methods of solving them, forming definite opinions about main problem of philosophy: a man as physically and mentally unity, the characteristics of investigation human existence and the results of this investigation.
Planned results of the course:	<i>Develop competences:</i> - ability to formulate analytically and analyze basic concepts of philosophy, the range of problems and the history of philosophy as means of expressing mental culture, structuring student future study process; - ability to analyze critically and creatively topical issues of philosophy, in connection with other sports sciences and communicate about them; - readiness to engage in public discussions, ability to analyze and solve many-sided problems connected with philosophy and sports and put forward suggestions for their solution.
The content of the course:	1. The essence of the subject of philosophy. Basic principles of philosophical thinking. 2. Philosophy and world outlook. Types of world outlook. 4. The history of philosophy as means of expressing mental culture. 5. Topical issues of contemporary philosophy sports philosophy.
Compulsory literature:	1.Kuzļecova A. Filozofijas vēstures aktualitātes.1.,daļa, 2.daļa – R.: LSPA, 1998. 2.Kūle M., Kūlis R. Filosofija. – R.: Zvaigzne ABC, 1998.
Additional literature:	3.Aristotelis.Nikomaha ētika. – R.: Zvaigzne, 1985. 4.Aurēlijs Marks. Pašam sev. – R.: Zvaigzne ABC,1991. 5.Platons.Menons. Dzīres. – R.: Zvaigzne ABC,1980. 6.Bēkons F. Jaunais organons. - R.: Zvaigzne, 1989. 7.Dekarts R. Pārruna par metodi. - R.: Zvaigzne, 1978. 8.Kants I. Prolegomeni. - R.: Zvaigzne, 1990. 9. Hēgelis V.V.F. Filozofijas zinātņu enciklopēdija. - R.: Zvaigzne, 1981.
Other sources of literature:	12. Medina J., Morali C., Senik A. Philosophie. Magnard, 1988. 13.Sport Philosophy. Sport Science. Review. Volume 5, Number 2, 1966. 14.Stumpf S.E. From Socrates to Sartre. A History of Philosophy. Mc.Graw-Hill, Inc., 1988.
The organization and tasks of students' independent work:	Preparation for working out the report about freely chosen philosopher's topical ideas about studies or sports philosophy.
The criteria of assessing the results of the studies:	Requirements for obtaining 1.5 ECTS: 30 % - work during semester: lecture Active involvement, independent study of course literature and working out a report; 35% - active participation in contact classes; 35% - differentiated test. Final assessment is recorded into student booklets in the scale of 10 points according to LASE documents. To obtain 1.5 ECTS for course, the student must assemble at least 4 points.
Study language:	Latvian,English

The title of the course:	Sports history
The type of the course:	Part A study course
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	lecturer Gulbe A.
Requirements for beginning the course:	Knowledge and skills in literature, history, geography, history of culture at the level of standard of the basic education.
The aim of the course:	<ul style="list-style-type: none"> - promote the formation and development of student cognitive processes; - be aware of sports history and be able to analyze it in chronological sequence; - promote active attitude to life in identifying historical situations and problems and in their analysis; - promote creative thinking; - form the skills of applying knowledge in practical sport work.
The tasks of the course:	<p>Learn the following knowledge and develop skills to interpret it:</p> <ul style="list-style-type: none"> - objective un subjective conditions leading to the origins of sports; - sports movements, their organizers, historical personalities in sports in different time periods (prehistory, Ancient times, Medieval Age, New Age); - the formation of Olympic movement, its development, problems, its historical representatives in Latvia and abroad: J.Dikmanis, Pierre de Coubertin; - the origins of LOK (Latvian Olympic Committee), the importance of its renewal; - Latvian sportsmen, participating in competitions abroad. - Contemporary sports topicalities in Latvia and abroad.
Planned results of the course:	<ul style="list-style-type: none"> - knowledge about sports history Olympic education, connection with other knowledge, promoting professional qualification - ability to perform scientific work and educational activity - competence to use knowledge and skills in sports classes and in the framework of pedagogic practices
The content of the course:	<ul style="list-style-type: none"> - The origins of sports and its initial development. - objective, subjective and biologic pre-conditions, leading to the origins of sports. - Sports in Ancient times (Mesopotamia, China, India, Egypt, and Greece). - Sports in Medieval cities and towns, and in the countryside. - the interaction of religion and sports in Medieval times (the upbringing of knights). - Sports in New Age (XVII - XX cent.). - the origins of sports in Latvia. - Ancient Olympic Games, their cultural and historical importance. - The origins of International sports movement, the foundation of IOC (International Olympic Committee). Pierre de Coubertin. - Olympic symbols. - The history of Latvian Olympic movement. I. Dikmanis, V. Baltiļš. - Olympic Games from Athens to nowadays.
Compulsory literature:	<ol style="list-style-type: none"> 1. Čika V., Gubilš G. Latvijas sporta vēsture (1918-1944).-Amerikas Latvian apvienības fiziskās audzināšanas un sporta birojs,1970 2. Jansone R. Sporta vēstures pamatjēdzieni. Mācību līdzeklis.-Rīga: LSPA, 1999 3. Latvijas olimpiskā vēsture. LOK. 2003 Rīga 4. Muller N. <i>Pierre de Coubertin. Olympism</i>. Selected writings. Lausanne IOC, 2000. 864 p 5. <i>Olympic Charter</i>. Lausanne: International Olympic committee, 1997.92 p.
Additional literature:	<ol style="list-style-type: none"> 1. Olimpiskā kustība: Olimpiskās izglītības rokasgrāmata. Palīgs studējošai jaunatnei un skolotājiem - Rīga: Latvijas Olimpiskā komiteja, 2004 2. Платонов В.Н., Гуськов С.И. Олимпийский спорт.- Киев.: Олимпийская литература, 1997
Other sources of literature:	Information available at Latvia Sports museum with test leaflet.
The organization and tasks of students' independent work:	Projects "Sports in my city/town", "Olympic Games (city/town, state: free choice)", test.
The criteria of assessing the results of the studies:	Systematic work in lectures and seminars, project work, the visit of Latvia Sports museum, working out independent tasks.
Study language:	Latvian,English

The title of the course:	The basics of economics
The code of the course	PBVI108
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 2
Credit points:	1.5 ECTS
Teaching staff:	Lekt.K.Gorbunova
Requirements for beginning the course:	For studying the subject there is not necessary any previous knowledge.
The aim of the course:	Provide knowledge about the essence of economics, its subjects (participants), their interactivity and problems.
The tasks of the course:	1) know and understand main problems of economics and the ways of its solution; 2) understand the essence of market economy; 3) understand the activity and interactivity of subjects, involved in economy; 4) understand the significance of the state in market economy.
Planned results of the course:	The student should develop: <ul style="list-style-type: none"> - understanding and ability to formulate promoting factors of contemporary economics and its main tasks; - ability to formulate the influence of economic factors on different spheres of human activity, including the spheres education and sports. - ability to find out and understand the factors of economic development and their significance; - understanding of the cyclic character of economic development, the forms of their expressions; - knowledge of the types of the politics of economics and their influence on the development of economics. - ability to justify and make decisions appropriate to the situation in economics; - ability to perform basic calculations for evaluating economic situation at the basic level of national economics and commercial economics.
The content of the course:	<ol style="list-style-type: none"> 1. The subject of economics. 2. Systems of economics. 3. Indicators and factors of the growth of national economics. 4. Cyclic character of economic development: causes and consequences. 5. Money, bank system and monetary politics. 6. State budget and fiscal politics. 7. Demand, supply, the price of balance. 8. Entrepreneurship and its legal forms. 9. Production, its costs and profit. 10. International economic relations: forms un importance in contemporary economics.
Compulsory literature:	1. Bikse V. Ekonomikas teorijas pamatprincipi. – Rīga, 2007.
Additional literature:	2. Nešpors V. Ievads ekonomikā. – R.: 2006. 3. Latvijas statistikas gadagrāmata 2008. – Rīga, 2008. 4. LR Ekonomikas ministrijas „Ziņojums par Latvijas tautsaimniecības attīstību” http://www.em.gov.lv
Other sources of literature:	1. LR Finanšu ministrijas biļeteni: http://www.fm.gov.lv 2. Latvijas bankas publikācijas: http://www.bank.gov.lv 3. LR Centrālās statistikas pārvaldes mājas lapa: http://www.csb.gov.lv
The organization and tasks of students' independent work:	Independent work is divided into 2 parts: 1 st part concerns theoretical questions, 2 nd : their practical application.
The criteria of assessing the results of the studies:	To receive the credit points, the student altogether must assemble at least 4 points. The points in assessment are obtained by totaling the definite number of points for performing definite tasks. Assessment covers knowledge, skills, attitude and the dynamics of progress.
Study language:	Latvian,English

The title of the course:	The theory of management
The code of the course:	PBVI109
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	Assistant, Mg.MBA S.Luika
Requirements for beginning the course:	The knowledge of Social Sciences at the level of comprehensive secondary school.
The aim of the course:	Study theoretical knowledge and develop practical acquirements in management to be able to plan and manage an organization.
The tasks of the course:	<ol style="list-style-type: none"> 1) Study theoretical basis of management; 2) Develop skills and acquirements in the realization of functions of the management. 3) Study the methods of management; 4) Develop skills and acquirements necessary to occupy the position of a manager.
Planned results of the course:	<p>Knows: basic functions of management, their characteristics, the role of manager in an organization, management in non-commercial organization, functions of management, their mutual correlations, their connections with resources and the efficiency of the organization, the methods of management, the methods of administrative and organizational management, social and psychological methods of management, economic methods of management, manager's functions, roles and styles of management, as well as the forms of communication, their characteristics, verbal communication, the use of it, non-verbal communication.</p> <p>Can: set aims and put forward tasks, determine quantitative and qualitative indicators for control process in definite organization, determine styles of management and characterize their expression, make presentation.</p> <p>Can: form management structure of an organization, work out the system of motivation for definite contingent, work out position description, and make presentations.</p>
The content of the course:	<ol style="list-style-type: none"> 1) The origin and development of the theory of management; 2) Main functions of management; 3) The system of methods of management; 4) Manager and management; 5) Communication.
Compulsory literature:	<ol style="list-style-type: none"> 1. Drucker Peter F. Management – England, HarperCollinsPublishers, 2008. 2. Edeirs Dņ. Efektīva komunikācija, - Rīga, 1999. 3. Forands I. Vadītāja darbība,- Rīga, 1994. 4. Forands I. Vadītājs un vadīšana,- Rīga, 1994. 5. Forands I. Personālvadība,- Rīga, 1994. 6. Forands I. Biznesa vadības tehnoloģijas, - Rīga, Latvijas Izglītības fonds, 2006.for excellence. 7. Heller Robert. Management for excellence, - England, Dorling Kindersley, 2001. 8. Kuzļecova A. Profesionālā ētika – Rīga, Raka, 2004. 9. Līdumnieks A. Vadīšana, - Rīga, 1996. 10. Luika B. Sanāksmju organizēšana un vadīšana, - Rīga, 1997. 11. Praude V., Beļčikovs S. Menedžments, - Rīga, 1996. 12. Šķiltere D., Vadīšanas pamati,- Rīga, 1994. 13. Šķiltere D. Uzņēmuma vadīšana, - Rīga, 1998. 14. Мескон М., Альберт М., Хедоури Ф. Основы менеджмента – Москва, 1997
Additional literature:	<ol style="list-style-type: none"> 1. Kalemens R., Berijs G. Uzmanības menedžeri. 525 ieteikumi Jums,- Rīga, 1995. 2. Kembels D. Ja es esmu priekšnieks, kāpēc tad visi smejas, - Rīga, 1996. 3. Reļģe V. Organizāciju psiholoģija – Rīga, Kamene, 1999. 4. Петрушин В. Настольная книга карьериста – Санкт-Петербург, «Питер», 2002.
Other sources of literature:	
The organization and tasks of students' independent work:	<ol style="list-style-type: none"> 1) Practical work about planning; 2) Report about the theory of management.
The criteria of assessing the results of the studies:	To obtain credits for course, the student must assemble at least 4 points. The assessment in points is obtained by totaling the number of points per particular tasks. Assessment covers knowledge, skills, the dynamics of development and attitude.
Study language:	Latvian,English

The title of the course:	RECORDKEEPING
The code of the course:	PBVI110
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	Docent B.LUIKA, docent I.BUDVIĶE
Requirements for beginning the course:	The knowledge of Latvian according to the standards of general secondary education
The aim of the course:	Attīstīt sociālās, komunikatīvās un organizatoriskās pamatiemaļas.
The tasks of the course:	Obtain knowledge and skills in producing documents, in the organization of record-keeping and archival work.
Planned results of the course:	Students: <ul style="list-style-type: none"> - know normative acts, regulating record keeping and work with documents in an organization un can take them into account in their practical activity, - can work out and draw up administration documents, - can work out the text of documents according to Latvian literal language, - can use office notes according to their meaning, - know document circulation in an organization, - can perform document registration, - know document keeping in files, principles of working out nomenclatures of files, - know document preparation for keeping and using.
The content of the course:	The parts of the document: text, specifications, office notes. The types of managerial documents, their contents. Document circulation in an organization, Document sorting in files, their keeping.
Compulsory literature:	- Bahanovskis V. Praktiskā lietvedība.Rīga, Kamene, 2001., 253 lpp. - Dokumentu izstrādāšanas un noformēšanas noteikumi MK 1996.g. 23. aprīļa noteikumi Nr. 154 - Kalējs J., Ābele M. Lietvedības pamati. Rīga, 2000., 190 lpp. - Skujīļa V. Latvian valoda lietišķajos rakstos. Rīga, 1999., 148 lpp.
Additional literature:	- Budviķe I. Mūsdienu Latvian literārās valodas kultūras jautājumi. Rīga, 2000. 48 lpp. - Luika B. Lietvedības pamati. Rīga, 1997.,47 lpp.
Other sources of literature:	Tilde computer dictionary.
The organization and tasks of students" independent work:	Work out documents according to definite aim.
The criteria of assessing the results of the studies:	To receive the credit points, the student altogether must assemble at least 4 points. The points in assessment are obtained by totaling the definite number of points for performing definite tasks. Assessment covers knowledge, skills, the dynamics of development and attitude.
Study language:	Latvian,English

The title of the course:	PROJECT MANAGEMENT
The code of the course:	PBVI111
The type of the course:	General;
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year1
Semester:	Semester 2
Credit points:	1.5 ECTS
Teaching staff:	Assistant, Mg.MBA Signe Luika, A.Dombrovska
Requirements for starting the course:	Secondary general education in the sphere of social sciences.
The aim of the course:	Obtain theoretical knowledge and develop practical acquirments in project management in order to be able to work out and manage projects.
The tasks of the course:	<ol style="list-style-type: none"> 1) Obtain necessary knowledge for working out the projects; 2) Find out the essence of projects, the roles of the participants, features and types of projects, the functions of the participants, methods and instruments used in project management; 3) Get insight into processes and stages of projects; 4) Study the instruments of managing projects.
Planned results of the study course:	<p>Knows: the essence of project working out and management, the roles of the participants, features and types of projects, the functions of the participants, methods and instruments used in project management, as well as processes and stages of management.</p> <p>Is able to: work out the model of project, form the team of project management, use the knowledge of project manager.</p> <p>Can: work out the model of project, organize and manage its realization, use the instruments of project management, implement the model of the project, form the team of project management.</p>
The content of the course:	<ol style="list-style-type: none"> 1. The essence of project, its characteristics. 2. The basics of project organization. 3. The functions of project manager and his/her role in the process of working out and implementation. 4. The phases of project development and management and their characteristics. 5. Financing the project. 6. The use of project management instrument: software "MICROSOFT PROJECT".
Obligatory literature:	<ol style="list-style-type: none"> 1) Baguley Phil. Project management. USA, 1999. 2) Emerick Donald, Round Kimberlee. Exploring Web Marketing& Project Management. USA, 2000. 3) Geipele I., Tambovceva T. Projektu vadīšana. Valters un Rapa, Rīga, 2004. 4) Hanss D.Litke., Ilonka Kunova. Projektu vadība.- Rīga: Balta eko, 2003 5) Ilmete T., Projektu vadīšana. – Rīga: LU PMC, 1999. 6) Kalve I. Apseglot pārmail'u vējus. Biznesa augstskola „Turība”, Rīga, 2005. 7) Kerzner H., Project management. – John Wiley Sons LTD, 1997. 8) Lūiss Dņeimss P. Projektu vadīšanas pamati. Rīga, 1997. 9) Spinner M. Pete. Project management principles and practicies. USA, 1997. 10) Zommers J. Datorizēta projektu vadīšana, programma Microsoft Project. Rīga: Biznesa augstskola „Turība”, 2000. 11) Reiters V. Kailā patiesība par projektu menedņmentu., Rīga, Vaidelote, 2004.
Additional literature:	<ol style="list-style-type: none"> 1. Forands I. Personālvadība, - Rīga, 1994. 2. Forands I. Biznesa vadības tehnoloģijas, - Rīga, Latvijas Izglītības fonds, 2006.for excellence. 3. Heller Robert. Management for excellence, - England, Dorling Kindersley, 2001. 4. Russel D.Archibald. Managing High-tehnology programs and projects. - New York: John Wiley Sons, 1992.
The organization and tasks of students' independent work:	<ol style="list-style-type: none"> 1) Working out the table of project progress 2) The presentation of the table of project progress
The criteria of assessing the results of the studies:	To receive the credit points about the course, the student altogether must assemble at least 4 points. The points in assessment are obtained by calculating the definite number of points for performing definite tasks. Assessed is student knowledge, skills, attitudes and individual dynamics.
Study language:	Latvian,English

The title of the course:	Basics of rights (labor rights, defense of children rights)
The code of the course:	PBVI112
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 2
Credit points:	1.5 ECTS
Teaching staff:	visiting doc. E.Nīmande
Requirements for starting the course:	Necessary previous knowledge in social sciences: politics and the basics of rights.
The aim of the course:	Enable the students to develop necessary competencies in the theory of employment rights in order to perform in practice the regulation of the relations between employer and employee.
The tasks of the course:	1) obtain academic and intellectual competencies about the theory of employment rights, their practical importance in education and sports specialist employment legal relations; 2) develop professional and practical competencies, which are necessary for successful regulation of the relations between employer and employee, taking into account LR Labor law and other Acts of employment legislation.
Planned results of the study course:	As the result of the course the student: <ul style="list-style-type: none"> - understands the system and terminology of employment rights, Labor law and normative Acts connected with it; the system of social guarantees in LR and aspects of labor protection; - can react strategically and analytically formulate legal aspects of employment and be able to communicate about them. - can apply the norms of labor legislation, in a legally correct way conclude a contract of employment and give employee's notice; - can apply the laws of LR and other normative Acts, as well as take them into consideration working in or managing an organization or enterprise in the sphere of education and sports.
The content of the course:	1.LR Labor law and normative Acts connected with it. 2. The system and terminology of employment rights. 3. Labor collective contract. Labor contract. 4. Relations between employer and employee. Employer's notice. Labor disputes and the methods of their solution.
Obligatory literature:	1.Gailums, I. Darba likums. Komentāri. Tiesu prakse. 1.,2.,3. grāmata - Rīga. - Gailuma juridiskā biznesa birojs, 2004 2.Ulmane, V. Darba tiesības. Darba aizsardzība. – Rīga. – Turība, 2004 3.Darba likums [spēkā ar 01.06.2002.]// Latvijas Vēstnesis. – 2001. – 06.jūlijs. - Nr. 105 (2492) 4.Darba aizsardzības likums [spēkā ar 01.01.2002.]// Latvijas Vēstnesis. – 2001. – 06.jūlijs. – Nr. 105 (2492) 5.Darba strīdu likums // Latvijas Vēstnesis. – 2002. – 16.oktobris. – Nr. 149 (2724) 6. LR Bērnu tiesību aizsardzības likums, 1998.
Additional literature: .	1. Streika likums // Latvijas Vēstnesis. – 1998. – 12.maijs. – Nr. 130/131 (1191/1192) 2.Valsts darba inspekcijas likums [spēkā ar 01.01.2002.] // Latvijas Vēstnesis. 2001.28.10 – 188 9.Likums “Par valsts sociālo apdrošināšanu” 3.Valsts civildienesta likums 4. 27.12.2002. noteikumi Nr.580 “Noteikumi par minimālo mēneša darba algu un minimālo stundas tarifa likmi” 5. MK 28.05.2002.noteikumi Nr.206 “Noteikumi par darbiem, kuros aizliegts nodarbināt pusaudžus, un izņēmumi, kad nodarbināšana šajos darbos ir atļauta saistībā ar pusaudža profesionālo apmācību”.
Other sources of information:	Internet resources: www.vdi.lv, www.nva.lv, www.osha.lv, http://www.lm.gov.lv/doc_upl/ddr_02.pdf www.vcb.lv
The organization and tasks of students' independent work:	Control work, the tasks of practical work about the system and terminology of employment rights, about Labor law and its connection with other normative Acts.
The criteria of assessing the results of the studies:	To receive the credit points about the course, the student altogether must assemble at least 4 points. The points in assessment are obtained by calculating the definite number of points for performing definite tasks.
Study language:	Latvian,English

Course title:	FINANCIAL MANAGEMENT, FINANCIAL ACCOUNTING
Course code:	PBNPSV 3041
Course type:	Professional specialization course of the field
Course level:	Professional Bachelor in Sports
Study year:	III
Semester:	5 th
Credit points:	2 CP/ 3 ECTS
Teaching staff:	visiting doc. G.Daukste.
Requirements for commencing acquisition of study course:	Acquirement of study courses: Management theory, Management psychology
Course aim:	To discuss matters related to financial management, to teach students to identify financial condition and to identify options to improve existing financial management methods, and to improve financial condition of enterprise. By use of course information, students will be able to identify options for improving economical indices in short and long period of time. -To acquire theoretical statements on financial management matters; -To prepare students for determination of financial condition of enterprise; -To simulate situations and try to find solutions for them; - To acquire various methods of financial management.
Course tasks:	-To acquire theoretical statements of financial management matters; -To prepare students for determination of financial condition of enterprise; -To simulate situations and try to find solutions for them; - To acquire various methods of financial management.
Planned results of studies:	Knows theoretical statements of financial management. Knows methods of financial management. Is able to choose, assess and apply financial management method in particular situation. Can prepare documents what are required for financial management.
Course content:	<ol style="list-style-type: none"> 1. Introduction in financial management, financial system 2. Public financial management, formation of state budget 3. Financial system of company and its aims. 4. Credit system. Methods of credit calculation. 5. Bank system, financial operations and credit tenders. 6. Shares, their kinds. Classification and assessment of shares. 7. Management of company assets and capital. 8. Investment management. 9. Financial risk management. Formation of financial plan. 10. Insolvency management of company.
Compulsory literature:	<ol style="list-style-type: none"> 1. Rurāne M. Finanšu menedžments : mācību.- R.: Rīgas Starptautiskā ekonomikas un biznesa administrācijas augstskola, 2006 .- 383 lpp. 2.Saksonova S. Uzņēmuma finanšu vadības praktiskās metodes .- R.: Merkūrijs LAT, 2006.- 225 lpp.
Additional literature:	<ol style="list-style-type: none"> 1. Dienas Bizness. Finanšu vadības rokasgrāmata. – R.: Korporatīvo finanšu kompānija „LAIKA STARS” . 2. Rurāne M. Uzņēmuma finanšu vadība. – R.: Turības mācību centrs, 1997.- 254.lpp. 3. Stewart B. Sport Funding and Finance. Netherlands: Elsevier. 2007.-215 pp. 4. Fried G., Shapiro S., DeSchriver T. Sport Finance (2nd ed.). Sheridan Books. 2008.- 400 pp. 5. Жариков В. В., Жариков В. Д. Управление финансами: Учеб. пособие. Тамбов: Изд-во Тамб. гос. техн. ун-та, 2002. 80 с.
Other available sources of information:	Normative acts regulating the work with finances. Internet resources. Periodicals.
Organization and tasks of students' independent work:	Examines theoretical statements of financial management. Prepares document. <i>Elaborates works on solution options for various financial management issues.</i>
Assessment criteria of study results:	Knowledge, skills, competence, attitude.
Study language:	Latvian, English

The title of the course	The methodology of research
The code of the course	PBNT201
The type of the course	Theoretical basic course of the branch
The level of the course	Professional Bachelor of Education in Sports Science
Study year	Year 1
Semester	Semester 2
Credit points	0,75 ECTS
Teaching staff	Assist.E.bernāns
Requirements for starting the course	The knowledge of Mathematics, Physics and informatics at the level of secondary school, ability to work with computer
The aim of the course	Introducing scientific work to young sports pedagogues
The tasks of the course	<ul style="list-style-type: none"> • Introducing with science and its importance in contemporary society; • Develop ability to solve independently scientific problems using appropriate methods; • Develop acquirements of scientific work, the ability to generalize and analyze the results of scientific work; • Promote scientific approach to studies; • Develop acquirements of creative work; • Acquire the use of computer techniques in practice;
Planned results of the study course	Corresponding to contemporary requirements for Professional Bachelor in Sports Science
The content of the course	The tasks of scientific work, methods and organization of scientific work. Mathematical processing of the obtained results and their analysis in Sports Science.
Obligatory literature	Dravnieks J., Popovs E., Paeglītis A. Sporta zinātnisko pētījumu tehnoloģija : Mācību grāmata sporta akadēmijas studentiem. - Rīga : LSPA, 1997.
Additional literature	9 sources of literature
Other sources of information	Study aids and the texts of lectures in electronic form in the homepage of LASE Department of Informatics, the section of Distance Learning
The organization and tasks of students' independent work	In the homepage of LASE Department of Informatics, the section of Distance Learning can be found all necessary information, received the tasks, install specially worked out software, send completed works to lecturers by electronic mail. Twice a week are organized consultations.
The criteria of assessing the results of the studies	Automatic control of knowledge, practical works, seminars, working off unattended classes
Study language	Latvian,English

The title of the course:	Sport theory
The code of the course:	PBNT204
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	2CP/3 ECTS
Teaching staff:	Dr.paed. U.Ciematnieks
Requirements for starting the course:	General knowledge of the Professional Bachelor of Education in Sports Science in general study courses acquired in LASE 1 st study year
The aim of the course:	To create notion about sport theory. To create the ability to run sports work on optimal level in state, municipal and non-governmental sport organizations of different type.
The tasks of the course:	1. To acquire the content of the Sport theory study course in the fields of knowledge, skills and competences 2. To acquire the ability to analyse the effectiveness of sport activity in state, municipal and non-governmental sport organizations
Planned results of the study course:	Acquired theoretical bases of the study course Acquired ability to apply Sport theory bases in sports specialist activity spheres Acquired ability to analyse analytically the effectiveness of sport activity and to give recommendations to improve sport event effectiveness
The content of the course:	The content of the course includes a wide range of basic principles of sport theory and theoretical competences in the work and running of sport organisations of any type
Obligatory literature:	1. I. Kīsis, „Sporta teorija”, LSPA 2. V.Krauksts, „Biomotoro spēju treniņu teorija”, LSPA
Additional literature:	LASE homepage, Prof. V.Krauksts, „Sporta un treniņu teorija”
Other sources of information:	1. Internet sources 2. Sport magazines and other publications in the field of Sport theory
The organization and tasks of students' independent work:	Students learn independently the content envisaged in the study course in addition to the content given in lectures. They learn independently the Motor movement teaching theory and regularities, as well as the theoretical bases of biomotor ability.
The criteria of assessing the results of the studies:	1. Active involvement 2. Control works and home works 3. Participation in seminars
Study language:	Latvian,English

The title of the course:	Qualitative research in sport science
The code of the course:	PBNT202
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1 CP/ 1.5 ECTS
Teaching staff:	Dr. paed., Doc. Andra Fernāte
Requirements for starting the course:	Research methodology I; Sport theory; General pedagogy
The aim of the course:	To give students a possibility to learn qualitative research methodology in sport science.
The tasks of the course:	<ul style="list-style-type: none"> - To develop understanding about approaches in qualitative research in sport science (Grounded Theory, Ethnometodology, Fenomenology, etc.); - To develop skill to link an approach of qualitative research in sport science with the choice of data obtaining methods; - To develop skill to use qualitative data procession methods and interpret the obtained results in sport science; - To develop skill to evaluate critically one's research activity in qualitative research in sport science, to make conclusions and to evaluate their credibility.
Planned results of the study course:	<p>Successful acquiring of the course allows a student to do qualitative research in sport science independently, as he/she will be able:</p> <ul style="list-style-type: none"> - To understand approaches of qualitative research in sport science, qualitative research methods and procedures of obtaining and analysing qualitative data; - To choose adequate scheme of qualitative research; - To analyse independently and evaluate the obtained qualitative data, choosing appropriate methods of data procession and interpretation, making conclusions and evaluating credibility.
The content of the course:	Qualitative approach to research in sport science, its potential and problems, kinds of research. Principles, conception and planning of qualitative research. Methods of qualitative research, their combination and triangulation. Methods of data obtaining, procession and interpretation. Credibility of qualitative research and ethical aspects in sport science.
Obligatory literature:	<ol style="list-style-type: none"> 1. Pitney W. A., Parker J., <i>Qualitative Research in Physical Activity and the Health Professions</i>. Champaign, IL: Human Kinetics, 2009.- 219. 2. Andrews D. L., Mason D.S., Silk M. L., <i>Qualitative Methods in Sports Studies</i>. Oxford: Berg, 2005. - 226. 3. Gratton, C., Jones, I. <i>Research Methods for Sport Studies</i>. London: Routledge, 2004. -288.
Additional literature:	<ol style="list-style-type: none"> 4. Introduction: Entering the Field of Qualitative Research. In Denzin, N. K. and Lincoln, Y. S. (eds) (2000) <i>Handbook of Qualitative Research</i>. London: Sage 5. Kropļijs A., Raščevska M. <i>Kvalitatīvās pētniecības metodes sociālajās zinātnēs</i>. – R.: RaKa, 2004.
Other sources of information:	<ol style="list-style-type: none"> 6. <i>Qualitative Research in Sport and Exercise Science</i> (First Issue: 2009), Routledge_ http://www.informaworld.com/smpp/title~content=t789751079~db=slat~tab=summary 7. Science Direct. URL: http://www.sciencedirect.com 8. SpringerLink. URL: http://www.springerlink.com
The organization and tasks of students' independent work:	To evaluate problems in qualitative research in sport science in the chosen sub-branch (sport pedagogy, sport management, sport medicine, recreation). To work out independently a plan of qualitative research in sport science in the chosen sub-branch. To obtain data, independently process the data, analyse and evaluate results and make conclusions.
The criteria of assessing the results of the studies:	<p>For a positive assessment the following will be evaluated:</p> <ul style="list-style-type: none"> - Active involvement of lectures and active participation in seminars (30%); - independent works (50%); - written test of the study course (20%).
Study language:	Latvian,English

The title of the course:	Sport in multicultural environment
The code of the course:	PBNT 206
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1CP / 1.5ECTS
Teaching staff:	Prof. U. Švinks
Requirements for starting the course:	-
The aim of the course:	To provide knowledge and develop skills for work in multicultural environment
The tasks of the course:	<ol style="list-style-type: none"> 1. To provide knowledge and understanding about multiculturalism and the multicultural education. 2. To develop competences to run sports classes in multicultural environment. 3. The development of multicultural approach teaching movement games, plays and national kinds of sport.
Planned results of the study course:	A student has knowledge, skills and competences to run sports classes in multicultural environment
The content of the course:	<p>Themes: 1) multiculturalism and the multicultural education;</p> <p>2) development of intercultural competence in sports classes;</p> <p>3) identity and sports;</p> <p>4) bilingualism, multilingualism in running sports classes;</p> <p>5) plays and games of different nations and ethnic groups.</p>
Obligatory literature:	<ol style="list-style-type: none"> 1. Ceļvedis starpkultūru uzglītībai. Rīga, 2004. 2. Banks James A. An introduction to multicultural education, 1999. 3. Rhonda Clements, Suzanne Kinzler. Multicultural Approach to PE. 2003.
Additional literature:	<ol style="list-style-type: none"> 4. Kolins Beikers. Bilingvisma un bilingvālās izglītības pamati, 2002. 5. Maurice Roche (ed.). Sport, Popular Culture and Identity.1998.
Other sources of information:	Internet
The organization and tasks of students' independent work:	Students write an independent work or group work on each theme and present it.
The criteria of assessing the results of the studies:	Successful presentation of independent works. Active participation in studying themes. Self-assessment of acquiring the course.
Study language:	Latvian,English

The title of the course:	Hygiene
The code of the course:	PBNT208
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	2 CP/ 3 ECTS
Teaching staff:	Dr.med., quest prof. Z.Cederstema, Ms.med.,quest lecturer V.Antina, Ms.med., quest lecturer Z.Zundane
Requirements for starting the course:	Knowledge in basics of physiology and biochemistry; skills to work independently with information sources.
The aim of the course:	To provide possibility to acquire knowledge and skills in general and sport hygiene in order to do professional activity of a teacher and coach.
The tasks of the course:	<ol style="list-style-type: none"> 1. To introduce students with the main theoretical knowledge about food, children and adolescent and sport hygiene. 2. To provide students with the possibility to acquire skills to evaluate the quality of inner and outer environment, and their suitability to organize sport and recreational events. 3. To facilitate the readiness to evaluate and recommend adequate nutrition and hygienic performance maintaining means to athletes of different age and kind of sport. 4. To facilitate understanding about the influence of lifestyle and environment on athlete health and performance. 5. To provide readiness to apply children and adolescent hygiene knowledge in practice.
Planned results of the study course:	Students have obtained the competences necessary for a sport specialist in general and sport hygiene.
Obligatory literature:	<ol style="list-style-type: none"> 1. Rubana I.M. Higiēna. LSPA. Rīga, 2000. 218 lpp. 2. Rubana I.M. Uzturs fiziskā slodzē. Rīga: Raka, 2009. 204 lpp. 3. Brīla A. Infekciju slimību epidemioloģija. Rīga: Nacionālais apgāds. 200 lpp.
Additional literature:	<ol style="list-style-type: none"> 1. Darba vides riska faktori un sradājošo veselības aizsardzība. [V.Kaļķa un Ņ.Rojas red.] Rīga: Elpa, 2001. 489 lpp. 2. Rubana I.M. Sportistu uztura uzdevumi un pamatprincipi. Trenera rokasgrāmata 1.daļa. Rīga: LTTC, 2003. 215-239.lpp. 3. Rubana I.M. Uzturvielas sportistu uzturā. Trenera rokas grāmata - 2.Rīga: LTTC, 2006. 126.-155. lpp. 4. Rubana I.M. Uzturs jaunažiem sportistiem. Bērnu un pusaudžu trenera rokasgrāmata. Rīga, 2008. 70-89 lpp. 5. MK noteikumi „Higiēnas prasības vispārējās pamatizglītības, vispārējās vidējās izglītības un profesionālās izglītības iestādēm”, 27.12.2003., Nr.610.
The organization and tasks of students' independent work:	<p>Students have to prepare independently:</p> <ol style="list-style-type: none"> 1. Evaluation of a sports hall microclimate, illumination and ventilation. 2. A presentation about epidemiology of infectious diseases. 3. Analysis of one day energy expenditure and nutrition. 4. Answers on the questions about the composition and quality of diet. 5. A presentation about the influence of psychoactive substances on an athlete's body. 6. A study and result presentation about the given theme in school's hygiene. Have to prepare to the differential test.
The criteria of assessing the results of the studies:	<p>Differential to every independent task. An exam in the end of the course.</p>
Study language:	Latvian, English

The title of the course:	Sport Management
The code of the course:	PBNNT207
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3 or 4...
Credit points:	1CP / 1.5 ECTS
Teaching staff:	Doc. M.paed. B.Luika
Requirements for starting the course:	The study courses: <ul style="list-style-type: none"> - Management theory - History of sport
The aim of the course:	To acquire the process of sports field management and its influencing factors.
The tasks of the course:	To study:- sport development in Latvia, possibilities to improve it; <ul style="list-style-type: none"> - the system of sport management in Latvia; - sport policy, the mechanism of its realisation; - the tendencies of sport development in Europe and the world.
Planned results of the study course:	<ul style="list-style-type: none"> • A student can understand the processes of sports field functioning and managing. • Can analyse the development of sports field, identify problems and work out solutions. • Knows and can observe normative acts and other regulations and documents of sports field.
The content of the course:	<ul style="list-style-type: none"> • The state sport policy. • Legal basis of the sports field. • The system of sport management in Latvia. • The place and role of non-governmental organizations in sport development. • Planning of sport development. National sport development programme. • Sport economical aspects, financing and sponsoring. • Training and in-service training of sport specialists. • Provision of sports centres. • Sport statistical data, their analysis. • Sports abroad.
Obligatory literature:	<ol style="list-style-type: none"> 1. Briļķis G. <i>Komercializācijas procesi sportā</i> – Rīga, LSPA, 1999. 2. Briļķis G. <i>Sporta kustības centrālās vadības formas Latvijā</i> – Rīga, 1993. 3. Brūne A., Apine R. <i>Sports Latvijā</i> – Rīga, 2001. 4. Forands I. Red. <i>Latvijas sporta vēsture</i> – Rīga, 1994. 5. Кузина В.В. <i>Экономика физической культуры и спорта</i> – Москва, 2001 6. Luika B. <i>Sporta vadība</i> (lekciju materiāli) – Rīga, LSPA, 2008. 7. Parrish R. <i>Sports law and policy in the European Union</i> – Manchester, New York: Manchester University Press, 2003, 271 lpp. 8. Chaker A.N. <i>Good Governance in Sport</i> a European survey- Cuncil of Europe, september 2004, 101 lpp.
Additional literature:	<ol style="list-style-type: none"> 1. <i>Latvijas III Sporta kongress</i> – Rīga, LSP, 1996. 2. <i>Latvijas IV Sporta kongress</i> – Rīga. LSP, 2001. 3. Шааф Ф. <i>Спортивный маркетинг</i> – Москва, 1998 4. Ferrand A. <i>Routledge handbook of sports sponsorship=successful strategies</i>- London; New York: Routledge, 2007, 278 lpp.
Other sources of information:	<ul style="list-style-type: none"> - <i>National Sport Development Programme 200. – 2012</i> - LR laws, MC regulations and other normative acts; - www.olimpiade.lv
The organization and tasks of students' independent work:	<ul style="list-style-type: none"> • Investigation and analysis of the normative acts; • Studying of sport development factors, their analysis; • Studying of sport organisation work in Latvia.
The criteria of assessing the results of the studies:	A student's <i>knowledge, skills and attitude</i> are assessed.
Study language:	Latvian,English

The title of the course:	Physical exercises and health
The code of the course:	PBNT209
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	1CP/1.5ECTS
Teaching staff:	Dr.paed.Z.Galeja
Requirements for starting the course:	Knowledge of movement anatomy, physiology, sport physiology, biomechanics and gymnastics acquired at LASE.
The aim of the course:	To provide necessary medical knowledge and skills for future sports teachers and other sports specialists would get notion about remedial gymnastics: as preventive means to strengthen and maintain health, to set off possible diseases; as medical means to normalize pathologically changed body functions, to renew physical work capacity, maintain them and be able to apply them in everyday professional work.
The tasks of the course:	<p>To create interest and understanding about application of remedial gymnastics on special medical group pupils and on pupils having posture disorders to correct them.</p> <p>To teach to analyse general and local influence of remedial gymnastics on the human body;</p> <p>To provide knowledge about the principles of load dosing;</p> <p>To teach to orientate and make decisions when choosing means and methods of remedial gymnastics leading from diagnosis, disease development and physical condition. To develop skills in practical classes.</p>
Planned results of the study course:	A student should understand motivation and physiological substantiation of remedial gymnastics application; should be able to apply the obtained knowledge and skills organizing and running classes of correcting gymnastics; should be able to evaluate posture practically; to compile theoretically substantiated and medically correct routine of correcting gymnastics.
The content of the course:	Aims and tasks of the study course, differences of the special medical groups (SMG) and basic group pupils. Characterisation of SMG pupils. Peculiarities of the means, methods and methodology, possibilities to organize classes at schools (group forming according to diagnosis, age, physical condition and other individual peculiarities). Suggested physical activities in pupil group with compatible diagnoses, tasks, means, methodological elements of their application. Posture, factors to state it.
Obligatory literature:	Mauriļa L. Ārstnieciskās vingrošanas pamati. Rīga, 1999* Mauriļa L., Tripāne T. Ieteicamās fiziskās aktivitātes bērniem ar dažādiem veselības traucējumiem. Rīga, 1999 *Lāriļš V., Mauriļa L. Koriģējoša vingrošana jaunākā skolas vecuma bērniem I II daļa. Rīga, 1995* *Mauriļa L. Fiziskās aktivitātes kardioloģijā. Rīga "Nacionālais apgāds", 2005* *Lāriļš V., Mauriļa L. Ārstnieciskā vingrošana pie elpošanas orgānu saslimšanām. Rīga 1992
Additional literature:	*Purmale I. "Ārstnieciskā vingrošana skolā. Rīga "Raka", 2006 *Āboltiļa M. Kustību anatomija I daļa. LPSA, 2005 *Āboltiļa M. Kustību anatomija II daļa. LPSA, 1998 *Kļujevs M., Kocs J. Bērnu stājas veidošana, Rīga, 1987
Other sources of information:	* www.google.lv *Wilmore J.H., Costill D.L. Physiology of Sport and Exercise. Human Kinetics, 1999, printed in USA, 710p *Sabine Langhus. Grundlagen und Techniken der Bewegungstherapie. Lehrbuch, Sport und Gesundheit, Berlin, 2006 *J.M.Rothstein, S.H.Roy, S.L.Wolf.The Rehabilitation specialist`s Handbook, F.A.DAVIS Company, Philadelphia, 1997
The organization and tasks of students' independent work:	Preparation for the report. Repetition of sport physiology basic course knowledge. Preparation for the theoretically practical test. Selecting of correcting routines for definite posture disorder. Preparation for the differential theoretically practical test.
The criteria of assessing the results of the studies:	Knowledge, skills and competences are assessed using regular tests and seminars and the tests in the end of each theme in ten point system
Study language:	Latvian,English

The title of the course: Bases of sport biomechanics

The code of the course:	PBNT211
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	2CP/3 ECTS
Teaching staff:	Dr. habil.paed., Prof. Jānis Lanka
Requirements for starting the course:	Knowledge and practical skills in the chosen sport
The aim of the course:	To provide knowledge and practical skills in bio-mechanics of the chosen sport, in sport training bio-mechanical bases.
The tasks of the course:	1) to introduce with general principles of movement direction, execution mechanic and kinematic mechanisms in the chosen sport; 2) to provide theoretical knowledge in mechanics and bio-mechanics of the chosen sport, practical skills in analysis and evaluation of movement kustību technique and tactics; 3) to introduce with bio-mechanic conditions of movement learning and sport training.
Planned results of the study course:	A student knows structure, composition and characteristics of the movement system; modern bio-mechanic conceptions of movement direction and learning; bases of physical improvement, bio-mechanic control and evaluation of sport technical and tactical proficiency. A student can make movement mechanic and bio-mechanic analysis; evaluate sport technical and tactical rationality, effectiveness and learning level, characterise peculiarities of movement learning and physical preparation process according to one's age, sex, body composition and training peculiarities.
The content of the course:	Bio-mechanic principles of movement organisation, bio-mechanic aspects of learning motor activity, bio-mechanic bases of sport technical and tactical proficiency, systemically-structural analysis of motor activity.
Obligatory literature:	1. J.Lanka Biomehānika. - Rīga, 1995. - 130 lpp. 2. J. Lanka Augstlēcšanas biomehānika. Rīga: LSPA, 1997. - 72 lpp. 3. J. Lanka Šķēpa mešanas biomehānika. Rīga: Elpa-2, 2007. 335 lpp. 4. J. Lanka Fizisko īpašību biomehānika (ātruma īpašības). - Rīga: LSPA, 2005. - 102 lpp.
Additional literature:	1. Biomechanics in Sport. Zatsiorsky V.M. (ed). Blackwell Science, LTD, Oxford, 2000. 2. Най J. The Biomechanics of Sports Techniques. - Prentice Hall, 1973. - p. 600. 3. Биомеханика плавания. Зарубежные исследования. - М.: ФиС, 1981. 4. Гавердовский Ю.К. Обучение спортивным движениям. М:ФиС,2007. 911 стр. 5. Иссурин В. Б. Биомеханика гребли на байдарке и каноэ. - М.: ФиС, 1984. 6. Назаров В.Н. Движения спортсмена. - Минск: Польша, 1984. - 250 с.
Other sources:	Internet, scientifically-methodological issues
The organization and tasks of students' independent work:	Students receive tasks for independent work and the list of advisable literature. The main tasks of the independent work – to obtain additional information about the given questions, to widen one's knowledge, to see how the acquired theories are linked with sport practice.
The criteria of assessing the results of the studies:	Students' knowledge correspondence to the requirements of the programme and the ability to characterize bio-mechanically the chosen sport are assessed.
Study language:	Latvian, English

The title of the course:	The basics of biochemistry
The code of the course:	PBNT214
The type of the course:	Theoretical basic course of the branch
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year1
Semester:	Semester 1, 2
Credit points:	1.5 CP/ 2.5 ECTS
Teaching staff:	Dr.Biol., quest asoc.prof. Maija Dzintare
Requirements for starting the course:	Secondary or secondary special education, in the framework of which is studied organic and nonorganic chemistry, biology. The basics of biochemistry should be studied in close connection with the basics of physiology.
The aim of the course:	Obtain knowledge about chemical composition of human body, biological functions of biological compounds: carbohydrates, proteins, lipids and nucleic acids. Obtain knowledge and develop understanding about chemical basis of biological processes, energetic and plastic processes in human body.
The tasks of the course:	Provide opportunity for young sport specialists acquire knowledge about chemical composition of human body, chemical basis of life processes: biological compounds - carbohydrates, proteins, lipids and nucleic acids, about their composition and biological functions, emphasizing main sources of energy of human body and substances involved in producing energy.
Planned results of the study course:	Students obtain knowledge about: <ol style="list-style-type: none"> 1. chemical composition of human body, 2. chemical basis of life processes, 3. composition of biological compounds: carbohydrates, proteins, lipids and nucleic acids, their biological functions emphasizing main sources of energy of human body and substances involved in producing energy. 4. Are introduced with enzymes. Develop competences for connecting knowledge in biochemistry with the diet of sportsman, develop independent problem solving skills.
The content of the course:	Chemical composition of human body. Biological functions of biological compounds: carbohydrates, proteins, lipids and nucleic acids, their main chemical changes in body. Enzymes.
Obligatory literature:	V. Ūdre. <i>Vispārējā un sporta bioķīmija I d., māc. grāmata</i> LSPA studentiem, Rīga 1999.
Additional literature:	<ol style="list-style-type: none"> 1. D. Cēdere, J. Logins. <i>Organiskā ķīmija ar ievirzi bioķīmijā</i>, Rīga, Zvaigzne ABC, 1996. 2. Волков Н. И. <i>Биохимия мышечной деятельности</i>. Киев, Олимпийская литература, 2000. с 504. 3. Murray R. K., Granner D. K., Mayes P. A., Rodwell V. W. <i>Harper's Biochemistry</i> (25th edition). McGraw-Hill Publishing Co; 1999, p. 927. 4. Lieberman M. A., Marks A. <i>Marks' Basic Medical Biochemistry: A Clinical Approach</i> (3rd revised North American ed.) Lippincott Williams and Wilkins, 2008, p. 1024. 5. Lehninger A. L., Nelson D. L., Cox M. M. <i>Lehninger Principles of Biochemistry</i> (4th edition) W. H. Freeman & Co, 2004. 6. Stryer L., Berg J. M., Tymoczko J. L. <i>Biochemistry</i> (5th edition). W. H. Freeman & Co, 2002.
The organization and tasks of students' independent work:	Preparation for seminars about themes: chemical composition of the body, functional groups of organic compounds, disperse systems of the body, pH, buffer systems, carbohydrates, proteins, lipids, nucleic acids, enzymes. Preparation for the tests.
The criteria of assessing the results of the studies:	Student knowledge and competences are assessed according to qualitative indicator: in the system of 10 points, and quantitative indicator: should be passed all seminars and tests.
Study language:	Latvian, English

Course title:	Sports Physiology
Course code:	PBNT213
Course type:	Base theoretical course in the field
Course level:	Professional Bachelor in Sport Science
Study year:	2.
Term:	3.
Credits:	1 / 2 ECTS
Docētāji:	Dr.med., prof. Inese Pontaga,
Requirements to start course:	Knowledge of anatomy, basics of physiology and biochemistry acquired in the 1st year at the LASE.
Course goal:	To teach the basic concepts of sport physiology, to analyse the mechanisms of organism adaptation and the performance maintenance in different sports loads, to create skills to determine and assess individual physiological performance indicators.
Course tasks:	<ol style="list-style-type: none"> 1. To teach to understand and evaluate physiological indicators of physical activity intensity, to give the basic principles of physiological classification of physical exercise. View physiological changes in the body in the specific conditions of sport. 2. To provide the physiological background of sport specific movement skills and physical characteristics development, to provide the knowledge and skills of measurement and evaluation of the certain physiological characteristics. 3. To describe the mechanisms of adaptation of the organism and determinants of the performance in the unusual, extreme environmental conditions.
Planned study results:	<i>Students acquire knowledge</i> of the muscle bioenergetics, physiological indicators of the intensity of physical load, physiological classification of physical exercises, functional changes in the body during the conditions characteristic of the sport and a physiological explanation of various intensity sport loads, physical characteristics development and movement skills learning. <i>Students acquire skills:</i> to determine physical abilities of a person performing speed, flexibility, balance, aerobic and anaerobic performance tests. <i>Students acquire competences:</i> to determine performance indicators and to compare them to data in literature, evaluation the training level of the athlete's cardio-respiratory system using knowledge in sport physiology in practice.
Course content:	Muscle bioenergetics. Physiological classification of physical exercises. Physiological changes in the body in conditions characteristic of the sport. Functional changes in the body performing sport loads of various intensity. Physiological explanation of obtaining movement skills. Muscle force and power. Physiological explanation of developing power. Speed, physiological explanation of its development. General aerobic endurance, its indicators, physiological explanation of the training. Physiological mechanisms of developing flexibility and coordination. Alterations in performance and body adaptation mechanisms when training in various environments.
Compulsory literature:	<ol style="list-style-type: none"> 1. Pontaga I. Aerobās izturības attīstīšanas fizioloģiskais pamatojums. Mācību līdzeklis LSPA studentiem. LSPA - Rīga, , 2014, 44 lpp. 2. Brēmanis E. Sporta fizioloģija. - Rīga: Zvaigzne, 1991.- 245 lpp. 3. Wilmore J.H., Costill D.L. Physiology of Sport and Exercise. Human Kinetics, 1999, printed in USA, 710 p. 4. McArdle W.D., Katch F.I., Katch V.L. Essentials of Exercise Physiology. Lippincott Williams and Wilkins, 2000, printed in USA, 679 p.
Papildliteratūra:	<ol style="list-style-type: none"> 1. Hoffman J. Physiological Aspects of Sport Training and Performance. Human Kinetics, 2002, printed in USA, 344 p. 2. The Physiology of Training. Whyte G. (Ed.), Churchill Livingstone, Elsevier, 2006, 246 p. 3. Pontaga I. Aerobās izturības treniņš. Vispusīgās fiziskās sagatavotības trenera rokasgrāmata (redaktori: R. Līcis, U. Grāvītis, S. Luika). Latvijas Treneru tālākizglītības centrs, 2015, izdevējs SIA „DUE”, 148 – 167 lpp.
Other sources of information:	<ol style="list-style-type: none"> 1. Enoka R.M. Neuromechanics of Human Movement. Human Kinetics, 2002, printed in USA, 556 p. 2. Платонов В.Н. Общая теория подготовки спортсменов в олимпийском спорте. - Киев : Олимпийск.лит., 1997.
Organization and tasks of students' independent work:	To prepare to seminars on the themes: 1) muscle energetics and physiological classification of physical exercises, physiological indicators in performing loads of varying intensities; 2) physiological explanation of developing movement skills, power, force and speed quality; 3) aerobic endurance, its indicators and physiological explanation of training; 4) body adaptation to various environments. To prepare to tests in sport physiology.
Evaluation criteria for the study results:	Students' knowledge, skills and competences are assessed at four seminars (muscle energetics and physiological classification of physical exercises, physiological indicators in performing loads of varying intensities; physiological explanation of developing movement skills, power, force and speed quality; aerobic endurance, its indicators and physiological explanation of training; body adaptation to various environments), by four laboratory works (determining speed, aerobic endurance, flexibility and coordination capacities indicators). At the end of the study course in sports physiology, a test is to be taken.
Language of instruction:	Latvian, English

The title of the course:	Sport biochemistry
The code of the course:	PBNT215
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	1 CP/ 2 ECTS
Teaching staff:	Dr.Biol., quest asoc.prof. Maija Dzintare
Requirements for starting the course:	Acquired the study course Basics of biochemistry (1.5 CP, code: PBNT215).
The aim of the course:	To provide students with acquiring theoretical and practical skills, providing knowledge and understanding about chemical bases of life processes in a human body, as well as about the dynamics of energetic and plastic processes during physical loads; practically learning the basic skills of biochemical research. The basic task – to provide students with scientific bases for professional activity, to develop skills to solve problems independently.
The tasks of the course:	<ol style="list-style-type: none"> 1. To introduce with energetic and plastic processes in the human body, that provides its physiological functions, as well as renewal and development. 2. To characterize biochemical peculiarities of children and teenagers" body. 3. To provide knowledge and understanding about purposeful changes of chemical reactions in the organism during intensive physical loads and in the recovery period. 4. To introduce with the structural and functional changes of the organism, which develop due to regular sports trainings. 5. To develop practical skills for work in a laboratory to make biochemical analyses.
Planned results of the study course:	<p>Students should know:</p> <ol style="list-style-type: none"> 1. the dynamics of biochemical processes in the human body, their interconnection; 2. biochemical peculiarities of children and teenagers" body; 3. changes of chemical processes in the organism during intensive physical loads and in the recovery period; 4. biochemical substantiation and methods of the development of physical characteristics – strength, speed and endurance; 5. observing of biochemical peculiarities, when training physical characteristics in children and teenagers. <p>Students have the skill to do simple analytical biochemical experiments, to use laboratory equipment.</p> <p>Students have the competence to apply the knowledge obtained in the Biochemistry study course in sports practice:</p> <ol style="list-style-type: none"> 1. to analyse definite loads after the reaction what gives energy, what energy sources consume. 2. knowing biochemical basis to plan loads, the recovery length for training to give maximal effect.
The content of the course:	<p>General biochemistry. Metabolism. Energy exchange. Biological oxidation. Exchange of bio-compounds - carbohydrates, fat and proteins. Exchange peculiarities of bio-compounds of a growing body.</p> <p>Sport biochemistry. Chemical structure and action energy of muscles. Dynamics of biochemical processes in the human body, when doing physical work of intensive various character. Biochemical substantiation of fatigue. Biochemical processes during the recovery period. Biochemical substantiation of physical quality – strength, speed and endurance increase regularly training. Gradualness and specifics of adaptation. Biochemical substantiation of sport training principles.</p>
Obligatory literature:	<ol style="list-style-type: none"> 1. V. Ūdre. Vispārējā un sporta bioķīmija I d., māc. grāmata LSPA studentiem, Rīga 1999. 2. V.Ūdre - Vispārējā un sporta bioķīmija II d., māc. grāmata LSPA studentiem, Rīga 2000.
Additional literature:	<ol style="list-style-type: none"> 1. Волков Н. И. Биохимия мышечной деятельности. Киев, Олимпийская литература, 2000. с 504. 2. Maughan R., Gleeson M. The Biochemical Basis of Sports Performance. Oxford University press. New York. 2004, p 253. 3. V.Ūdre - Biosavienojumu maiņas vienādojumi un shēmas, māc. līdz. LSPA studentiem, Rīga 1996. 4. V.Ūdre - Sporta bioķīmija, māc. līdz. LVFKI studentiem, Rīga 1991.
Other sources of information:	<ol style="list-style-type: none"> 1. D. Cēdere, J. Logins. Organiskā ķīmija ar ievirzi bioķīmijā, Rīga, Zvaigzne ABC, 1996. 2. Murray R. K., Granner D. K., Mayes P. A., Rodwell V. W. Harper's Biochemistry (25th edition). McGraw-Hill Publishing Co; 1999, p. 927.
The organization and tasks of students' independent work:	Preparation for seminar themes in General biochemistry and Sport biochemistry . Writing of a report, preparation for the test.
The criteria of assessing the results of the studies:	Student knowledge and competences are assessed according to qualitative parameter– knowledge is assessed in 10 point system, and quantitative parameter– all seminars and the test should be passed.
Study language:	Latvian, English

The title of the course: The basics of physiology
The code of the course: PBNT216
The type of the course: Theoretical basic course of the branch
The level of the course: Professional Bachelor of Education in Sports Science
Study year: Year1
Semester: Semester 1, Semester 2
Credit points: 4 ECTS
Teaching staff: Ms.Biol., quest lecturer Z.Šmite

Requirements for starting the course: Secondary or secondary special education, in the framework of which are studied subjects of natural sciences: biology, anatomy, physics, chemistry, during Year 1 studies at LASE acquired knowledge in anatomy.

The aim of the course: Provide opportunity for young sport specialists to form understanding about the functions of oxygen supply, metabolism and functions of systems of movement organs, and mechanisms of their regulation in human body. Provide the basis of knowledge, which is necessary for studying other subjects of medical and biological block.

The tasks of the course:

1. Provide knowledge about the mechanisms of oxygen supply and their functions: in blood, cardiovascular and respiratory systems.
2. Provide knowledge about digestive system and metabolism.
3. Provide knowledge about the types of muscle fibers, the mechanisms of contraction, about particular kinds of contraction of muscle fibers, about regimens of muscle activity.
4. Form understanding about the role in muscle regulation of each part of central of central nervous system and sensor systems.
5. Get introduced with main methods of investigating of the functions of human physiology and form practical acquirements in determining functional indices, comparing with norm analyze physiological changes in the body as a result of physical load.

Planned results of the study course: Students obtain knowledge: about functions and regulatory mechanisms of blood, heart, circulatory and respiratory systems, about digestive system and metabolism, about mechanisms of contraction of skeletal muscles, about the types of muscle fibers, regimens of muscle work, about the role of each part of central of central nervous system and sensor systems in movement regulation, main methods of investigating of the functions of human physiology.

Students develop skills: to determine the heart rate, to measure arterial blood pressure, to determine the indices of static respiratory volumes, to measure the isometric muscles strength.

Students develop competences: to evaluate the main functional indices of blood, heart, circulatory, respiratory, digestive systems and metabolism, evaluate them, compare with norm or literature sources, to evaluate muscle work regimens and kinds of contractions and evaluate the role of different parts of brain in voluntary and unvoluntary regulation of movements.

The content of the course: The subject of physiology. Methods of investigating in physiology. The physiology of blood. The physiology of heart and circulation. The physiology of respiration. The physiology of digestion. Metabolism. The physiology of muscles. General physiology of nervous system. Sensor systems, taking part in movement regulation. The regulation of movements by brain.

Obligatory literature:

1. Voitkeviča L. Asinsrite. Elpošana. LSPA - Rīga, 2015., 80.lpp.
2. Millere V., Rocēna L. Asinis. Asinsrite. Elpošana. LSPA - Rīga, 1996., 79.lpp.
3. Pontaga I. Muskuļu fizioloģija. Mācību līdzeklis LSPA studentiem. LSPA – Rīga, 2007., 42 lpp.
4. Pontaga I. Uzbudināmo audu fizioloģija. Nervu sistēmas vispārējā organizācija. Sensoro sistēmu fizioloģija. Mācību LSPA studentiem. Rīga, 2001., 105 lpp.
5. Pontaga I. Izvadprocesi organismā. Termoregulācija. Iekšējā sekrēcija. Mācību LSPA studentiem. Rīga, 2005., 54 lpp.
6. Liepa Dz. Gremošana. Vielmaiņa. Enerģijas maiņa. Mācību LSPA studentiem. Rīga, 1991., 64 lpp.
7. Liepa Dz. Smadzeņu motorās sistēmas un veģetatīvās nervu sistēmas fizioloģija. Augstākā neirālā darbība. Kustību fizioloģija. Rīga – LVFKI, 1988., 118 lpp.
8. Pontaga I. Uzbudināmo audu fizioloģija. Nervu sistēmas vispārējā organizācija. Sensoro sistēmu fizioloģija. Mācību LSPA studentiem. Rīga, 2001., 105 lpp.
9. Thibodeau G.A., Patton K.T. Anatomy and Physiology. St.Louis,Baltimore, Boston, etc.: Mosby,1993, 968. p.

Additional literature:

1. Aberberga-Augškalne L. Fizioloģija rehabilitoģiem. SIA Nacionālais apgāds. Rīga, 2002., 215 lpp.
2. Human Physiology (ed. Petersen O.H.). Blackwell Publishing, UK, 5th edition, 2009, 650 p.
3. Bovell D., Nimmo M., Wood L. Principles of Physiology. A Scientific Foundation

Other sources of information:

- of Physiotherapy. WB Saunders Company Ltd, 1996, printed in UK, 248 p.
1. Aberberga-Augškalne L., Koroļova O. Fizioloģija ārstiem. SIA Medicīnas apgāds. Rīga, 2007., 516 lpp.
 2. Wilmore J.H., Costill D.L. Physiology of Sport and Exercise. Human Kinetics, 1999, printed in USA, 710 p.

The organization and tasks of students' independent work:

Preparation for seminars about themes: 1) blood physiology, heart physiology, the physiology of circulation, 2) the physiology of respiration, digestion and metabolism, 3) the physiology of muscles, 4) the physiology of nervous system and movement regulation. Write a report about the work of oxygen supply systems, changes in muscles and opportunities of training them in their sport. Preparation for tests in the basics of physiology.

The criteria of assessing the results of the studies:

Student knowledge, skills and competences are assessed in 4 seminars (blood, heart, circulation; respiration, digestion, metabolism; muscle and nervous system physiology), 3 laboratory works (1-heart, circulatory system, 2-respiration, 3- muscle and nervous system physiology) and in writing the report about the work of oxygen supply systems, changes in muscles and opportunities of training them in their sport. At the end of the course the students must pass an exam.

Study language:

Latvian, English

Course title:	Anatomy
Course code:	PBNT217
Course type:	Theoretical basic course in the field
Course level:	Professional Bachelor in Sport Science
Study year:	1.
Term:	1.
Credits:	2 / 3 ECTS
Lecturers:	Dr.med., quest assoc prof.O.Koļesova, Dr.ped., Ms.Pt., doc.I.Zvigule, Ms.med., quest lecturer Z.Zundāne, Ms.med., quest lecturer V.Antiņa
Requirements to start course:	General or general specialised education including natural science subjects: biology, anatomy, physics and chemistry.
Course goal:	To acquire a deep understanding of human body parts and functions, to understand the impact of sport trainings on the development of human body and its growth, as well as the unity of shapes and functions. Students acquire the basics of medical Latin terminology used in anatomy, physiology and other medical disciplines as well as acquire the skills of morphological research.
Course tasks:	<ol style="list-style-type: none"> 1. To create a knowledge of the human body's structure, development, especially of musculoskeletal system structure and function, as well as heart and cardiovascular, and nervous system. The role of the nervous system in simple and complex movements regulation, as well as the changes in the body and organ systems structure due to regular sports training. 2. To know muscles providing movements in every joint of human body, to analyze sport movements from the point of view of Anatomy. 3. In practical classes to know sites of certain bone points, muscles, their attachment places, to determine and analyze muscle action.
Planned study results:	Students acquire knowledge: of the skeleton, the bones of the limbs; muscles, their structure; heart and cardiovascular system anatomy and functioning principles; central and peripheral nervous systems parts anatomy and role in movement regulation; gain basic knowledge of endocrine, digestive system anatomy, functions; acquire an understanding of the body's structural changes which develop due to regular sport training. Students acquire skills: to show on moulages, anatomical preparations and posters muscles, bones, brain parts, etc. Students acquire competences: to analyze muscle action in various movements – in which joints which muscles work in various sports movements.
Course content:	Introduction to the subjects of anatomy and sport morphology as science. Methods. Passive movement apparatus: osteology and syndesmology. Active movement apparatus: myology, sport myology. Supply systems: the cardiovascular system. Regulation systems: central nervous system, peripheral nervous system and vegetative nervous system. Sport morphology: anatomic description of various body conditions and movements.
Compulsory literature:	<ol style="list-style-type: none"> 1. I.Zvīgules anatomijas lekciju materiāli. 2. M.Āboltiņa, G.Knipše, S.Umbraško. Cilvēka ķermeņa stāvokļu un kustību anatomiskā analīze, 1999. 3. M.Āboltiņa. Kustību anatomija. I daļa. Rīga, 1998. 4. M.Āboltiņa. Kustību anatomija. II daļa. Rīga, 1998. 5. M.Āboltiņa. Regulācijas sistēmas. 1998. 6. M.Āboltiņa. Apgādes sistēmas. 1998. 7. M.Āboltiņa, G.Knipše. Sporta mioloģija. 1992.
Additional literature:	<ol style="list-style-type: none"> 1. G. Knipšes redakcijā. Anatomija. Roka. Kāja. LU Akadēmiskais apgāds. 2008. 2. I.F.Ivaņickis. Cilvēka anatomija. M. 1985. (krievu val.) 3. V.Kalbergs. Cilvēka anatomija. I un II daļa. „Zvaigzne”, 1973. 4. K.Tittel. Beschreibende un funktionelle Anatomie des Menschen. Jena. 1970. 5. http://www.visiblebody.com/index.html 6. http://www.runlabdro.com/lectures/power.html 7. http://images.3d4medical.com/Muscle-system-pose-image_RM6596.html
Organization and tasks of students' independent work:	To prepare to tests on the themes: core osteosyndesmology, upper extremity osteosyndesmology, core myology, upper extremity myology, lower extremity myology, cardiovascular system, nervous system. To write a paper on movement analysis in one's sport. To prepare for tests in anatomy.
Evaluation criteria for the study results:	Students' knowledge, skills and competences are assessed in 8 tests (osteology, syndesmology, myology, sport myology, the anatomy of cardiovascular system, peripheral and vegetative nervous system anatomy), in writing a paper on the analysis of sport movements in one's sport. At the end of the course in anatomy, an exam has to be taken.
Language of	Latvian, English

The title of the course:	Developmental Physiology
The code of the course:	PBNT222
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	1/ 1.5 ECTS
Teaching staff:	Dr.med., prof. Inese Pontaga
Requirements for starting the course:	Knowledge acquired at LASE in the 1st study year in Anatomy, Basics of physiology and Basics of biochemistry.
The aim of the course:	To provide basic knowledge about morphological and physiological changes in a growing body and when aging, and sensitive periods of physical characteristics development.
The tasks of the course:	<ol style="list-style-type: none"> 1. To characterise the regularities of growth and development, critical periods in a child's development, influence of environment and socially economic factors on growth and development. 2. To form knowledge basis about the development of the locomotor system, nervous system and highest neural functioning, about the visceral systems and their function development in a growing body and about the changes when aging. 3. To develop practical skills to evaluate physical development and physical performance. 4. To describe the role of physical exercises in promoting of physical development and performance improvement.
Planned results of the study course:	<i>Students obtain knowledge about:</i> age periodisation; anatomical and physiological peculiarities of growing children in separate age periods; morphological and physiological changes when aging; the role of physical exercises in the improvement of physical development and in performance development and maintaining. <i>Students acquire the skills:</i> to measure human anthropometrical parameters. <i>Students acquire competences:</i> to evaluate children and adults' physical development, to evaluate approximately biological age and the degree of teenager sexual maturation; to choose the most suitable sports loads and teaching methods for each children's age period; to choose suitable exercises for elderly people.
The content of the course:	Regularities of growth and development. Morphological changes in the organism in different age periods. Physiological characterisation of a newborn, infant age, of the early, first and second childhood children, teenagers and adolescents. Physiological changes when aging.
Obligatory literature:	<ol style="list-style-type: none"> 1. Pontaga I. Vecumposmu fizioloģija. 1.daļa. Māc. līdzeklis LSPA studentiem. LSPA–Rīga, 2012, 87 lpp. 2. Pontaga I. Vecumposmu fizioloģija. 2.daļa. Māc. līdzeklis LSPA studentiem. LSPA–Rīga, 2012, 36 lpp. 3. Rowland T.W. Children's Exercise Physiology. Human Kinetics, 2004, printed in USA, 298 p.
Additional literature:	<ol style="list-style-type: none"> 1. Malina R.M., Bouchard C., Bar-Or O. Growth, Maturation, and Physical Activity. Human Kinetics, 2004, 728 p. 2. Taylor A., Johnson M. Physiology of Exercise and Healthy Aging. Human Kinetics, 2008, P. 304. 3. Pontaga I., Ūdre V. Bērnu un pusaudžu fizisko spēju attīstīšanas bioloģiskais pamatojums. Bērnu un pusaudžu trenera rokasgrāmata (Galv. redaktors J.Žīdens), Latvijas Treneru tālākizglītības centrs, Rīga, 2008.g., 54. – 69. lpp.
Other sources of information:	<ol style="list-style-type: none"> 1. Malina R.M., Baxter-Jones A.D.G., Armstrong N., Beunen G.P., Caine D., Daly R.M., Lewis R.D., Rogol A.D., Russel K. Role of Intensive Training in the Growth and Maturation of Artistic Gymnasts ((Review article). Sports Medicine, 2013, Vol. 43, P.783–802. http://link.springer.com/article/10.1007%2Fs40279-013-0058-5#page-1 2. Tanner J.M., Preece M.A. (Eds.). The Physiology of Human Growth. Cambridge University Press, 1989, 232 p. 3. Детская спортивная медицина. Под ред. Тихвинского С.Б. и Хрущева С.В.- М.: Медицина, 1991.-559.с.

**The organization
and tasks of students'
independent work:**

To prepare for seminars about the following themes: 1) regularities of growth and development; morphological changes in the organism in different age periods; physiological characterisation of a newborn and infant age, 2) Physiological characterisation of the early, first and second childhood children 3) Physiological characterisation of adolescents and ageing processes. To prepare for the tests in Developmental Physiology.

The title of the course:	Didactics
The code of the course:	PBNT218
The type of the course:	Theoretical basic course of the branch
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 2
Credit points:	1.5 ECTS
Teaching staff:	Prof.R.Jansone, Doc.I.Bula-Biteniece
Requirements for starting the course:	Pre-knowledge in pedagogy, general and developmental psychology, physiology and anatomy.
The aim of the course:	Promote the formation of student understanding about theoretical foundations of study process in connection with contemporary school practice and foster the development of student pedagogical thinking
The tasks of the course:	<ul style="list-style-type: none"> - Promote student pedagogical orientation; - Encourage the students to get independent insights into pedagogical process; - Foster the ability to analyze theoretical and practical experience.
Planned results of the study course:	<ul style="list-style-type: none"> ● Knowledge about the subject of investigation of didactics, didactical tasks, documents regulating the contents of education, didactical principles, methods of learning and forms of organization of study work, the components of the quality of education. ● Skills to justify common and different in the didactics of the XXI cent., characterize with practical examples didactical principles, perform the classification of methods and comparative analysis, analyze the lesson. ● Competence to evaluate in teacher work different methods and practical approaches.
The contents of the course:	<ol style="list-style-type: none"> 1. Introduction into didactics (didactics of the XX century and of nowadays). 2. Documents regulating the contents of education. 3. Study process, its functions and components. 4. Didactical principles and their practical importance in pedagogical work. 5. Study methods. 6. The forms of organization of study work and the analysis of the lesson.
Obligatory literature:	Ņukovs L. Ievads pedagoģijā (pamatkurss). Rīga: RaKa, 38-112.lpp.
Additional literature:	<p>Albrehta Dz. (2002). Didaktika. Rīga: RaKa.</p> <p>Ņogla I. (2002). Didaktikas teorētiskie pamati. Rīga: RaKa</p> <p>Ņogla I. (1997). Vispārīgā didaktika. Rīga: LU</p> <p>Rubana I. (2000). Mācīsimies darot. Rīga:RaKa</p>
Other sources of information:	Electronic data basis.
The organization and tasks of students' independent work:	<ul style="list-style-type: none"> ● Independent work: the creation of contents and plan of realization for social skills in the 1st lesson at school ● Independent work: comparative analysis of study methods ● Independent work: comparative analysis of the kinds of pedagogic interaction ● Formation of a cross-word puzzle, based on knowledge acquired in the course of didactics.
The criteria of assessing the results of the studies:	Final assessment is recorded into student booklet according to LASE regulations.
Study language:	Latvian,English

The title of the course:	Professional ethics
The code of the course:	PBNT219
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1CP /1.5 ECTS
Teaching staff:	Prof., Dr.phil. A. Kuzļecova, Dr.paed.M.Jakovļeva
Requirements for starting the course:	Preliminary knowledge in Culturology, Bases of philosophy and Introduction in ethics
The aim of the course:	<ul style="list-style-type: none"> - to create interest about the role of ethical values in the training of future specialist, - to develop a specialist ethical competence, facilitating ethical, critical and creative thinking.
The tasks of the course:	<ul style="list-style-type: none"> - to facilitate the quality and effectiveness of future specialist activity, to facilitate the forming and development of professional morale; - to facilitate awareness and observing of education and sport work ethical principles, norms and values; - to develop the skill to work, make and evaluate decisions and evaluate decisions in the ethical aspect.
Planned results of the study course:	<p><i>A student acquires the following competences:</i></p> <ul style="list-style-type: none"> - the skill to formulate and analyse the essence of professional ethics, basic notions, problems, functions, to analyse the structure of professional morale, basic requirements of corporative and sport ethics, principles, norms and values, conflict solving methods and ethical management styles; - the skill to analyse the ethic codes of the chosen professions, substantiate and communicate about the topicalities of work ethics and work culture; - the ability to apply theoretical knowledge in practical activity – to substantiate one’s own professional actions and to foresee their consequences; independently and in a team to solve the problems of moral education, corporative ethics, corporative culture, education and sport ethics using updated methods and ethical management styles; - the ability to work out ethical codes; readiness to defend one’s opinion, to carry out creative research and educating work in the chosen field of professional activity.
The content of the course:	The subject of Professional ethics, its terminology, guidelines, specifics, functions and sub-functions. The structure of professional morale (principles, norms, idols, values). Sport ethics as sub-branch of normative ethics. Ethical values and their expression in sport and professional activity. Corporative ethics and corporative culture. Codes of professional ethics. Ethical code of LASE staff. Methods of solving interest and role conflict. Ethical management styles.
Obligatory literature:	<ol style="list-style-type: none"> 1.Kuzļecova A. Korporatīvā ētika. Mācību līdzeklis. – Rīga: LSPA, 2009. 2. Kuzļecova A. Profesionālās ētikas pamati.Ievads sporta ētikā. - Rīga: RaKa, 2003. 3. Sporta ētika kā normatīvās ētikas paveids. Mācību līdzeklis. – R.: LSPA, 2009.
Additional literature:	<ol style="list-style-type: none"> 4.Lasmane S., Milts A., Rubenis A. Ētika. – R.: Zvaigzne, 1993. 5.Milts A. Ētika. Personības un sabiedrības ētika. – Rīga: Zvaigzne ABC, 2000. 6.Josephon M.A. Training Program of Coaches on Ethics, Sportmanship and Character Building in Sports – /Pursuing Victory with Honor// //http:charactercounts.org/sports/Olimpic- report-ethicssportmanship.htm. 7. Singer P. Practical Ethics. Cambridge, 1993
Other sources of information:	<ol style="list-style-type: none"> 8. www.wikipedia.org 9. www.ethicsworld.org
The organization and tasks of students' independent work:	Preparation for tests, working out of a report about ethical values and their expression in sport and professional activity.
The criteria of assessing the results of the studies:	30 % assessment of work during semester: lecture Active involvement, to study independently the literature envisaged in the course and work out a report; 35% active participation in contact classes; 35% differential test.
Study language:	Latvian,English

Course title: Special Pedagogy at Sport Classes

Course code:

Course type: Study course of professional qualification in the field.

Course level: Professional Bachelor in Sport Science.

Study year: 4

Term: 1

Credits: 1CP; 1.5 ECTS

Lecturers: Prof. Aija Kļaviņa

Requirements to start course:

Sport medicine, physical education theory, physiology and special education

Course goal:

To provide students with an opportunity to acquire knowledge of planning sport activities, introducing and applying aids to ensure meaningful, successful and safe inclusion of pupils with functional disorders in sport classes/

Course tasks:

To obtain knowledge of various functional disorders.

To obtain methods of planning, introducing and assessing adapted sport education (ASE) classes.

To obtain knowledge of technical aids (such as wheelchairs, orthoses, prostheses) and adapting sport equipment for pupils with functional disorders/

Planned study results:

Students acquire knowledge:

Of the basics of ASE and sociological aspects, of various functional disorders and their impact on integrating the pupil in sport classes.

On the principles of creating and introducing an ASE programme.

Students acquire skills:

To create an individual plan in sport education.

To assess physical abilities of pupils with functional disorders.

To adapt sport activities to pupils with various functional disorders.

Students acquire competences:

To adapt a sport programme according to the individual abilities of a pupil's functional disorders.

To prepare and adapt the environment for reaching the goal of inclusive sport education.

To perform adapted sport programme for pupils with functional disorders.

Course content

Characteristic of functional disorders and changes in functional abilities adapting sport classes for pupils with special needs.

Compulsory literature

Kļaviņa, A. Iekļauj Mani. Rokasgrāmata bērnu ar invaliditāti iekļaušanai sporta nodarbībās. Jelgavas Tipogrāfija, 2007, pp. 88.

Additional literature

Block, M.E., *A teacher's guide to including children with disabilities in general physical education* (3rd ed.). 2007. Baltimore: Paul H. Brookes.

Sherill, C., *Adapted physical activity, recreation and sports. Crossdisciplinary and lifespan* (6th ed.). 2004, McGraw Hill

Other sources of information

Kelly, L. & Melograno, V.J., *Developing the physical education curriculum*.

Study language: Latvian, English

The title of the course:	Physiology of age periods
The code of the course:	PBNT222
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1/ 1.5 ECTS
Teaching staff:	Prof. Inese Pontaga
Requirements for starting the course:	Knowledge acquired at LASE in the 1st study year in Anatomy, Bases of physiology and Bases of bio-chemistry, in the 3rd semester of the 2nd study year in Sport physiology.
The aim of the course:	To provide basic knowledge about morphological and physiological changes in a growing body and when aging, and sensitive periods of physical quality development.
The tasks of the course:	<ol style="list-style-type: none"> 5. To characterise the regularities of growth and development, critical periods in a child's development, influence of environment and socially economic factors on growth and development. 6. To form knowledge basis about the development of the loco-motor system, nervous system and highest neural functioning, about the visceral system and their function development in a growing body and about the changes when aging. 7. To develop practical skills to evaluate physical development and physical work capacity. 8. To characterise conditions of the organism in sport loads and their peculiarities in children, to characterise the role of physical exercises in the improvement of physical development and in work capacity development.
Planned results of the study course:	<p><i>Students obtain knowledge about:</i> age periodisation; anatomical and physiological peculiarities of growing children in separate age periods; morphological and physiological changes when aging; the role of physical exercises in the improvement of physical development and in work capacity development and maintaining. <i>Students acquire the skills:</i> to measure human anthropometrical parameters. <i>Students acquire competences:</i> to evaluate children and adults' physical development, to evaluate approximately biological age and the degree of teenager sexual development; to choose the most suitable sports loads and teaching methods for each children's age period; to choose suitable exercises for elderly people.</p>
The content of the course:	Regularities of growth and development. Morphological changes in the organism in different age periods. Physiological characterisation of a newborn, infant age, of the early, first and second childhood children, teenagers and adolescents. Physiological changes when aging.
Obligatory literature:	<ol style="list-style-type: none"> 4. Āboltiņa M.. Kā aug mūsu bērns. Datorzinību centrs, 1998., 198 lpp. 5. Vīksne Z. Bērnu un pusaudžu vispārējā un sporta fizioloģija LVFKI, Rīga, 1987.-71.lpp. 6. Rowland T.W. Children's Exercise Physiology. Human Kinetics, 2004, printed in USA, 298 p.
Additional literature:	<ol style="list-style-type: none"> 4. Millere R., Segleniece K. Bērna augšana un attīstība Rīga, Zvaigzne, 1977.-80.lpp. 5. Фарбор А.,Корниенко И.А.,Сонькин В.Д. Физиология школьника.- М.:Педагогика,1990.-64.с.
Other sources of information:	Детская спортивная медицина. Под ред. Тихвинского С.Б. и Хрущева С.В.- М.:Медицина, 1991.-559.с.
The organization and tasks of students' independent work:	To prepare for seminars about the following themes: 1) regularities of growth and development; morphological changes in the organism in different age periods; physiological characterisation of a newborn, infant age, and of the early childhood children; 2) Physiological characterisation of the first and second childhood children, teenagers; 3) Physiological characterisation of

adolescents; physiological changes when aging. To prepare for the test in Physiology of age periods.

The criteria of assessing the results of the studies:

Student knowledge, skills and competences are assessed in three seminars (the themes see above), in one laboratory work (methods of anthropometry). In the end of the study course students have to take the test.

Study language:

Latvian,English

The title of the course:	First aid
The code of the course:	PBNT205
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	1CP/1.5 ECTS
Teaching staff:	Asoc.prof.Z.Pavāre
Requirements for starting the course:	Knowledge of anatomy and physiology acquired at LASE in the first study year.
The aim of the course:	To provide a possibility to obtain the necessary medical knowledge and skills to prevent injuries and to give the first aid, if there is an accident in a sports teacher's or coach's professional work and in social life, according to the first aid provision programme of the Republic of Latvia worked out and accepted by the Immediate Medical Aid Association and Catastrophe Medical Centre.
The tasks of the course:	<ol style="list-style-type: none"> 1. To teach to evaluate the situation and set off danger, to act tactically correctly according to the seriousness of the accident to save one's life and maintain it, being aware of ethical and moral responsibility. 2. To teach to maintain one's life until professional help arrives , to set off worsening of one's condition as much as it is possible.
Planned results of the study course:	Having obtained theoretical knowledge and practical skills of the course a student should be psychologically prepared and be able to act immediately and tactically correctly on the place of an accident: to do reanimation (demonstrate execution), to treat the wound and bandage it, to stop bleeding, to do immobilisation and desmurgy on any part of the body, to do anti-shock activities, to organise transporting, to know safety measures to protect oneself, to be able to act tactically correctly in cases of different diseases, poisoning and thermal damages.
The content of the course:	Introduction in the first aid. Acting on the place of an accident Reanimation ABC scheme to set off the most critical conditions, to save and maintain one's life. Injuries, wounds, their kinds, causes. Bleeding. Shock. Injuries. Bandaging, tasks. Poisoning. Thermal damages. Acting at sudden diseases.
Obligatory literature:	<ol style="list-style-type: none"> 1. L.Mauriļa "Pirmā palīdzība" grāmatā Trenera rokasgrāmata, Jumava, 2004, 353-377 lpp. 2. Madreica I.,Krievilš D. "Ko darīt?" 1997.,2000 3. Pirmā palīdzība praksē. Zvaigzne, abc,1997 4. Golubeva A. Skolēnu drošība.Nelaiimes gadījumi. Pirmā palīdzība. Lielvārds. Lielvārde , 1998
Additional literature:	<ol style="list-style-type: none"> 1. Ņukovskis I.,Eglītis E. Pirmā medicīniskā palīdzība, R.,1991. 2. Ņukovskis I., Akūtie patoloģiskie stāvokļi sportā, R., 1992. 3. J.Zeccardi, Everything you need to know about medical emergencies, 1997 by Springhouse Corporation.
Other sources of information:	www.kmc.gov.lv
The organization and tasks of students' independent work:	To prepare independent work. To prepare for a seminar. An independent work "Symptoms of acute bleeding in logical sequence". To write a report "The most characteristic social life injuries according to age groups and their prevention", to prepare a presentation, role, a.o. To prepare for differential theoretical test and doing manipulations practically.
The criteria of assessing the results of the studies:	Student knowledge and skills are assessed in theoretical test and two seminars (demonstration of cardio-pulmonary reanimation, theoretical substantiation of the actions to children and adults; presentation of the report "The most characteristic social life injuries according to age groups and their prevention"), in practical classes – doing different manipulations of the first aid, demonstrating a role play, a.o., and doing theoretical test and performing reanimations.
Study language:	Latvian,English

The title of the course:	Information and communication technologies in sport
The code of the course:	PBNT202
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1 CP/1.5 ECTS
Teaching staff:	Prof. J. Dravnieks
Requirements for starting the course:	Preliminary knowledge in mathematics, physics and informatics corresponding to the Standard of general secondary education. Knowledge obtained in the LASE study course „Research methodology”.
The aim of the course:	To introduce with information technologies (IT) for practical and experimental research needs in sport
The tasks of the course:	To acquaint with possibilities of obtaining, processing and transmission of research information. To learn the means of data analysis and programming in MS Windows environment, using Standard and free software. To acquaint with ways of text modelling. To learn to make presentations.
Planned results of the study course:	A student knows possibilities to use IT in sport research and practice. Is able to analyse data, programme, show results graphically, and present them. Is able to choose professionally adequate IT for research and practical tasks in sport.
The content of the course:	Obtaining of information and its transmission. Structure of research printed material. Statistical procession of experimental data and result reflection in graphical way. Making of research presentation. Programming of research and practical calculations.
Obligatory literature:	<ol style="list-style-type: none"> 1. Dravnieks J., Popovs E., Paeglītis A. Sporta zinātnisko pētījumu tehnoloģija [4 d.]. LSPA. Rīga, 1997. 2. Dravnieks J. Bakalaura pavāgrāmata [tiešsaiste]. LSPA. Rīga : LSPA, 2008. Pieejams: http://servis.lspa.lv:333/pavars.pdf
Additional literature:	<ol style="list-style-type: none"> 3. Arhipova I., Bāliļa S. Statistika ekonomikā un biznesā : Risinājumi ar SPSS un MS Excel. Datorzinību centrs. Rīga, 2006. 4. Akadēmisko darbu izstrāde : Mācību līdzeklis / T.Likiforova, V.Krauksts, U.Grāvītis, U.Švinks, I.Vasiljeva. LSPA. Rīga, 2007. Pieejams: http://fantom.lspa.lv/07noform.pdf un http://www.lspa.lv/files/Ak_darb_izstr_noform.doc
Other sources of information:	Distance Study Centre of Informatics Department of LASE INTRANET http://fantom.lspa.lv/index.html INTERNET http://servis.lspa.lv:333/index.html
The organization and tasks of students' independent work:	Independent work in distance learning framework, using e-mail for the communication with the teaching staff. Independent work data downloading, sending to the teaching staff and receiving of the assessment.
The criteria of assessing the results of the studies:	Average mark from assessments of doing tasks in contact classes, independent tasks and the test.
Study language:	Latvian,English

Course title:	Adult Education PBVI102
Course type:	General education study course
Course level:	Professional bachelor in sport science
Study year:	1
Term:	2.
Credits:	1 CP /1,5 ECTS
Lecturers:	Prof. Jansone R, Prof. U.Švinks
Requirements to start course:	Completing professional bachelor programme „Sport Science“ in term 1, year 1 at least at the level of grade 4-10.
Course goal:	To enable students to learn about the content, functions and initial research skills in the process of education.
Course tasks:	To assess and critically analyse the content, notions and regulating documents of adult educational study courses. To develop understanding of the functions of adult education and personified approaches in the area. To develop skills for managing classes with adult audiences in the meaning of H. Gardner's multiple capacity facilitation. To learn the methods and to apply various teaching styles working with adult audience.
Planned study results:	As a result of completing the study course, students acquire the following: - Knowledge: of the theoretical and practical aspects of adult educational process. - Skills: managing classes for adult audiences using various teaching styles. - Competences: practical performance and research in adult education.
Course content:	Subject, description and notions of adult education. Models of pedagogic collaboration in adult education. Basic principles of teaching, styles and furthering multiple capacities according to H. Gardner's theory. Issues in relating teaching methods to safe environment at classes with adult audience.
Compulsory literature:	1. Latvijas nacionālais attīstības plāns 2014.–2020.gadam: http://www.nap.lv/images/NAP2020%20dokumenti/20121220_NAP2020_Saeim%C4%81_apstiprin%C4%81ts.pdf 2. Koķe T. “Pieaugušo izglītības attīstība: raksturīgākās iezīmes” SIA “Mācību apgāds NT” 1999 3. Lieģeniece D. “Ievads androgogijā” Izdevniecība RaKa, 2002. 4. Lonstrupa B., “Mācīt pieaugušos ar atklātību” Rīga, 1995. 5. Šēnbergere M. „Ja tev ir kolēģi, ienaidnieki nav vajadzīgi” Izdevniecība Avots, 2008. 6. Volmeše S. „Kustībās slēptā gidrība, jeb kā kļūt fiziski un garīgi līdzsvarotam” Rīga.
Additional literature:	7. Embrekte L. pēc M.Kūlis un Kūļa R. Grāmatas „Filozofija” 8. Vazne Ļ., 2006. Teorētiskās nostādnes sporta pedagoga pedagoģiskajai praksei. Materiāli sagatavoti un izdoti ESF līdzfinansēta projekta ietvaros VPD/ESF/PIAA/05/APK/3.2.6.3./0133/0176. 9. Goulmens D., Tava emocionālā inteliģence. Rīga, Jumava, 2001. 10. Maslo E., Mācīšanās spēju pilnveide. Rīga, izdevniecība RaKa, 2002.

Course title:	Annotation of the study course <i>CLASS MANAGEMENT AND PROJECTS AT SCHOOL</i>
Course code:	PBNPS3017
Course type:	A study course
Course level:	Professional Bachelor in Sport Science
Study year:	3 rd year of study
Term:	Terms 5 and 6
Credits:	2 CP / 3 ECTS
Lecturers:	Mag. Paed., Lecturer I. Immere, Dr. Paed. Lecturer A. Gulbe
Requirements to start course:	General pedagogy, psychology, philosophy, school sport and project development.
Course goal:	To apply the acquired knowledge and skills in pedagogical practice for performing the functions of class educator, managing projects and developing a diploma project.
Course tasks:	To explain the notion of „class management”; to know aspect of teacher’s activity programme; to obtain and understand the essence of the needs of planning and documenting the work of a class educator; corrective means for ensuring discipline. To explain the essence of project management, role, indices and types, functions and methods of projects and apply the obtained knowledge in project development
Planned study results:	To facilitate the development of communicative, axiological, constructive, organisational and perceptive competences in working with schoolchildren in general education schools, the ability to conduct research and educational activity.
Course content:	Class management. Programme of teacher’s activities. Planning and documentation of class educator’s work. Means of ensuring class management. Corrective means for ensuring discipline. Practical research. School project management. Teacher’s role in managing practical projects. Pupils’ motivation in research and projects. Organising sport events, physical activities and sport days at schools. Pupils’ engagement in organising and managing sport events. Executing interdisciplinary links integrating other study subjects in sport subject. Integrating intercultural knowledge and skills in events outside the classroom and sport projects.
Compulsory literature:	Nīmante D. Klasvadība. Rīga: Zvaigzne ABC, pp. 143. Špona A. Audzināšanas process teorijā un praksē. Rīga: RaKa, 2006, pp. 211. Rubana Inta Māra. Projekta metode: metod. Izstrāde/ LSPA. Sporta medicīnas, ārstnieciskās vingrošanas, higiēnas un masāžas katedra.- Rīga: [b.i.], 1999. Šmite Anita. Skolas vadītāja darbam: teorētiski metod. palīg līdz./ Anita Šmite. Pedagogu izglītības atbalsta centrs; red. Rita Comdiļa.-[Rīga]:RaKa, 1998.
Additional literature:	Baldiņš A., Raņeva A. Klases audzinātāja darbs skolēnu personības izpētē. Rīga: Pētergailis, 2001, pp. 74. Pagraba E. Klases audzinātājam darbā ar vecākiem, bērniem un sevi pašu. Rīga: Pētergailis, 2006, pp. 63. Baldiņš A., Raņeva A. Skolas un ģimenes sadarbība. Rīga: Pētergailis, 2001, pp. 81. Ar ko sākt. Rokasgrāmata skolotājiem. Rīga: Apgāds Zvaigzne ABC, 2008, pp. 48. Kas jauns interešu izglītībā. Rokasgrāmata skolotājiem un vecākiem. Rīga: Apgāds Zvaigzne ABC, 2011, pp. 79. Templers R., Bērnu audzināšanas vecākiem. Rīga: Apgāds Zvaigzne ABC, 2008, pp. 232. Vedins I. Mācīšanas māksla. Rīga: Avots, 2011, pp. 359. Rubana I. Mācīties darot: interaktīvas mācības/Inta Māra Rubana; [red. Rita Cimdiļa]. – 2nd rev. ed. – Rīga: RaKa, 2004 Čehlova Z., Skolēnu integratīvo prasmju veidošanās/Zoja Čehlova, Zigfrīds Grīnpauks; [red. Rita Cimdiļa].-[Rīga]: RaKa, 2003. Špona A. Pētniecība pedagoģijā/ Ausma Špona, Zoja Čehlova; [red. Rita Cimdiļa]. – [Rīga]: RaKa, 2004[m. skolām:skolotāja rokasgrām.]- Rīga: Vārti, 199
Other sources of information used	Journals and other periodicals; electronic data sources: www.rigasprojekti.lv , www.videsprojekti.lv , www.esprojekti.lv , www.e-skola.lv
Organization and tasks of students’ independent work:	Study discussions, group work, portfolio development and presentation, project development and presentation
Evaluation criteria for the study results:	Students acquire assessment grades by accumulating a set number of points, assessing knowledge, skills and competences for performing individual tasks, productive work at seminars, attitude and individual development dynamics. Having completing the above terms, a student takes an exam and receive a differentiated assessment. The final

assessment is entered in the study booklet using a 10-grade system according to the LASE requirements. To receive a pass for the study course, the total assessment must be at least grade 4 (minimum level).

Latvian,English

**Language of
instruction:**

Course title:	OLYMPIC EDUCATION
Course code:	PBNT 223
Course type:	<i>Theoretical basic course of the field</i>
Course level:	Professional Bachelor in Sports
Study year:	IV
Semester:	7 th
Credit points:	0.5/ 0.75 ECTS
Teaching staff:	Dr.paed.lecturer Antra GULBE
Requirements for commencing acquisition of study course:	History of sport; Geography; History of culture, Theory of education; School sport; Psychology of communication
Course aim:	<ul style="list-style-type: none"> - to enhance acquirement of students' cognitive methods; - to acquire principle of "fair game" as basic requirement of sport ethics; - to develop skills and abilities in field of professional activity assessment; - to enhance development of students' thirst for knowledge; - to form experience of creative activity; - to enhance formation of teachers competence skills; <ul style="list-style-type: none"> - to enhance development of students' independence in task solution with research character.
Course tasks:	<p>To acquire the following knowledge, skills, to teach how to interpret them:</p> <ul style="list-style-type: none"> - formation, development, problems of Olympic movement, its historical representatives in Latvia and in the world; - beginning of LOC, meaning of renaissance; - Latvian medallists of Olympic games; - organization of Olympic games; - Olympic education in the world.
Planned results of studies:	<ul style="list-style-type: none"> - knowledge on Olympic education, connection with other knowledge by enhancing professional qualification - competence to perform research and educational activities - competences to apply knowledge and skills in framework of sport activities and pedagogical practices
Course content:	<ul style="list-style-type: none"> - Renovation of modern Olympic movement; - Olympic Charter; - Characterization of modern Olympic games, the most prominent personalities; - History of Olympic movement in Latvia; - Latvian medallists of Olympic games; - Organization, commercialization, advertisement of Olympic games; - Olympic education in the world; - Olympic Day.
Compulsory literature:	<ol style="list-style-type: none"> 1. Jansone R., Gulbe A. <i>Materiāli par sporta vēsturi un olimpisko izglītību</i>. Rīga: Latvijas Sporta pedagoģijas akadēmija, 2006. 2. <i>Latvijas olimpiskā vēsture : no Stokholmas līdz Soltleiksitijai</i>. Rīga : Latvijas Olimpiskā komiteja, 2003. 3. Erta A. <i>Olimpiskā ABC: olimpiskās izglītības rokasgrāmata</i>. Rīga : Latvijas Olimpiskā komiteja, 1999. 4. Muller N. <i>Pierre de Coubertin. Olympism</i>. Selected writings. Lausanne IOC, 2000. 5. <i>Olimpiskā ābece: olimpiskās izglītības rokasgrāmata</i>. Rīga : Latvijas Olimpiskā komiteja, 2008. 6. <i>Olympic Charter</i>. Lausanne: International Olympic committee, 1997.
Additional literature:	<ol style="list-style-type: none"> 3. Džifords K. <i>Olimpiskās spēles</i>. Rīga : Zvaigzne ABC,2004. 4. Hūnolds T. <i>Olimpiskās spēles : visas spēles no senākajiem laikiem līdz mūsdienām : uzvaras, traģēdijas, rekordi</i>. Rīga : Jumava, 2007. 5. Lāms O. <i>Olimpiskās tradīcijas. Kultūrvēsturiskā dimensija</i>.LU. Klasiskās filoloģijas katedra. Hellēnistikas centrs .Rīga, 2004. 6. Oksleids K. <i>Olimpiskās spēles</i> Rīga: Zvaigzne ABC,2000. 7. Olimpiskā kustība: Olimpiskās izglītības rokasgrāmata. Palīgs studējošai jaunatnei un skolotājiem - Rīga: Latvijas Olimpiskā komiteja, 2004 8. Исаев А. <i>Олимпийская педагогика: опыт моделирования психолого-педагогических технологий детско-юношеского спорта</i> .Москва : Физкультура и спорт,1998. 9. <i>Олимпийский учебник студента: учебное пособие для системы олимпийского образования в высших учебных заведениях</i>.Москва: Советский спорт,2007. 10. Платонов В.Н., Гуськов С.И. <i>Олимпийский спорт</i>.- Киев.: Олимпийская литература, 1997
Other available sources of information:	www.olimpiade.lv , www.loa.lv , www.olympic.org , www.fairplayinternational.org

Organization and tasks of students' independent work:	Independent works "Olympic Day in school", "Olympic education in the world (country by choice)", "Latvia in Olympic movement".
Assessment criteria of study results:	Systematic work in lectures and seminars, development of independent tasks
Study language:	Latvian, English

Course title:	ORGANIZATION AND MANAGEMENT OF CAMPS
Course code:	PBNPSV 3088
Course type:	The course of free choice
Course level:	Professional Bachelor in Sports
Study year:	III
Semester:	6 th
Credit points:	2 CP/3 ECTS
Teaching staff:	Lect. I.Smukā, prof. D.Krauksta, lect. I.Liepiņa
Requirements for commencing acquisition of study course:	Comprehensive study courses, theoretical basic courses of the field
Course aim:	To acquire planning and organization of camps, content formation and realization
Course tasks:	To acquire: <ul style="list-style-type: none"> - theoretical and legal provisions for camp organization; - planning process of camp, provision of resources; - elaboration of camp content according to definite aim; - specificity of session and training organization in children and youth camps.
Planned results of studies:	Student: <ul style="list-style-type: none"> - knows theoretical aspects of camp organization; - is able to observe normative acts related to camp organization; - is able to plan required resources for camp organization; - is able to plan content of camp according to definite aim; - knows specificity of session and training organization in children and youth camp; - can plan sessions according to the aim of camp.
Course content:	<ol style="list-style-type: none"> 1) Management process in organization of camps. 2) Legislation. 3) Planning of staff, finances, materials, technical and information resources. 4) Content elaboration according to definite aims. 5) Planning and organization of sessions and trainings.
Compulsory literature:	<ol style="list-style-type: none"> 1. Brūders A. Nometņu mācība. Metodiskais izdoles un darba materiāls LSPA 2.un 3.kursa studentiem. - LSPA-Rīga, [b.i.], 2000.-71 lpp. 2. Nometņu vadītāja rokasgrāmata. Metodiskais materiāls.-Rīga: IZM, VJIC, LNA, 2009- 176 lpp. 3. I.Liepiņa., I.Smukā „Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008.g.
Additional literature:	<ol style="list-style-type: none"> 1. Kornels Dņ. Spēles dabā.- Rīga: Bērnu vides skola, 1994. 2. Praude V.,Beļčikovs J. Menedžments.- Rīga: Vaidelote, 2001 3. Projekta menedžments.-Rīga: Latvijas Izglītības fonds, 2006
Other available sources of information:	<ol style="list-style-type: none"> 1. Internet site: www.likumi.lv, and other related Internet sites. 2. Magazines and other kinds of publications on basics of camp teaching aspects
Organization and tasks of students' independent work:	Students will independently acquire content envisaged in study course in addition to content, explained in contact lectures.
Assessment criteria of study results:	Active involvement; attitude towards study course; execution of tests and home works; practical activities in elaboration of camp project and in work of camp
Study language:	Latvian,English

Course title:	Evaluation of the subject Sport at school
Course type:	A study course
Course level:	Professional bachelor in sport science
Study year:	3
Term:	6
Credits:	1,5 ECTS
Lecturers:	Prof. Jansone R. Lect. Bula – Biteniece I.
Requirements to start course:	Mastery of study subject of years 1 and 2 of the bachelor programme at the level of grades 4-10
Course goal:	Acquisition of assessment philosophy. Assessment systems creation of knowledge, skills, attitudes and dynamics in the subject Sport in general education schools.
Course tasks:	To acquire and be able to create assessment systems in sport friendly to 5-6-year-old children. To acquire and be able to create assessment systems in sport applicable and friendly for school years 1-3, 4-9 and 9-11.
Planned study results:	As a result of mastering the study course, students will have the following knowledge: of assessment psychology, pedagogy and philosophy. Skills: to create assessment system for pupils of all education stages. Competences: application of normative and criterial assessment for school subject Sport.
Course content:	Content and assessment of physical activities in the past. Philosophic, pedagogic and psychological aspects of assessment. Development of assessment procedure in the Latvian education system. Change of assessment basic principles in the aspect of humane pedagogy. Basic principles of normative and criterial assessment in subject Sport. Using a 10-grade in Sport. Types of assessment. Impact of assessment on the pupil's personality. Basics of innovative assessment at sport classes. Assessing knowledge, skills, attitudes and dynamics. Self-assessment cards. Assessment system creation for various physical exercises.
Compulsory literature:	Jansone R., Krauksts V. Sporta izglītības didaktika skolā.- Rīga: RaKa, 2005.- 336 lpp. Prets D. Pedagoga rokasgrāmata – izglītības programmu pilnveide. R: ABC Zvaigzne 2000.
Additional literature:	Internet sources: www.isec.gov.lv „Vērtēšana un pašvērtējums sporta stundā skolā (1. – 9. klase)”
Other sources of information used:	Summaries of scientific research in the field.
Organization and tasks of students' independent work:	Creating an assessment system at all stages of education
Evaluation criteria for the study results:	Developing and presenting an assessment system
Language of instruction:	Latvian,English

Course title:	Gymnastics at school
Course type:	Professional qualification course in the field
Course level:	Professional Bachelor in Sport Science
Study year:	3
Term:	5
Credits:	1.5 ECTS
Lecturers:	Lecturer I. Bula-Biteniece
Requirements to start course:	Acquisition of study subjects of years 1 and 2 of the bachelor programme on the level of grade 4-10.
Course goal:	To acquire knowledge, skills and attitudes so that the future specialists would be able to ensure pupils with a possibility to obtain knowledge of the significance of exercise for a healthy lifestyle, advancing physical fitness and to obtain the skills and abilities needed for life.
Course tasks:	To introduce a teacher's professional activity, basic education sport standard in gymnastics and related exercises. To learn and be able to execute at sport classes: basic skill exercises. To master various didactic approaches to using sport aids for gymnastics at school. To choose exercises and create the content of a sport class. To create knowledge, skills, attitudes and dynamics assessment parameters and criteria for gymnastics. Acquire assessment of teacher's activities pedagogic technologies.
Planned study results:	As a result of the study course, the student will acquire the following knowledge: knowledge of gymnastics and related exercises at school. Skills: the skill to create a class on gymnastics, the skill to apply gymnastic exercises for developing biomotion abilities. Competences: competences in developing sports teaching strategic documents; competences in applying didactic approaches for the mastery of gymnastic exercises at school; competence in managing professional classes at school; competences in planning and organising the study process; competences for observation and assessment; competences in professional pedagogic ethics.
Course content:	Teaching of basic moves and biomotion abilities development at gymnastic classes, selection of exercises. Exercises for facilitating the sensitivity of joints and muscles. Stepping and running exercises. Balance exercises. Climbing exercises. Pulling exercises. Facilitating a set of basic skills at gymnastic classes. Creativity exercises in gymnastics and related exercises.
Compulsory literature:	Jansone R., Krauksts V., Sporta izglītības didaktika skolā Rīga: RaKa, 2005.
Additional literature:	Charles J. Sykes 50 Rules Kids Won't Learn in School: Real-World Antidotes to Feel-Good Education, St. Martin's Press, 2007
Other sources of information used	Electronic sources
Organization and tasks of students' independent work:	Student's professional development practical guidelines according to the study theme
Evaluation criteria for the study results:	For a student to obtain a pass, the terms of differentiated assessment are: <ul style="list-style-type: none"> – Attitude to education, dynamics, active work at seminars (30%); – Independent works of the student (50%); presenting professional practical guidelines. – Written test of the study course (20%).
Language of instruction:	Latvian, English

Course title: Frisbee Course
code: PBNPSS3038

Course type: Study course of professional qualification in the field.

Course level: Professional Bachelor in Sport Science.

Study year:

Term: Credits:

1KR

Lecturers: Asoc. Prof. Andris Spunde

Requirements to start course: Knowledge of sport theory and general pedagogy.

Course goal: To provide students with the required knowledge of teaching methods for the game of frisbee, to master practical skills in managing the game and organising competitions.

Course tasks:

1. To facilitate interest for using frisbee as a means of physical conditioning for pupils of various ages and genders.
2. To teach students to correctly execute the principal technical movements and tactical collaborations.
3. To create and reinforce the acquired skills in training games and competitions.
4. To master health and safety in frisbee trainings.

Planned study results:

Mastered professional skill of purposefully using the acquired study methods and practical approaches in frisbee learning and trainings.

Created motivation for self-education for advancing one's professional qualification.

Course content

Theoretical and practical classes planned in the course content.

At the theoretical classes, the following outcomes are envisaged: history of frisbee development, rules of the game of frisbee, teaching methods.

At the practical classes, the following outcomes are envisaged: to master different serve types, discus catch technique, attack and defence tactics and to advance skills in the game and its management.

Compulsory literature

1. Rasma Jansone. Viesturs Krauksts. Sporta izglītības didaktika skolā. RAKa. 2005. 2. Frisbija spēles noteikumi. Internets.

3. Frisbijs skolā

Additional literature

1. J. Kupča red. Sporta spēles skolā. Rīga, Zvaigzne 1991.

2. Imants Liepiņš. Sports un treniņš. Rīga, 2000.

Other sources of information The Internet

Organization and tasks of students' independent work

Individual and group training sessions using the lecturer's consultation.

Evaluation criteria for the study results

1. Class attendance.
2. Rules of the game of frisbee. 3. Precision in performing technical moves. **Language of**

instruction: Latvian, English

Course title:	Nordic Walking
Course code	PBNPSS3026
Course type:	Study course of professional qualification in the field - sports teacher
Course level:	Academic degree of bachelor of education science in sport
Study year:	III.
Term:	2.
Credits:	1 ECTS
Lecturers:	Assoc. Prof., Dr.paed. Baiba Smila, AWF Biala Podlaska, Assoc. Prof. Dr paed.. Krzysztof Piech, Assistant Kalvis Ciekurs
Requirements to start course:	To begin the study course in Nordic Walking, it is necessary to have knowledge and skills meeting standards at the completion of general secondary education.
Course goal:	To introduce students to the didactics of teaching the basics of Nordic Walking at school.
Course tasks:	<ol style="list-style-type: none"> 1) To introduce and facilitate interest in Nordic Walking; 2) To offer theoretical knowledge of the essence and history of Nordic Walking; 3) To provide theoretical knowledge and skills on the Nordic Walking didactics.
Planned study results:	<ul style="list-style-type: none"> - To analytically formulate the essence of the subject and the terminology of Nordic Walking; - To be able to apply in practice the theory and skills acquired at the course in Nordic Walking. <p>Professional Competences:</p> <ul style="list-style-type: none"> -to be able to evaluate pupils' achievements and development dynamics. - to be able to plan and create the content of Nordic Walking training sessions according to the pupils' conditioning; <p>Practical Competences:</p> <ul style="list-style-type: none"> -to be able to practice Nordic Walking independently and choose the the type of technique according to the environment;
Course content:	<ol style="list-style-type: none"> 1. History of Nordic Walking. 2. Didactic basics of Nordic Walking. 3. Nordic Walking technique. Health and Safety.
Compulsory literature:	<ol style="list-style-type: none"> 1. Nūjo vesels! Praktiski padomi iesācējiem – Rīga: 36,6C, 2009. 2. Tim T-Bone" Arem Nordic Walking a Total Body Experience-Book Surge, 2006
Additional literature:	<p>Internet sources:</p> <p>www.nujosana.lv</p> <p>www.nordicwalkingonline.com</p> <ol style="list-style-type: none"> 3. Walter C. Nordic Walking: The Complete Guide to Health, Fitness, and Fun. 4. Svensson M. <u>Nordic Walking</u> (Outdoor Adventures) -Kindle Edition, 2009.
Other sources of information:	<p>Internet sources:</p> <p>www.nordicwalkingexperts.com ;</p> <p>www.inwa-nordicwalking.com ;</p> <p>www.nordicwalkingus.com</p>
Organization and tasks of students' independent work:	Developing a written paper „School of Nordic Walking”Test of competence.
Language of instruction:	Latvian,English

The title of the course:	Nordic walking bases
The code of the course:	PBBIC4018
The type of the course:	Optional
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 2
Credit points:	1 CP/ 1.5ECTS
Teaching staff:	Assoc.Prof., Dr.paed. Baiba Smila, AWF Biala Podlaska Assoc.Prof. Dr paed.. Krzystof Piech

Requirements for starting the course:

Knowledge and skills according to the Standard of general secondary school

The aim of the course:

To introduce students with the didactics of teaching Nordic walking bases at school.

The tasks of the course:

- 4) To introduce and cause interest about Nordic walking;
- 5) To provide theoretical knowledge about Nordic walking and its history;
- 6) To provide theoretical knowledge and skills about didactics of Nordic walking;
- 7) To introduce and develop understanding about the technique and teaching methodology of Nordic walking.

Planned results of the study course:

- A student can assess dynamics of own achievements and development;
- can plan and state the content of Nordic walking classes;
- can independently go in for Nordic walking, choose adequate kinds of technique according to the terrain;
- can independently run Nordic walking classes to beginners;

The content of the course:

1. History of Nordic walking.
2. Methodology of teaching Nordic walking.
3. Technique of Nordic walking. Safety rules.

Obligatory literature:

5. *Nūjo vesels! Praktiski padomi iesācējiem* – Rīga: 36,6C, 2009.
6. Tim "T-Bone" Arem Nordic Walking a Total Body Experience- Book Surge, 2006

Internet recourses:

- www.nujosana.lv
- www.nordicwalkingonline.com

7. Walter C. Nordic Walking: The Complete Guide to Health, Fitness, and Fun.
8. Svensson M. Nordic Walking (Outdoor Adventures) -Kindle Edition, 2009.

Additional literature:

9. Internet recourses:
 - www.nordicwalkingexperts.com ;
 - www.inwa-nordicwalking.com ;
 - www.nordicwalkingus.com

Other sources of information:

10. Sport magazines

The organization and tasks of students' independent work:

Working out the report „ Nordic walking at school”
Competence test.

Study language:

Latvian,English

Course title:	Remedial gymnastics at course
Course code:	PBBJC4071
Course type:	Choice course
Course level:	Professional bachelor in sport science
Study year:	
Term:	
Credits:	1 CP
Lecturers:	Dr.paed.Z.Galeja
Requirements to start course:	Knowledge acquired at the LASE in movement anatomy, physiology, sports physiology, biomechanics and gymnastics.
Course goal:	To provide necessary knowledge, skills and abilities for the future sport teachers and other sport specialists to acquire a notion of remedial gymnastics: <ul style="list-style-type: none"> ✓ As prophylactic tool for improving and preserving health and preventing possible disease; ✓ As a means of treatment for normalising the functions of a pathologically altered body, renewing and maintaining physical work capacities, and knowing their application as a sport teacher.
Course tasks:	<ul style="list-style-type: none"> 1.To facilitate interest and understanding of using remedial gymnastics: ✓ To adapt sport classes for pupils with health disorders. <ul style="list-style-type: none"> 2. to be able to analyse the general and local impact of remedial gymnastics on the human body; 3. to provide knowledge of the principles of allocating loads for pupils with health alterations; 4. to know how to make decisions about choosing the means and methods of remedial gymnastics based on the health condition and fitness. 5. To create skills at practical classes: <ul style="list-style-type: none"> ✓ To adapt sport classes for pupils with specific disorders of organ systems. ✓ To assess the appropriateness of load based on subjective and objective indicators; ✓ To be able to discern and analyse errors in methodology; ✓ To be able to assess the efficiency of the remedial methods used.
Planned study results:	<ul style="list-style-type: none"> ✓ To understand the motivation and physiological rationale for using remedial gymnastics; ✓ To be able to use knowledge, skills and abilities acquired during the course working at sport classes with pupils who have various deviations in health condition. ✓ To be able to practically assess posture; to create theoretically rational and methodologically correct set of exercises
Course content:	Peculiarities of the applied means, methods and methodologies, possibilities for organising classes for children with disorders of various systems of organs. Classes for different organ system disorders.
Compulsory literature:	Mauriļa L. Ārstnieciskās vingrošanas pamati. Rīga, 1999*Mauriļa L., Tripāne T. Ieteicamās fiziskās aktivitātes bērniem ar dažādiem veselības traucējumiem. Rīga, 1999*Mauriļa L. Locītavu saslimšanas nemedikamentozās ārstēšanas iespējas. Rīga,2005* Mauriļa L. Fiziskās aktivitātes kardioloģijā. Rīga “Nacionālais apgāds”, 2005*Mauriļa L. Ārstnieciskā vingrošana un citas aktivitātes kardioloģijā. 2000*Lāriļš V., Mauriļa L. Ārstnieciskā vingrošana pie elpošanas orgānu saslimšanām. Rīga 1992
Additional literature:	*Purmale I. “Ārstnieciskā vingrošana skolā. Rīga “Raka”, 2006 *Āboltiļa M. Kustību anatomija I daļa. LPSA, 2005 *Āboltiļa M. Kustību anatomija II daļa. LPSA, 1998 *
Other sources of information used:	* www.google.lv *Sabine Langhus. Grundlagen und Techniken der Bevegungstherapie. Lehrbuch, Sport und Gesundheit, Berlin, 2006 *J.M.Rothstein, S.H.Roy, S.L.Wolf.The Rehabilitation specialist’s Handbook, F.A.DAVIS Company, Philadelphia, 1997
Organization and tasks of students’ independent work:	Preparation for a written work. Revision of knowledge on blood circulation, respiration and digestive tract normal physiology and alterations under load (basic course of Sport Physiology). Preparation for a theoretical and practical test. Revision of movement anatomy and muscle physiology. Revision of the anatomy of the spine and its physiology, muscle physiology, respiration physiology, alterations of external respiration functional indicators under physical load. Developing a set of special exercises for functional tasks. Preparation for a theoretical and practical test.
Evaluation criteria for	Assessment of knowledge, skills and competences using a test, seminars (at each

the study results:

class) or mainly by results (cycles or themes) – a system of ten grades

**Language of
instruction:**

Latvian,English

Course title:	
Course code:	Athletic training PBNPSS 3022
Course type:	Professional specialization course of the field
Course level:	Professional Bachelor in Sports
Study year:	4 th
Semester:	7 th
Credit points:	1CP/1.5 ECTS
Teaching staff:	Dr.paed., prof L.Čupriks, lect. A.Čuprika
Course aim:	Improvement of students' theoretical preparedness in profession of Sport teacher by use of athletic training tools and methods.
Course tasks:	1) To give deepened insight on measures of athletic training in physical preparedness of other kinds of sports; 2) To ensure varied acquirement of athletic training exercises; 3) To give knowledge for students on specificity of physical quality development measures and methods of various kinds of sports; 4) To explain and practically apply sensitive periodization for various aged children with measures of athletic training; 5) To justify and practically apply improvement and strengthening of general physical condition with measures of athletic training; 6) To explain dynamical anatomy of athletic training measures.
Planned results of studies:	1) Uses measures of athletic training in physical preparedness of other kinds of sports; 2) Knows and practically uses large range of physical exercises; 3) Is competent in wide specifics of methods for physical quality development and technical tools; 4) Uses sensitive periods in organization of sport activities for children and adolescents; 5) Student is able to adapt individually various measures of athletic training in improvement and strengthening of general physical preparedness; 6) Student understands dynamical anatomy of athletic training measures.
Course content:	Terminology, characterization of kinds of strength sport, history. Exercises with personal bodily weight, with free counterbalance, stretching exercises, exercises in training apparatus, body exercises. Self-control in athletic training sessions, development of strength qualities, testing, planning, and formation of exercise sets.
Compulsory literature:	<ol style="list-style-type: none"> 1. Čupriks L., Knipše G. Atlētiskā sagatavošana. Metodiskais līdzeklis LSPA studentiem. – Rīga, LSPA, 2003. 2. Čupriks L., Sporta ierīču klasifikācija un struktūra sastādot vingrinājumu kopumus. Lekcija. Rīga, LSPA, 2001. 3. Trenera Rokasgrāmata 2 daļa. Latvijas Sporta federāciju padome. Latvijas Treneru tālākizglītības centrs, Rīga, 2003. gads. 4. Vološins V., Krauksts V., Čupriks L. Spēka attīstīšanas netradicionālie vingrinājumi. Mācību metodiskais līdzeklis. Rīga, LSPA 1994. 5. Vološins V., Upmalis J., Cepelis I. Smagatlētikas sporta termini. Rīga, 1992.
Additional literature:	<ol style="list-style-type: none"> 1. Čupriks L., Pimenovs A. Lokanības attīstīšanas vingrojumi smagatlētikas, cīņas sporta veidos. LSPA. Lekcija. Rīga, 2000. 2. Krauksts V. Biomotoro spēju treniņu teorija. Rīga, LSPA, 2003. 3. Lesčinskis M., Ciematnieks U., Čupriks L. Raksturīgākās kļūdas, izpildot sacensību vingrinājumus svarbumbu celšanas sportā. Rīga, LSPA, 2009. Lekciju materiāli. 4. Lesčinskis M., Čupriks L., Belkovskis G. Noteikumi svarbumbu celšanas sportā. Rīga, LSPA, 2009. Lekciju materiāli. 5. Vološins V., Lāriļš V. Atlētiskā vingrošana nepareizas stājas labošanā un profilaksē. LSPA, Rīga, 1997.
Other available sources of information:	Internet resources
Organization and tasks of students' independent work:	Development of physical qualities individually and in groups by coordinating individual conditions.
Assessment criteria of study results:	Tests, Active involvement of classes
Study language:	Latvian, English

Course title:	Self-defence and didactics
Course code:	PBNPSS3023
Course type:	Professional specialization course of the field
Course level:	Professional Bachelor in Sports
Study year:	4 th
Semester:	7 th
Credit points:	1 CP/1.5 ECTS
Teaching staff:	doc. S.Saulīte
Requirements for commencing acquisition of study course:	Personal condition according to LSPA requirements.
Course aim:	To create notion on basics of self-defence, didactics of self-defence and to be able to use them in professional activities.
Course tasks:	Course task is to teach defence and counter hold technique mentioned in programme, to form and strengthen skills to execute these techniques towards attack with hits, with hands and legs, locks, throws, choking, counter-attack with bladed weapons.
Planned results of studies:	It will be created the skill to execute basic exercises of self-defence and to select their usage in appropriate situations.
Course content:	Acquirement of self-defence elements and technique. Acquisition and application of various techniques, classes' combination towards various kinds of attack.
Compulsory literature:	<ol style="list-style-type: none"> 1. M. Arājs. Aizstāvaties bez ieročiem. Rīga: Grāmatu zieds, 1973. – 120 lpp. 2. V. Kolosovs. Pašaizsardzības palēmieni. Rīga, mācību grāmata, 1994. – 64 lpp.
Additional literature:	<ol style="list-style-type: none"> 1. A. Pimenovs. Sporta cīņu veidi. Rīga: LSPA, 1998. – 41 lpp. 2. A. Liepiņš. Boksa tehnikas pamati. Rīga: LVFKI, 1975. – 55 lpp. 3. А. Тарас. Искусство рукопашного боя. Минск, 1991. – 112 с.
Other available sources of information:	<ol style="list-style-type: none"> 1. Internet 2. Sport magazines and other kinds of publications.
Organization and tasks of students' independent work:	Independent studies of theoretical part of the course and preparation for study practice.
Assessment criteria of study results:	<ol style="list-style-type: none"> 1. Demonstration of self-defence technique in fight in standing position and lying position (exam). 2. Active involvement 3. Report writing
Study language:	Latvian, English

The title of the course:	Tourism bases and didactics
The code of the course:	PBNPS3011
The type of the course:	Professional specialization
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2.
Semester:	Semester 4
Credit points:	2 CP/ 3 ECTS
Teaching staff:	Dr.paed.Lect. I.Liepīša
Requirements for starting the course:	Knowledge and skills according to the Standard of general secondary education in sport
The aim of the course:	To develop interest about kinds of tourism and understanding of tourism educative aspect and role in interrelation and in attitude towards nature. To introduce students with theoretical and methodological aspects of tourism didactics, and with the basic knowledge of teaching and learning.
The tasks of the course:	To introduce and develop interest about kinds of tourism and tourism events; To provide pedagogical skills in running tourism events; To provide theoretical knowledge and learn tourism basic skills. To provide knowledge and skills in basic conditions of tourism learning didactics; To provide theoretical knowledge and skills in teaching methodology of tourism kinds.
Planned results of the study course:	1. Acquired theoretical bases and practical skills of the study course 2. Acquired kinds of tourism and technical elements according to the school sport standard 3. Acquired tourism teaching and learning didactics, its theoretical and methodological bases
The content of the course:	The content of the course involves teaching of tourism bases and competence application in a teacher's professional work
Obligatory literature:	1.D.Krauksta, A.Brūders "Tūrisms", 1998. 2.A.Brencis "Aktīvais tūrisms", 2003. 3. Izglītības ministrija, "Rotaļas un spēles tūrisma pasākumos", 1987. 4.I. Liepīša. Bakalaura "Sporta tūrisms vispārīzglītojošās skolās", 2002
Additional literature:	1. E.Ļīgurs "Tūristu salidojumi", 1966. 2.V.Ķikāns. "Kāpsim kalnos", 1989. 3.Izglītības ministrija, "Rotaļas un spēles tūrisma pasākumos", 1987. 4.I.Lukss. "Ar laivu Latvijas ūdeņos", 1991
Other sources of information:	1. Internet www.adventurerace.lv , www.climbing.lv . a.o. 2.Sport magazines and other publications in the field of development of rowing technically-theoretical ability
The organization and tasks of students' independent work:	Students independently learn the content of the study course additionally to the content given in lectures; as well as tourism technical elements, kinds of tourism events.
The criteria of assessing the results of the studies:	Active involvement; attitude towards the study course, control works and home works, speaking in seminars
Study language:	Latvian,English

The title of the course:	Orienteering basis and didactics
The code of the course:	PBNPSS3047
The type of the course:	Professional specialization – sports teacher
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 2
Credit points:	2CP /3 ECTS
Teaching staff:	Assoc. Prof., Dr.paed. Baiba Smila, Lect. M.paed. Ligita Indriksone
Requirements for starting the course:	Knowledge and skills according to the Standard of general secondary education in sport
The aim of the course:	To introduce students with basic knowledge of orienteering and its didactics
The tasks of the course:	8) To develop interest about orienteering; 9) To provide theoretical knowledge about orienteering and its history; 10) To provide theoretical knowledge and learn orienteering basic skills; 11) To provide theoretical knowledge about teaching methodology of orienteering basic technique for beginners.
Planned results of the study course:	- A student can recommend the safest kinds of technique in orienteering distance; - can teach independently map orienteering to orienteering beginners, can create understanding about orienteering map, its colours and symbols; - can run orienteering classes. - can prepare and draw a map (scheme) of school environment; - can independently prepare orienteering exercises and games
The content of the course:	1. Orienteering history. Orienteering events 2. Bases of orienteering didactics. 3. Orienteering sport map. Map symbols. 4. Orienteering technique. Safety rules.
Obligatory literature:	11. Indriksone L., Smila B. Orientēšanās I daļa – Rīga: LSPA, 2000. – 83 lpp. 12. Indriksone L., Smila B. Orientēšanās II daļa – Rīga: LSPA, 2002. – 67 lpp.
Additional literature:	13. Orientēšanās bērniem un jauniešiem/ Svenska Orientierings forbundet – Rīga: 1997.-144 lpp. Internet: www.nzorienteering.com ; www.magnets.lv ;
Other sources of information:	4.Internet: www.orient.lv ; www.orientesanas.lv ; www.attackpoint.org ;
The criteria of assessing the results of the studies:	Working out of a report –Teaching orienteering technique. Competence test.
Study language:	Latvian,English

The title of the course:	Games
The code of the course:	PBBIC4019
The type of the course:	Optional
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	1CP/ 1.5 ECTS
Teaching staff:	Dr.paed.Lect. Bula – Biteniece I.
Requirements for starting the course:	Acquired study courses of the 1st and 2nd year (semester 3) of Bachelor programme on the level 4 – 10 points.
The aim of the course:	Acquiring of knowledge, skills and attitudes on the level the future specialists can provide movement games to children. To acquire necessary life skills, to evaluate the role of physical activities in the development of sustainable society.
The tasks of the course:	To select movement games and exercises for the content of game classes according to children's physical and emotional preparation. To acquire the didactic principles of organization of movement games, their running and modelling.
Planned results of the study course:	Students have the following knowledge : about the choice of movement games to learn basic skills; about the aims and tasks in each age period; about the development of social relations; skills : to develop game plan based on children's development degree of physical and intellectual preparation; to create the environment, that facilitates children's holistic development; to motivate and assure children about to be confident; to work with children's parents; to integrate other subjects and apply innovative means in movement games; competences : running of movement games; application of didactic means in learning basic skills; competences of observation and assessment.
The content of the course:	The aims and tasks of movement games in sports classes. Content, tasks, methods and means of movement games. Modeling of movement games. Choice of games.
Obligatory literature:	Jansone R., Krauksts V., <i>Sporta izglītības didaktika skolā</i> . Rīga: RaKa, 2005. Karlovska R <i>Rāpošanas apmācība pirmsskolas vecuma bērniem</i> . Liepāja: LPA, 2000, Kuzļecova A., Karlovska R. <i>Lēcieni pirmsskolas vecuma bērniem</i> . R.: Izglītības soļi, 2006,
Additional literature:	Elnebija I. <i>Pakāpieni bērna attīstībā</i> . R.: Pētergailis, 1999. Lieģeniece D. <i>Kopveseluma pieeja audzināšanā</i> . Rīga RaKa, 1999. Пензулаева Л.И. <i>Оздоровительная гимнастика для детей дошкольного возраста (3-7 лет) : пособие для педагогов дошк. учреждений / А.И.Пензулаева</i> . - Москва : ВЛАДОС, 2001. – 127.с Пензулаева Л.И. <i>Подвижные игры и игровые упражнения для детей 3-5 лет : пособие для педагогов дошк. учреждений / Л.И.Пензулаева</i> . - Москва : "ВЛАДОС", 2003. – 108.с.
Other sources of information:	Periodical issues: "Skolotājs", electronic recourses.
The organization and tasks of students' independent work:	Writing of plans of movement games.
The criteria of assessing the results of the studies:	Presentation of plans of movement games
Study language:	Latvian,English

Course title:	Sport dance
Course code:	PBNPS3050
Course type:	Professional specialization course of the field
Course level :	Professional Bachelor in Sports
Study year:	4 th
Semester:	7 th
Credit points:	1.5 CP/ 2.25 ECTS
Teaching staff:	Mg. paed. D.Savčenko
Requirements for commencing acquisition of study course:	Level of compulsory educational standard "Sports"
Course aim:	To create notion on sport dances and their classification
Course tasks:	<ol style="list-style-type: none"> 1. To introduce history of sport dances, terminology, classification and culture of behaviour in dance square; 2. To analyze dance technique for ST (W,V,F,T), LA (Ch,J), Polonaise and Salsa dances; 3. To create knowledge on formation of ST, LA, Polonaise and Salsa basic steps and combinations
Planned results of studies:	<ol style="list-style-type: none"> 1. Knows history of sport dances, terminology, classification; 2. Knows ST, LA, Polonaise and Salsa dances and their technique; 3. Is able to perform accurately basic steps and combinations of dances
Course content:	Sport dances, Polonaise and Salsa
Compulsory literature:	G. Krombolca, A. Hāze-Tirka „Standartdejas”, Rīga: Madris 2009.g.
Additional literature:	„Ballroom dancing”, A. Moore, London: A&C Black, 2002 „Technique of Latin dancing”, W. Laird, England, 1998
Other available sources of information:	Reference literature, periodicals, Internet resources
Organization and tasks of students' independent work:	<ol style="list-style-type: none"> 1. To improve knowledge independently in sport dances, Salsa and Polonaise 2. Report – history of sport dances, culture of behaviour in dance square, Polonaise, Salsa
Assessment criteria of study results:	Assessment in 10 grade scale
Study language:	Latvian,English

The title of the course:	Sports Nutrition
The code of the course:	PBNT228
The type of the course:	Optional
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 4
Semester:	Semester 7
Credit points:	0.5 CP / 0.75 ECTS
Teaching staff:	Ms.ped., guest lecturer A.Siliņa
Requirements for starting the course:	Knowledge in physiology, biochemistry and hygiene.
The aim of the course:	Provide the competence of senior sports coaches (trainers) to choose a proper diet for an athlete in dependence on his age, gender, health status and sport.
The tasks of the course:	<ol style="list-style-type: none"> 1. To promote students' understanding of the importance of nutrition in the development of strength, endurance and strength and health promotion. 2. To improve the skills to evaluate daily nutrition and, if necessary, to adjust it, plan nutrition for the competition days and for the recovery period. 3. To promote understanding of the peculiarities of nutrition for athletes of different ages, women and men. 4. To help determine in which cases and how to use nutritional supplements and alimentary ergogenic substances.
Planned results of the study course:	<p>Understands the determinants of dietary choices. Can determine the energy expenditure of the athlete and assess the weight and composition of the athlete's body; is able to create and justify samples of the diet for representatives of different sports; is able to assess the necessity of using dietary supplements and, if necessary, to choose the appropriate supplements, has knowledge of the peculiarities of the diet of children, adolescents and women in sport.</p> <p>By listening to the course, students need to acquire knowledge, understanding and skills to professionally monitor their pupils' nutrition and recommend the necessary corrections.</p>
The content of the course:	Nutrition bases of a healthy adult. Nutrients. Food products. Nutrition for children, old people, patients. Nutrition in prevention of obesity, diseases of metabolism, cardiovascular diseases, and cancers. Advantages and disadvantages of diets to decrease the body mass. The role of antioxidants in food nowadays. Advantages and disadvantages of food supplements.
Obligatory literature:	Rubana I.M..Uzturs fiziskā slodzē. Rīga: Raka, 2009.204.lpp.
Additional literature:	<ol style="list-style-type: none"> 1. Energy- yielding macronutrients and energy metabolism in sports nutrition/ eds. J.A Driskell, I.Wolinsky. CRC Press, Boca Raton, 1999. pp. 211-236. 2. Bean A. The complete guide to sports nutrition. London: A & C Black, (6th edition) 2003. 195p. 3. Litt A. Fuel for young athletes. Essential foods and fluids for future champions. Human kinetics, 2004. 188p. 4. Girard Eberle S. Endurance sports nutrition. Human Kinetics, 2000. 288p. 5. Benardot D. Advanced sports nutrition. Human Kinetics, 2012. 410p. 6. Fitzgerald M.Racing weight. Boulder, Colorado, 2009. 287p. 7. Williams M.H.Ergogenic aids in sport. Champaign IL: Human Kinetics, 1983. 385 p.
Other sources of information:	Zariņš Z., Neimane L.Uzturmācība. Rīga: Rasa, 1998.
The organization and tasks of students' independent work:	<p>Due to the small amount of the course, the students complete the test, which is evaluated in the 10-point system. At home, they perform and submit their independent work on athlete nutrition in the chosen sport. The work is evaluated in the 10-point system.</p> <p>Tasks</p> <ol style="list-style-type: none"> 1. To develop independent work on nutrition in student's own sport: to compile a diet for the pre-competition and the day of the competition; to justify the choice of products; to evaluate the available supplements and ergogenic substances and to choose the appropriate substance for intake during training and competition period in his sport; recommend the liquid intake strategy for the competition days. 2. Study the recommended literature to prepare for the test.
The criteria of assessing the results of the studies:	Correctness of responses to test questions; the validity of the recommendations made to the athlete. In the end of the study course students have to pass a test.
Study language:	Latvian, English

Course title:	<i>Skiing 2KP</i>
Course code:	PNBNS3029
Course type:	<i>Study course of professional qualification in the field.</i>
Course level:	Professional Bachelor in Sport Science
Study year:	3
Term:	6
Credits:	2
Lecturers:	Prof. J.Grants, Prof. D. Krauksta, Assoc. Prof. I.Kravalis, Assoc. Prof. B.Smila, Lecturer K.Ciekurs, Lect. L. Indriksone, Assistant I.Nikononvs
Requirements to start course:	General Pedagogy, General Psychology, Anatomy, Basics of Physiology, Basics of Sport Biomechanics, Physical Exercises and Health
Course goal:	To provide students with an opportunity to master the types of skiing for cross country skiing and to facilitate the students' participation in winter events; to acquire advanced theoretical knowledge and practical skills of skiing instruction working with pupils of different ages and genders and the methods of skiing training.
Course tasks:	To develop students' understanding of the types of skiing movements, its training methods; skiing terminology, technique of skiing movement types and basic activities in moving on skis; to facilitate students' pedagogic skills in managing skiing trainings, organising, judging and managing competitions and other skiing events, and skiing training methods. Successful completion of the course enables students to organise and manage skiing trainings independently, because students can:
Planned study results:	<ul style="list-style-type: none"> - demonstrate skiing movement types in classification and freestyle, develop pupils' technical execution, understand imprecisions, their causes and are able to explain them and advance technical execution; - apply various cross-country skiing training methods and skills; - compile a skiing class lesson plan and manage a training; - facilitate the development of a skier's physical characteristics and functional conditioning guided by training methods; - to assess the terms of choosing skiing equipment, prepare equipment for trainings and competitions and know the terms of storing and taking care of skiing equipment; - understand terminological issues in cross-country skiing and technical basic activities moving on skis.
Course content:	Types of movement and didactics in cross-country skiing, technical execution, terminology, equipment, health and safety, the choice, arrangement and organisation of places for classes and winter events.
Compulsory literature:	<ol style="list-style-type: none"> 1. Grants J. Fiziskā audzināšana, sports un vesels bērns .Rīga: Mācību grāmata, 1997. – 215 lpp. 2. Grants J. Mācīsimies slēpot – Rīga: RAKA, 2007. – 142 lpp. 3. Grants J. Let Us Learn to Skiing! Rīga, Alemande, 2011. P. 142 4. Kops K. Distanču slēpošana. R.: Zvaigzne, 1989. 152 lpp. 5. Krauksta D.Slēpošanas nodarbību organizēšana – Rīga: LSPA, 1996. – 42 lpp. 6. Krauksta D., Krauksts V. Slēpošanas treniņa pamati – Rīga: Drukātava, 2006.-257 lpp.
Additional literature:	<ol style="list-style-type: none"> 1. Rusko H. Cross Country Skiing. Blackwell Science Ltd, 2003.P 198. 2. Kremsler K. & et. al. Skilanglauf-methodik und technik. Meyer Verlag, 2005. –P 197.
Other sources of information:	<ol style="list-style-type: none"> 1. Homepage of the Latvian Skiing Association: www.infoski.lv 2. Homepage of the International Skiing Federation: www.fis-ski.com 3. Homepage of the skiing marathon: www.worldlopet.com
Organization and tasks of students' independent work:	Independently learn and advance the content of practical and theoretical parts envisaged in the study course. Independently choose exercises and games for acquiring skiing movement in the environment and their use depending on the chosen didactic approach.
Evaluation criteria for the study results:	For a student to obtain successful assessment, the following are considered: <ul style="list-style-type: none"> - attitude to education, progress, active participation in practical classes (40%); - student's independent works (50%); - theoretical and practical tests of the study course (10%).
Language of instruction:	Latvian and English

The title of the course:	The basics of acrobatics
The code of the course:	(PBNPS3003)
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	assoc.prof. L.Ķilinskis, assistant S.Afisimova, assoc.prof.V.Demčenko
Requirements for starting the course:	Standard of general secondary education
The aim of the course:	Form understanding about kinds and means of acrobatics.
The tasks of the course:	<ol style="list-style-type: none"> 1. Form understanding about the terminology of the exercises of acrobatics; 2. Introduce the exercises of acrobatics: front rolling, rolls, handsprings, positions, and pair and group exercises.
Planned results of the study course:	<ol style="list-style-type: none"> 1. Know the kinds and means of acrobatics, the terminology of formal drill and calisthenics; 2. Can perform the exercises of acrobatics (front rolling, rolls, handsprings, positions, and pair and group exercises), form acrobatic combinations, make simple pyramids.
The content of the course:	The exercises of acrobatics, acrobatic jumps, pyramids, calisthenics, the exercises of formal drill.
Obligatory literature:	<ol style="list-style-type: none"> 1. "Vingrošana skolā" U.Švinka redakcijā, Rīga: Zvaigzne, 1988. g. 2. U.Švinks "Pāru akrobātikas vingrojumu terminoloģija", Rīga, LSPA, 1991. g. 3. G.Kobzevs "Akrobātikas ABC", Rīga, 2007. 92.lpp.
Additional literature:	Bērnu un pusaudžu trenera rokasgrāmata. – Rīga: LR IZM, 2008. 196-197.lpp.
Other sources of information:	Internet resources.
The organization and tasks of students' independent work:	Improve knowledge and skills in the exercises of acrobatics.
The criteria of assessing the results of the studies:	Active involvement, the execution of home works, the conducting of the introductory part, quality of performing the control exercises.
Study language:	Latvian,English .

Course title:	<i>Skiing Basics and Didactics 2KP</i>
Course code:	PBNPS3029
Course type:	<i>Professional qualification course in the field.</i>
Course level:	Professional bachelor in sport science
Study year:	3
Term:	6
Credits:	2
Lecturers:	Prof. J.Grants, Prof. D. Krauksta, Assoc. Prof. I.Kravalis, Assoc. Prof. B.Smila, Lecturer K.Ciekurs, Lecturer L. Indriksone, Assist. I.Nikonovs
Requirements to start course:	General Pedagogy, General Psychology, Anatomy, Basics of Physiology, Basics of Sport Biomechanics, Physical Exercises and Health
Course goal:	To provide students with an opportunity to master the types of skiing for cross country skiing and to facilitate the students' participation in winter events; to acquire advanced theoretical knowledge and practical skills of skiing instruction working with pupils of different ages and genders and the methods of skiing training.
Course tasks:	To develop students' understanding of the types of skiing movements, its training methods; skiing terminology, technique of skiing movement types and basic activities in moving on skis; to facilitate students' pedagogic skills in managing skiing trainings, organising, judging and managing competitions and other skiing events, and skiing training methods. Successful completion of the course enables students to organise and manage skiing trainings independently, because students can:
Planned study results:	- demonstrate skiing movement types in classification and freestyle, develop pupils' technical execution, understand imprecisions, their causes and are able to explain them and advance technical execution; - apply various cross-country skiing training methods and skills; - compile a skiing class lesson plan and manage a training; - facilitate the development of a skier's physical characteristics and functional conditioning guided by training methods; - to assess the terms of choosing skiing equipment, prepare equipment for trainings and competitions and know the terms of storing and taking care of skiing equipment; - understand terminological issues in cross-country skiing and technical basic activities moving on skis.
Course content:	Types of movement and didactics in cross-country skiing, technical execution, terminology, equipment, health and safety, the choice, arrangement and organisation of places for classes and winter events.
Compulsory literature:	1. Grants J. Fiziskā audzināšana, sports un vesels bērns .Rīga: Mācību grāmata, 1997. – 215 lpp. 2. Grants J. Mācīsimies slēpot – Rīga: RAKA, 2007. – 142 lpp. 3. Grants J. Let Us Learn to Skiing! Rīga, Alemande, 2011. P. 142 4. Kops K. Distanču slēpošana. R.: Zvaigzne, 1989. 152 lpp. 5. Krauksta D.Slēpošanas nodarbību organizēšana – Rīga: LSPA, 1996. – 42 lpp. 6. Krauksta D., Krauksts V. Slēpošanas treniņa pamati – Rīga: Drukātava, 2006.-257 lpp.
Additional literature:	1. Rusko H. Cross Country Skiing. Blackwell Science Ltd, 2003.P 198. 2. Kremser K. & et. al. Skilanglauf-methodik und technik. Meyer Verlag, 2005. –P 197.
Other sources of information used:	1. Homepage of the Latvian Skiing Association: www.infoski.lv 2. Homepage of the International Skiing Federation: www.fis-ski.com 3. Homepage of the skiing marathon: www.worldlopet.com
Organisation and tasks of students' independent work:	Independently learn and advance the content of practical and theoretical parts envisaged in the study course. Independently choose exercises and games for acquiring skiing movement in the environment and their use depending on the chosen didactic approach.
Assessment criteria of study results:	For a student to obtain successful assessment, the following are considered: - attitude to education, progress, active participation in practical classes (40%); - student's independent works (50%); - theoretical and practical tests of the study course (10%).
Language of instruction:	Latvian and English

Course title:	Outdoor Activities I
Course code:	PBNPSR 3053
Course type:	Professional qualification course in the field – recreation specialist.
Course level:	Professional bachelor in sport science
Study year:	3.
Term:	5.
Credits:	2.5 CP/3.75 ECTS
Lecturers:	Lecturer. I.Liepiņa, Prof. J.Grants, Prof. D.Krauksta
Requirements to start course:	Necessary knowledge in general pedagogy, relation, social and development psychology, adult education, sport philosophy, tourism and orienteering basics and didactics, first aid, hygiene, Desirable knowledge: SPP in recreation or sport tourism, games and plays in the open, adventure events offered in C course.
Course goal:	To enable students to learn in theory and practice multiple outdoor activities and the didactics of outdoor activities.
Course tasks:	<ul style="list-style-type: none"> - to develop understanding about the types of hiking trips and their appropriateness for recreation; - theoretical and practical basics of mountain trip organising methods; - to create the skill to plan, manage and evaluate a mountain trip recreational events according to the participants' interests, age, genders and physical fitness; - to develop understanding of the pedagogic and psychological aspects of outdoor activities and outdoor activity didactics; - to develop understanding of the meal options and peculiarities for various outdoor activities; - to develop understanding of games in nature and the outdoor activity of „geocaching” - to develop understanding of the Latvian seasonal traditions and feasts; - to develop understanding of team creation using special outdoor team promoting tasks; - to develop skill to choose, organise and manage safe low ropes for various tasks according to the participants and resources; - to create pedagogic skills and know-hows in organising and managing activities in nature as a part of particular outdoor events, develop the skill for material and technical choice of equipment, its preparation and care.
Planned study results:	<p>As a result of completing the course successfully, a student will be able to conduct particular outdoor activity organisation independently, being able to:</p> <ul style="list-style-type: none"> - to describe hiking trip types in recreation appropriate for different participants; - independently apply knowledge and skills for planning, organising, managing and evaluating a mountain trip; - understand various didactic approaches and their application; - understand the peculiarities and option of nutrition for particular outdoor activities; - choose games and plays in nature according to the age and fitness of participants; - independently apply knowledge and skills organising outdoor team-making tasks, games, relay races, understand and organise „geocaching”, also prepare and manage low rope tasks; - choose technical equipment appropriate for the activity.
Course content:	Description of recreational outdoor activities. Active tourism trip types. Planning, organising, managing and evaluating a hiking trip. Pedagogic and psychological aspects of outdoor activities, didactics of outdoor activities. Nutrition for outdoor activities. Outdoor team-making games, tasks and relay races. Geocaching. Latvian seasonal traditions and festivals. Low rope course. Technical equipment for outdoor activities, safety, prophylaxis and possible risks.
Compulsory literature:	<p>Bartunek D., Martin A. <i>Games in nature</i>. An Innovative Approach to Outdoor and Environmental Activities for Young Children. Praha: Duha, 2007. 186 p.</p> <p>Geidīšs N.L., Berliners D.C. <i>Pedagoģiskā psiholoģija</i>. Rīga: Zvaigzne ABC, 1999. 662 lpp.</p> <p>Grants J. <i>Mācīsimies slēpot!</i> Rīga: Raka, 2007. 142 lpp.</p> <p>Karaša D. <i>Latviskās sadzīves tradīcijas un godi</i>. Rīga: Zinātne, 1991. 133 lpp.</p> <p><i>Mācīsimies sadarboties</i>. Grigules L., Silovas I. Redakcijā, Rīga: Mācību grāmata, 1998. 129 lpp.</p> <p>Neuman J., Doubalik I.P. <i>Education and learning through outdoor activities, outdoor exercises and rope courses for youth programmes</i>. Praha: Duha, 2004. 294 p.</p> <p>Smits E. <i>Paātrināta mācīšanās klasē</i>. Rīga: Pētergailis, 2000. 111 lpp.</p> <p>Алексеев А. А. <i>Путание в туристском походе</i>. Москва: ЦТМО, 2003. 64 с</p>
Additional literature	<p><i>Aktīvās spēles</i>. Sast.Biķerniece M. Rīga: Jumava, 2008. 144 lpp.</p> <p><i>Attractive Youth Work</i>. A Guide to making things happen! Czech Republic, IYNF, 2005.</p> <p>Brencis A. <i>Aktīvais tūrisms</i>. Rīga: Biznesa augstskola Turība, 2003. 224 lpp.</p> <p><i>Daudzpusīgā intelekta teorija skolā</i>. Pieredzes materiāls. Rīga: Skolu atbalsta centrs,</p>

2000.

Ebere S.G. *Endurance sports nutrition*. Human Kinetics, 2000. 287 p.

Latvija. Tūrisma ceļvedis. Rīga: Karšu izdevniecība Jāl'a sēta, 2012. 280 lpp.

Liepiņa I. Lekcija "Tūrisma speciālais inventārs".-LSPA 2006., 21 lpp.

Neuman J. *Education and Learning through Outdoor Activities*. Czech Republic, IYNF, 2004.

Niče K. *313 spēles telpās, brīvā dabā*. Rīga: Jumava, 2008. 148 lpp.

Rohnke K.E., Rogers D. *The Complete Ropes Course Manual*, 2007. 428 p.

Štrauhmanis J. *Kartogrāfija tūrismā*. Rīga: Biznesa augstkola Turība, 2004. 78 lpp.

Homepage of the International Young Nature Friends Association: www.iynf.org
Advice for tourist hiking trips: <http://www.abc-of-hiking.com/hiking-tents/camp-layout.asp>

Adventure in nature, blog: <http://adventure.nomad.lv/>

Geocaching <http://www.geocaching.com/>

Other sources of information used:

Organisation and tasks of students' independent work:

Independently write abstract on one type of active tourism. Independent planning, organising, managing and evaluation of a two-day hiking trip. Evaluation of different didactic approaches. Independently select games for nature and apply them depending on the chosen didactic approach. To conduct selection of games, independently analyse and evaluate results of practical application and make conclusions. Independent creation, management and analysis of a recreation team-making task. New ties. Independently repeat types of low rope implementation adding new types.

Assessment criteria of study results:

To receive positive assessment, criteria for differentiated assessment take into account attitude to education, progress, active participation in classes and seminars (20%); planning, organising, managing a two-day hiking trip (20%); independent work (40%); test (20%).

Language of instruction:

Latvian and English

Course title:	Folk dances
Course code:	PBNPS3049
Course type:	Professional programmes; professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3
Term:	1
Credits:	1 CP
Lecturers:	Mg.paed.B.Ērgle
Requirements to start course:	General education standard „Sport“
Course goal:	To create understanding of folk dances and its expressive means
Course tasks:	<ol style="list-style-type: none"> 1. to introduce to Latvian seasonal festivals, folk costumes and their wearing traditions; 2. To analyse Latvian ethnographic dances, games and play dances, modern folk dances; 3. To offer knowledge of folk dances, basic step techniques of folk dances and step combination
Planned study results:	<ol style="list-style-type: none"> 1. Knows about Latvian seasonal festivals, folk costumes and their wearing traditions; 2. Knows Latvian ethnographic dances, games and play dances, their means; 3. Is able to perform exactly basic steps of folk dances and their combinations
Course content:	Latvian seasonal festivals, folk costumes, ethnographic dances, games and play dances, modern folk dances, folk dances steps and step combinations
Compulsory literature:	<p>H. Sūna „Latviešu rotaļas un rotaļdejas”, Rīga: Zinātne, 1965.g.</p> <p>M. Mellēna, E. Spīčs, V. Muktupāvels, I. Irbe ”Gadskārtu grāmata”, Rīga: Madris, 2004.g.</p> <p>M. Grasmāne”Latviešu tautas tērpi. Raksti. Izšūšana”, Rīga, 2000.g.</p>
Additional literature:	<p>M. Lasmane „Latviešu tautas dejas”, Rīga, 1962.g.</p> <p>E. Spīčs „Mārtiņa deju grāmata. Mūsdienų latviešu tautas dejas”(1.-3. burtnīca), Rīga:LU, 2000.g.</p>
Other sources of information used:	Reference literature, periodicals, Internet sources
Organization and tasks of students’ independent work:	<p>Individual independent work: folk costumes and their wearing traditions</p> <p>Individual work in pairs: combination of dance steps</p> <p>Individual work in groups – Latvian seasonal performances</p>
Evaluation criteria for the study results:	Assessment on 10-grade scale
Language of instruction:	Latvian,English

Course title:	Sport dance
Course code:	PBNPS3050
Course type:	Professional specialization course of the field
Course level :	Professional Bachelor in Sports
Study year:	4 th
Semester:	7 th
Credit points:	1.5 CP/ 2.25 ECTS
Teaching staff:	Mg.paed.D.Savčenko
Requirements for commencing acquisition of study course:	Level of compulsory educational standard “Sports”
Course aim:	To create notion on sport dances and their classification
Course tasks:	<ol style="list-style-type: none"> 1. To introduce history of sport dances, terminology, classification and culture of behaviour in dance square; 2. To analyze dance technique for ST (W,V,F,T), LA (Ch,J), Polonaise and Salsa dances; 3. To create knowledge on formation of ST, LA, Polonaise and Salsa basic steps and combinations
Planned results of studies:	<ol style="list-style-type: none"> 1. Knows history of sport dances, terminology, classification; 2. Knows ST, LA, Polonaise and Salsa dances and their technique; 3. Is able to perform accurately basic steps and combinations of dances
Course content:	Sport dances, Polonaise and Salsa
Compulsory literature:	G. Krombholca, A. Hāze-Tirka „Standartdejas”, Rīga: Madris 2009.g.
Additional literature:	„Ballroom dancing”, A. Moore, London: A&C Black, 2002 „Technique of Latin dancing”, W. Laird, England, 1998
Other available sources of information:	Reference literature, periodicals, Internet resources
Organization and tasks of students' independent work:	<ol style="list-style-type: none"> 1. To improve knowledge independently in sport dances, Salsa and Polonaise 2. Report – history of sport dances, culture of behaviour in dance square, Polonaise, Salsa
Assessment criteria of study results:	Assessment in 10 grade scale
Study language:	Latvian,English

The title of the course:	The basics of gymnastics
The code of the course:	(PBNPS3001)
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	assoc. prof. L. Ļilinskis, doc. L. Maļarenko, assistant S. Aļisimova
Requirements for starting the course:	Standard of general secondary education
The aim of the course:	Form understanding about kinds and means of gymnastics.
The tasks of the course:	<ol style="list-style-type: none"> 1. Form knowledge about the terminology of formal drill and calisthenics; 2. Introduce the discipline exercises, practical exercises, basic positions and intermediary positions for arms, legs, head and body.
Planned results of the study course:	<ol style="list-style-type: none"> 1. Know the kinds and means of gymnastics, the terminology of formal drill and calisthenics; 2. Can exactly perform movements in different parts of the body, keeping correct stance and perform practical exercises.
The content of the course:	Discipline exercises, calisthenics, practical exercises: marching, running, climbing, wrapping the rope around oneself, lifting weight and moving with it, hurdles.
Obligatory literature:	<ol style="list-style-type: none"> 1. "Vingrošana skolā" U.Švinka redakcijā, Rīga: Zvaigzne, 1988. g. 2. U.Švinks "Ļerindas mācības vingrojumi", Rīga, 1998. g. 3. U.Švinks "Vispārattīstošie vingrojumi", Rīga, 2002. g.
Additional literature:	O.Tanne, N.Jaruņņijs "Ceļvedis vingrošanas teorijā un metodikā", Rīga, 2001 g.
Other sources of information:	Internet resources
The organization and tasks of students' independent work:	Improve knowledge and skills in the exercises of formal drill, calisthenics, and practical exercises.
The criteria of assessing the results of the studies:	Active involvement, the execution of control and home works, the quality of performing the control exercises.
Study language:	Latvian, English.

The title of the course:	The basics of aerobics
The code of the course:	PBNPS3005
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	1.5 ECTS
Teaching staff:	Doc. I.Ļubinska, D.Krafte
Requirements for starting the course:	Standard of general secondary education
The aim of the course:	Form understanding about styles and means of aerobics
The tasks of the course:	1. Obtain knowledge about terminology of aerobics 2. Introduce basic steps of aerobics, their combinations
Planned results of the study course:	1. Know basic terminology of the steps of aerobics. 2. Can exactly perform steps of aerobics and their combinations.
The content of the course:	Basic steps of aerobics, the combinations of steps of aerobics, arm actions
Obligatory literature:	Trenera rokasgrāmata-2. Rīga, 2006.g. Bērnu un jauniešu trenera rokasgrāmata. Rīga, 2008.g. 215.lpp.
Additional literature:	E.В. Мякинченко М.П .Шестакова „АЭРОБИКА теория и методика проведения занятий”.
Other sources of information:	Internet resources
The organization and tasks of students' independent work:	Improve knowledge and skills in basic steps of aerobics and their combinations.
The criteria of assessing the results of the studies:	Active involvement, the execution of control and home works, the quality of performing the control exercises.
Study language:	Latvian,English.

Course title: Outdoor Activities II

Course code: PBNPSR 3053

Course type: Professional qualification course in the field – recreation specialist.

Course level: Professional bachelor in sport science

Study year: 3.

Term: 6.

Credits: 2 CP/3 ECTS

Lecturers: Doc. I.Liepiņa, Doc. I.Smukā, Prof. D.Krauksta

Requirements to start course:

Necessary knowledge in general pedagogy, relation, social and development psychology, adult education, sport philosophy, tourism and orienteering basics and didactics, first aid, hygiene, sport theory, camping course, recreation and outdoor activities (I), outdoor activity didactics. Desirable knowledge: SPP in recreation or sport tourism, games and plays in the open, adventure events offered in C course.

Course goal: To enable students to master various outdoor activities, their planning, organisation and management.

Course tasks:

- to develop understanding of various adventure events;
- to develop the skill to plan, organise, manage and evaluate adventure competitions as a recreation event;
- to provide theoretical and practical knowledge of the survival ABC and survival school as activity at recreation events;
- to offer theoretical and practical knowledge of wood structures and their construction;
- to offer theoretical and practical knowledge of the methods of organising water tourism trips;
- to create the skill to plan, organise and evaluate a water tourism recreational event according to the participants' interests, age, gender, fitness and available resources;
- as part of particular outdoor activities, to create the skill for choosing, preparing and taking care of the equipment.

Planned study results:

As a result of completing the course successfully, students are able to organise particular outdoor events independently, as students:

- are able to apply independently knowledge and skills in planning, organising, managing and evaluating adventure events;
- will understand various discipline and special tasks of adventure events;
- will understand the possibilities for organising water tourism events in Latvia;
- will be able to apply independently knowledge and skills in planning, organising, managing and evaluating an event in water tourism;
- will be able to apply independently knowledge and skills in various tasks for the topic survival school and wood constructions;
- will be able to choose equipment for particular activities.

Course content:

Recreational adventure events, organising adventure competitions. Planning, organising, managing and evaluating water tourism events. Survival ABC, survival school. Forest construction. Equipment for particular outdoor events, safety, prophylaxis and possible risks.

Compulsory literature:

1. Aškrofta F. Uz izdzīvošanas robežas / Cilvēka spējas ekstremālos apstākļos. Rīga: Avots, 2002. 455 lpp.
2. Prouty D., Panicucci J., Collinson R. (Eds.). Adventure Education: Theory and Applications. Champaign, IL: Human Kinetics. 255 p.
3. Vaizmens Dņ. SAS. Izdzīvošanas māksla. Kā izdzīvot Dabā jebkuros klimata apstākļos, uz sauszemes un jūrā. Rīga: Zvaigzne, 2004. 574 lpp.
4. Ильичев А.А. Большая энциклопедия выживания. М.: Эксмо, 2000. 488 с.
5. Подлиссих В. Е., Литиноич В. М. Организационно-методические основы спортивного туризма. Минск, 2009. 101 с.

Additional literature:

6. Latvijas republikas zemessardze. Izdzīvošana. Zemessardzes Izlūku mācību centrs. Dobele, 1999. 81 lpp.
7. Meņa būves: <http://screamingeagles.forumotion.net/t51-pioneering-structures>
8. Smaļinskis J., Ziemele A. Ūdenstūrisma informācijas sniedzēja rokasgrāmata. Nodibinājums Vidzemes attīstības aģentūra, 2006. 40 lpp.
9. Smaļinskis J., Ziemele A. Ūdenstūrisma uzlēmēja rokasgrāmata. Nodibinājums Vidzemes attīstības aģentūra, 2006. 88 lpp.
10. Федотов Ю. Н., Востоков И. Е. Спортивно-оздоровительный туризм. Москва: Советский спорт, 2002. 358 с.

Other sources of information used: 11. Surviva;ABC: <http://www.wilderness-survival.net/shelters-2.php>

12. Survival School. Latvian army video cycle: <http://www.youtube.com/watch?v=0MDOAH3QdUo>

13. Database of Latvian rivers: <http://www.raid.lv/laivas/upes.htm>

14. Canoeing guidebook: <http://www.livestrong.com/article/84382-paddle-2person-canoe/>

15. Kayaking guidebook: http://www.youtube.com/watch?v=C_ZxLDtiAGc

16. Water tourism competitions and equipment: www.udensturisms.lv

Organisation and tasks of students' independent work: Independent planning, organising, managing and evaluating of duties in an adventure event. Independent planning, organising, managing and evaluating of duties in a water tourism event. Independent preparation for spending the night outdoors without a tent. Reading one book about adventures (except mountains) based on real events. Abstract on topic Survival School.

Assessment criteria of study results: A student receives a grade by accumulating a sum of points for knowledge, skills and competences in completing the course tasks. To obtain positive assessment, the terms of differentiated criteria

include: attitude to education, progress, active participation in classes (10%); planning, organising and managing a water tourism trip (20%); planning, organising and managing a quartet manoeuvre (20%), survival school abstract and presentation (20%), spending a night outdoors without a tent (15%), book abstract (5%), practical work forest constructions (10%).

Language of instruction: Latvian and English

Course title:	Traditional and Adapted Sport Disciplines and Tools Outdoors
Course code:	PBNPSR3051
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	4
Term:	7
Credits:	2
Lecturers:	Doc.Ingrīda Smukā
Requirements to start course:	General and theoretical courses of the bachelor programme
Course goal:	Enables to learn various untraditional and adapted sport disciplines, their application and organisation for individual (including individuals with special needs) active recreation, leisure, for emotional, mental and physical capacity renewal in the open.
Course tasks:	To develop understanding of untraditional and adapted sports use and organisation for individual (including individuals with special needs) for active recreation, leisure, for emotional, mental and physical capacity renewal in the open; To develop the skill to select and apply untraditional and adapted activities appropriate for the age, gender and fitness of the participants and the tasks goals and the environmental peculiarities.
Planned study results:	Knowledge: To understand the role of untraditional and adapted sport types and activities for emotional, mental and physical capacity renewal (including individuals with special needs) in the process of developing personal and social relations. Skills: Is able to choose adapted sports and activities for the goal, age and gender, as well as fitness of the participants, organise and manage them, also to determine the impact of the selected activity for evaluating the efficiency of recreation. Competences: To evaluate and thoughtfully analyse the choice of untraditional and adapted activities and the appropriateness of the environmental resources for their execution within the event. To skilfully apply untraditional and adapted activities planning, organising and managing practical classes for various audiences (including individuals with special needs), choosing and applying appropriate didactic methods. Analytically formulate the subject essence and terminology.
Course content:	1. Types of untraditional and adapted sports and activities, their choice and application in recreational events depending on the specific environmental circumstances and the age, gender and physical capacities of the participants. 2. Untraditional sports and activities around the world. 2. Didactics of untraditional and adapted sports (including individuals with special needs). Impact and significance of untraditional and adapted sports for the individual physical mental and emotional renewal.
Compulsory literature:	Albrehta. D. <i>Didaktika</i> . Rīga : RaKa, 2001. 168 lpp Cukermane G. <i>Saskarsmes veidi apmācībā</i> 1. daļa. Rīga: 1993,176 lpp ES pamatnostādnes fiziskās aktivitātes jomā, 2008. [Online]. [skatīts 2011.g. 20.janv.]. Pieejams: http://ec.europa.eu/sport/library/doc/c1/pag_lv.pdf Mauril'a L., Tripāne T. <i>Ieteicamās fiziskās aktivitātes bērniem ar dažādiem veselības traucējumiem</i> . Rīga: Madris, 1999.116 lpp.
Additional literature:	Luque D.H. Orientacion educativa e intervencion en el alumnado con discapacidad. Malaga: EDICIONES ALJIBE, 2006.
Other sources of information used:	http://matadornetwork.com/sports/10-non-traditional-sports-to-get-you-outdoors/ , www.adventuretravel.lv , www.piedabas.lv , www.pargajieni.lv
Study language:	Latvian,English.

Course title: Outdoor Activities III

Course code: PBNPSR 3053

Course type: Professional qualification course in the field – recreation specialist

Course level: Professional bachelor in sport science

Study year: 4.

Term: 7.

Credits: 1.5 CP/ 2.25 ECTS

Lecturers: Lecturer. I.Liepiņa, Assoc. Prof.I.Kravalis, Doc. I.Smukā, Assoc. Prof.L.Saiva, Assist.I.Nikonovs

Requirements to start course:

Necessary knowledge in general pedagogy, relation, social and development psychology, adult education, sport philosophy, tourism and orienteering basics and didactics, first aid, hygiene, sport theory, camping course, recreation and outdoor activities (I, II), outdoor activity didactics, didactic advancement in recreation. Desirable knowledge: SPP in recreation or sport tourism, games and plays in the open, adventure events, mountaineering, mountaineering tours offered in C course.

Course goal: To enable students to master various outdoor activities, their planning, organisation and management.

Course tasks:

- to develop understanding of recreational cycle trip;
- to develop the skill to plan, organise, manage and evaluate a recreational cycle trip according to the participants' interests, age, gender, fitness and available resources;
- to develop understanding of children and youth outdoors recreational events;
- to develop the skill to plan, organise, manage and evaluate a recreational event for pupils of an educational establishment outdoors;
- to develop understanding of outdoor activity risk management;
- to develop understanding of mountaineering hiking trips as recreation;
- to develop understanding of the multiple uses of shooting for recreational events;
- as part of a particular outdoor event, to create the skill to select equipment, prepare and take care of it.

Planned study results:

As a result of completing the course successfully, students are able to organise particular outdoor events independently, as students:

- are able to apply independently knowledge and skills in planning, organising, managing and evaluating a recreative cycle trip;
- will understand children and youth recreation events;
- will be able to apply independently knowledge and skills for planning, organising, managing and evaluating a recreational event for pupils of an educational establishment;
- will understand recreative mountain hiking trips;
- will understand outdoor activity risk management;
- will understand shooting activity for organising recreational events;
- will be able to choose equipment for particular activities.

Course content:

Planning, organising, managing and evaluating a recreative cycle trip. Planning, organising, managing and evaluating a recreational event for pupils of an educational establishment. Description of recreative mountain hiking trips. Outdoor activity risk management. Shooting at recreational events. Equipment for particular outdoor activities.

Compulsory literature:

1. Larsen J.E. 2004. Route report Euro Velo Route 7. Pieejams: http://friefugle.dk/Eurovelo_rute_7.pdf
2. Liepiņa I., Smukā I. Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008. 30 lpp.
3. Publisku izklaides un svētku pasākumu drošības likums. Pieejams: www.likumi.lv.
4. Saiva L. Šaušanas sacensību organizēšana skolā. Rīga, 2000. 17 lpp.
5. Saiva L. Šaušanas tehnikas pamatelementi. Rīga: LSPA, 2002. 13 lpp.
6. Velotūrisma praktiķa un pakalpojumu sniedzēju rokasgrāmata. 2010. 33.lpp. Pieejams: http://www.tava.gov.lv/sites/default/files/dripe_VELO.pdf
7. Азбука Велотуризма. Подготовка к походу. <http://www.velotur.kiev.ua/podgot.htm>

Additional literature:

8. Latvija. Tūrisma ceļvedis. Rīga: Karšu izdevniecība Jāņa sēta, 2012. 280 lpp.
9. Liepiņa I. Lekcijas metodiskais materiāls. Tūrisma speciālais inventārs. Rīga: LSPA 2006. 21 lpp.
10. Neuman J., Doubalik I.P. Education and learning through outdoor activities, outdoor exercises and rope courses for youth programmes. Praha: Duha, 2004. 294 p.
11. Prouty D., Panicucci J., Collinson R. (Eds.). Adventure Education: Theory and Applications. Champaign, IL: Human Kinetics. 255 p.
12. Федотов Ю. Н., Востоков И. Е. Спортивно-оздоровительный туризм. Москва: Советский спорт, 2002. 358 с.

Other sources of information used: 13. Safety psychology in alpinism I and II. Available: <http://www.climbing.lv/publikacijas.htm>

14. Advice for mountain climbing. Available: <http://www.adventurerace.lv/?DocID=65>

15. Bicycle guide „Iepazīsti Rīgu ar divriteni”. RDS, 2012.
<http://www.celotajs.lv/lv/p/ebook/RigaArDivriteni2012#/Chapter%201>

16. Cycle maps and guidebooks.

Organisation and tasks of students' independent work: Planning, organising, managing and assessing individual duties in a recreational cycle trip independently. Planning, organising, managing and assessing individual duties in a recreational event for pupils of an educational establishment independently. Research into one recreational mountain hiking route. Book abstracts on a mountaineering theme, based on real events.

Assessment criteria of study results: For a student's successful completion, the following are assessed: attitude to education, progress, active participation in classes (10%); planning, organising and managing a cycle trip (20%); planning, organising and managing a recreational event for pupils of an educational establishment (20%), practical shooting test (20%), student's independent works (20%); tests (10%).

Language of instruction: Latvian and English

Course title:	<i>Recreation and Human Health</i>
Course code:	PBNPSR3050
Course type:	Professional qualification course in the field.
Course level:	Professional bachelor in sport science
Study year:	4
Term:	7
Credits:	1
Lecturers:	Assoc. Prof. I.Kravalis
Requirements to start course:	Prior knowledge of professional bachelor general study courses and theoretical courses in the field.
Course goal:	To create understanding of the role of health promotion events in the open (recreational events outdoors) for renewing human physical and spiritual capacities.
Course tasks:	<ul style="list-style-type: none"> - To master knowledge of forming beneficial habits for health promotion; - To master knowledge of using natural capacities for organising and managing health promoting recreational events; - To master knowledge of integrating people of various ages in health promotion events, planning the events and activities for health promotion.
Planned study results:	<p>Successful completion of the course enables students to plan, organise and manage health promoting and events outdoors, because students will be able to:</p> <ul style="list-style-type: none"> - understand and explain the impact of healthy habits on the health and work capacities, the relation between habits and health; - choose physical activities outdoors appropriate for the group of people; - independently analyse and objectively evaluate the course of events, execution of the planned tasks and appropriateness for the target audience.
Course content:	<p>Theory of the study course is mastered. Academic, intellectual and practical capacities necessary for work are acquired</p> <p>Course content is related to recreational events for improving and strengthening health, planning, organising and managing events for strengthening health in the long-term perspective, creating projects for health improvement, application of skills and competences in the professional work of a recreation specialist</p>
Compulsory literature:	<p>http://www.nrpa.org/Content.aspx?id=580 www.sjsu.edu/hsr http://www.cdc.gov/healthywater/swimming/ http://www.eionet.europa.eu/gemet/groups?langcode=lv www.vidm.gov.lv/files/text/biol_daudzveid_nac_progr.doc</p>
Additional literature:	Press (magazines <i>Sporta avīze</i> ; <i>Maratons</i> ; 36,6; <i>Veselība</i> , etc.)
Other sources of information used:	Tourism and travelling magazines, publications on the Internet websites.
Organisation and tasks of students' independent work:	Students independently learn content specified in the course in addition to the given at lectures. They independently learn about the variety of recreational events in different countries and their use options for people of different ages and genders. They independently create a programme of recreational events for a set group of people.
Assessment criteria of study results:	<p>To receive positive assessment, the following are necessary:</p> <ul style="list-style-type: none"> - positive attitude to education, active participation in seminars (30%); - independent works (50%); - written test (20%).
Language of instruction:	Latvian and English

Course title:	Basics of recreation
Course code:	PBNPSR3048
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3.
Term:	5.
Credits:	1 KCP, 1,5 ECTS
Lecturers:	Prof. Daina Krauksta
Requirements to start course:	Prior knowledge of professional bachelor general study courses and theoretical courses in the field.
Course goal:	To enable students to learn recreation basic – on renewing human physical, emotional and spiritual energies
Course tasks:	<ul style="list-style-type: none"> - To develop understanding of the emergence of recreation, its essence and role in renewing human physical, emotional and spiritual energies; - To develop understanding of recreation concepts and categories – free time, leisure, recreation and their mutual relation; - To develop the skill to theoretically explain the notion of recreation, its functions and role in increasing the social and economic potential; - To develop the skill to assess the availability of recreational activities and their role in renewing human physical, emotional and spiritual energies;
Planned study results:	<p>As a result of completing the course successfully, students will be able to:</p> <ul style="list-style-type: none"> - strategically and analytically formulate the goals and functions of recreation, based on the economic potential of recreational activities, residents' life quality, recreation policy in the country and the world; - practically assess and theoretically explain the essence of free, leisure and recreational time based on the concepts of recreation; - independently evaluate the needs and accessibility of recreational activities, their role in renewing human physical, emotional and spiritual energies in daily life.
Compulsory literature:	1. Trušinš Jekabs, <i>Rekreoloģija – zinātne par atpūtu</i> . R.: Zinātne, 1996, 83 lpp.
Additional literature:	2. Liis Meeras <i>LEISURE AND RECREATION 2010</i> (Slēpošanas katedrā)
Organisation and tasks of students' independent work:	3. Jones & Bartlett Basic Concepts. Philosophical Analysis of Play, Recreation, and Leisure. (Slēpoš.kat.)
Language:	4. RECREATION & LEISURE - Université d'Ottawa: www.courseweb.uottawa.ca/
	5. A.J. Veal Definitions of leisure and recreation – (Slēpoš.kat.)
	6. Neulinger (1982) <i>WHAT IS THE LEISURE EXPERIENCE?</i> Chapter One - Sage Publications: www.sagepub.com/upm-data/
	7. <i>Journal of Leisure Research</i> : http://js.sagamorepub.com/jlr ,
	8. <i>Therapeutic Recreation Journal</i> http://js.sagamorepub.com/trj ,
	9. <i>Journal of Park and Recreation Administration</i> : http://js.sagamorepub.com/jpra
	10. <i>Journal Leisure Sciences</i> http://js.sagamorepub.com/jlsc
	To research personal and social factors of various groups for participation in recreational activities, to analyse and assess their relation to internal and external factors and to interpret them in relation to recreation functions. To independently write a paper (with references) and a presentation on the course topics.
	Latvian and English

Course title:	Modelling and Assessing Recreational Events
Course code:	PBNPSR3056
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3.
Term:	7.
Credits:	1 CP
Lecturers:	Lecturer Ingrīda Smukā
Requirements to start course:	Prior knowledge of professional bachelor general study courses and theoretical courses in the field.
Course goal:	To enable to learn about planning, organising and managing recreational events and to introduce the laws and standard acts of the Republic of Latvia for planning, organising and managing events. To learn the peculiarities of organising and managing recreational events.
Course tasks:	<ol style="list-style-type: none"> 1. To develop understand of the types of recreational events, the choice and range of activities used for recreational events, planning, execution, management and assessment of recreational activities. 2. To hone skills in planning, executing, managing and assessing recreational events and creating the content of recreation events – the skill to choose activities for the target audience interests, age and physical fitness, creating the plan of an event.
Planned study results:	<p>Knowledge: To understand the role of recreational events in renewing human physical and spiritual energies, personal and social relations development in the process. To understand the laws of the Republic of Latvia related to organising and executing mass event. To know types of recreation events and to understand choosing activities used therein according to the target interests, age and physical fitness.</p> <p>Skills: To be able to choose recreational events and activities according to the target interests, age, physical fitness, to create event plans. Skilful at planning, organising and managing recreational events.</p> <p>Competences: To skilfully assess and analyse the aspects and problems of organising and performing recreational events. Using the learned theory and skills, to solve professional issues related to planning, organising and managing recreational events.</p>
Course content:	<ol style="list-style-type: none"> 1. Planning, organising and managing recreational events and the related laws and standard acts of the Republic of Latvia. 2. Range of activities used in recreational events and their choice for the target audience interests, age and physical fitness. 3. Planning a recreation event, creating a script for a recreation event.
Compulsory literature:	<ol style="list-style-type: none"> 1. Domiļa L. "Svētku scenāriji". Rīga: Pētergailis, 2006. 2. Liepiņa I., Smukā I. „Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008.g.; 3. 3.T.
Additional literature:	<ol style="list-style-type: none"> 1. I. Forands „Projekta menedžments”, Rīga, Latvijas Izglītības fonds, 2006. 2. Džeimss P. Luiss, „Projektu vadīšanas pamati”, Rīga, izdevniecība PUSE PLUS, 1997. 3. <i>Australian Journal of Leisure and Recreation</i>, Vol. 2, No. 4, 1992, pp. 44-48, 52. 4. Joffre Dumazedier. Leisure and the social system. In J. F. Murphy (ed.) <i>Concepts of Leisure</i>. Englewood Cliffs, NJ, 1974. Prentice-Hall, p 133. <p>www.likumi.lv.</p>
Other sources of information used:	
Organisation and tasks of students' independent work:	<p>To plan, organise and manage a recreation event.</p> <p>To create a script for an event.</p>
Assessment criteria of study results:	To receive positive assessment, the following are evaluated: Student's active participation in seminars 20%
Language of instruction:	<p>Developing an event script 20%</p> <p>Planning, organising and managing an event 40%</p> <p>Test 20%</p> <p>Latvian and English</p>

Course title:	Recreation Resources
Course code:	PBNPSR3049
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3.
Term:	5.
Credits:	1 CP, 1,5 ECTS
Lecturers:	Prof. Daina Krauksta
Requirements to start course:	Prior knowledge of general course of the professional bachelor study programme, years 1 and 2 and theoretical courses PPQ and C courses in years 1 and 2
Course goal:	To provide knowledge and develop a student's skills and capacities for the potential of nature in recreation, types of recreation, resources and means, their use for renewing human physical, emotional and health capacities.
Course tasks:	<ul style="list-style-type: none"> - to develop understanding of environment as a human life and health resource system: human and environment; - to develop understanding about the potential of recreation as a whole of the natural and socially cultural heritage and long-term development concept, recreation as tourism and its geographic location in Latvia, - to develop understanding of using recreation resources – nature, Anthropocene, tourism (country, eco, culture), sport, active recreational types and tools for providing recreational activities on a given territory; - To develop the skill to theoretically explain and practically assess an object's/environment's capacity and its improvement and the terms of creation a recreational environment;
Planned study results:	<p>As a result of completing the course successfully, students will:</p> <ul style="list-style-type: none"> - acquire wide knowledge and understanding of the recreational potential as a sum of environmental, natural and socially cultural heritage and its long-term development in context; - be able to practically assess and theoretically explain the accessibility of recreational resources as a sum of particular Latvian natural territorial characteristics;
Course content:	<ul style="list-style-type: none"> - to understand the practical application of communicative capacities development with the society for a recreational type and tools and its impact on renewing human physical, emotional and health capacities. <ol style="list-style-type: none"> 1. Environment, nature and human. Recreational potential – natural, environmental and socially cultural heritage. 2. Impact of recreation on the environment. Long-term development concept.
Compulsory literature:	<ol style="list-style-type: none"> 3. Recreation geography – nature, Anthropocene, tourism (country, eco, cultural) resources and their integration in active outdoors recreational activities. 4. Capacity, assessment of an environment or object, options for improving those, terms of choosing recreation environment.
Additional literature:	<ol style="list-style-type: none"> 1. Apsīte E., Krišjāne u.c. Ģeogrāfija tūrisma izglītībai. – Rīga: Jumava, 1995.- 126 lpp. 2. Michael C. Hall and Stephen J. Page. (2006). The Geography of Tourism and Recreation. Environment, place and space. 3rd. ed. Routledge. 422 pp. 3. Cimermanis S. Kultūrvēstures avoti un Latvijas ainava. Rīga: LZA Vēstis, 2011. 405 lpp. 4. Ilgtspējīgas attīstība. www.varam.gov.lv/lat/darbibas.../ilgtspējiga_attistiba
Periodicals and other sources of information:	<ol style="list-style-type: none"> 1. Ruka E., Meirāns M. Latvijas ainavas. Dabas stāsti pieaugušajiem Valsts SIA „Vides projekti, 2008. 2. Advanced Leisure and Tourism. Oxford. 1996. 473 p 3. Terentjeva L., Frīdenberga L. “Latvijas kūrortu dabiskie dziedniecības līdzekļi”, 2009. 4. Douglas Pearce. Tourism Today: A Geographical Analysis. Second edition. Edinburgh Gate, Harlow, 1997. 204 p.
Organisation and tasks of students' independent work:	<ol style="list-style-type: none"> 1. Aktīvā atpūta. www.mammadaba.lv 2. Dabas aizsardzības pārvalde. www.daba.gov.lv 3. Dabas aizsardzības likumi un normatīvie akti. www.likumi.lv 4. Cilvēks- vide – vides risinājumi. www.videsrisinajumi.lv 5. Meža avīze. www.mezaavize.lv 6. Vides gidu avīze. www.videsgidi.lv 7. Tūrisma resursi. www.celotajs.lv 8. Ļurnāls „Tūrisms” www.corpmedia.lv 9. Asociācija „Lauku ceļotājs” www.laukucelotajs.lv 10. LR EM Tūrisma nodaļa www.em.gov.lv 11. LR Tūrisma attīstības valsts aģentūra www.latviatourism.lv 12. Environmental Education –the path to Sustainable Development. Latvijas zaļais punkts www.zalais.lv
Language:	<p>Studying literature, preparing for seminars, tests, a written paper, abstract and presentation on the course theme.</p> <p>Latvian and English</p>

The title of the course:	Sports Nutrition
The code of the course:	PBNT228
The type of the course:	Optional
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 4
Semester:	Semester 7
Credit points:	0.5 CP / 0.75 ECTS
Teaching staff:	Ms.ped., guest lecturer A.Siliņa
Requirements for starting the course:	Knowledge in physiology, biochemistry and hygiene.
The aim of the course:	Provide the competence of senior sports coaches (trainers) to choose a proper diet for an athlete in dependence on his age, gender, health status and sport.
The tasks of the course:	<ol style="list-style-type: none"> 5. To promote students' understanding of the importance of nutrition in the development of strength, endurance and strength and health promotion. 6. To improve the skills to evaluate daily nutrition and, if necessary, to adjust it, plan nutrition for the competition days and for the recovery period. 7. To promote understanding of the peculiarities of nutrition for athletes of different ages, women and men. 8. To help determine in which cases and how to use nutritional supplements and alimentary ergogenic substances.
Planned results of the study course:	<p>Understands the determinants of dietary choices. Can determine the energy expenditure of the athlete and assess the weight and composition of the athlete's body; is able to create and justify samples of the diet for representatives of different sports; is able to assess the necessity of using dietary supplements and, if necessary, to choose the appropriate supplements, has knowledge of the peculiarities of the diet of children, adolescents and women in sport.</p> <p>By listening to the course, students need to acquire knowledge, understanding and skills to professionally monitor their pupils' nutrition and recommend the necessary corrections.</p>
The content of the course:	Nutrition bases of a healthy adult. Nutrients. Food products. Nutrition for children, old people, patients. Nutrition in prevention of obesity, diseases of metabolism, cardiovascular diseases, and cancers. Advantages and disadvantages of diets to decrease the body mass. The role of antioxidants in food nowadays. Advantages and disadvantages of food supplements.
Obligatory literature:	Rubana I.M..Uzturs fiziskā slodzē. Rīga: Raka, 2009.204.lpp.
Additional literature:	<ol style="list-style-type: none"> 8. Energy- yielding macronutrients and energy metabolism in sports nutrition/ eds. J.A Driskell, I.Wolinsky. CRC Press, Boca Raton, 1999. pp. 211-236. 9. Bean A. The complete guide to sports nutrition. London: A & C Black, (6th edition) 2003. 195p. 10. Litt A. Fuel for young athletes. Essential foods and fluids for future champions. Human kinetics, 2004. 188p. 11. Girard Eberle S. Endurance sports nutrition. Human Kinetics, 2000. 288p. 12. Benardot D. Advanced sports nutrition. Human Kinetics, 2012. 410p. 13. Fitzgerald M.Racing weight. Boulder, Colorado, 2009. 287p. 14. Williams M.H.Ergogenic aids in sport. Champaign IL: Human Kinetics, 1983. 385 p.
Other sources of information:	Zariņš Z., Neimane L.Uzturmācība. Rīga: Rasa, 1998.
The organization and tasks of students' independent work:	<p>Due to the small amount of the course, the students complete the test, which is evaluated in the 10-point system. At home, they perform and submit their independent work on athlete nutrition in the chosen sport. The work is evaluated in the 10-point system.</p> <p>Tasks</p> <ol style="list-style-type: none"> 1. To develop independent work on nutrition in student's own sport: to compile a diet for the pre-competition and the day of the competition; to justify the choice of products; to evaluate the available supplements and ergogenic substances and to choose the appropriate substance for intake during training and competition period in his sport; recommend the liquid intake strategy for the competition days. 2. Study the recommended literature to prepare for the test.
The criteria of assessing the results of the studies:	Correctness of responses to test questions; the validity of the recommendations made to the athlete. In the end of the study course students have to pass a test.
Study language:	Latvian, English

Course title:	Pedagogic Development in Recreation - PDR
Course code:	PBNPSR3055
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3 rd study year
Term:	5 th , 6 th term
Credits:	2. CP
Lecturers:	Lecturer I.Smukā, Lecturer K. Ciekurs, Lecturer I.Nikonovs
Requirements to start course:	General education courses, theoretical courses in the field.
Course goal:	The course goal is to enable students to learn and apply qualitative methods in research in recreation, to acquire theoretically and to practically apply students' training methods and means selection.
Course tasks:	<ol style="list-style-type: none"> 1) To develop understanding of research in recreation. 2) To develop understanding of organising research in recreation. 3) To introduce research methods on recreation and their choice. 4) To develop understanding and skills to provide theoretical and practical knowledge about different sports recreation types and preparing and taking care of the equipment used therein. 5) To be able to analyse the training process, to be able to practically create and analyse a training plan.
Planned study results:	<p>Knowledge: To understand research in recreation, its essence, tasks and methods. To understand the training process, its role in recreation. To understand motion structure in different sports – to describe it from the educational and biomotion perspectives.</p> <p>Skills: To be able to select methods according to the research in recreation. To be able to organise and manage training process in recreation, to select recreation activities according to the training methods. To be able to assess, apply and compare the latest scientific references and technologies in one's professional activity.</p> <p>Competences: Skilfully work with scientific articles in recreation and analyse them. Skilfully analyse training process in recreation using the learned theory and skills, solve professional issues in research and training process in recreation. To be able to apply in practice the knowledge for analysing movements in various sports, provide practical advice for improving movement following educational and biomotion principles.</p>
Course content:	<ol style="list-style-type: none"> 1. Organising recreational training process, analysis of training process. 2. Training methods in organising various recreational sport types trainings. 3. Motion structure analysis, pedagogic and biomotion description. 4. Research in recreation, its possibilities and problems. Research methods and organising research in recreation. 5. Selection and analysis of scientific articles in recreation.
Compulsory literature:	<ol style="list-style-type: none"> 1. Fridgen J. Dimensions of Tourism.(Chapter 12: Research and Measurement). Michigan: Copyright 1996. 2. Grants J. <i>Fiziskā audzināšana, sports un vesels bērns mācību grāmata</i>, 1997. 3. Grants J., <i>Mācīsimies slēpot</i>. Rīga: Raka, 2007. 4. Krauksta D, Krauksts K. <i>Slēpošanas treniņa pamati</i>. Rīga: Drukātava , 2006. 5. McIntosh R, Goeldner C. Ritchie B. <i>Tourism : Principles, Practices, Philosophies. (Chapter 17: Travel and tourism research)</i>. New York a.o. : Wiley& Sons, 1995. 6. Špona A., Cehlova Z. <i>Pētniecība pedagoģijā</i>. Rīga:Raka, 2004.
Additional literature	<ol style="list-style-type: none"> 1. Grants J., Ukins V. <i>Slēpošana – 2 daļa</i>. Rīga: LSPA, 2001. 2. Kops K. <i>Distanču slēpošana</i>. Rīga: Zvaigzne, 1989. 3. Journal of Sport and Health science. [Online]. [skatīts 2015.g. 15.oktobrī]. Pieejams: http://www.sciencedirect.com/science/article/pii/S2095254612001056. 4. LASE Journal of Sport Science. [Online]. [skatīts 2015.g. 15.oktobrī]. Pieejams: http://journal.lspa.lv/files/Archive/Journal_2012_3_2.pdf
Organisation and tasks of students' independent work:	<ol style="list-style-type: none"> 1. To create a training plan for one month – a mesocycle, for training in the conditioning stage in a selected discipline. 2. Motion structure analysis in a selected sport discipline (pedagogic biomotion explanation – presentation). 3. Biomotion capacity description for a selected sport discipline (written paper and presentation). 4. Work with scientific publication databases and selection and analysis of scientific articles in recreation, presentation. 5. Problem assessment in recreation and methods appropriateness. 6. Using questionnaire for research in recreation.
Assessment criteria of study results:	To receive positive assessment, the following are evaluated: Student's active participation in seminars 20% Presentation of an analysis of a scientific article 20% Homework: biomotion capacity description for a selected sport discipline 20%

Motion structure analysis for a selected sport discipline – presentation 20%
Test (qualitative and quantitative research in recreation) 20%

**Language of
instruction:**

Latvian, English and Spanish

Course title:	Excursion Management
Course code:	PBNPSR3054
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	4
Term:	7
Credits:	1 CP, 1,5 ECTS
Lecturers:	Lecturer Ingrīda Smukā.
Requirements to start course:	Professional bachelor prior knowledge in general theoretical study courses and the field theoretical basic courses.
Course goal:	To enable students to learn about excursion planning, organisation and management and introducing Republic of Latvia laws and standard acts related to planning, organising and managing an excursion. To enable introduction to the basics of planning and executing an excursion and the work of a guide.
Course tasks:	<p>6. To develop understanding of how to organise and perform an excursion.</p> <p>2. To hone the skill of planning, organising and managing excursions and the skill of choosing excursion routes and activities according to the goals, target attendants, age and physical fitness.</p> <p>8. To hone the skill of organising and discharging an excursion.</p>
Planned study results:	<p>Knowledge: to understand the basic principles of planning, organising and managing excursions, to know the Republic of Latvia laws related to organising and managing excursions.</p> <p>Skills: To be able to choose excursion routes and activities based on the participants' interests, ages, and physical fitness. To be able to plan, organise and manage excursions.</p> <p>Competences: To skilfully assess and analyse an excursion as a recreational event and related issues. Using the learned theory and skills to solve professional challenges related to planning, organising and conducting excursion as a recreational event.</p>
Course content:	<ol style="list-style-type: none"> 1. Tourism history, tourism and the environment, ecotourism. 2. Excursion as a recreational event. History of excursions. 3. Psychological dimensions, personality, motivation, values and tourism. 4. Social, cultural aspects and tourism. Environmental aspects – ecotourism. 5. Planning, organising and managing an excursion and related standard acts and laws of the Republic of Latvia. 6. Excursion types. Creating an excursion composition, developing a route according to the types of participants. 7. Aspects of work as guide, activities at an excursion as a recreational event.
Compulsory literature:	<ol style="list-style-type: none"> 1. <u>Collins, Verite Reily</u>. <i>Becoming a Tour Guide : principles of guiding and site interpretation</i>. London: <u>Continuum</u>, 2000. 2. Fridgen J. <i>Dimensions of Tourism</i>. Michigan: Copyright 1996. 3. Grīnfelde I., Klepers A. Tūrisma maršrutu veidošana. Valmiera. Vidzemes augstskola, 2010. 4. Klepers A., Smaļinskis J. Tūristu gids. <i>Vietas pieredzējuma radīšana</i>. Valmiera. Vidzemes augstskola. 2014. 5. Liepiņa I., Smukā I. „Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008.g. 6. McIntosh R, Goeldner C. Ritchie B. <i>Tourism : Principles, Practices, Philosophies</i>. New York a.o. : Wiley& Sons, 1995. 7. Makkerčers B., Krosa H. <i>Kultūras tūrisms</i>. Apgāds „Neptuns”. 2007. 8. Smith M., Richards G. <i>The Routledge Handbook of Cultural Tourism</i>. Great Britain. CPI Group (UK) Ltd, Croydon, 2013.
Additional literature:	<ol style="list-style-type: none"> 1. Reļģe V. „<i>Sociālā psiholoģija</i>” . 3.nodaļa: Citas personas uztvere, atribūcija un sociālie spriedumi. Rīga, ZVAIGZNE ABC, 2002. 2. Luiss Dņ. „<i>Projektu vadīšanas pamati</i>”, 7.Nodaļa: Attieksmes un to maiņa. Rīga, izdevniecība PUSE PLUS, 1997. 3. Ministru kabineta noteikumi Nr.1338, <i>Kārtība, kādā nodrošināma izglītojamo drošība izglītības iestādēs un to organizētajos pasākumos</i>. [Online]. [Accessed 20 August 2015]. Accessible at: www.likumi.lv. 4. <i>Tūrisma kartes</i>. Zemgale.Kurzeme. Vidzeme. Latgale. Tūrisma attīstības valsts aģentūra, 2013. 5. Tūrisma likums [Online]. [Accessed 17 October 2015]. Accessible at: www.likumi.lv. 6. <i>Par tūristu gidu pakalpojumu sniegšanu Rīgas pilsētā</i>. MK noteikumi Nr.91. [Online]. [Accessed 17 October 2015]. Pieejams: www.likumi.lv
Organisation and tasks of students' independent work:	<p>Independent work tasks:</p> <ol style="list-style-type: none"> 1. Preparation for a written test. 2. Working to choose the excursion route, create and complete an excursion. Additional literature analysis, working with website to choose objects to view and activities for the excursion. 3. Coordinating an excursion route, meals, visiting objects, agreeing working times, transport, and other activities for organising an excursion.

4. Excursion management.

**Assessment criteria
of study results:** To receive positive assessment, the following are evaluated:
Student's active participation in classes and seminars 20%
Creating an excursion route 20%
Planning, organising and managing an excursion 40%
Test 20%

**Language
instruction:** of Latvian, English and Spanish

Course title:	Athletic Fitness
Course code:	PBNPSS 3022
Course type:	Compulsory course
Course level:	Professional bachelor in sport science
Study year:	4.
Term:	7.
Credits:	1
Lecturers:	Prof. L.Cupriks, Lecturer A.Cuprika
Requirements to start course:	Knowledge of anatomy, sport physiology, sport biochemistry, biomechanics, general pedagogy, general, development and relational psychology sport theory, basics of nutrition.
Course goal:	The course goal is to prepare highly qualified specialists in sport, who can organise and manage professional level sport training applying athletic conditioning means and methods and are able to explain how to implement and advance a healthy lifestyle
Course tasks:	1) To provide students with an opportunity to advance their general and special physical fitness by athletic conditioning; 2) To facilitate the use of various athletic conditioning means and methods in planning, organising and managing sport trainings; 3) To provide students with knowledge of the movement ergonomic principles of athletic fitness; 4) To provide practical and theoretical knowledge on the division and application of athletic exercises for developing different muscle groups in various age groups; 5) To acquire knowledge and skill to assess a pupil's and one's own professional activity; 6) To acquire knowledge for improving and strengthening general physical fitness using athletic fitness means.
Planned study results:	1) To provide knowledge of using athletic conditioning means and methods in the teaching process and ability to critically understand this knowledge. 2) To be able to plan, organise and manage athletic fitness teaching process using the acquired theoretical and practical knowledge. 3) To know and observe special health and safety rules at the training place in athletic fitness and of partner insurance during exercise performance. 4) To understand the possibilities of using various athletic conditioning means for facilitating and confirming a healthy lifestyle. 5) To know the ergonomic aspect of the selected athletic conditioning means. 6) To be aware of different poses in exercises and be able to purposefully apply them. 7) Students acquire competences to analyse and assess the teaching means, methods and approaches used at sport trainings; to analyse the appropriateness of the chosen teaching methods, means and forms to the pupils' capacities and educational goals.
Course content:	Terminology, athletic fitness means, tasks and methodological principles, classification of the technical means of athletic conditioning, their application in pedagogic process and their relation to other sciences, the process of developing athletic fitness means and methods, general and particular terms of applying athletic fitness means and methods, the role of athletic fitness in the process of creating the understanding of a healthy lifestyle.
Compulsory literature:	<ol style="list-style-type: none"> 1. Čupriks L., Knipše G. Atlētiskā sagatavošana. Metodiskais līdzeklis LSPA studentiem. – Rīga, LSPA, 2003. 2. Čupriks L., Sporta ierīču klasifikācija un struktūra sastādot vingrinājumu kopumus. Lekcija. Rīga, LSPA, 2001. 3. Trenera Rokasgrāmata 2 daļa. Latvijas Sporta federāciju padome. Latvijas Treneru tālākizglītības centrs, Rīga, 2003. gads. 4. Vološins V., Krauksts V., Čupriks L. Spēka attīstīšanas netradicionālie vingrinājumi. Mācību metodiskais līdzeklis. Rīga, LSPA 1994. 5. Vološins V., Upmalis J., Cepelis I. Smagatlētikas sporta termini. Rīga, 1992. 6. Vološins V., Upmalis J. Atlētiskā vingrošana iesācējiem. Metodiskie norādījumi Rīga, 1996. 7. Vološins V., Upmalis J. Metodiskie aspekti svaru bumbu celšanas sportā. Rīga, 1995. Mācību metodiskais līdzeklis.
Additional literature:	<ol style="list-style-type: none"> 1. Čupriks L., Pimenovs A. Lokanības attīstīšanas vingrojumi smagatlētikas, cīņas sporta veidos. LSPA. Lekcija. Rīga, 2000. 2. Krauksts V. Biomotora spēju treniņu teorija. Rīga, LSPA, 2003. 3. Lesčinskis M., Ciematnieks U., Čupriks L. Raksturīgākās kļūdas, izpildot sacensību vingrinājumus svarbumbu celšanas sportā. Rīga, LSPA, 2009. Lekciju materiāli. 4. Lesčinskis M., Čupriks L., Belkovskis G. Noteikumi svarbumbu celšanas sportā. Rīga, LSPA, 2009. Lekciju materiāli. 5. Vološins V., Lāriļš V. Atlētiskā vingrošana nepareizas stājas labošanā un profilaksē. LSPA, Rīga, 1997.
Other sources of information	Internet databases: SpringerLink, ScienceDirect, EBSCO, Alise.

used:

Organisation and tasks of students' independent work:
Assessment criteria for the study results:
Language of instruction:

1.Exercises with free weights; 2. Exercises with push-up barbells; 3. Exercises with personal body weight;
4. Group work (Powerpoint presentation up to 5min), 5. Demonstration of the VAV set of exercises

Test of theoretical knowledge (oral). Active work during studies. Student's independent work. Practical test.

Latvian and English

The title of the course:	Bases of sport biomechanics
The code of the course:	PBNT211
The type of the course:	Theoretical basic
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 4
Credit points:	2CP/3 ECTS
Teaching staff:	Dr. habil.paed., Prof. Jānis Lanka
Requirements for starting the course:	Knowledge and practical skills in the chosen sport
The aim of the course:	To provide knowledge and practical skills in bio-mechanics of the chosen sport, in sport training bio-mechanical bases.
The tasks of the course:	1) to introduce with general principles of movement direction, execution mechanic and kinematic mechanisms in the chosen sport; 2) to provide theoretical knowledge in mechanics and bio-mechanics of the chosen sport, practical skills in analysis and evaluation of movement kustību technique and tactics; 3) to introduce with bio-mechanic conditions of movement learning and sport training.
Planned results of the study course:	A student knows structure, composition and characteristics of the movement system; modern bio-mechanic conceptions of movement direction and learning; bases of physical improvement, bio-mechanic control and evaluation of sport technical and tactical proficiency. A student can make movement mechanic and bio-mechanic analysis; evaluate sport technical and tactical rationality, effectiveness and learning level, characterise peculiarities of movement learning and physical preparation process according to one's age, sex, body composition and training peculiarities.
The content of the course:	Bio-mechanic principles of movement organisation, bio-mechanic aspects of learning motor activity, bio-mechanic bases of sport technical and tactical proficiency, systemically-structural analysis of motor activity.
Obligatory literature:	1. J.Lanka Biomehānika. - Rīga, 1995. - 130 lpp. 2. J. Lanka Augstlēkšanas biomehānika. Rīga: LSPA, 1997. - 72 lpp. 3. J. Lanka Šķēpa mešanas biomehānika. Rīga: Elpa-2, 2007. 335 lpp. 4. J. Lanka Fizisko īpašību biomehānika (ātruma īpašības). - Rīga: LSPA, 2005. - 102 lpp.
Additional literature:	1. Biomechanics in Sport. Zatsiorsky V.M. (ed). Blackwell Science, LTD, Oxford, 2000. 2. Hay J. The Biomechanics of Sports Techniques. - Prentice Hall, 1973. - p. 600. 3. Биомеханика плавания. Зарубежные исследования. - М.: ФиС, 1981. 4. Гавердовский Ю.К. Обучение спортивным движениям. М:ФиС,2007. 911 стр. 5. Иссуррин В. Б. Биомеханика гребли на байдарке и каное. - М.: ФиС, 1984. 6. Назаров В.Н. Движения спортсмена. - Минск: Полымя, 1984. - 250 с.
Other sources:	Internet, scientifically-methodological issues
The organization and tasks of students' independent work:	Students receive tasks for independent work and the list of advisable literature. The main tasks of the independent work – to obtain additional information about the given questions, to widen one's knowledge, to see how the acquired theories are linked with sport practice.
The criteria of assessing the results of the studies:	Students' knowledge correspondence to the requirements of the programme and the ability to characterize bio-mechanically the chosen sport are assessed.
Study language:	Latvian, English

Course title:	Dynamic Anatomy
Course code:	PBNPST3036
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science trainer qualification
Study year:	3.
Term:	6.
Credits:	1 / 1,5 ECTS
Lecturers:	Dr. Paed., Lecturer Ieva Zvīgule
Requirements to start course:	Knowledge in anatomy acquired at anatomy study course of year 1 at the LASE.
Course goal:	To obtain in-depth knowledge of human body movement analysis, including the analysis of sport movements determining movement phases, muscles and joints involved in performing movements.
Course tasks:	<ol style="list-style-type: none"> 1. To acquire human basic movements dynamic anatomy (movement phases, muscles and joints involved in performing movements): anatomic analysis of poses; stepping movement analysis; running movement analysis; jumping movement analysis; throwing movement analysis; weight lifting (pushing) movement analysis, etc. 2. To analyse combinations of basic movements in a predetermined sport.
Planned study results:	<u>Students acquire knowledge:</u> of human basic movements" dynamic anatomy (movement phase, muscle and joints involved in performing movements). <u>Students acquire skills:</u> to perform exercises and name joints and muscles involved. <u>Students acquire competences:</u> to analyse muscle activity in different movements – which joints and muscles act in which sequence in each sport movement.
Course content:	Introduction to dynamic anatomy. Research methods. Human basic movements" dynamic anatomy: anatomic analysis of poses; stepping movement analysis; running movement analysis; jumping movement analysis; throwing movement analysis; weight lifting (pushing) movement analysis, etc. Analysis of combinations of basic movements in a predetermined sport .
Compulsory literature:	<ol style="list-style-type: none"> 7. F.Delavjē. Muskulatūras attīstīšana (Spēka vingrinājumi anatomiskā skatījumā). Zvaigzne ABC, 2001, 124 lpp. 8. F.Delavjē, <i>Vingrinājumi sievietēm</i>: kājas, mugura, vēders, gūžas. Zvaigzne ABC, 2003, 135 lpp. 9. William C. Whiting, Stuart Rugg. Dynatomy with DVD: Dynamic Human Anatomy. Human Kinetics; Pap/Dvdr edition, 2012, 256 p. http://www.amazon.com/Dynatomy-DVD-Dynamic-Human-Anatomy/dp/1450437176 10. Ackland T., Elliott B., Bloomfield J. Applied Anatomy and Biomechanics in Sport. Human Kinetics, 2009, 376 p.
Additional literature:	<ol style="list-style-type: none"> 1. Watkins J. Structure and Function of the Musculoskeletal System. Human Kinetics, 2009, 408 p. 2. http://www.visiblebody.com/index.html 3. http://www.runlabdro.com/lectures/power.html 4. http://images.3d4medical.com/Muscle-system-pose-image_RM6596.html
Organisation and tasks of students' independent work:	To prepare to a test on the theme: human basic movements in dynamic anatomy. To find in the library literature and the Internet sources on muscle activity in various sports. To write a paper on movement analysis including basic movements in one's sport. To prepare for a test in dynamic anatomy.
Study results assessment criteria	Students" knowledge, skills and competences are assessed in one test (human basic movements in dynamic anatomy), on writing a paper on movement analysis including basic movements in one's sport. At the end of a study course in anatomy, a final test is to be taken.

The title of the course:	Sport massage
The code of the course :	PBBIC 4005
The type of the course:	Free choice course
The level of course:	Professional Bachelor of Education in sport science
Study year:	1., 2.
Semester :	1., 2., 3., 4.
Credit points :	4KP / 6 ECTS
Teaching staff :	Assist. prof. Lesenkovs E.
Requirements for starting the course:	Knowledge of biology, natural sciences, anatomy in the level of secondary school programme.
The aim of the course :	To prepare massage specialists according to LR medical law and standard requirements of masseur profession.
The task of the course:	To give knowledge of massage indications and counterindications, to acquire mechanisms of massage; to acquire methods of massage and the technique to do it.
Planned results of the study course:	Students can perform massage methods independently to separate parts of body. General and local massage procedures are acquired. Acquired massage methods in medical and sport practice.
The content of the course :	Knowledge – massage methods and physiological mechanisms, methods of massage procedure in medical and sport practice. Skills and practice – performance of massage procedures technically according to indications. Competence – performance of massage procedure according to masseur profession standard.
Obligatory literature:	E.Lešenkovs, V.Lāriļš „Masāža”, 2004.
Additional literature:	A.Birjukovs „Masāža” 2004. A.Birjukovs „Sporta masāža” 1996.
Other sources of information:	LFA seminar materials
The organization and tasks of students” independent work:	Group classes to gain massage practical part and perfect it. Theoretically individual acquirement using study methodical materials.
The criteria of assessing the results of the studies:	Positive attitude to the study course, active work during classes, course, active work during classes, theoretically – practical test.
Study language:	Latvian and English
The title of the course:	Special terminology and communication (The English language)
The code of the course:	PBVI 103
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	3 / 4.5 ECTS
Teaching staff:	I., Doc. I.Boge , Lect. Rudzinska I.
Requirements for starting the course:	Knowledge, skills and competence in English corresponding to the Standard of general secondary education.
The aim of the course:	To acquire and develop special terminology and communication in English.
The tasks of the course:	To provide a possibility to learn special terminology in English. Basing on professional lexis and the grammar structures of English to develop the skills of public presentation and working with special literature, to develop inter-cultural and communicative competence.
Planned results of the study course:	Knowledge of special terminology, professional lexis and the grammar structures of English; the skill of public presentation and discussion, the skill of working with special literature in English; developed inter-cultural and communicative competence.
The content of the course:	Learning of special terminology in English for communication in speciality.
Obligatory literature:	1. Berga I, Boge I. Athlete Companion to Sports and Games, part I – Rīga, 2000. 2. Berga I, Boge I. Athlete Companion to Sports and Games, part II – Rīga, 2001 3. Berga I. Notice and Remember. - Rīga, 2001.
Additional literature:	4. Berga I. Improve Your Athletics.-Rīga, 2004 5. Berg I. Gymnastics. – Rīga, 1999.

Other sources of information:	Dictionaries of sports terms, explanatory dictionaries of terms; Internet: www.oup.com/elt/headway .
The organization and tasks of students' independent work:	Reading of one's own chosen text in English about one's speciality, preparation for a test, discussion and seminar according to the content of the study course.
The criteria of assessing the results of the studies:	Knowledge of general sports lexis (tests); presentations: the skills of public presentation and independent work; attitude and group work skills when doing course tasks, individual dynamics is stated by evaluating one's growth of knowledge and skills.
Study language	English

Course title:	ORGANIZATION AND MANAGEMENT OF CAMPS
Course code:	PBNPSV 3088
Course type:	The course of free choice
Course level:	Professional Bachelor in Sports
Study year:	III
Semester:	6 th
Credit points:	2 CP/3 ECTS
Teaching staff:	Doc. I.Smukā, prof. D.Krauksta, doc. I.Liepīša
Requirements for commencing acquisition of study course:	Comprehensive study courses, theoretical basic courses of the field
Course aim:	To acquire planning and organization of camps, content formation and realization
Course tasks:	To acquire: <ul style="list-style-type: none"> - theoretical and legal provisions for camp organization; - planning process of camp, provision of resources; - elaboration of camp content according to definite aim; - specificity of session and training organization in children and youth camps.
Planned results of studies:	Student: <ul style="list-style-type: none"> - knows theoretical aspects of camp organization; - is able to observe normative acts related to camp organization; - is able to plan required resources for camp organization; - is able to plan content of camp according to definite aim; - knows specificity of session and training organization in children and youth camp; - can plan sessions according to the aim of camp.
Course content:	6) Management process in organization of camps. 7) Legislation. 8) Planning of staff, finances, materials, technical and information resources. 9) Content elaboration according to definite aims. 10) Planning and organization of sessions and trainings.
Compulsory literature:	3. Brūders A. Nometļu mācība. Metodiskais izdales un darba materiāls LSPA 2.un 3.kursa studentiem.-LSPA-Rīga, [b.i.], 2000.-71 lpp. 4. Nometļu vadītāja rokasgrāmata. Metodiskais materiāls.-Rīga: IZM, VJIC, LNA, 2009-176 lpp. 3. I.Liepīša., I.Smukā „Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008.g.
Additional literature:	1. Kornels Dž. Spēles dabā.- Rīga: Bērnu vides skola, 1994. 2. Praude V.,Beļčikovs J. Menedžments.- Rīga: Vaidelote, 2001 3. Projekta menedžments.-Rīga: Latvijas Izglītības fonds, 2006
Other available sources of information:	3. Internet site: www.likumi.lv , and other related Internet sites. 4. Magazines and other kinds of publications on basics of camp teaching aspects
Organization and tasks of students' independent work:	Students will independently acquire content envisaged in study course in addition to content, explained in contact lectures.
Assessment criteria of study results:	Active involvement; attitude towards study course; execution of tests and home works; practical activities in elaboration of camp project and in work of camp
Study language:	Latvian and English

Course title:	Basics of Training Theory (for Children and Youths)
Course code:	PBNPST3032
Course type:	Professional qualification course in the field
Course level:	Professional bachelor in sport science
Study year:	3rd Study year
Term:	1 st study term
Credits:	1 CP /1,5 ECTS
Lecturers:	Doc.U.Ciematnieks
Requirements to start course:	Knowledge in Anatomy, Basics of Biochemistry, Basics of Physiology, Sport Theory, Sport Physiology, Sport Biochemistry, Training Didactics, Physical Capacity Development, Biomotion Capacities in Biology
Course goal:	To create understanding of applying sport theory basics (for children and youths) in trainings. To acquire knowledge of the possibility of using training theory for children and adolescents of different age, gender and physical condition and their complex role in the process of sport training. To acquire knowledge of training theory regularities, peculiarities, manifestations and correspondences in children and youth age periods.
Course tasks:	<ol style="list-style-type: none"> 3. To acquire knowledge, skills and competences at the level of the course on training theory basics (for children and youths) 4. To become able to assess and estimate the role of children and youth training theory in youth sport, to particularise and determine the impact of individual training theory elements on the individual physical capacity for different ages, genders and physical capacities and possibilities for increasing the level of conditioning
Planned study results:	<ol style="list-style-type: none"> 1. Theoretical basics of the study course are mastered 5. The ability to apply knowledge, skills and competences at the level of the course on training theory basics for sport training children and youths in professional activity fields
Course content:	Course content is related with applying a wide range of children and youth training theory basics knowledge, skills and competences in the professional activity of a sport teacher
Compulsory literature:	<ol style="list-style-type: none"> 3. V.Krauksts, „Treniņu teorijas pamati (bērni un pusaudži) 4. LSPA mājas lapa, prof.V.Krauksts, „Treniņu teorijas principiālie pamati”2009 5. A. Fernāte, „Treniņu teorija”, LSPA 6. R. Jansone, V.Krauksts, „Fiziskās kondīcijas attīstīšanas iespējas sporta stundās” 7. V. Krauksts, „Bērnu un pusaudžu sporta bioloģijas pamati”, Drukātava, 2009
Additional literature:	<p>LSPA mājas lapa, prof. V.Krauksts, „Treniņu bioloģijas pamati”, 2009</p> <p>LSPA mājas lapa, prof. V.Krauksts, „Sporta fizioloģijas pamati”. 2009</p>
Other sources of information used:	<ol style="list-style-type: none"> 5. Internet 6. Sport journals and other types of publications on children and adolescent training theory basics
Organisation and tasks of students' independent work:	<p>Students will independently master content envisaged in addition to the content stated for lectures.</p> <p>To independently master the possibilities of applying children and youth training theory in a selected sport for children and adolescent of different age, gender and physical capacity.</p>
Study results assessment criteria	<ol style="list-style-type: none"> 4. attendance 5. completion of tests and home works 6. presentation at seminars
Language of instruction:	Latvian and English

The title of the course: Introduction to ethics

The code of the course : PBNT 219

The type of the course: Free choice course

The level of course: Professional Bachelor of Education in sport science

Study year: 1.

Semester : 2.

Credit points: 1 KP/ 1,5 ECTS

Teaching staff: Profesor, dr. phil. Aino Kuznecova, doc.M.Jakovļeva

Requirements for starting the

course: Necessary previous knowledge in cultural and world history, philosophy, analytical and investigational skills.

The aim of the course : to create interest about ethics value importance in preparation future specialist, perfecting student's ethics thinking.

The task of the course:

-to gain idea about ethics terminology, ethics subject essence and specifics;

-to gain skill to form ethics value criteria, which will help to understand education, work and sport value, behaviour and consequence, to create responsibility for every action;

-to give skill to work out, receive and analyse decisions in ethics aspect.

Planned results of the study

course:

Competences:

-ability to formulate analytically ethics subject essence, terminology, to discuss and communicate about sport ethics, and upbringing problems, to ground ethics value criteria;

-abilities to evaluate and use different methodical ethics value in process and its progress in Professional activities;

-ability to work independently and in a team, participate in the development of a new generation, abilities to create relations with the chosen Professional subject, to give moral value to these relations.

The content of the course :

Ethics is the study about moral philosophy and moral structure. Moral functions. Ethics value and its display in sport.

Ethics idea development branches and nowadays ethics. Nowadays ethics and morals upbringing actualities.

Obligatory literature:

Kuzļecova A. Ētikas vēstures pamati. Mācību līdzeklis. – Rīga: LSPA, 1997.

Kuzļecova A. Ievads ētikā. Mācību līdzeklis. – Rīga: LSPA, 2003.

Lasmane S., Milts A., Rubenis A. Ētika. - Rīga: Zvaigzne ABC, 1993.

Additional literature:

Lasmane S. Rietumeiropas ētika no Sokrata līdz postmodernismam. – Rīga: Zvaigzne ABC, 1998.

Milts A. Ētika. Kas ir ētika. -Rīga: Zvaigzne ABC, 1999.

Milts A. Ētika. Personības un sabiedrības ētika. -Rīga: Zvaigzne ABC, 2000.

Other sources of information:

Rubenis A. Ētika XX gadsimtā. Praktiskā ētika. - Rīga: Zvaigzne ABC, 1996. Rubenis A. Ētika XX gadsimtā. Teorētiskā ētika. - Rīga: Zvaigzne ABC, 1997.

The organization and tasks of

students' independent work:

Tests, Essay „Ethics value in sport”, Report „Forming of personality morāls and their development”.

The criteria of assessing the

results of the studies:

Requirements to get 1 credit point: 30% evaluation of semester work; to attend lectures, to study necessary literature for the course independently and work out a report; 35% active participation in contact classes; 35% differentiated test; Final evaluation is written in credit test book in 10 points scale according to LASE documents. To get a credit point, evaluation must be at least 4 points.

Study language: Latvian and English

Course title:	<i>Sport Psychology</i>
Course code:	
Course type:	Choice course
Course level:	Professional bachelor in sport science
Study year:	4.
Term:	8.
Credits:	1
Lecturers:	Assoc. Prof. T. Vazne
Requirements to start course:	Necessary prior knowledge: physiology; - general, development and social psychology.
Course goal:	The study goal is to facilitate the development of sport psychological competences, to advance understanding of psychological issues in sport and athletes' psychological conditioning and to facilitate the application of psychological skills to educational activity in sport.
Course tasks:	- to provide knowledge of psychological fitness in sport and research of psychological skills in sport; - to advance understanding of the role of sport psychology in sport education, especially in the training process; - to acquire methods of advancing psychological skills.
Planned study results:	Academic competences – acquiring knowledge of psychological conditioning and research of psychological skills in sport; Practical competences – skills to use methods for advancing skills in psychological conditioning diagnosis and psychology in education activity in sport; Intellectual competences – knowledge and understanding of sport psychological issues and their application possibilities in professional activity.
Course content:	Sport psychology as a science. Personality in sport. Types of psychological conditioning. Pre-start psychological conditions and their regulation. Athletes' psychological skills and training possibilities. Mental training. Personality and team Psychological diagnosis in sport.
Compulsory literature:	<ol style="list-style-type: none"> 1. Ābele A. Sporta psiholoģijas pamati. R.:RaKa, 2009. 2. Волков И. Практикум по психологии. С-Пб:Питер, 2002. 3. Sport Psychology, Overview. In: C. D. Spielberger (Ed.), Encyclopedia of Applied Psychology. Vol. 3 Oxford, UK: Elsevier Academic Press, 2004.
Additional literature:	Weinberg R., Gould D. Foundations of Sport & Exercise Psychology. Human Kinetics, 2003 Youth Sports. Edited by Malina R., Clark M. Monterey: Coaches Choice, 2003
Other sources of information used:	Direct link www.appliedsportspsych.org/files/file/resources ; www.mentalskills.co.uk ; www.sportsmindskills.com .
Organisation and tasks of students' independent work:	Assessment of psychological skills in athletes' psychological conditioning. Written paper. Developing a set of exercises for advancing psychological skills. Emotion self-control and self-regulation skills assessment in athletes' activity.
Study results assessment criteria	Successful completion of independent works; Class attendance; Passing a knowledge test.
Language of instruction:	Latvian and English

- The title of the course:** Sports medicine
- The code of the course:** PBNT212
- The type of the course:** Theoretical basic course of the branch
- The level of the course:** Professional Bachelor in Sport Science
- Study year:** Year 2
- Semester:** Semester 3
- Credit points:** 1 CP /1.5 ECTS
- Teaching staff:** Prof. V.Lāriņš
- Requirements for starting the course:** Knowledge in the medico biological Bachelor programm study courses.
- The aim of the course:** To provide a possibility to learn the basics of sports medicine, to acquire the skills and competences required in the working of a sports specialist.
- The tasks of the course:**
- 1.To provide knowledge of sports medicine subject, content and the main tasks.
 2. To acquire knowledge of athletes medical examination.
 - 3.To acquire knowledge and create skills in estimation posture, somatotype and foot state of athletes.
 4. To acquire knowledge, create skills and competencies in determination and assessment physical development and functional ability of athletes.
- Planned results of the study course:**
- Students acquire knowledge of sports medicine subject, content, tasks and knowledge of sports medicine service operation and athletes medical examinations.
- Students acquire knowledge and create skills to determine posture, somatotype, foot state and physical development.
- Students acquire competences to determine, analyse and assess physical development and functional abilities of athletes.
- The content of the course:** Sports medicine service. Athletes medical examinations.
Posture, somatotype, foot state, physical development and functional ability determination and assessment.
- Obligatory literature:**
- 1.Lāriņš V. Sporta medicīna, 1.daļa. Rīga: LSPA, 2004.- 100 lpp.
 2. Žukovskis I. Sporta medicīnas praktikums. Rīga: Zvaigzne, 1991.-118 lpp.
 3. Priedīte I.S., Sauka M., Kalniņa L., Lāriņš V. Vispārīzglītojošo skolēnu fiziskās sagatavotības izvērtēšana. Rīga: LSMA, 2015.-53lpp
 4. Kas ir dopings. Antidopinga nodaļas metod.materiāls. Rīga:VSMC, 2007. -24 lpp.
- Additional literature:**
5. Auliks I. Sporta medicīna. Rīga: Zvaigzne, 1985.- 167 lpp.
 6. Krūmiņa D. Latvijas bērnu fiziskās attīstības normatīvi /Krūmiņa D., Kokare I./ - Rīga Nacionālais apgāds, 2005. - 39 lpp.
 7. Åstrand P-O., Rodahl K. Textbook of Work Physiology. McGrawHill, 2003.- 656 p.
 8. The Oxford dictionary of sports science & medicine (compiled by Kent M.), 3rd ed. Oxford: Oxford University Press, 2006., 2012. (reprinted) - 612 p.
 9. Wilmore W.L., Costill D. Physiology of Sport and Exercise. 5th ed. Human Kinetics, 2012, -640 p.
- Other sources of information:**
- 10.Trenera rokasgrāmata. Rīga: Jumava, 2004.,2006.,2008.,2015.
 11. www.esaugu.lv
 12. Макарова Г.А. Спортивная медицина. Учебник. Москва: Советский спорт, 2002.-480 с.

The title of the course:	Nutrition study
The code of the course:	PBBIC4015
The type of the course:	Optional
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 3
Credit points:	1 CP / 1.5 ECTS
Teaching staff:	Prof. Dr.biol. Inta Māra Rubana
Requirements for starting the course:	Knowledge in physiology, biochemistry and hygiene.
The aim of the course:	To improve students' knowledge about nutrition of a healthy individual.
The tasks of the course:	<ol style="list-style-type: none"> 1. To improve students' knowledge about food products, the changes of their consumption in the course of society development. 2. To widen knowledge about nutrition in different life periods. 3. To facilitate understanding about nutrition in prevention obesity and chronic diseases. 4. To improve understanding about food supplements; about usefulness and safety of their usage.
Planned results of the study course:	As a result of the study course students: will be able to evaluate nutrition of a healthy individual in different life periods; will understand the role of food in prevention of chronic diseases; will be able to substantiate the usage of food supplements.
The content of the course:	Nutrition bases of a healthy adult. Nutrients. Food products. Nutrition for children, old people, patients. Nutrition in prevention of obesity, diseases of metabolism, cardio-vascular diseases, and cancers. Advantages and disadvantages of diets to decrease the body mass. The role of antioxidants in one's food today. Advantages and disadvantages of food supplements.
Obligatory literature:	Z. Zarilš, L. Neimane. Uztura mācība. Rīga: Rasa, 2002.
Additional literature:	<ol style="list-style-type: none"> 1. SIA Medikamentu informācijas centrs. Uztura bagātinātāji. Rīga, 2002. 2. Larson R. Complete food and nutrition guide. Am.Dietetic assoc., 2006 3. Rubana I.M. Uzturs fiziskā slodzē. Rīga: Raka, 2010.
Other sources of information:	<ol style="list-style-type: none"> 1. Journal of Human Nutrition and Dietics (USA). 2. Proceedings of Nutrition Society (UK). 3. www.nutrition.org 4. www.eatright.org
The organization and tasks of students' independent work:	<ol style="list-style-type: none"> 1. To work independently with literature. 2. To prepare overview about the given theme. 3. To prepare for seminars.
The criteria of assessing the results of the studies:	<ol style="list-style-type: none"> 1. The skills to use adequate literature and prepare overview about the given theme. 2. The skills to analyse facts. 3. The ability to substantiate the choice of nutrition components, diet and food supplements.
	In the end of the study course students have to pass a test.
Study language:	Latvian, English

The title of the course: Special terminology and communication (The English language)

The code of the course: PBVI 103

The type of the course: General

The level of the course: Professional Bachelor of Education in Sports Science

Study year: Year 2

Semester: Semester 3

Credit points: 3 / 4.5 ECTS

Teaching staff: Doc. Berga I., Doc. I. Boge, Lect. Rudzinska I.

Requirements for

starting the course: Knowledge, skills and competence in English corresponding to the Standard of general secondary education.

The aim of the course: To acquire and develop special terminology and communication in English.

The tasks of the course:

To provide a possibility to learn special terminology in English. Basing on professional lexis and the grammar structures of English to develop the skills of public presentation and working with special literature, to develop inter-cultural and communicative competence.

Planned results of the study course:

Knowledge of special terminology, professional lexis and the grammar structures of English; the skill of public presentation and discussion, the skill of working with special literature in English; developed inter-cultural and communicative competence.

The content of the course:

Learning of special terminology in English for communication in speciality.

Obligatory literature:

1. Berga I, Boge I. Athlete Companion to Sports and Games, part I – Rīga, 2000. 2. Berga I, Boge I. Athlete Companion to Sports and Games, part II – Rīga, 2001 3. Berga I. Notice and Remember. - Rīga, 2001.

Additional literature:

4. Berga I. Improve Your Athletics. - Rīga, 2004
5. Berg I. Gymnastics. – Rīga, 1999.

Other sources of information:

Dictionaries of sports terms, explanatory dictionaries of terms; Internet: www.oup.com/elt/headway.

The organization and tasks of students' independent work:

Reading of one's own chosen text in English about one's speciality, preparation for a test, discussion and seminar according to the content of the study course.

The criteria of assessing the results of the studies:

Knowledge of general sports lexis (tests); presentations: the skills of public presentation and independent work; attitude and group work skills when doing course tasks, individual dynamics is stated by evaluating one's growth of knowledge and skills.

Study language: English

Course title:MICROECONOMICS

Course code:PBNPSV3039

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:5th

Credit points:2CP / 3 ECTS

Teaching staff:Assoc. prof. K.Gorbunova

Requirements for commencing acquisition of study course:

Study subject is based on general knowledge obtained in secondary educational institution. Study subject is the base for all subjects related with economics and business.

Course aim:To give knowledge in theory of microeconomics and its application in practice

Course tasks:

- 1) to clarify general conceptions of microeconomic theories;
- 2) to understand theory of demand and supply, theory of consumer's behaviour, theory of production and costs, basic problems of production factors, theory of public choice.

Planned results of studies:

In result of course acquirement student:

- understands nature of margin theory and can formulate its practical application;
- knows general conceptions of microeconomics and options of their application
- is able to calculate indices applied in microeconomics.

Course content:

1. Subject of microeconomics
2. Theory of demand and supply.
3. Theory of consumers' selection.
4. Production and balance of production.
5. Production and producer's costs.
6. Maximization of company profit in conditions of absolute competition.
7. Maximization of company profit in conditions of absolute monopoly.
- o Company operation in conditions of monopoly competition and oligopoly.
- o Market of production factor.
- o Interaction between market and public (state) institutions.

Compulsory literature:

- Dzelmiņa M., Volodina M. Mikroekonomika. – Rīga: „Izglītības solī”, 2005.
- Gods U. Mikroekonomika. – Rīga: „Biznesa augstskola Turība”, 2008.
- Nešpors V. Ievads mikroekonomikas teorijā. – Rīga: Kamene, 2008.
- 4. Nešpors V., Ruperte I., Saulītis J. Mikroekonomika. – Rīga: Kamene, 2003.

Additional literature:

5. Nešpors V. Mikroekonomikas teorija. Mācību līdzeklis patstāvīgam darbam. – Rīga: RTU, 2000.
6. Škapars R. Loģistiskās shēmas mikroekonomikā. – Rīga: LU, 2006.
7. Oļevskis G. Mikroekonomika: saimniekošanas subjektu rīcība preču tirgū. – Rīga: LTVS VI, 1996.
8. Oļevskis G. Mikroekonomika: saimniekošanas subjektu rīcība ražošanas faktoru tirgū. – Rīga: LTVS VI, 1997.
9. Samuelson P.A., Nordhaus W.D. Microeconomics. – Mcrow-Hill Book Company, 1989.
10. Н.Н.Нуреев Р.Н. Курс микроэкономики. – 1998.

Other available sources of information:

Annual Latvian year book of statistics as electronic resources.

Organization and tasks of students' independent work:

Distributed time for independent works is divided in two parts: first part for preparation of theoretical issues, but the second one for their practical application.

Assessment criteria of study results:

To receive credit points for this study course in total assessment has to be received at least 4 grades. Assessment in grades student receives by summarizing identified number of points for execution of separate tasks. There are assessed knowledge, skills, attitude and individual development dynamics of students.

Study language:Latvian,English

Course title: FINANCIAL MANAGEMENT, FINANCIAL ACCOUNTING

Course code:PBNPSV 3041

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:5th

Credit points:2 CP/ 3 ECTS

Teaching staff: Viesdoc.G.Daukste

Requirements for commencing acquisition of study course:

Acquirement of study courses: Management theory, Management psychology

Course aim:To discuss matters related to financial management, to teach students to identify financial condition and to identify options to improve existing financial management methods, and to improve financial condition of enterprise. By use of course information, students will be able to identify options for improving economical indices in short and long period of time.

Course tasks:

- To acquire theoretical statements on financial management matters;
- To prepare students for determination of financial condition of enterprise;
- To simulate situations and try to find solutions for them;
- To acquire various methods of financial management.

Planned results of studies:

Knows theoretical statements of financial management.

Knows methods of financial management.

Is able to choose, assess and apply financial management method in particular situation.

Can prepare documents what are required for financial management.

Course content:

1. Introduction in financial management, financial system
2. Public financial management, formation of state budget
3. Financial system of company and its aims.
4. Credit system. Methods of credit calculation.
5. Bank system, financial operations and credit tenders.
6. Shares, their kinds. Classification and assessment of shares.
7. Management of company assets and capital.
8. Investment management.
9. Financial risk management. Formation of financial plan.
10. Insolvency management of company.

Compulsory literature:

1. Rurāne M. Finanšu menedžments : mācību.- R.: Rīgas Starptautiskā ekonomikas un biznesa administrācijas augstskola, 2006.- 383 lpp.
- 2.Saksonova S. Uzņēmuma finanšu vadības praktiskās metodes.- R.: Merkūrijs LAT, 2006.- 225 lpp.

Additional literature:

1. Dienas Bizness. Finanšu vadības rokasgrāmata. – R.: Korporatīvo finanšu kompānija „LAIKA STARS” .
2. Rurāne M. Uzņēmuma finanšu vadība. – R.: Turības mācību centrs, 1997.-

Study language:

Latvian, English

Course title: BUSINESS MANAGEMENT

Course code:PBNPSV3042

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:5th

Credit points:1CP/1.5 ECTS

Teaching staff: Dr.paed. Signe LUIKA

Requirements for commencing acquisition of study course:

Study courses: basics of commercial activities, microeconomics, macroeconomics. **Course aim :**To acquire theoretical knowledge and to develop practical skills in business. **Course tasks:**

- 1) To introduce actualities in business,
- 2) To give understanding on importance of Business plan, order and principles of its creation;
- 3) To inform on economical aspects of business.

Planned results of studies:

Knows: business forms, legal aspects of business,

Can: chose appropriate form for starting business, to assess environment of starting business – opportunities, threats, to analyze the most important problems and make decisions in objective manner.

Is able: to develop Business plan and to start business activities.

Course content:

1. Business nature. Business conception, aims. Business kinds. Business industries in Latvia.
2. Business forms.
3. Legal and organizing issues of business establishment.
4. Business environment.
5. Financing sources for business.
6. Small and medium enterprises (SME).
7. Efficiency of entrepreneurship and its influencing factors.

Compulsory literature:

1. Alsīša R., Gertners G. Uzņēmējdarbības plānošanas principi un metodes.- R.: RTU. 2005.- 47 lpp. ISBN 9984-32-322-6
2. Diderihs H. Uzņēmumu ekonomika. - Rīga: Zinātne, 2000.
3. Hofš K.G. Biznesa ekonomika. – Rīga: J.Rozes apgāds, 2002.
4. Rurāne M. Uzņēmuma finanšu vadība. – Rīga: Turības mācību centrs, 1997.
5. Saksonova S. Uzņēmuma finanšu vadības praktiskās metodes.- R.: Merkūrijs LAT, 2006.- 225 lpp.
6. Vedļa A. Uzņēmējdarbības kurss. - Rīga, 2000.
7. Ļīvītere M. Komercedarbības (biznesa) plāns. – Rīga: KIF „Biznesa centrs”, 1999.

Additional literature:

- 1.Forands I. Biznesa vadības tehnoloģijas. Latvijas Izglītības fonds, 2006. 2.Šķiltere D. Uzņēmuma vadīšana, - Rīga, 1998.

Study language:Latvian, English

Course title: MACROECONOMICS

Course codePBNPSV3040

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:6th

Credit points:1CP /1.5 ECTS

Teaching staff: Assoc. prof. K.Gorbunova

Requirements for commencing acquisition of study course:Study programme envisages previous acquirement of microeconomics

Course aim:Aim of macroeconomics as study subject is investigation of economic regularities in level of national economics.

Course tasks:

- 1) to understand macroeconomic regularities as background for formation of economical policy;
- 2) to determine main aims and directions of economical policy;
- 3) to understand regulating mechanism of national economy;
- 4) to be able to assess socially economic consequence of made decisions.

Planned results of studies:

In result of course acquirement student:

- understands nature, trends of economic growth, reasons of changes, and to formulate them;
- knows basic indices, factors of macroeconomic development, as well as its regulation mechanisms.
- can calculate indices of macroeconomic processes and their costs.

Course content:

- o Nature, aims and methodology of macroeconomics.
- o Economic growth and its indices.
- o Macroeconomic balance.
- o Inflation as consequence of reasons and socially economic consequence.
- o Unemployment as kinds of reasons and socially economic

Other available sources of information: Normative acts regulating commercial activity Internet resources.

Organization and tasks of students' independent work:

Elaboration of Business plan

Assessment criteria of study results:

To receive credit points for this study course in total assessment has to be received at least 4 grades. Assessment in grades student receives by summarizing identified number of points for execution of separate tasks. There are assessed knowledge, skills, attitude and individual development dynamics of students.

Study language:Latvian, English

Course title: MARKETING OF SPORTS AND FITNESS

Course code:PBNPSV3043

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:6th

Credit points:2CP / 3 ECTS

Teaching staff: Dr.paed., Signe LUIKA

Requirements for commencing acquisition of study course:

Knowledge of general secondary education in field of social sciences.

Course aim:

To acquire theoretical knowledge and develop practical skills in marketing of sports and fitness.

Course tasks:

9) To acquire marketing planning and management in sport and fitness enterprise.

10) To clarify general conceptions of marketing, meaning of marketing and its place in sport and fitness enterprise.

11) Acquire price determination policy and strategy.

12) To get acquainted with consumers' behaviour in the market.

Planned results of studies:

Knows: marketing specificity of sport and fitness enterprise, its meaning, factors what influence decision making in marketing.

Can: differentiate factors what influence marketing decision making in enterprise, to define ethical marketing decisions.

Is able: to develop strategy of sport and fitness marketing, to form marketing policy of prices in sport and fitness enterprise, to determine consumers' behaviour in the market.

Course content:

11. Marketing nature.

12. Product, analysis of product elements, classification in sport and fitness enterprise.

13. Price determination policy and strategy.

14. Place of products distribution and distribution channels.

15. Enhancement processes for product realization.

16. Consumer and his/her behaviour in the market.

17. Meaning of market research in process of strategic marketing decision making.

18. Market research process and its practical application. Qualitative and quantitative researches. Market segmentation.

19. Resources of secondary data and their analysis. Application of secondary data in process of market research.

20. Consumer's decision making process

Compulsory literature:

12. Praude V., Beļčikovs J. Mārketings. Rīga: Vaidelote, 1999.

13. Džounss G. Mārketinga lēmumi. Rīga: VIF, 1994.

14. Autoru kolektīvs. Tirgzinības pamati. Rīga: Jumava, 1998.

15. Denisons D., Tobi L. Ievads reklāmā. Rīga: Kamene, 2000.

16. Cutlip S. M. Effective Public Relations. Prentice Hall, 1999.

17. Kotler Ph.& Armstrong G. Principles of Marketing. Prentice Hall, 2000.

18. Lovelock Ch. & Wright L. Principles of Service Marketing and Management. Prentice Hall, 2001.

19. Rogenbuka I. Uzņēmējdarbības ētika. Rīga: Zvaigzne ABC, 1999.

20. Hemblina K. Īsi par marketingu. Rīga: Komerccizglītības centrs, 1995.

Course title: STRATEGIC MANAGEMENT

Course code:PBNPSV3047

Course type:Professional specialization course of the field

Course level:Professional Bachelor in Sports

Study year:III

Semester:6th

Credit points:1CP /1.5 ECTS

Teaching staff: Assoc. prof. K.Gorbunova

Requirements for commencing acquisition of study course:

Preliminary knowledge in Management theory.

Course aim:To extend knowledge on strategic management, as well as to form understanding on structure of strategic planning and implementation of strategic plans in practice on the base of world's experience.

Course tasks:

4. To get acquainted with background of strategic planning.
5. To acquire analysis and structure of strategic planning;
6. To get acquainted with newest achievements in strategic planning.

Planned results of studies:

- Students know and are able to explain basics of strategic planning.
- Students are acquired information on analysis and structure of strategic planning, as well as on newest achievements in strategic planning;
- Students can interpret and critically analyse business models of strategic planning.

Course content:

6. Structure of strategic planning;
7. Strategic planning and analysis (strategy, industry, resources);
8. Analysis of competitiveness and its planning in enterprises;
9. Corporative strategic planning;
10. Description and analysis of business strategies what are
21. David A.Aaker, V.Kumar , George S.Day. Marketing Research. John Wiley&Sons, 2000.
22. Lehman D.R., Gupta S. and Steckel H., Marketing Research. Boston: Addison-Wesley, 1998.

Organization and tasks of students' independent work:

- 6) Elaboration of marketing strategy.
- 7) Elaboration of realization price strategy.
- 8) Presentation of marketing strategy and price.

Assessment criteria of study results:

To receive credit points for this study course, in total assessment there has to be received at least grade 4. Assessment in grades student receives by summarizing identified number of points for execution of separate tasks. There are assessed knowledge, skills, attitude and individual development dynamics of students.

Study language:

Latvian, English

Course title: PUBLIC RELATIONS

Course code: PBVI107

Course type: General education course

Course level: Professional bachelor in sport science

Study year: IV

Term: 7.

Credits: 2 1 / 1,5 ECTS

Lecturers: Ilze Āķe-Vīksne

Requirements to start course: Medium level general education knowledge in the field of social sciences **Course goal:** To provide a possibility to acquire theoretical knowledge and to develop practical skills in public relations.

Course tasks To learn about the essence and functions of public relations. To understand public relations methods.

To learn about public relations tools. To learn about the practical application of public relations. **Planned study**

results Knows: the essence, tools, methods and target audience classification of public relations.

Is able: to develop a public relations plan, to choose the optimum methods for executing public relations. Can: organize public relations using public relations methods according to the corresponding target audience, applying public relations tools.

Course content The necessity and essence of public relations, The place of public relations in an enterprise. Old and new public relations laws. Public relations strategy. Public relations methods. Developing a professional image using public relations. Public relations in the situations of crisis. Trends in public relations. **Compulsory literature**

1. Gregorija A., „Sabiedriskās attiecības praksē.”, Rīga, 2007

2. Skots D.M., "Jaunie mārketinga un sabiedrisko attiecību likumi", Rīga, Lietišķās informācijas dienests, 2009.

3. Veinberga S., "Publiskās attiecības. Teorija un prakse.", Rīga, Zvaigzne ABC, 2004.

4. Cutlip S.M., Center A.H., Broom G.M., "Effective Public Relations. 9th edition.", Prentice Hall, 2006.

Additional literature

5. Byrne J., "Face the Media. 2nd edition.", UK, HowToBooks, 2002.

6. Herbsts D., "Sabiedriskās attiecības.", Rīga, Zvaigzne ABC, 2006.

7. Lapsa T., „Sabiedriskās attiecības. Ievads teorijā un praksē”, Rīga, 2002.

Organisation and tasks of students' independent work

- Overview of practical samples of public relations.

- Overview an assessment of public relations strategies.

Assessment criteria of study results

A student obtains differentiated assessment on a 10-grade scale for completing the study course. To receive positive assessment for the study course, the total mark must be at least grade 4.

Assessment in grade results from accumulating a set number of points assessing knowledge, skills and competences in completing particular exercises (practical works and a test), attitude and the student's individual progress.

Language of instruction: Latvian, English

Course title: ORGANIZATION AND MANAGEMENT OF CAMPS

Course code: PBNPSV 3088

Course type: The course of free choice

Course level: Professional Bachelor in Sports

Study year: III

Semester: 6th

Credit points: 2 CP/3 ECTS

Teaching staff: Lect. I.Smukā, prof. D.Krauksta, lect. I.Liepiņa

Requirements for commencing acquisition of study course: Comprehensive study courses, theoretical basic courses of the field

Course aim:

To acquire planning and organization of camps, content formation and realization

Course tasks:

To acquire:

- theoretical and legal provisions for camp organization;
- planning process of camp, provision of resources;
- elaboration of camp content according to definite aim;
- specificity of session and training organization in children and youth camps.

Planned results of studies:

Student:

- knows theoretical aspects of camp organization;
- is able to observe normative acts related to camp organization;
- is able to plan required resources for camp organization;
- is able to plan content of camp according to definite aim;
- knows specificity of session and training organization in children and youth camp;
- can plan sessions according to the aim of camp.

Course content:

- 1) Management process in organization of camps.
- 2) Legislation.
- 3) Planning of staff, finances, materials, technical and information resources.
- 4) Content elaboration according to definite aims.
- 5) Planning and organization of sessions and trainings.

Compulsory literature:

1. Brūders A. Nometņu mācība. Metodiskais izdales un darba materiāls LSPA 2.un 3.kursa studentiem.-LSPA-Rīga, [b.i.], 2000.-71 lpp.
2. Nometņu vadītāja rokasgrāmata. Metodiskais materiāls.-Rīga: IZM, VJIC, LNA, 2009- 176 lpp.
3. I.Liepiņa., I.Smukā „Metodiskie ieteikumi aktīvās atpūtas un fizisko aktivitāšu pasākumiem lokālās administratīvās teritorijās (pašvaldībās). SVA, LR Izglītības ministrija, 2008.g.

Additional literature:

1. 1. Kornels Dņ. Spēles dabā.- Rīga: Bērnu vides skola, 1994.
2. Praude V., Beļčikovs J. Menedžments.- Rīga: Vaidelote, 2001
3. Projekta menedžments.-Rīga: Latvijas Izglītības fonds, 2006

Other available sources of information:

1. Internet site: www.likumi.lv, and other related Internet sites.
2. Magazines and other kinds of publications on basics of camp teaching aspects

Organization and tasks of students' independent work:

Students will independently acquire content envisaged in study course in addition to content, explained in contact lectures.

Assessment criteria of study results:

Active involvement; attitude towards study course; execution of tests and home works; practical activities in elaboration of camp project and in work of camp

Study language: Latvian, English

Course title: Business and Management Psychology

Course code:PBNPSV3046

Course type:Professional qualification course in the field

Course level:Professional bachelor in sport science

Study year:IV

Term:7

Credits:1 / 1,5 ECTS

Lecturers:Dr. Paed. Agita ĀBELE,

Requirements to start course:Completed study courses: Management theory; Business management; Employee management.

Course goal:

To facilitate students' understanding of the course of management process in an enterprise and the skills of management level employees in professional activity in sport corresponding to the requirements of the modern employment market.

Course tasks:

To offer students knowledge of the theory basics of management psychology;

to facilitate practical application of theoretical references in an enterprise in sport field;

To deepen understanding of personnel management and creation of efficient working team.

Planned study results:

Academic competences – to show understanding of the course of management process in an enterprise and basic directions in the theory of management psychology;

Practical competences – skills to use the acquired theoretical basics in practical work individually and in a team;

Intellectual competences – understanding and knowledge about the professional aspects of management process in sport field and solution possibilities of staff management.

Course content:

1. Basic principles of management and leadership theory;

2. Personal management options, impact of different factors on an employee's behaviour and performance;

3. Personal motivation and motivation methods;

4. Organisation as a formal group;

5. Group work, creating a team; manager and subject relations;

6. Group and personality, management;

7. Decision making process and its efficiency;

8. Conflicts and their solution in a team;

9. Peculiarities of management and leadership in sport milieu.

Compulsory literature:

1. Garleja R. Darbs, organizācija un psiholoģija. R.: RaKa, 2003.

2. Renģe V. Mūsdienu organizāciju psiholoģija. R.: Zvaigzne ABC, 2007.

3. Praude V., Beļčikovs J. Menedžments: teorija un prakse. R.: Vaidelote, 2001.

4. Forands I. Personāla vadība. R.: Latvijas izglītības fonds, 2002.

5. Edeirs D. Nevis priekšnieki, bet līderi. R.: LID, 2008.

Additional literature:

1. Artjuhova J., Kreišmane B., Serģante I. Personāla vadības rokasgrāmata. R.: Dienas bizness, 2007.

2. Ešenvalde I. Personāla vadības mūsdienu metodes. R.: Merkūrijs LAT, 2008.

3. Peļše G., Ruperte I. Uzņēmēja rokasgrāmata. R.: Jumava, 2003.

Other sources of information used:

Online links www.biznesapsihologija.lv

Organisation and tasks of students' independent work:

Comparative assessment of employees' motivation concepts.

Group decision making technique.

Changes in an enterprise and their management in evolving business milieu.

Creating a commercial enterprise in port environment.

Assessment criteria of study results:

Successful completion of independent works – 50%;

Attitude to education and active participation in seminars – 30%

Written test – 20%.

Language of instruction:Latvian and English

The title of the course:Professional ethics

The code of the course:PBNT219

The type of the course:Theoretical basic

The level of the course:Professional Bachelor of Education in Sports Science

Study year:Year 2

Semester:Semester 4

Credit points:1CP /1.5 ECTS

Teaching staff:Prof., Dr.phil. A. Kuzļecova, Dr.paed. M.Jakovļeva

Requirements for starting the course:

Preliminary knowledge in Culturology, Bases of philosophy and Introduction in ethics

The aim of the course:

- to create interest about the role of ethical values in the training of future specialist,
- to develop a specialist ethical competence, facilitating ethical, critical and creative thinking.

The tasks of the course:

- to facilitate the quality and effectiveness of future specialist activity, to facilitate the forming and development of professional morale;
- to facilitate awareness and observing of education and sport work ethical principles, norms and values;
- to develop the skill to work, make and evaluate decisions and evaluate decisions in the ethical aspect.

Planned results of the study course:

A student acquires the following competences:

- the skill to formulate and analyse the essence of professional ethics, basic notions, problems, functions, to analyse the structure of professional morale, basic requirements of corporative and sport ethics, principles, norms and values, conflict solving methods and ethical management styles;
- the skill to analyse the ethic codes of the chosen professions, substantiate and communicate about the topicalities of work ethics and work culture;
- the ability to apply theoretical knowledge in practical activity – to substantiate one's own professional actions and to foresee their consequences; independently and in a team to solve the problems of moral education, corporative ethics, corporative culture, education and sport ethics using updated methods and ethical management styles;
- the ability to work out ethical codes; readiness to defend one's opinion, to carry out creative research and educating work in the chosen field of professional activity.

The content of the course:

The subject of Professional ethics, its terminology, guidelines, specifics, functions and sub-functions. The structure of professional morale (principles, norms, idols, values). Sport ethics as sub-branch of normative ethics. Ethical values and their expression in sport and professional activity. Corporative ethics and corporative culture. Codes of professional ethics. Ethical code of LASE staff. Methods of solving interest and role conflict. Ethical management styles.

Obligatory literature:

- 1.Kuzļecova A. Korporatīvā ētika. Mācību līdzeklis. – Rīga: LSPA, 2009.
2. Kuzļecova A. Profesionālās ētikas pamati.Ievads sporta ētikā. - Rīga: RaKa, 2003.
3. Sporta ētika kā normatīvās ētikas paveids. Mācību līdzeklis. – R.: LSPA, 2009.

Additional literature:

- 4.Lasmane S., Milts A., Rubenis A. Ētika. – R.: Zvaigzne, 1993.
- 5.Milts A. Ētika. Personības un sabiedrības ētika. – Rīga: Zvaigzne ABC, 2000.
- 6.Josephon M.A. Training Program of Coaches on Ethics, Sportmanship and Character Buildind in Sports – /Pursuing Victory with Honor// <http://charactercounts.org/sports/Olympic-report-ethicssportmanship.htm>.
7. Singer P. Practical Ethics. Cambridge, 1993

Other sources of information:

- 8.www.wikipedia.org
- 9.www.ethicsworld.org

The organization and tasks of students' independent work:

Preparation for tests, working out of a report about ethical values and their expression in sport and professional activity.

The criteria of assessing the results of the studies:

30 % assessment of work during semester: lecture Active involvement, to study independently the literature envisaged in the course and work out a report; 35% active participation in contact classes; 35% differential test.

Study language:Latvian,English

Title of the course: MANAGEMENT INFORMATION SYSTEMS

Code of the course:PBVI116

Type of the course:General

Level of the course:Professional Bachelor of Education in Sports Science

Study year:Year IV

Semester:Semester 7

Credit points:1CP/ 1.5 ECTS

Teaching staff:M.sc.ing. A. Tambovcevs

Requirements to start the course:

Acquired study course: Management theory

Aim of the course:To provide theoretical knowledge and practical skills in projecting enterprise informative system (EIS), in developing real business data bases to solve solve the process of an enterprise management or service providing with different strategic approaches working out the EIS, in attracting financing sources, as well as motivation of the possible actions of the enterprise owners and management.

Tasks of the course:

- To acquire theoretical ideas of information systems.
- To prepare students to state an enterprise information flows, their amount and the ways of procession;
- To provide knowledge about kinds of EIS and organisation principles, substantiation of IS necessity;
- To acquire the policy of information system safety, as well as risks;
- To provide knowledge about the Internet and the kinds of e-commerce, as well as their role in work of EIS.

Planned results of the study course:

- Students know theories of information systems.
- Students can characterize an enterprise information flows, their amount and the ways of procession.
- Students know the kinds of EIS and their organisation principles.
- Students know the EIS safety policy, as well as risks.
- Students know the role of the Internet and the kinds of e-commerce in work of information systems.

Content of the course:

- Qualities of information systems and their role
- Information system environment (strategy and organisation of information systems, identification procedures of IS, obtaining process, requirements of safety and confidentiality, work and control of systems);
- System development (system analysis, development technics, structure, confidentiality and activity);
- System realization, management and development (project management, system realization, system maintenance and development).
- the Internet and e-commerce.

Obligatory literature:

6. Robina P. Informācijas menedžments. – R.: Jumava. 2006.- 256 lpp.
7. Jessup L., Valacich J. Information Systems Today: Why IS Matters. 2 ed. Pearson Education, Inc. 2006.
8. Информационные системы и технологии в экономике и управлении / Под редакцией В. В. Трофимова. М.: Юрайт-Издатель, 2009.- 528 стр.
9. Шуремов Е. Л., Чистов Д. В., Лямова Г. В. Информационные системы управления предприятиями.- М.: : Бухгалтерский учет, 2006.- 112 стр.
10. Digital Security. Руководство по практическому применению международного стандарта безопасности информационных систем ISO 17799.- Digital Security, 2004.

Additional literature:

3. Kenneth C. Laudon, Jane P. Laudon. Management Information Systems. Sixth Edition. Organization and Technology in the Networked Enterprise.- N.J.: Prentice Hall, 2000.
4. Юркевич Е.В. Введение в теорию информационных систем.- М.: ИД Технологии, 2004.-164.с.

Other sources of information:

Work with IT regulating normative acts.

Internet recourses. Periodicals.

Organization and tasks of students' independent work:

Students have to do a study about definite informative system in a definite field.

Criteria of assessing the results of the studies:

Knowledge, skills, competence, attitude.

Study language:Latvian,English

Annotation of the study course SPORT SOCIOLOGY

Course title: SPORT SOCIOLOGY

Course code: PBNPSV1230

Course type: Professional qualification course in the field

Course level: Professional bachelor in sport science

Study year: III

Term: 6.

Credits: 2 / 3 ECTS

Lecturers: Lecturer, Dr. Paed. MBA Signe LUIKA

Requirements to start course:

Sport history, sport theory.

Course goal:

To enable students to obtain theoretical knowledge and develop practical skills in sport sociology to be able to conduct independent research and assess research results objectively.

Course tasks

To develop understanding of the content, components and significance of sport sociology; to provide understanding of sport functioning as a social institution in relation with other social institutions; to develop the skill to perform social research and analyse the results of research.

Planned study results: Successful completion of the course enables students to perform the management of sport and fitness market value independently, because students are able to understand the role, function and significance of sport in human and social life; to independently analyze the results of sport social research; to independently perform research in sport sociology.

Course content

Definition and history of sociology; goals of sport sociology and its relation to practice; types of sport research; the role, functions and significance of sport in human life and society; the rise and dissemination of sport in society; sport and socialisation; sporting values; sport commercialisation.

Compulsory literature

1. Briļķis G. Socioloģisko pētījumu organizēšana un metodika. Rīga, 2002. Mācību līdzeklis LSPA studentiem, maģistrantiem un doktorantiem.
2. Briļķis G. Sporta socioloģija. Rīga, 1995. Mācību līdzeklis LSPA studentiem.
3. Cilvēks un dzīve socioloģijas skatījumā. Autoru kolektīvs. Rīga, 1996.
4. Ievads pētniecībā: stratēģijas, dizaini, metodes. Autoru kolektīvs. Rīga: Raka, 2011.
5. Kropļijs A., Raščevska M. Kvalitatīvās pētniecības metodes sociālajās zinātnēs. Rīga: Raka, 2004.
6. Laķis P. Socioloģija. Ievads socioloģijā. Zvaigzne ABC, Rīga, 2002.

Additional literature

7. Beedee P., Craig P. Sport sociology. Routledge, 2012.
8. Giulianotti R. Sport: A critical sociology. Polity Press, 2005.
9. McPherson B.P., Curtis J.E., Loy J.W. The social significance of sport: an introduction to the sociology of sport. Human kinetics, 1989

Organisation and tasks of students' independent work

Research on the role, functions and significance of sport in a person's life, analysis on sport dissemination in society; on sport socialisation, on values in sport, analysis of sport commercialisation; conducting and presenting research; attitude.

Assessment criteria of study results

For completing a course, a student receives differentiated assessment on a 10-grade scale. To receive positive assessment for the study course, the total assessment must be at least 4 points.

A student receives assessment grades by accumulating a certain number of points, assessing knowledge, skills and competences for completing separate tasks (independent works, productive activity at a seminar, test and attitude).

Language of instruction: Latvian and English

Course title: ECONOMICALLY – MATHEMATICAL METHODS**Course code:**PBVI106**Course type:**Compulsory**Course level:**Professional Bachelor in Sports**Study year:**III**Semester:**6th**Credit points:**0.5 CP /0.75 ECTS**Teaching staff:**M.sc.ing. T TAMBOVCEVA**Requirements for commencing acquisition of study course:**

Acquirement of study courses: Management theory, Microeconomics, Macroeconomics

Course aim:

To discuss theoretical knowledge and skills of practical work what are required for making researches in economics and business, as well as research methods which should be applied in these researches. To teach students how to use these methods in researches, elaboration and defence of course papers, Qualification Papers, etc.

Course tasks:

- To acquire theoretical statements on research planning issues;
- To discuss various economically-mathematical methods.
- To simulate situations and try to find solutions for them;

Planned results of studies:

- Knows theoretical statements on research planning issues.
- Knows various economically-mathematical methods.
- Can choose, assess and use appropriate method in appropriate situation.
- Is able to prepare data for application of particular methods.

Course content:

26. Introduction in research planning. Information sources for research making in economics and business.
27. Classification of research methods.
28. Mathematical methods in economics.
29. Statistical methods in economics.
30. Decision making methods.

Compulsory literature:

1. Pētījumu metodes ekonomikā un biznesā: mācību līdzeklis / Autoru kol.- R.: Rīgas Starptautiskā ekonomikas un biznesa administrācijas augstskola, 2005 .- 93 lpp.
2. Alsifa R., Gertners G. Uzlēmējdarbības plānošanas principi un metodes.- R.: RTU. 2005.- 47 lpp. ISBN 9984-32-322-6
3. Лугинин О., Фомишина В. Экономико-математические методы и модели. Теория и практика с решением задач. М.: Феникс, 2009.- 440 стр.

Additional literature:

1. Vasermanis E., Šķiltere D., Krasts J. Prognozēšanas metodes. Mācību līdzeklis.- R.: LU, 2004.- 121 lpp.
2. Revina I. Ekonometrija. Mācību līdzeklis.- R.: LU, 2002.- 270 lpp.
3. Goša Z. Statistika. Mācību grāmata. R.: LU, 2004.- 334 lpp.

Other available sources of information:

Internet resources.

Organization and tasks of students' independent work:Ability to obtain, process and analyse information what **Study****language:**

Latvian,English

Course title: ORGANIZATION OF SPORTS COMPETITION

Course code:PBBIC 4070

Course type:The course of free choice

Course level:Professional Bachelor in Sports

Study year:III

Semester:6th

Credit points:1 CP/ 1.5 ECTS

Teaching staff:Mag. paed. Doc B.LUIKA

Requirements for commencing acquisition of study course:Acquirement of study courses: Sports management,

Course aim:To ensure option for students to acquire planning, organization and management of sport competitions.

Course tasks:

To acquire:

- legal background of sports competition;
- planning, organization of sport competitions;
- economical background for sport competitions.

Planned results of studies:

Knows normative acts what regulate organization of sport competitions, is able to observe them;

Can plan competitions, their process according to set aims and contingency;

Is able to develop regulations of sport competitions, sport activities according to determined aims;

Is able to plan financial provision of competition.

Course content:

10. Sport competition, its role in sport development;
11. Legislation what regulates organization of sport competition;
12. Planning of sports competitions;
13. Regulations of sport competition;
14. General provisions of sport competitions;
15. Assessment systems of sport competitions;
16. Financial provision of sport competitions;
17. Production of opening activities for sport competitions;
18. Materially technical provision of sport competitions.

Compulsory literature:

20. Briļķis G. *Komercializācijas procesi sportā* – Rīga, LSPA, 1999.

21. Forands I. Red. *Latvijas sporta vēsture* – Rīga, 1994.

22. Кузина В.В. *Экономика физической культуры и спорта* – Москва, 2001

4. Степанов О.Н. *Маркетинг в сфере физической культуры и спорта* – Москва, 2007, 254 с.

tasks of students' independent work:

contains set of knowledge on physical data and correlation between them.

Inquires economically-mathematical methods.

Prepares research data for usage of various methods.

Assessment criteria of study results:

Knowledge, skills, competence, attitude.

Study language:

Latvian,English

The title of the course:	Basics of basketball and didactics of basketball
The code of the course:	PBNPS 3015
The type of the course:	General
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 2
Semester:	Semester 1
Credit points:	3.0 ECTS
Teaching staff:	Prof. A.Rudzītis, A.Spunde, assistant prof. J.Rimbenieks
Requirements for starting the course:	The level of necessary knowledge and skills should correspond to the requirements of Sport standard of general secondary education
The aim of the course:	To provide students with theoretical knowledge and skills in basketball necessary to run sports classes, organize and run competitions, referee competitions. To create preconditions for the skill to teach basic elements of basketball.
The tasks of the course:	To offer students the possibility to obtain knowledge of teaching technical elements of basketball and the methodology of their improvement; For students to obtain the necessary skills to execute basketball elements in the quality to be able to demonstrate the necessary elements correctly; For students to learn basketball rules and the methodology of refereeing.
Planned results of the study course:	A student has acquired how to execute elements of basketball technique technically correctly, has learned tactics. A student has the skill to apply and stabilize the obtained skills in study games and competitions. A student has learned basketball rules and a referee's gestures.
The content of the course:	The content involves acquiring basketball basic elements, history of basketball, rules, teaching principles, exercises on place and in movement with the ball, learning of technical elements, learning of the simplest tactical elements, games and plays with the ball.
Obligatory literature:	<ol style="list-style-type: none"> 1. Ailis A., Altbergs O. Basketbola apmācība. Rīga, LVI, 1965. 292 lpp. 2. Basketball for young players. Aleksandar Avakumovič, Jose Maria Buceta, Mauricio Mondoni, Laszlo Killik. Edited by Jose M. Buceta. FIBA Munchen, 2000. pp. 65-72. 3. Krause Jerry V. (2012) Basketball Skills & Drills. Jerry V. Krause, Don Meyer, Jerry Meyer. Champaign, IL, Human Kinetics, 206 p. 4. Ķīsis I. (2002) Sporta treniņa teorija 1.;2. daļa. Rīga, LSPA, lpp 5. Rokasgrāmata veidsmīgam trenerim. Rudzītis A. Grāvītis U. (2008) Rīga, „Jumava”, 197 lpp.
Additional literature:	Rudzītis A. (2003) Jauno basketbolistu treniņš. Rīga. LBS treneru padome. SIA 2003. 97 lpp.
Other sources of information:	www.lff.lv., www.uefa.com., programmes, methodological issues about refereeing, DVD and video materials
The organization and tasks of students' independent work:	Work in the library and reading room – execution of correct technical elements, teaching methodologies for analysis, theoretical learning of the rules and referee gestures. Independent work in the sports field – in order to improve technical elements to prepare for practical test. Attending of football competitions – observation of the referee's work and its analysis.

The title of the course:	Basics and didactics of volleyball
The code of the course:	PBNPS 3018
The type of the course:	Theoretical basic course of the branch
The level of the course:	Professional Bachelor of Education in Sports Science
Study year:	Year 1
Semester:	Semester 1
Credit points:	3.0 ECTS
Teaching staff:	Doc. V.Lapiņš, doc. D.Krepša
Requirements for beginning the course	The level of knowledge, skills and acquirements necessary for beginning the study course of volleyball didactics should correspond to the standard of general secondary education in the subject of Sports. The student should have positive evaluation in control works of the study course “The basics of volleyball”.
The aim of the course:	Student theoretical knowledge and practical acquirements in teaching techniques of volleyball, organizing the competitions and judging them. Ability to conduct classes of volleyball in the range determined in the standard of general secondary education in the subject of Sports.
The tasks of the course:	Obtain knowledge in the technology of teaching basic techniques and tactics of volleyball handball determined in the standard of general secondary education; Obtain knowledge about didactic principles, means and methods of teaching basic techniques of volleyball; Be able to use the obtained knowledge in professional work. Learn to use special preparatory exercises of volleyball as means of physical education in basic and secondary schools.
Planned results of the course:	Use modern, to contemporary requirements corresponding principles and insights of pedagogy and others sciences. Demonstrate main techniques of volleyball. Conduct (judge) the game of volleyball. Work out the summary of study practice corresponding to the age, sex, individual and social peculiarities of the learners. Choose and use adequate methods and means of physical education, corresponding to the aims set forward.
The content of the course:	The content of the course consists of theoretical knowledge, the development of skills and ability to apply the developed competencies in the activities of Sports teacher, conducting classes of volleyball.
Compulsory literature:	Lapiņš V. Volejbols. Mācīšanas metodika. Rīga: Izglītības sōji, 2002.,133 lpp.
Additional literature:	Jansone R. Sporta izglītība skolā. – Rīga, RAKa, 1999.
Other sources of literature:	DVD Discs, Internet addresses, etc.
The organization and tasks of students’ independent work:	Work with the sources of information: studying the rules of the game, working out the summary of study practice; Participation in Study Year tournament of volleyball and its organization.
The criteria of assessing the results of the studies:	To receive the credit points, the student altogether must assemble at least 4 points. The points in assessment are obtained by totaling the definite number of points for performing definite tasks: conducting classes, participation in tournament, control works, etc.
Study language:	Latvian, English (also possible Russian).