

SCHOOL OF HEALTH AND SPORTS / BACHELORS DEGREES IN HEALTHCARE AND SPORTS AND LEISURE MANAGEMENT

- Degree Programme in Nursing (undergraduates and mature students)

Address: Kajaani University of Applied Sciences/School of Health and Sports
Postal Address: PL 52, 87101 Kajaani
Address: Ketunpolku 4, 87100 Kajaani
Tel: + 358 8 6189 91
Fax: + 358 8 6189 9252

Head of School:

Eija Heikkinen
Tel: + 358 8 6189 9202, Mobile + 358 44 7101 608
email: eija.heikkinen@kajak.fi

Study Secretaries:

Undergraduates

Anna-Maija Rahikkala
Address: Ketunpolku 3, 87100 Kajaani
Tel: + 358 8 6189 9612
Fax: + 358 8 6189 9626
email: anna-maija.rahikkala@kajak.fi

Adult Education/Mature Students

Marja Haapavaara
Address: Ketunpolku 3, 87100 Kajaani
Tel: +358 8 6189 9632
Fax: + 358 8 6189 9626
email: marja.haapavaara@kajak.fi

Head of Degree Programme:

Sirpa Parviainen, Degree Programme in Nursing
Tel: + 358 8 6189 9222, GSM + 358 44 7101 623
email: sirpa.parviainen@kajak.fi

DEGREE PROGRAMME IN NURSING

The Degree Programme in Nursing leads to a Polytechnic Bachelors Degree in Nursing. The degree programme in Nursing is worth 210 and in Public Health Nursing 240 credits. Both degree programmes take 3.5 – 4 years to complete. The degree programme consists of basic studies, professional studies, optional professional studies, free-choice studies, practical training to enhance professional development, a thesis and a maturity test. The clinical training period for the enhancement of professional skills is worth 90 credits in the Nursing Degree Programme: 60 credits are accomplished in different nursing environments, 15 credits are supervised clinical training sessions on the premises of the University of Applied Sciences and the remaining 15 credits are accomplished by completing the thesis. The Public Health Nursing degree programme includes 100 credits of clinical training: 70 credits are accomplished in different nursing and public health nursing environments, 15 credits are supervised clinical training sessions on the premises of the University of Applied Sciences and the remaining 15 credits are accomplished by completing the thesis.

Polytechnic degrees in social services and health care are regulated by the law concerning universities of applied sciences (351/03), statute (352/03). The degree programme fulfils the conditions stipulated in the

statutes mentioned in section 3 of the Kajaani University of Applied Sciences degree regulations required to achieve the right to exercise one's profession and it also fulfils the conditions set out in the law and statute concerning health care professionals (559/94 and 564/94) and the special EU directive (77/452/ETY, 77/453/ETY) concerning nurses and public health nurses.

The National Authority for Medicolegal Affairs approves nurses' and public health nurses' right to work as a legally qualified professionals through an application process on completion of training leading to a professional qualification and approves the right to use the professional titles of nurse (university of applied sciences) or nurse and public health nurse (university of applied sciences), which are regulated by law. The National Authority for Medicolegal Affairs maintains a centralised register of health care professionals for the purposes of supervision and monitoring of healthcare practice. The healthcare profession is carefully monitored and supervised due to its specialised features, its significance in society and to ensure patient safety associated with professional activities and operations within healthcare.

A nurse or public health nurse who has completed the Degree Programme in Nursing will be competent in carrying out practical nursing duties and will also be a qualified expert in carrying out duties required in planning, co-ordination and development work within the public, private and third sector healthcare system in Finland and in EU countries.

PROFESSIONAL COMPETENCE IN NURSING AND GENERAL OBJECTIVES

The general aim of healthcare training is to provide the healthcare system with skilled professionals who, in their capacity as experts in multidisciplinary co-operation, will ensure the provision of safe, equal services for the whole population. The objective is to ensure that the competences gained during these degree programmes will fulfil the demands of the population's healthcare requirements, healthcare practice, healthcare policy aims and the healthcare working environment and its development and technology.

Professional competence in the field of health care and social services is based on a multidisciplinary, ever-progressing and wide ranging knowledge base, practical competence and social skills. It is worth noting that all professional healthcare operations are based on researched knowledge and evidence.

Evidence based nursing means an expert's ability to define problems and to find solutions and to draw and evaluate conclusions and solutions from knowledge based on research, experience and tacit knowledge. A crucial element of such nursing is a willingness and ability to work autonomously using action based on ethical thinking and as demanded by the situation.

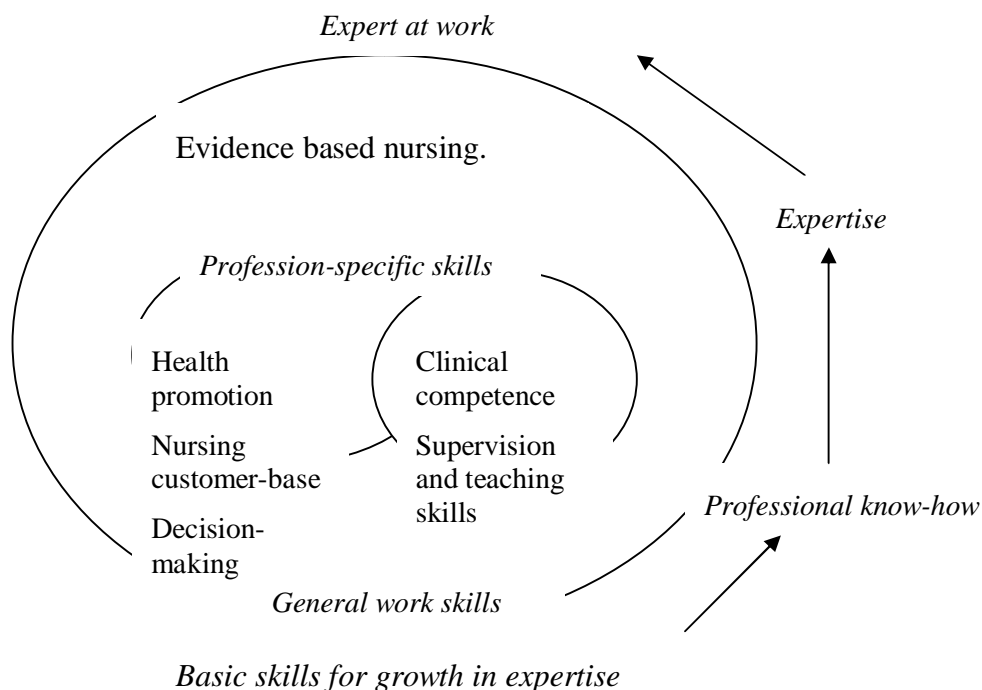


Figure 1 Growth of nursing expertise in the degree programme in nursing

The aim of the degree programme in nursing

Nursing or public health nursing graduates will be competent enough in their chosen profession to continue to develop their expertise in the field of nursing. Nursing science practice is based on knowledge of the social, medical, and behavioural sciences which are used in evidence based nursing and help professionals to predict and fulfil healthcare development requirements in multidisciplinary and professional working groups and networks.

The competences according to the aim of the degree programme in nursing are included as follows:

Client competence: Students will operate according to the ethical values and principles of nursing and all professional activity will be based on a holistic view of mankind. Client-centeredness and interaction with the clients/patients and their families is the basis of all nursing operations and activities.

Health promotion competence: Students will be able to recognise and support clients', patients', families' resources in maintaining health and they will be competent to manage health promotion in a changing environment. They will have knowledge of the basic aetiology of the most common national illnesses, and of patients' care chains and service system. Students will be competent in planning, implementing and evaluating nursing from a client/patient oriented perspective.

Clinical competence: Students will be conversant in the clinical skills required in nursing and will be able to take full responsibility for the overall care of a patient/client/family. They will also be competent in the most important examinations and interventions and in the correct and safe use of the necessary devices and equipment as well as in using the results of examinations and tests in nursing and care supervision. Students will be able to carry out medical care safely according to doctors' instructions.

Decision-making competence: Students will be able to take responsibility for planning, implementing and evaluating the care of patients/clients/families and for recording patient information according to the rules and regulations of data security and protection.

Supervision and teaching competence: Students will be able to supervise and teach patients/clients/families how to promote their health and care for themselves using a variety of methods in different operational environments.

The progress of professional competence development is described by the following year-based themes:

Nursing major

1st yr Nursing orientation

Students will get to know nursing cultures and understand the significance of multidisciplinary knowledge as the starting point of professional competence.

2nd yr Competent in clinical nursing

Students will be able to plan, implement and evaluate a client's/patient's overall care under supervision and in co-operation with the client/patient and his/her relatives according to nursing values and principles while expanding the multidisciplinary knowledge base required in nursing.

3rd yr Application of nursing

Students will carry out evidence based nursing with a developmental attitude to their work and professional progress.

4th yr Nursing developer

Students' decision-making processes in nursing will be guided by a multidisciplinary knowledge base so as to be able to develop evidence based nursing and to understand their duty and responsibility in developing themselves and their chosen professional field.

The competences according to the aim of the degree programme in public health nursing are included as follows:

Nursing competence: Students will base their work on multidisciplinary competence. They will be competent in planning, implementing and assessing care and in making decisions based on research and experience. They will be able to use the most important nursing interventions safely.

Health promotion competence: The basis of students' work will be national healthcare strategies and programmes as well as knowledge of their own community and field of responsibility. They will be competent in promoting the health of the population by increasing their clients' health awareness, resources and autonomy while being able to recognise and deal with threats to health.

Public healthcare competence for dealing with the individual, groups and the community: Students will be competent in monitoring clients' health, growth and development, in recognising resources and risks, and in planning and implementing evidence based public nursing with individuals, families, groups and communities.

Environmental health promotion: Students will be competent in evaluating environmental and community health as well as providing expertise in promoting sustainable development in public health work. They will know how to take into account and to prevent global health risks from the point of view of national public health promotion as well as being competent in preventing infectious diseases and the implementation of the national inoculation programme.

Social public health work competence: Students will be able to recognise the origins and factors causing differences in health between different sections of the population as well as the risks and disturbances due to insecurity and social development. They will be able to identify the need for special support and care and will be able to intervene in the situation at an early stage. Students will be competent in networking and co-operating with different interest groups in order to promote health and welfare. They will be clearly aware of

the effects that decision making has on health and will be able to influence local decision-making to promote the health of the population.

The progress of professional competence development is described by the following year-based themes:

Public Health Nursing Major

1st and 2nd yr as above

3rd yr Application of public health nursing

Students will carry out evidence based public health nursing with a developmental attitude to their work with individuals, groups and communities.

4th yr Public health nursing developer

Students' professional decision-making processes in public health nursing will be guided by a multidisciplinary knowledge base so as to be able to develop evidence based public health nursing and to understand their duty and responsibility in developing themselves and their chosen professional field in a multidisciplinary and professional community. Students will use local decision-making channels in health promotion.

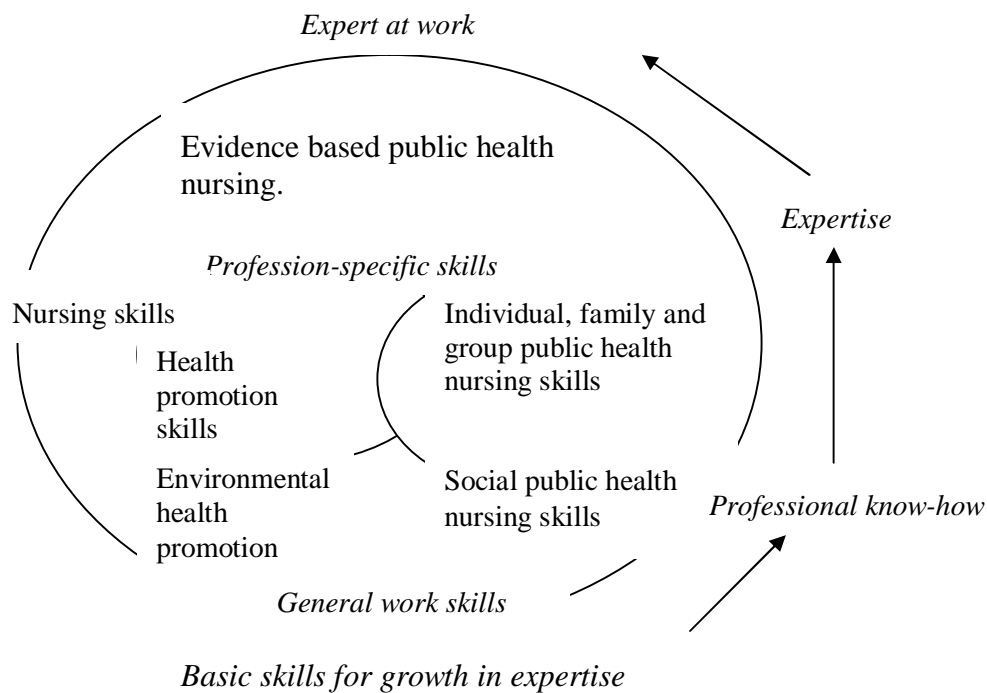


Figure 2 Growth of public health nursing expertise in the degree programme in public health nursing

DEGREE PROGRAMME IN NURSING 210 – 240 CR

BASIC STUDIES	37 cr
Study and Communication skills	17 cr
Health and Welfare Services	6 cr
Social and Behavioural Sciences	6 cr
Natural Sciences	8cr

COMPULSORY PROFESSIONAL STUDIES	119 cr
Nursing Science	6 cr
Nursing Interventions	17cr
Includes supervised clinical training 12 cr	
National Health and Health Promotion	6 cr
Evidence-based Nursing	40 cr
Medical Nursing	
Maternity Care and Gynaecological Nursing, Paediatric Nursing	
Mental Health Work	
Surgical and Perioperative Nursing	
Includes supervised clinical training 12 cr	
Professional Clinical Training	39 cr
Includes home nursing training 3 cr, which takes place during optional professional studies	
Research and Development Skills	11 cr

OPTIONAL PROFESSIONAL STUDIES	30 – 60 cr
Graduate Studies in Nursing (Nurse, UAS)	9cr
Surgical Nursing	
Perioperative Nursing	
Mental Health Work	
Paediatric Nursing	
Nursing the Aging	
Medical Nursing	
Reception and Policlinic Nursing (from 2009)	
Professional in depth Clinical Training	21 cr
Graduate Studies in Public Health Nursing (Public Health Nurse, UAS)	29 cr
Professional in depth Clinical Training	31 cr

THESIS	15 cr
---------------	--------------

FREE-CHOICE STUDIES	9 cr
----------------------------	-------------

COURSE DESCRIPTIONS OF DEGREE PROGRAMME IN NURSING

BASIC STUDIES

(SHPV2Z) STUDY AND COMMUNICATION SKILLS 16 cr

(SHPV007) University Study Skills

Credits:	3 cr	Timing:	1st - 4th yr
Objective:	Students will gain the skills to accomplish their studies at the university of applied sciences, to take advantage of the student services provided by the University, plan studies and evaluate their own learning as well as to monitor their own professional development.		
Contents:	Studying at a university of applied sciences, study skills and study environments Student services Grouping Planning one's studies Becoming an expert Moving on into working life		
Learning Strategies:	Lectures, group work, planning and personal progress reviews		
Assessment:	Participation and assignments		
Bibliography:	Study Guide, e-material		

(SHPV004) Information Technology in Social and Health Care

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be able to use a computer to help them with their work and will be familiar with the most common tools programmes. They will be able to use IT and data management applications for their work in healthcare.		
Contents:	Basic IT principles and significance Windows environment and tools programmes basics of word processing, spreadsheet calculation, Internet, image manipulation and publishing programmes Using information networks Data protection and security		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Exams and assignments		
Bibliography:	To be announced		

(SHPV008) Finnish Language and Communication

Credits:	4 cr	Timing:	1st yr
----------	------	---------	--------

Objective:	Students will learn how to behave in an appropriate manner in different situations requiring different forms of communication and interaction. They will be able to manage different types of speaking situations and they will develop their written communication as part of their professional competence.
Contents:	Preparing for speeches, presentation and analysis Creating academic texts and what makes a good academic text Meetings and negotiations
Learning Strategies:	Group assignments , independent study
Assessment:	Assignments, exam
Bibliography:	To be announced

(SHPK004) Painless English

Credits:	1.5 cr	Timing:	1st yr (This course is for vocational pathway students)
Objective:	This course equips students with the English skills required to study professional English in nursing and health care. The aim is also to develop general language acquisition skills.		
Prerequisite:	Proficiency test		
Contents:	Basic grammar and vocabulary Spoken and written English and activating listening and reading comprehension skills.		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Spoken and written exercises, exam		
Bibliography:	Handout Further reading provided by lecturer		

(SHPV010) English for Nursing and Health Care

Credits:	3 cr	Timing:	1st yr
Objective:	Students will develop their written and oral English language skills for use in nursing and community health care. They will understand the importance of their language skills as part of their professional competences in an increasingly international and multicultural working environment.		
Contents:	Central nursing and health care vocabulary and communication situations Meeting the customer/patient Intercultural communication		
Learning Strategies:	lectures, supervised exercises, independent study		
Assessment:	Oral and written exercises, exam		
Bibliography:	Handout Other material as indicated by teacher		

(SHPK002) Bygg upp Din Svenska (Swedish)

Credits:	1.5 cr	Timing:	1st yr (This course is for those following the vocational pathway)
Objective:	This course equips students with comprehensive Swedish skills for use during their Swedish professional language studies at University of Applied Sciences level. The aim is also to further develop language study skills.		
Prerequisite:	Proficiency test		
Contents:	Swedish basic grammar and vocabulary Activation of written and spoken Swedish skills and listening and reading comprehension skills.		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Spoken and written exercises, exam		
Bibliography:	Handout Further reading provided by lecturer		

(SHPV011) Swedish for Nursing

Credits:	3 cr	Timing:	2nd yr
Objective:	Students will develop their written and spoken skills in Finland's second official language for use in nursing and healthcare work.		
Contents:	Central nursing and health care vocabulary Interacting with patients/clients Intercultural communication		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Spoken and written exercises and exams		
Bibliography:	Handout, to be anno		

(SHPH3Z) HEALTH AND WELFARE SERVICES 6 cr**(SHPH001) Welfare Services**

Credits:	3 cr	Timing:	1 st yr
Objective:	This course will cover the basic concepts, value base, funding and operating system of social and health care policy. Students will then be able to help patients/clients to use the appropriate services. They will also get to know distance health care and welfare technology applications and solutions used for organising health care and social services.		
Contents:	Basic concepts, values base and social duty of social and health policy Social and health policy decision making system Social and health policy control methods, service system and its development Use of welfare technology applications in nursing		

Learning Strategies: Lectures, supervised assignments, partly delivered by e studies (1,5 cr), independent study

Assessment: Exam or assignment, test (Public health law)

Bibliography: Anttonen, A, Sipilä, J. Suomalaista sosiaalipolitiikkaa.
Kansanterveyslaki 28.1.1972/66 (ajantasainen ls.)
Lehto, J. ym. Sosiaali- ja terveydenhuolto.
Further reading/material will be provided by the lecturer

(SHPH003) Entrepreneurship in Social and Health Care

Credits: 3 cr Timing: 2nd yr

Objective: Students will be aware of the main concepts and special features of the social and health care business while at the same time gaining skills in customer oriented and profitable business operations.

Contents: The field of social and health care
Becoming a service entrepreneur and setting up a business
Marketing the business
How to make the business work - application of a company providing social and health care services
Employer's statutory obligations
Developing business operations

Learning Strategies: Lectures, group assignments, independent study, partly web-based (1 cr)

Assessment: Group assignment (business plan)

Bibliography: Peltomaa P., Grönvall U. (toim.) uusin painos. Sairaanhoitaja yrittäjänä.
Further reading as indicated by the lecturer, teacher

(SHPH4Z) SOCIAL AND BEHAVIOURAL SCIENCES 6 cr

(SHPH005) Education Science, Psychology and Sociology part I

Credits: 3 cr Timing: 1st yr

Objective: Students will become familiar with the principles of psychology and educational science and the different stages of human mental development. They will gain basic skills in planning, implementing and evaluating learning and advisory sessions.

Contents: Human mental development during one's life time and learning at different ages
developmental tasks during life
The learning and guidance process

Learning Strategies: lectures, supervised assignments, independent study

Assessment: Exam and assignments

(SHPH006) Education Science, Psychology and Sociology part II

Credits: 3 cr Timing: 4th yr

Objective: Students will be able to understand the relationship between the individual and society in order to prevent social alienation. They will become aware of their say

and influence within the social decision making process and its importance.

Contents: Social challenges, changes and problems in the client's/patient's everyday life
Structural inequality and power networks
Society's new order, individualism and the crisis in the work society

Learning Strategies: Lectures, supervised assignments, independent study

Assessment: Exam or assignment

Bibliography: Kantola I., Koskinen K. ja Räsänen P. (toim.) Sosiologisia karttalehtiä
Saaristo K., Jokinen K. Sosiologia.
Other material as indicated by the lecturer

(SHAL3Z) NATURAL SCIENCES 8 cr

(SHAL006) Anatomy and Physiology

Credits: 4 cr **Timing:** 1st yr

Objective: Students will understand the human body's anatomical structure and physiological function for use in customer oriented nursing, health promotion and to support convalescence. They will be competent in monitoring the body's functional capacity.

Contents: Cells, tissues and organs
Respiration and blood circulation
Digestion and metabolism
Sensory functions and the nervous system
Support and motion organs

Assessment: Lectures, supervised exercises, part of the course will be in the form of e studies, independent learning

Bibliography: Niestedt, W., Hänninen, O., Arstila, A., Björkqvist, S-E. Ihmisen fysiologia ja anatomia
Hervonen, A., Niestedt, W., Hoitoalan sanasto

(SHAL007) Microbiology, Infectious Diseases and Fighting Infection

Credits: 4 cr **Timing:** 1st yr

Objective: Students will know how infections are caused and will know how to act in order to prevent them from spreading. Students will gain knowledge of infectious diseases and related legislation and the duty to report such diseases.

Contents: How infections are born
Avoiding and preventing infection in practical nursing
Legislation and the duty to report infectious diseases in Finland
Taking microbiological samples
Infectious disease nursing

Learning Strategies: Lectures, supervised exercises, part of the contents will be delivered via e studies, independent learning

Assessment: Participation in lectures and assignments, e assignments

Bibliography: Karhumäki, E., ym. Mikrobit hoitotyön haasteena
Suomen Kuntaliitto, Kliininen mikrobiologia terveydenhuollossa (uusin painos)

Suomen Kuntaliitto, Infektioiden torjunta sairaalassa (uusin painos)
www.ktl.fi

COMPULSORY PROFESSIONAL STUDIES

(SHAH2Z) NURSING SCIENCE 6 cr

(SHAH029) Introduction to Nursing Science

Credits: 6 cr Timing: 1st yr

Objective: Students will be conversant with the development of nursing science and how it influences nursing practices. They will also gain knowledge of nursing ethics and legislation concerning the rights of patients and the role culture plays in nursing. Students will also practise using the information and knowledge provided by nursing science and other disciplines when planning, implementing and assessing the client-oriented decision making process in nursing.

Contents: Nursing Science as the basis of nursing
Nursing as a scientific discipline and profession
The nurse/patient (client)relationship
Nursing ethics
The decision making process in the evidence based nursing and documentation
Multiculturalism and cultural nursing

Learning Strategies: Lectures, e-studies, exercises, independent study

Assessment: Assignments, exam

Bibliography: Kristoffersen, N., ym Hoitotyön perusteet
Halonen, S., Hoitotyön opiskelijoiden käsityksiä ja merkityksellisiä kokemuksia hoitotyön päätöksenteon oppimisesta. Turun yliopisto
STM, Ydintietojen, otsikoiden ja näkymien toteuttaminen sähköisessä kirjaamisessa.
Räty, M., Maahanmuuttaja asiakkaana
Alitolppa- Niitamo, A., Olemme muuttaneet
Väisänen, S., Hoitotyön etiikkaa oppimaan. Kajaanin ammattikorkeakoulun julkaisusarja C, oppimateriaaleja 1/2004 ja hoitotyön etiikan verkko-opetuksen materiaali
Leino-Kilpi, H. & Välimäki, M., Etiikka hoitotyössä.
Appropriate legislation concerning the rights of patients, the practice of nursing and documentation

(SHAH4Z) NURSING INTERVENTIONS 17 cr

(SHAH020) Nursing Interventions I

Credits: 3 cr Timing: 1st yr

Objective: Students will understand the importance of a rehabilitative working attitude in nursing and will be able to work ergonomically while taking the patient's own strength and condition into consideration.

Contents: A rehabilitative working attitude and ergonomics
Cleanliness and dress
Eating and meals
Eating and dining

Basics of monitoring vital functions
Support devices for coping in everyday life -Handy Home

Learning Strategies: Supervised exercises, independent study

Assessment: Information tests, participation in assignments, practical skills test

Bibliography: Iivanainen, A., ym., Hoitamisen taito
Tamminen-Peter, ym., Potilaan siirtymisen ergonominen avustaminen

(SHAH021) Nursing Interventions II

Credits: 3 cr Timing: 1st yr

Objective: this course provides students with the competence to plan and implement medical care by injection and to take a blood sample from the artery aseptically. They will also be competent in nursing interventions dealing with secretion.

Contents: Giving injections
Taking a blood sample from the artery
Nursing interventions dealing with secretion

Learning Strategies: teaching language - English, supervised exercises, independent learning

Assessment: Information tests, participation in exercises, skills test Nursing Interventions I and II

Bibliography: Iivanainen, A., ym., Hoitamisen taito
Further reading to be announced

(SHAH022) Nursing Interventions III

Credits: 3 cr Timing: 2nd yr

Objective: Students will be competent in planning, implementing and evaluating safe iv fluid and medical care as well as blood transfusions. They will be skilled in relieving a dying patient's suffering and pain taking into consideration the patient's relatives.

Contents: Peripheral venous cannulation
Iv fluid care and helping with central venous catheterization
Blood transfusion
Nursing a dying patient and dealing with relatives

Learning Strategies: Supervised exercises, independent study

Assessment: information tests, participation in exercises, skills test

Bibliography: Iivanainen, A., ym., Hoitamisen taito
Further reading to be announced

(SHAH023) Clinical Laboratory and X-ray Examinations

Credits: 1 cr Timing: 2nd yr

Objective: Students will gain an in depth understanding of the diagnostic and therapeutic uses of radiation in nursing and how it affects the human body. They will also be familiar with the most important clinical chemistry and haematological examinations and the

factors causing variations in laboratory test results.

Contents:

- Clinical imaging and the use of radiation in nursing
- Radiation and safety
- Instructing a patient during radiological examinations: preparation and after care
- Factors causing variations in laboratory test results

Learning Strategies: Lectures, e studies, independent study

Assessment: E-exercises and assignments

Bibliography: Soimakallio, S., Kivisaari, L., Manninen, H., Svedström, E. & Tervonen, O.,
Radiologia Radiografia -lehdet
www.stuk.fi
Makkonen, S. & Tuokko, S., Näytteenotto
Penttilä, I. (toim.), Kliiniset laboratoriotutkimukset

(SHAH024) First Aid and Safety

Credits: 3 cr Timing: 2nd yr

Objective: Students will develop their capacity and competence to provide first aid. They will be aware of the basic principles of prevention and aid and they will be able to work with other first aid givers and helpers.

Contents:

- Safety in health care
- First aid and primary care as part of the care chain, the duty to help
- The first aid situation as a crisis for the helper and the those to be helped
- First aid actions
- Actions in cases of fire
- The basics of preparing for crisis
- Health care in exceptional circumstances

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: information test, skills demonstration test

Bibliography: Duodecim: Ensiapuopas (Finnish red Cross First Aid Guide)
Other current material

(SHAH025) Introduction to Pharmacotherapy

Credits: 3 cr Timing: 1st yr

Objective: Students will be proficient in accurate pharmacotherapeutic mathematics. They will also be able to safely carry out patient-oriented pharmacotherapy while understanding the importance of medical care as part of the whole treatment process.

Contents:

- Pharmacotherapy mathematics
- Legislation
- Pharmacotherapy safety terminology
- The pharmacotherapy process
- The basic concepts, forms of medicine and dosage routes in pharmacotherapy
- The phases and effects of medical treatment on the system
- Special issues in the use of medical treatment

Learning Strategies: Lectures, group assignments, independent study

Assessment:	Pharmacotherapy exam and pharmacotherapy exam
Bibliography:	Ernvall,S., Pulli,A., Salonen,A-M., Nurminen,M-L., Kaukkila,H-S., Lääkelaskenta Laine,K., Lääkkeiden yhteisvaikutukset Nurminen,M-L., Lääkehoito Veräjänkorva,O., Huupponen, R.,Kaukkila,H-S., Torniainen,K., Lääkehoito hoitotyössä

(SHAH026) Clinical Pharmacology

Credits:	1 cr	Timing:	2nd yr
Objective:	Students will be competent in dosage calculation and using clinical pharmacology knowledge in nursing.		
Contents:	The role of the pharmacist and qualified chemist in medical treatment. The adverse effects and risks of medication and combined medication How different medicines interact Medicines and combined medication used to treat the most common illnesses.		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	Nurminen, M-L., Lääkehoito Laine,K., Lääkkeiden yhteisvaikutukset Further reading will be announced at the outset of the course		

(SHAH027) Back-up Mathematics Course for Nursing Students

Credits:	-1.5 cr	Timing:	1st yr (This course is for those students who failed the skills level test)
Objective:	Students will be able to use and apply the basic mathematics skills required in nursing.		
Prerequisite:	Skill level test		
Contents:	Revision of basic mathematics topics Practising mathematics skills for medication		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Exam and assignments		
Bibliography:	To be announced		

(SHAT4Z) PUBLIC HEALTH AND HEALTH PROMOTION 6 cr

(SHAT006) Public Health and an Introduction to Health Promotion

Credits:	3 cr	Timing:	1st yr
----------	------	---------	--------

Objective:	Students will be able to recognise and forecast public health risks and problems within a community and individuals. They will also be conversant in health and well-being concepts and approaches. This course also emphasises the importance of support and activation and raises students' awareness of their own responsibility and duty to maintain and promote the health, physical and mental resources and capacity of individuals, families and the community.
Contents:	The most common health threats and problems within the population, prevention of national diseases The main concepts of health and welfare promotion Main health and welfare policy documents and programmes
Learning Strategies:	Lectures, will be partly delivered as e-studies (3 cr), independent study
Assessment:	E-assignments
Bibliography:	Kauhanen, J. ym., Kansanterveystiede. Terveys 2015 -ohjelma. Vertio, H. Terveiden edistäminen. Terveiden edistämisen laatusositus. STM julkaisu 2006:19. Savola, E. & Koskinen-Ollonqvist, P.: Terveiden edistäminen esimerkein: käsitteitä ja selityksiä.

(SHAT005) Health Promotion Methods and Content

Credits:	3 cr	Timing:	2nd yr
Objective:	Students will become conversant with the main themes and content, models and methods of health promotion. They will be able to plan, provide and evaluate customer oriented health advice and education.		
Contents:	The theoretical principles and models of health promotion Themes and methods of health promotion Guidance and health education during the different stages of life and different situations		
Learning Strategies:	Lectures, will partly include R&D studies (1 cr), independent study		
Assessment:	Health Education Event and exam		
Bibliography:	Kyngäs, H. ym., Ohjaaminen hoitotyössä. Terveystta edistävän viestinnän suuntaviivat. www.est-lehti.net. Verkkolehdet 2006-2008. Further reading will be announced at the outset of the course		

(SHAN1Z) EVIDENCE BASED NURSING 40 cr

(SHAN001) Medical Nursing

Credits:	8 cr	Timing:	1st - 2nd yr
Objective:	Students will be able to plan, implement and evaluate their own evidence based nursing of a patient requiring medical nursing in a customer oriented manner in cooperation with relatives and as part of multidisciplinary teams and networks.		
Contents:	The care path of a patient suffering from an internal illness Nursing pulmonary disease		

Nursing diseases of the locomotor system
 Multidisciplinary co-operation in the nursing of neurological patients
 Nursing cardiovascular diseases
 The most common cancers and caring for cancer patients
 Nursing internal secretion illnesses

Learning Strategies: Lectures, group assignments, independent study

Assessment: Exam

Bibliography: Iivanainen, A., Jauhiainen, M. & Pikkarainen, P., Sairauksien hoitaminen terveyttä edistäen.

(SHAN002) Internal Diseases and Neurology

Credits: 1 cr Timing: 1st - 2nd yr

Objective: This course equips students with knowledge of the aetiology of the most significant diseases, their symptoms and medical scientific know-how for use in nursing decisions. They will possess the competence to carry out medical care ordered by doctors safely.

Contents: The most significant internal diseases, their aetiology and principles of nursing

Learning Strategies: Lectures, independent study

Assessment: Exam

Bibliography: To be announced

(SHAN017) Gerontological Nursing

Credits: 3 cr Timing: 3rd yr

Objective: Students will build a knowledge and value base concerning aging and the well-being and health promotion of the aged. They will be able to make use of resource and activity based thinking in nursing the aged at the patient's home, in a nursing home and in institutions. They will be able to guide the elderly and their relatives in the use of services.

Contents: Aging, the wellbeing of the elderly and policy concerning aging
 Active old age and self-esteem
 The nursing principles and interventions supporting the aged at home, in nursing homes and in institutions.
 Healthy nutrition
 Safe medication
 Evaluating the overall capabilities of the elderly and health promoting exercise, preventing falls
 An obstacle-free home for the elderly and home nursing
 The social networks of the elderly and care, service and exercise planning

Learning Strategies: Lectures, supervised exercises, independent study, partly accomplished online (1cr)

Assessment: Exam

Bibliography: Heikkinen, M. Vanhuuden voimavarat.
 Kivelä, S. Vanhusten hoito (soveltuvien osin).
 Kivelä, S. Me, ikääntyminen ja lääkkeet.

Kivelä, S. Vanhusten lääkehoito.

(SHAN004) Geriatric Nursing

Credits:	1 cr	Timing:	3rd yr
Objective:	Students will gain knowledge of illnesses that decrease an aging or elderly person's functioning capacity in order to be able to make informed decisions in their nursing work. They will possess knowledge of the most common medication used to treat amnesia and of their effects so as to perform medical treatment under doctor's orders safely.		
Contents:	Psycho-geriatric illnesses Amnesia and its medication Other illnesses and care of illnesses causing impairment or loss of functioning capacity		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	To be announced		

(SHAN005) Maternity Care and Gynaecological Nursing

Credits:	8 cr	Timing:	1st- 2nd yr
Objective:	Students will develop the professional competence to work with families at different stages of life and in different surroundings. Students will be competent in helping children, youth and families to recognise, maintain and promote their physical and mental resources and in nursing them through the most common gynaecological illnesses and in the nursing of childhood and juvenile illnesses using evidence based nursing.		
Contents:	Life cycle sexual health Promoting the health of and supporting a pregnant woman's family Obstetrics and post-partum nursing. Gynaecological nursing The growth and development of children and young people Paediatric nursing The nursing of common childhood and juvenile illnesses		
Learning Strategies:	Lectures , group assignments, independent study, web studies		
Assessment:	Exam		
Bibliography:	Eskola.K, ym., Nainen hoitotyön asiakkaana Koistinen,P., ym., Lasten ja nuorten hoitotyön käsikirja Other literature will be announced during the course		

(SHAN006) Obstetrics, Paediatrics, Gynaecology

Credits:	1 cr	Timing:	1st - 2nd yr
Objective:	Students will be aware of the etiology of the most significant gynaecological and paediatric illnesses and their symptoms and be able to use medical knowledge in		

Objective:	Students will gain the required competences to develop in their capacity as experts for carrying out different research and development projects. They will understand the significance of such tasks in developing their own professional skills.
Contents:	Research and development competence in nursing The theoretical and conceptual approaches that influence nursing procedures: theory and resource material based research process and analysis and interpretation of the material Evaluation of research and development skills
Learning Strategies:	Lectures, seminars, independent study
Assessment:	Assignments (processed during seminars), exam
Bibliography:	To be announced

(SHATT04) Leadership and Work Community Development in Nursing

Credits:	5 cr	Timing:	3rd - 4th yr
Objective:	Students will be able to coordinate, lead, evaluate and develop evidence based nursing and its quality. They will understand the importance of cost-effectiveness while recognising factors contributing to wellbeing at work and operating so as to increase his/her work community's occupational well-being.		
Contents:	The central concepts and theories of administration and leadership. An introduction to multi-disciplinary leadership Nursing management and nursing management research HR management Quality management in nursing Health economic science Occupational health and safety		
Learning Strategies:	Lectures, supervised assignments, independent study, will be partly included in R&D studies (1 cr)		
Assessment:	Exams and assignments		
Bibliography:	To be announced		

(SHPV009) Academic Writing

Credits:	1 cr	Timing:	3rd - 4th yr
Objective:	Students will be able to clearly compile and present in an organised fashion a scientific research report.		
Contents:	Guidelines to writing a text Process writing Accuracy Thesis markings Maturity test		
Learning Strategies:	Lectures, group assignments		
Assessment:	Lecture diary, exercises		
Bibliography:	Hirsjärvi, S., Remes, P. & Sajavaara, P. Tutki ja kirjoita		

Further reading provided by lecturer

OPTIONAL PROFESSIONAL STUDIES

(SHVL4Z) PEDIATRIC NURSING AND NURSING YOUNG PEOPLE 9 cr

(SHVL001) Graduation Studies in Nursing

Credits:	6 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their evidence based professional skills and apply multidisciplinary knowledge to planning, implementing and evaluating the nursing of seriously and critically ill children and young people and their family within a multiprofessional team.		
Contents:	Family-orientation as the starting point of multiprofessional paediatric nursing Childrens' and young peoples' illnesses at different ages and evidence based nursing Nursing critically and seriously ill children and young people Nursing physically and sensorally disabled children and young people Nursing mentally disabled children and young people Special questions of pharmacotherapeutic nursing and fluid therapy in paediatric nursing		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Exam or assignments		
Bibliography:	Ruuskanen,O.ym.(toim.) Lasten infektiosairaudet. Huttunen, N-P.(toim.) Lasten ja nuorten sairaudet. Korhonen, A. Keskosen hoitotyö. Jokinen,S. ym." Sattuus se?" Lasten kliiniset tutkimukset. Malm, M.,ym. Esteistä mahdollisuuksiin, vammaistyön perusteet. Other material to be announced		

(SHVL002) Development of Evidence Based Nursing

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be able to develop evidence based paediatric nursing multiprofessional teams and their own expertise in a creative and critical manner. They will develop their multiprofessional competences through indepth study of the development, aims and duties of child protection work in nursing.		
Contents:	The development of paediatric nursing Developing expertise in multiprofessional cooperation in the promotion of health and well-being of children, juveniles and their families and nursing		
Learning Strategies:	Lectures, supervised assignments, independent study, taught as R&D studies (3 cr)		
Assessment:	Assignment and portfolio		
Bibliography:	To be announced		

(SHVA1Z) PERIOPERATIVE NURSING 9 cr

(SHVA010) Graduation Studies in Nursing

Credits:	6 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional competence in evidence based perioperative nursing and they will be able to apply multidisciplinary data in the perioperative environment.		
Contents:	How a patient experiences safety and security The most significant perioperative interventions and nursing recommendations Perioperative nursing technology Medication The most significant anesthesia and surgical treatments and nursing recommendations		
Learning Strategies:	Lecture, supervised exercises, independent study		
Assessment:	exam, skills demonstration, and portfolio		
Bibliography:	Hankela, S. Intraoperatiivinen hoitotyö: Empiiriseen aineistoon perustuva teorian kehittäminen Lukkari, L., ym. Perioperatiivinen hoitotyö Korte, R. ym. Perioperatiiviset hoitoselosteet Ukkola ym., Kirurgia Further material as indicated by the lecturer/teacher		

(SHVA012) Development of Evidence Based Nursing

Credits:	3 cr	Timing:	4th yr
Objective:	Students will be able to develop the quality of evidence based perioperative nursing and their own expertise in a critical and creative way.		
Contents:	Developing perioperative nursing Becoming an expert		
Learning Strategies:	Lecture, seminars, independent study, delivered as R&D studies (3cr)		
Assessment:	Assignment and portfolio		
Bibliography:	To be announced		

(SHVP3Z) MEDICAL NURSING 9 cr**(SHVP003) Graduation Studies in Nursing**

Credits:	6 cr	Timing:	3rd - 4th yr
Objective:	Students will extend and deepen their expertise in the most significant nursing interventions and practise independent decision making and problem solving in the planning and implementation of care of patients requiring medical nursing within a multi-disciplinary group.		
Contents:	The ethical questions of medical nursing Commitment of medical patients to their treatment A community and nursing environment that supports rehabilitation The medical patient and teaching and guidance skills for dealing with his/her relatives		

The most significant medical nursing interventions and recommendations.

Assessment: Exam, assignment

Bibliography: To be announced

(SHVP004) Development of Evidence Based Nursing

Credits: 3 cr Timing: 3rd - 4th yr

Contents: Expertise in medical nursing
Developing medical nursing

Learning Strategies: Lectures, seminars, independent study

Assessment: Assignment, portfolio

Bibliography: To be announced

(SHVM4Z) MENTAL HEALTH WORK 9 cr

(SHVM025) Graduation Studies in Nursing

Credits: 6 cr Timing: 3rd - 4th yr

Objective: Students will be competent in different interventions as required used in mental health work in their capacity as members of multidisciplinary working groups.

Contents: The principles of mental health work
The mental health nursing process and interventions for patients/clients of different age groups and for determining required rehabilitation, its planning and evaluation.

Learning Strategies: Lectures, drama, seminars, independent study

Assessment: Exam, assignment

Bibliography: To be announced

(SHVM026) Development of Evidence Based Nursing

Credits: 3 cr Timing: 3rd - 4th yr

Objective: Students will reflect upon their own therapeutic stance and ways of working using work counselling. They will be competent in developing the quality of mental health work using evidence based nursing methods.

Contents: Ethical questions in mental health work
Work counselling and self-reflection
Evidence based mental health work

Learning Strategies: Lectures, drama, seminars, independent study

Assessment: Assignment, portfolio

Bibliography: To be announced

(SHVV1Z) OUT-PATIENT AND AMBULATORY NURSING 9 cr**(SHVV001) Graduation Studies in Nursing**

Credits:	6 cr	Timing:	3rd - 4th yrs
Objective:	To deepen students' professional evidence based reception and out patients' skills and the ability to apply knowledge based on a variety of disciplines in nursing cases of sudden and chronic illness.		
Contents:	Creating quality patient/employee meetings and customer service as part of multi-professional cooperation The service system and care recommendations Reception and out patients' nursing skills in evidence based nursing The applications of distance health care in nursing		
Learning Strategies:	Lectures, supervised exercises, independent study, net studies		
Assessment:	Exam and/or exercises and skills test		
Bibliography:	To be announced		

(SHVV002) Development of Evidence Based Nursing

Credits:	3 cr	Timing:	4th year
Objective:	This course provides students with the skills to develop and assess expertise in their own field in a multi-professional team.		
Contents:	The development of reception and out patients' nursing Development of expertise as part of multi-professional cooperation		
Learning Strategies:	Lectures, seminars, independent study, supervised exercises		
Assessment:	Exercises and skills test		
Bibliography:	to be announced		

(SHVT5Z) COMMUNITY-ORIENTED NURSING AND HEALTH CARE 29 cr**(SHVT005) Public Health Nursing Principles**

Credits:	6 cr	Timing:	3rd yr
Objective:	Public health work ethics and values will guide students' work. They will gain the basic skills needed to work as a public health nurse. Students will learn to use different health promotion and public health strategies and programmes in their work. Students will also be able to evaluate the effects of the environment on health and to prevent and treat infectious illnesses. Students will also know how to use public health nursing methods to promote the health of individuals, families and the community.		
Contents:	Public health nursing values and ethical principles Prevention and care of national illnesses		

Health promotion and central public health strategies and programmes
 Environmental health care
 Prevention and treatment of infectious illnesses, inoculation programme
 Public health care methods

Learning Strategies: lectures, supervised exercises, e-studies (1.5 cr), independent studies

Assessment: Exam and assignments

Bibliography: To be announced

(SHVT006) Life-cycle Public Health Nursing

Credits: 12 cr Timing: 3rd - 4th yr

Objective: Students will be proficient in monitoring customers' health, growth and development. They will also be skilled in health promotion work amongst individuals, families and different communities and cross-disciplinary co-operation and working in networks.

Contents: The public health nurse as a public health provider for different age groups
 Health promoting nutrition and exercise
 Public health care work in projects, associations and companies
 Co-operation, multi-disciplinary work and working in networks

Learning Strategies: Lectures, group assignments, independent study

Assessment: Exams and exercises

Bibliography: To be announced at the outset of the course

(SHVT007) Social and Multicultural Public Health Nursing

Credits: 4 cr Timing: 3rd - 4th yr

Objective: Students will recognise changes going on in society and their consequences and will strive to have a health promoting influence within this environment. Students will recognise how decisions can affect health and how to use different channels of influence. Students will take into account the cultural background of their clients when planning and implementing public health care work.

Contents: Changes and trends in society and their effects on health
 Differences in health between population groups
 Health promotion lobbying at a national and community level
 Multicultural and multidisciplinary public health nursing

Learning Strategies: Lectures, supervised exercises, independent studies

Assessment: Exams, assignments

Bibliography: To be announced

(SHVT008) Research & Development and Leadership in Public Health Nursing

Credits: 7 cr Timing: 4th yr

Objective:	Students will know how to evaluate and develop the quality of public health care and their own expertise in a creative and critical manner.
Contents:	The development of quality in public health nursing The influence of public health nursing
Learning Strategies:	lectures, supervised exercises, independent study, a part of the course will be included in R&D studies (5 cr)
Assessment:	Development assignment
Bibliography:	To be announced

(VAPAAZ) FREE-CHOICE STUDIES 15 cr

Students can freely select 15 cr of studies that will support their professional development, from their own field/degree programme or from another degree programme in their own university of applied sciences, from another university of applied sciences or science university. Students will achieve wide-ranging business expertise.

(SHWA002) Family Training

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will be able to plan, carry out and evaluate family training.		
Contents:	Didactics of family training		
Learning Strategies:	Lectures, group work		
Bibliography:	To be announced		

(SHWA003) Early Interaction and Breast-Feeding Counselling

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will be able to plan, carry out and evaluate client-oriented breast-feeding guidance and support the development of immediate interaction.		
Contents:	Early interaction and supporting interaction between infant and parent A baby-favourable atmosphere and breast feeding counselling according to the WHO and UNICEF baby-favourable atmosphere programme		
Learning Strategies:	Lectures, group work, independent study		
Assessment:	100 % attendance of lectures (sample of work if wish to obtain the WHO certificate for breast-feeding counselling)		
Bibliography:	To be announced		

(SHWA005) Rehabilitation of Pain Patients

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will understand the varieties of pain that can occur in patients in order to carry out patient/client oriented pain relief nursing using different forms of pain relief.		
Contents:	Pain and how to measure it Massage Heat treatments An introduction to acupuncture for pain relief 5-point ear acupuncture Medication for pain relief		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Assignment and exam on massage		
Bibliography:	Arponen,R,ym. Hoitava hieronta. Kalso,E., Vainio,A., toim. Kipu. Laitinen, J.,Laitinen, M., Akupuntio THS. Germain,A. Parantavat pisteet. Lotelius-Löwbeer,A., Svenskt Akupunktur-kompedium. Nurminen,M-L,. Lääkehoito. Sailo,E,. Vartti,A-M,. toim Kivunhoito.		

(SHWA100) Sexual Health Promotion

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will understand the basic concepts of sexuality and sexology within different contexts. They will be competent in carrying out sexual health education as part of health promotion care work.		
Contents:	Dealing with your own sexuality The basic concepts and principles of sexology and sexual health Sexual dimensions Sexuality during different stages of life Dealing with sexual and gender minorities		
Learning Strategies:	lectures, seminars, e-studies, independent studies		
Assessment:	E-assignments		
Bibliography:	To be announced		

(SHWA104) Safety and Self Defence in Nursing

Credits:	1.5 cr	Timing:	2nd - 3rd yr
Objective:	Students will be conversant with violence that can occur during nursing work. They will be competent in predicting potentially violent situations and in dealing with such situations within the law and in an ethically approved way.		
Contents:	Safety culture Laws concerning safety and security in nursing Safety and threats to safety in nursing Violent situations, how they come about, predicting and dealing with them		

Documentation for violent situations and follow-up

Learning Strategies: Lecture, supervised exercises, independent study

Assessment: Assignment

Bibliography: To be announced at the outset of the course

(SHWA017) Special Issues in Intoxicant Care

Credits: 3 cr Timing: 2nd - 4th yr

Objective: Students will be aware of the problems associated with addiction and how to support recovery from intoxicant abuse in their own work.

Contents: Most common addictions
Addiction and close relatives
Interventions and principles involved in supporting recovery from addiction and coping with addiction

Learning Strategies: Independent study

Assessment: Assignments

Bibliography: To be announced

(SHWA012) Care of Older People from a European Perspective

Credits: 7.5 cr Timing: 2nd - 4th yr

Objective: The focus of this course is the situation of older people in Europe and the individual needs they may have. The focus is also to learn how a multiprofessional team can help elderly people to live a meaningful life and to experience health and well-being.

Contents: The course constitutes two Modules and the course includes a number of assignments, which cover the main areas.
- the situation in the students' own country (typical of that country, professional history)
- shared knowledge about old people
- future of old age policy within the European Union
- concept analysis of ageism, autonomy and control and also abuse of the elderly
- challenges and current problems in the care of older people
University of Jönköping is a coordinator

Learning Strategies: Self directed study, local discussion, international discussion in virtual study environment

Assessment: Discussion in virtual environment, papers, presentations in e-meeting

Bibliography: Walker, A., & Naegle, G., (1999 or newer). The politics of Old Age in Europe. Open University Press. Philadelphia. USA.
Wilson, G., (2000) understanding old age. critical and global perspective. SAGE Publications. London.

(SHWA013) Mental Health Care of Children and Young

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will possess knowledge of the different stages of development of children and young people and how to promote their good mental health. The course also demonstrates how mental health problems can be prevented, cured or relieved. Students will be familiar with the most common disturbances in the mental health of children and young people.		
Contents:	The concept of mental health Promotion of children's and young people's good mental health Most common mental health disturbances amongst children and young people Interventions in mental health work with children and adolescents		
Learning Strategies:	Independent study		
Assessment:	Written exam		
Bibliography:	To be announced		

(SHWA014) Family-Centred Mental Health Care

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	This course emphasises the importance of the family unit as a cradle of psychological well-being and knowledge of attachment theory. Students will be able to recognise the signs of healthy family life and interaction within the family. Students will be conversant with different procedures used in family work as well as different projects promoting family well-being.		
Contents:	Attachment theory The signs of a healthy family Family interaction The couple relationship and parenting role chart as a procedure in family work Family tree and its significance Projects promoting family wellness		
Learning Strategies:	Independent study		
Assessment:	Written exam		
Bibliography:	To be announced		

(SHWA036) Nursing a Patient with Special Needs

Credits:	3 cr	Timing:	3rd yr
Objective:	Students will gain in depth knowledge and the special skills required for nursing surgical patients, that can be applied in other nursing situations.		
Contents:	Intraoperative nursing basics Basics of intensive care		
Learning Strategies:	Lectures, group assignments, independent study		
Assessment:	Assignments		
Bibliography:	To be announced		

(SHWA022) Wound Care

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will understand wound care as a process where it is necessary to guide and instruct the patient appropriately when required. The course also covers wound nursing products and nursing interventions.		
Contents:	How a wound heals The wound nursing process Wound nursing interventions Selecting suitable wound dressings Instructing a patient with a wound		
Learning Strategies:	Lectures, group assignments and independent study		
Assessment:	Assignment and active participation		
Bibliography:	To be announced		

(SHWA029) Comparative Health Care

Credits:	3 cr	Timing:	2nd-4th year
Objective:	The students are able to engage in a comparative evaluation of health and social care in Europe		
Contents:	Examine the health and social policy of a chosen country Compare and contrast the educational process for nurses within a chosen country with that of Finland Draw comparisons in the delivery of nursing care within the two countries		
Learning Strategies:	Problem based learning with two seminars		
Assessment:	A written report (fail-passed, be measured against given criteria)		
Bibliography:	Järvelin, J., Health care systems in transition To be announced		

(SHWA040) Health Administration

Credits:	1.5 cr	Timing:	2nd-4th year
Objective:	The student will be able to coordinate, manage, assess, and develop nursing and its quality in units of social and health care.		
Contents:	Quality management of health care in Finland and the Kainuu region Quality management tools		
Learning Strategies:	Discussions, study visits		
Assessment:	Essays		
Bibliography:	To be announced		

(SHWA041) Social and Health Policy

Credits:	2 cr	Timing:	2nd-4th year
Objective:	The student knows the concepts, development, aims, and values of health and social policy.		
Contents:	Concepts, aims, and challenges of changing society for social and health policy Values and decision-making system of social and health policy Social and health policy as a part of larger politics Developmental factors and models of social policy Strategic origin and guidance system in health policy		
Assessment:	Written exam (satisfactory 1 - excellent 5)		

(SHWA043) Telematic Applications in Health Care

Credits:	1.5 cr	Timing:	2nd-4th year
Objective:	The student know the basic concepts of tele health care and reflect telematic applications for health care in his/her own country.		
Contents:	Concepts Different telematic applications The use for health care		
Learning Strategies:	Lectures , discussion on WebCT ,self-directive learning using Internet and written exam		
Assessment:	Written exams (3 000 words together)		
Bibliography:	http://tie.telemed.org/journals/ http://www.amdtelemedicine.com/about_telemedicine.cfm http://www.stakes.fi/finohita/e/ http://www.vtt.fi/tte/inbrief/annualreport2003/ Articles in Databases, etc. medline ovid		

(SHWA032) Studying at the Learning Clinic I

Credits:	6 cr	Timing:	During the whole degree programme and the summer
Objective:	Students will be able to plan, market, produce and evaluate client or community oriented health promoting services.		
Contents:	Health services for individuals and groups		
Learning Strategies:	Supervised service provision and independent practical training providing health services		
Bibliography:	Supervisor will advise suitable reading material		

(SHWA059) Care of a Terminally Ill Patient

Credits:	3 cr	Timing:	3rd yr
Objective:	Students will possess the capability to plan, implement and evaluate care of the terminally ill.		

Contents: Ethical questions linked with nursing a dying patient
Supporting a dying patients' relatives and friends

Learning Strategies: Independent study

Assessment: Essay

Bibliography: Will be announced separately

(SHWA048) Quantitative Data Collection and Processing

Credits: 3 cr Timing: 3rd yr

Objective: Students will understand the principles of compiling a web-based questionnaire and the basic analysis of material.

Prerequisite: Introduction to Research Methodology

Contents: During this course students will practise publishing a web-based questionnaire using a variety of question types.
Students will also become conversant with the programme's different material analysis possibilities.

Learning Strategies: Lectures

Assessment: Participation in classwork and exercises

Bibliography: To be announced

(SHWA111) Managing and Rehabilitation of Neurological Patients

Credits: 3 cr Timing: 3rd - 4th yr

Objective: Students will learn how to analyse a neurological patient's rehabilitation and coping process.

Contents: Suffering from a neurological disease
A resource oriented approach to a neurological patient's rehabilitation and coping process
Nursing interventions supporting a neurological patient's rehabilitation and ability to cope

Learning Strategies: Independent study

Assessment: Exam

Bibliography: To be announced

(SHWA049) Medication for Elderly

Credits: 3 cr Timing: 2nd - 4th yr

Objective: This course deepens students' skills in the safe medical care of elderly patients and the special questions that arise

Contents: Aging and medication

Safe and suitable medication for the elderly
The ethics of medication

Learning Strategies: Independent study

Assessment: Exam

Bibliography: Kivelä, S., Vanhusten lääkehoito.
Kivelä, S., Me, ikääntyminen ja lääkkeet.
Further literature will be announced

(SHWA083) Fitness Carer, Strength and Balance Exercises for the Aged

Credits: 1.5 cr Timing:

Objective: To gain skills and knowledge of power and balance exercises for the aged and the effects of such exercise on mobility. Students will also learn how to measure balance and muscle power in aging patients and to supervise individual and group power and balance exercise sessions for the aged according to prepared programmes. They will also be proficient in helping the aged to cope at home by improving and supporting their physical capabilities.

Prerequisite: After the completion of Geriatric Nursing professional studies

Contents: An introduction to muscle power and balance exercises and the effects of such exercise on an aged person's mobility.
Measuring muscle power and balance, interpreting results
Three level home/club programme
Muscle power and balance exercises in a group
Students who successfully complete this course are eligible for the Fitness Carer qualification.

Learning Strategies: Lectures and supervised exercises

Assessment: Participation and assignment

Bibliography: To be announced

(SHWA084) Health Exercise Counselling in Nursing

Credits: 3 cr Timing: 2nd yr, spring semester

Objective: To develop the competences required in providing exercise counselling to passive clients

Contents: Exercise counselling; low threshold counselling process

Learning Strategies: Lectures and supervised exercises

Assessment: Participation and learning assignment

Bibliography: Fogelholm, M. & Vuori, I. (toim.) 2005. Terveysliikunta. Fyysinen aktiivisuus terveyden edistämiseksi. Duodecim.
Lappalainen, L. 2007. Liikuntaneuvonnan toteutuminen Kainuun maakuntayhtymän perusterveydenhuollossa. Kajaanin ammattikorkeakoulun julkaisusarja B. Raportteja ja selvityksiä 9. Kajaanin ammattikorkeakoulu.

(STOO1Z) THESIS 15 cr**(STOO006) Thesis and Maturity Test**

Credits: 15 cr Timing: 2nd - 4th yr

Objective: Students will be competent in applying their knowledge and practical skills in tasks linked to their professional studies requiring expertise. They will deepen their professional working skills in co-operation with others involved in the process. They will demonstrate that they possess the competence to use critical, research based, developmental and ethical thinking as a basis for developing their expertise.

Prerequisite: Introduction to Research (6 cr) must be completed and approved before presenting the topic analysis. The topic analysis must be approved before starting on the thesis plan. The plan must be approved prior to writing/carrying out and presenting the thesis. The thesis must be presented prior to completing the maturity test.

Contents: Part 1: Finding the thesis topic 5 cr
 Aims of the thesis, selecting and defining the topic
 Supervision and peer supervision
 Commitment, responsibility and duty
 Topic analysis and data retrieval methods
 Part 2. Planning the thesis 3 cr
 Cooperation with commissioning party
 Commissioning agreement and copyright
 Evaluation procedures
 Thesis plan and presentation
 Part 3. Carrying out the thesis, presentation and reporting 7 cr

Learning Strategies: Lectures, seminars, independent study

Assessment: The oral and written presentation and defense of the topic analysis, thesis plan and the thesis. Seminars. Keeping up with approved/ready theses. Poster and maturity test. Acting as a peer and chairperson.

Bibliography: Thesis specific
<http://www.kajak/opari.fi>

(SHANHZ) PRACTICAL CLINICAL TRAINING 39 cr**(SHANH01) Medical Nursing Clinical Training**

Credits: 9 cr Timing: 1st-2nd yr

Objective: Same as the objectives of the Nursing Internal Diseases/Medical Nursing course

Contents: Nursing Internal Diseases/Medical Nursing

Learning Strategies: Supervised Clinical Training

Assessment: Supervised Clinical Training

(SHANH02) Maternity Care and Gynaecological Nursing Clinical Training Period

Credits:	9 cr	Timing:	1st-2nd yr
Objective:	The objectives of this course are the same as for the Maternity Care and Gynaecological Nursing module.		
Contents:	Maternity care and gynaecological nursing, nursing children and juveniles.		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		
Bibliography:	As agreed		

(SHANH03) Mental Health Work and Psychiatric Nursing Clinical Practice

Credits:	9 cr	Timing:	2nd - 3rd yr
Objective:	Same as the aims of the Mental Health Work Course		
Contents:	Mental Health Work		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		

(SHANH04) Surgical and Perioperative Nursing Clinical Practice

Credits:	9 cr	Timing:	2nd - 3rd yr
Objective:	Same as for the Surgical and Perioperative Nursing Course		
Contents:	Surgical and Perioperative Nursing		
Learning Strategies:	Professional clinical training		
Assessment:	Professional clinical training		

(SHANH06) Practical Training in Home Nursing

Credits:	3 cr	Timing:	2nd - 4th yr
Objective:	Students will be aware of the significance and opportunities provided by the patient's/client's home in terms of helping him/her to cope and recover. They will be competent in compiling a client-oriented nursing, service and rehabilitation plan. Students will be able to carry out interventions to promote rehabilitation in a client oriented manner in the nursing decision making process within the home nursing environment in cooperation with others participating in caring for the patient.		
Contents:	Home nursing		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		

**(SHASHZ) NURSING INTERVENTION SKILLS PROMOTION
CLINICAL PRACTICE, SPECIALISED PRACTICE
21 cr**

(SHANH13) Clinical Training for Specialised Nursing Studies, Paediatric Nursing

Credits:	21 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional competence in evidence based nursing by nursing critically and seriously ill children, young people and their families, by nursing and supporting children, young people and their families with special needs in specific situations. Students will also develop nursing quality and their own expertise in a creative and critical manner.		
Contents:	Paediatric nursing		
Learning Strategies:	Supervised clinical training in different child and youth occupational and nursing units		
Assessment:	Supervised clinical training		

(SHANH10) Specialised Practice, Perioperative Nursing

Credits:	21 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional expertise in evidence based nursing and develop the quality of nursing while being able to develop their own expertise critically and creatively.		
Contents:	Perioperative Nursing		
Learning Strategies:	In depth supervised clinical training in a perioperative nursing environment		
Assessment:	In depth supervised clinical training		

(SHANH11) Specialised Practice, Medical Nursing

Credits:	21 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional expertise in evidence based nursing and develop the quality of nursing while being able to develop their own expertise critically and creatively.		
Contents:	Medical Nursing		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		

(SHANH12) Specialised Practice, Mental Health Work

Credits:	21 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional expertise in evidence based nursing and develop the quality of nursing while being able to develop their own expertise critically and creatively.		
Contents:	Mental Health Work		
Learning Strategies:	Supervised practical training		
Assessment:	Supervised practical training and work counselling		

**(SHANH15) Practical Training in Outpatient and Ambulatory Nursing
(optional professional studies)**

Credits:	21 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their professional skills in evidence based reception and out patients' nursing. Students will be able to creatively and critical deepen their expertise and to develop the quality of nursing.		
Contents:	Reception and out patients' nursing in different operational environments		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		

(SHANH07) Specialised Clinical Practice for Public Health Nursing

Credits:	31 cr	Timing:	3rd - 4th yr
Contents:	Supervised clinical training in public health nursing within the different units in the public, private and voluntary sector and the learning clinic.		
Learning Strategies:	Supervised clinical training		
Assessment:	Supervised clinical training		

DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

Address: Kajaanin ammattikorkeakoulu/School of Health and Sports
Postal Address: PL 52, 87101 Kajaani
Address: Ketunpolku 4, 87100 Kajaani
Tel: + 358 8 6189 91
Fax: + 358 8 6189 9252

Head of School:
Eija Heikkinen
Tel: + 358 8 6189 9202, Mobile + 358 44 7101 608
email: eija.heikkinen@kajak.fi

Study Secretaries:
Anna-Maija Rahikkala
Address: Ketunpolku 3, 87100 Kajaani
Tel: + 358 8 6189 9612
Fax: + 358 8 6189 9626
email: anna-maija.rahikkala@kajak.fi

Marja Haapavaara
Address: Ketunpolku 3, 87100 Kajaani
Tel: +358 8 6189 9632
Fax: + 358 8 6189 9626
email: marja.haapavaara@kajak.fi

Head of Degree Programme:

Ms Katri Takala, Degree Programme in Sports and Leisure Management
Tel: + 358 8 6189 9221, GSM + 358 44 7101 625
email: katri.takala@kajak.fi

The Degree Programme in Sports and Leisure Management leads to a University of Applied Sciences Bachelors Degree Qualification in Sports Studies (Sports Instructor) and enables graduates to work as physical exercise professionals in training, planning and development posts. Students will gain competence to supervise physical exercise and to provide exercise advice and guidance to different types of clients and groups, as well as competence in developing the field of physical exercise in co-operation with others. The degree programme takes 3.5 years to complete and it is worth 210 cr.

The degree programme consists of basic studies, professional studies, optional professional studies, free-choice studies, practical training and a thesis. Practical training can be accomplished in different exercise-oriented environments at Vuokatti Sports Institute or in University of Applied Sciences Learning Clinic. The learning clinic provides exercise and health services for different client groups.

GENERAL AIMS AND PROFESSIONAL COMPETENCES OF THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

Graduates of the Degree Programme in Sports and Leisure Management will be professionals with flexible skills in the field of sports and leisure and the competence to develop their chosen profession in this field. A University of Applied Sciences Bachelor in Sports Studies graduate will be able to work for municipalities, associations, companies and clubs as well as running their own leisure/sports businesses in Finland or abroad. The basis of the professional competence provided during this degree programme is a multidisciplinary knowledge base, practical and interaction skills.

THE COMPETENCES ACCORDING TO THE AIM OF THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT INCLUDE:

Competence in physical exercise

Students will have sound knowledge of and skills in the most common forms of exercise and sports for application when supervising different target groups. They will comprehend the opportunities and uses provided by different forms of exercise in the development of human motor skills and to encourage self-expression. Students will be conversant with the principles of applied physical exercise and sports.

Competence in human well-being and health exercises and sports

Students will be conversant with the effects of physical exercise and sports on the human body and with the principles of testing such effects. As a result they will know how to plan systematic, goal-oriented practice and training programmes and health promoting exercise. They will also possess knowledge of factors affecting human growth, development and behaviour. Students will be competent in planning and supervising exercise and sports that promote health and functioning capability while providing expertise on the effects of physical exercise and sports on health.

Pedagogic and didactic competence in sports and exercise

Students will be competent in using a variety of supervision and guidance methods in a goal-oriented manner in different kinds of situations demanding teaching and supervision of different target groups. They will be able to plan, implement and evaluate wide-ranging exercise and sports curricula and operational models while simultaneously exploiting the potential of exercise to support human growth, development and educational work. In their capacity as sports instructors, students will form a concept of teaching and learning based on their own values and knowledge structures.

Social, leadership and entrepreneurial competence in the field of physical exercise and sports

Students will be aware of how exercise and sports culture and services are developing and will be prepared to advance the status of exercise and sports in society. Students will possess the competence to work in posts requiring expertise and management skills in the field of physical exercise and sports as well as being conversant with its available business opportunities. They will also know how to set up their own businesses.

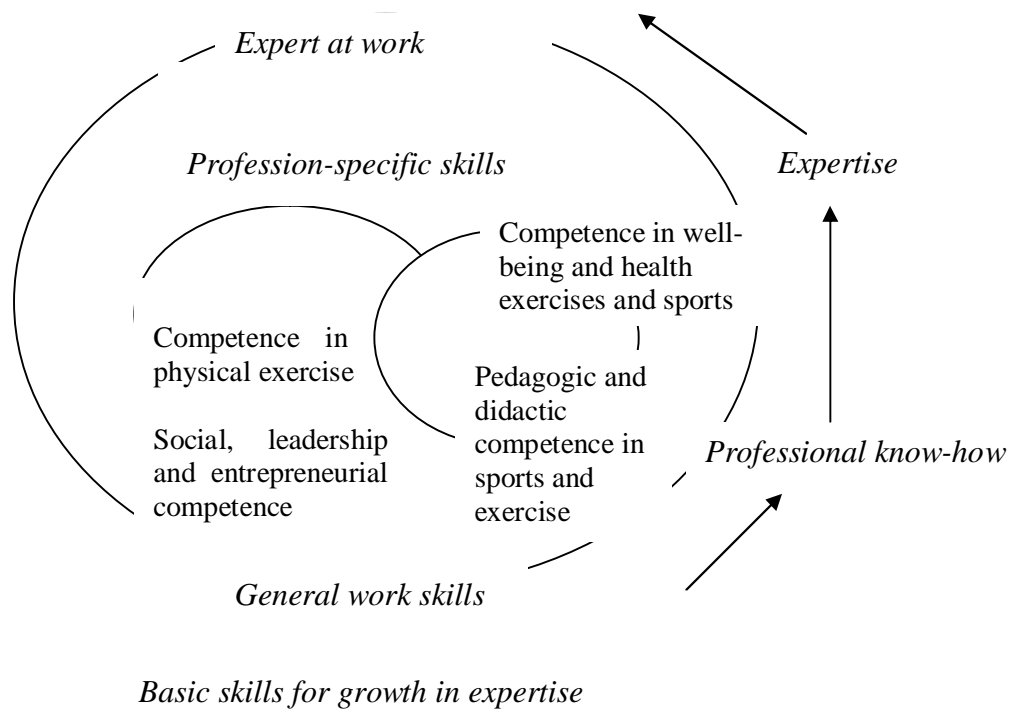


Figure 1 Development of expertise in exercise and sports.

The progress of professional competence development is described by the following year-based themes:

1st yr Orientation

Students will formulate their own idea of the field of physical exercise and sports and of their relationship with their selected profession. They will also become aware of the demands of this professional field.

2nd yr Action

Students will plan, implement and evaluate supervised exercise and sports for different groups taking into account competence-based, knowledge-based and educational objectives.

3rd yr Depth

Students will apply and plan client-oriented physical exercise and goal-oriented, client centred coaching programmes. Students will be able to justify and back-up their operations and actions as sports instructors.

4th yr Competent and developing

Students will develop the field of sports and physical exercise through networking and co-operation with others in the field.

STRUCTURE OF THE DEGREE PROGRAMME IN SPORT AND LEISURE MANAGEMENT 210 CR

BASIC STUDIES	22 cr
Study and communication skills	22 cr
COMPULSORY PROFESSIONAL STUDIES	98 cr
Exercise for Well-being and Health	34 cr
Pedagogy and Didactics	10 cr
Physical Exercise Expertise	33 cr
Exercise in Society and Entrepreneurship	15 cr
Research studies	6 cr
OPTIONAL PROFESSIONAL STUDIES	30 cr
Health-promoting Physical exercise	
Exercise and Sports Tourism	
Coaching Winter Sports	
PRACTICAL TRAINING	15 cr
THESIS	15 cr
FREE-CHOICE STUDIES	30 cr

COURSE DESCRIPTIONS OF DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

BASIC STUDIES

(SLPV2Z) STUDY AND COMMUNICATION SKILLS 22 cr

Students will gain study skills required in the University of Applied Sciences learning environment. The module emphasises communication and cooperation skills as well as multicultural competence as an integral part of this profession and field. Students will develop their written and spoken Finnish skills and the required level in English and Swedish to practise their profession in an increasingly international world.

(SLPV010) University of Applied Sciences IT and Study Skills

Credits: 4 cr Timing: 1st yr

Objective: Students will become familiar with the Kajaanin AMK learning system and environment. Students will gain wide ranging word processing and spread sheet calculation skills as well as the know-how required to create digital publications during their studies.

Contents: Learning environments and student services
Studying at Kajaanin ammattikorkeakoulu
Personal study plan and professional growth
Library services and information systems
Word processing
Spread sheet calculation
Introduction to Power Point and digital publishing

Learning Strategies: Lectures, supervised practical training

Assessment: Exam

Bibliography: To be announced

(SHPK002) Bygg upp Din Svenska (Swedish)

Credits: 1.5 cr Timing: 1st yr (This course is for those following the vocational pathway)

Objective: This course equips students with comprehensive Swedish skills for use during their Swedish professional language studies at University of Applied Sciences level. The aim is also to further develop language study skills.

Prerequisite: Proficiency test

Contents: Swedish basic grammar and vocabulary
Activation of written and spoken Swedish skills and listening and reading comprehension skills.

Learning Strategies: Lectures, group assignments, independent study

Assessment: Spoken and written exercises, exam

Bibliography: Handout
Further reading provided by lecturer

(SLPV002) Swedish for Sports

Credits: 3 cr Timing: First year of studies

Objective: Students will be able to cope in different professional situations requiring spoken and written Swedish while gaining the ability for ongoing linguistic development. Students will be able to seek information in Swedish and understand a wide variety of different professional texts.

Contents: Sports and leisure professional vocabulary
and language use situations

Learning Strategies: Samll group teaching

Assessment: 100 % attendance and active participation in all sessions, completed oral and written tasks, written and oral exam

Bibliography: To be announced

(SLPV008) Painless English

Credits: 1.5 cr Timing: First year of studies
(Course designed for
vocational pathway
students)

Objective: This course develops and strengthens English skills acquired during previous studies for further university studies in professional English and language learning techniques.

Contents: Basic grammar and vocabulary
Activation of oral and writing skills as well as reading and oral comprehension

Learning Strategies: Supervised exercises

Assessment: Attendance, spoken and written exercises, exam

Bibliography: Materials/reading list provided by lecturer
Dictionary

(SLPV004) English for Health and Sports

Credits: 3 cr Timing: First year of studies

Objective: Students will develop their professional written and spoken English skills while maintaining a natural and positive attitude to using English and to continually developing their language skills in an ever more global and multicultural world.

Contents: Sports and leisure professional vocabulary
Customer service
Intercultural communication

Learning Strategies: Supervised exercises

Assessment: Participation, spoken and written exercises, exam

Bibliography: Materials/reading list provided by lecturer

(SLPV005) English for Sport Instruction

Credits: 3 cr Timing: 3rd yr

Objective: Students will develop their spoken and written English language skills, gaining in depth and wide ranging grammar and vocabulary knowledge in the following areas: health-related exercise, tourism and business, and winter sports coaching.

Contents: Sports and leisure language use situations
Intercultural communication

Learning Strategies: Supervised exercises

Assessment: Participation, spoken and written exercises, exam

Bibliography: Materials/reading list provided by lecturer

(SLPV009) Communication and Co-Operational Skills

Credits: 3 cr Timing: First year of studies

Objective: Students will be conversant with the co-operation, interaction and communication skills required at work. Students will be able to develop their spoken and written communication skills integral to their professional competence.

Contents: The theory and practice of group work
Meetings and negotiations
Principles of spoken and written communication skills

Learning Strategies: Lectures, supervised exercises

Assessment: Group work and presentations, exercises and exam

Bibliography: Reading list/material provided by lecturer

(SLPV011) Intercultural Communication

Credits: 3 cr Timing: 1st yr

Objective: This course covers the main principles of comparing cultures and provides the competence to work in collaboration with clients and colleagues from abroad.

Contents: The concept of culture
Internationalisation and cultures
Cultural identity
Adjusting to new culture as a learning process
Dealing with different cultures and communication

Learning Strategies: Lectures, supervised exercises

Assessment:	Essay
Bibliography:	Hofstede, G. Cultures and Organizations Räty, Maahanmuuttaja asiakkaana Further reading as indicated by the lecturer

(SLPV012) Interpersonal Skills

Credits:	3 cr	Timing:	1st yr
Objective:	Students will learn how to interact with clients, colleagues and partners in cooperation. They will possess the competence to support the development of their clients' and groups' interaction skills.		
Prerequisite:	Communication and Cooperation Skills		
Contents:	Active listening Cooperation and problem solving skills Clear self expression Ecosystematic methods		
Learning Strategies:	Lectures, supervised exercises, supervision practice sessions, partly delivered as e studies		
Assessment:	Assignments, exercises		
Bibliography:	Isokorpi, T. Tunneoppia.Parempaan vuorovaikutukseen.Juva. Molnar, A. & Lindqvist, B. Tavoitteena työrauha. Helsinki. Saarinen,M. & Kokkonen, M. Tunneäly. Kohti kokonaista elämää. Juva. Further reading as indicated by the lecturer		

COMPULSORY PROFESSIONAL STUDIES

(SLAH1Z) EXERCISE FOR WELL-BEING AND HEALTH 34 cr

Students will be aware of the relationship between exercise and good health. This module provides students with the competence to plan and supervise exercise that promotes health and physical and mental capabilities. Students will take into account psychomotor development and motor learning when planning and supervising different forms of exercise. They will have detailed knowledge of the structure of the human locomotive system and how exercise affects the human body, the principles of testing and of how to plan practice and coaching programmes.

(SLAM001) Human Growth and Motor Development

Credits:	3 cr	Timing:	First year of studies
Objective:	During this course students will gain knowledge of factors that control human growth and development. They will understand the significance of physical factors, cognitive functions, motivation and the senses in motor development and will be able to use this knowledge to monitor and evaluate normal human growth and motor development.		
Contents:	Human growth and factors that affect development Human growth and development at different ages		

The development of human motor skills at different ages and observing development
Mental disability and motor development

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Group assignment

Bibliography: Salpa, P. Lapsen liikkumisen kehitys.
Reading list/material provided by lecturer

(SLAM002) Motor Learning and Analysis of Movement

Credits: 3 cr Timing: Second year of studies

Objective: Students will know how motor learning progresses and be aware of factors that may effect this progression. The course also provides knowledge of basic movement analysis procedures.

Prerequisite: Anatomy Physiology Growth and Motor Development of Human Beings

Contents: Motor learning
The basic elements of movement
Performance observation
Recording and analysis of performance using video
Performance measurement parameters

Learning Strategies: Lectures, supervised assignments

Assessment: Assignments, exam

Bibliography: Reading list/material provided by lecturer

(SLAI004) Anatomy and Physiology

Credits: 4 cr Timing: 1st yr

Objective: Students will be able to understand the functioning and structure of the human body so as to be able to use this knowledge in client oriented sports instruction, health promotion and exercise behaviour reinforcement.

Contents: Cells, tissue, organs, respiration and circulation
Digestion and metabolism
Sensory and nervous system
The locomotor system
Basics of Physics and Chemistry

Learning Strategies: Lectures, supervised assignments, parts of course completed as e studies (1 cr), independent work

Assessment: Exam, assignments

Bibliography: Nienstedt, W., ym. Ihmisen fysiologia ja anatomia
McArdle, Katch, Katch, Exercise Physiology.
Current articles

(SLAI003) Exercise Physiology

Credits:	3 cr	Timing:	Second year of studies
Objective:	Students will gain basic knowledge of changes in the functions of the human body as it moves from a state of rest to maximum performance.		
Prerequisite:	Anatomy and physiology		
Contents:	The effects of exercise on functions of the human body Changes in the vital functions of the human body Physical training and its effects on the human body Measuring physical fitness		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Active participation in all exercises, exam		
Bibliography:	Reading list provided by lecturer		

(SLAH001) The Gym

Credits:	3 cr	Timing:	1st yr
Objective:	Students will gain knowledge of the principles of power training and be able to supervise and plan training for the gym.		
Prerequisite:	Anatomy and Physiology		
Contents:	Principles of power training Supervising gym training Planning gym training programmes		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Exam/learning assignments and successfully completed exercises.		
Bibliography:	Delavier, F. Lihaskuntoharjoittelun anatomia. VK- kustannus Oy. Delavier, F. Belle Linge. VK-kustannus Oy. Niemi, A. Menestyjän kuntosaliharjoittelu & ravitsemus. Docendo Finland Oy.		

(SLAL005) Introduction to Health and Wellbeing Promotion

Credits:	3 cr	Timing:	1st yr, spring
Objective:	Students will be conversant with the contents of the Health 2015 public health programme. They will compare the aims of this programme with their local health authority documents concerning health and well being promotion in the region as well as documents on health promoting exercise.		
Contents:	Foundations of health and wellbeing Health and wellbeing policy documents Health promoting exercise documents		
Learning Strategies:	E-studies		
Assessment:	E-assignments		

Bibliography: E-material

(SLAH002) Exercise and Health Counselling

Credits: 6 cr Timing: 1st-2nd yr

Objective: Students will be aware of the principles and instructions concerning health-promoting exercise as well as of the most common health fitness measurements. They will instruct different forms of exercise with an emphasis on health promotion. Students will also be able to provide advice and supervision in health education related matters.

Contents: Principles of health promoting exercise
Forms of health promoting exercise and fitness measurement
Health counselling

Learning Strategies: Lectures and assignments

Assessment: Portfolio

Bibliography: Fogelholm, M. & Vuori, I. (toim.) 2004. Terveyslääkintä. Duodecim.

(SLAH003) Muscle Care and Ergonomics

Credits: 3 cr Timing: 1st yr

Objective: Students will be competent in muscle strengthening and stretching exercises. They will be able to provide general advice on muscle care and will understand how such muscle care work affects people. Students will be aware of the ergonomic and occupational safety issues associated with such work for use in their profession.

Contents: Stretching and strengthening exercises
Occupational and ergonomic issues in muscle care
Effects of muscle care work
Development of ergonomics in muscle care work

Learning Strategies: Lectures, supervised exercises

Assessment: Portfolio

Bibliography: To be announced

(SLAH004) First Aid and Safety

Credits: 3 cr Timing: 3rd yr

Objective: Students will develop their readiness to act in situation requiring first aid interventions. They will know the basic principles of prevention and intervention.

Contents: First aid and emergency nursing as part of the care chain
The duty to intervene
The first aid situation as a crisis of the patient and the helper
First Aid interventions
First Aid in fires

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Tests, active participation in exercises, opportunity to acquire Ea 2 certificate

Bibliography: Duodecim: Ensiapuopas
Red Cross Emergency Aid Guide
Other current material

(SLAL004) Introduction to Nutrition

Credits: 3 cr Timing: 1st yr

Objective: During this course students will become aware of Finnish nutritional recommendations and be able to apply this knowledge when planning basic diets for people of different ages. The course increases understanding of nutrition in health promotion and disease prevention and students will also learn about different dietary-guidance procedures and materials.

Contents: Nutrition and health
Finnish nutritional recommendations
The most usual special diets
Providing dietary counselling

Learning Strategies: Lectures, supervised assignments

Assessment: Assignments and exam

Bibliography: Further reading/material provided by lecturer

(SLAP1Z) PEDAGOGICS AND DIDACTICS 10 cr

Students will plan, implement and evaluate exercise for different groups taking into account competence based, cognitive and educational objectives. They will be able to make use of different teaching and supervision methods according to the target group and use the opportunities provided by exercise to support human growth and development.

(SLAK001) Introduction to Physical Education

Credits: 3 cr Timing: Second year of studies

Objective: This course provides the necessary knowledge and skills required for teaching syllabus, course and lesson planning as well as instructing people of different age groups. When planning, students will also be able to take into account the educative, mental, and skills based objectives of exercise.

Contents: Physical education aims and content
Sports and exercise planning, implementation and assessment
Supervision of learning situations and methods
Educating for and with exercise
Safety in physical education teaching

Learning Strategies: Lectures, supervised assignments, supervision exercises

Assessment: Exam or study assignments, portfolio

Bibliography: Numminen,P., Laakso,L. Liikunnan opetusprosessin A, B, C, Jyväskylä.
Segercrantz, T.(toim.) Turvallisuus ja työsuojelu liikunnanopetuksessa,

Opetushallitus.
 Uusikylä, K. Didaktiikan perusteet. WSOY.
 Further reading and material provided by lecturer

(SLAP001) Introduction to Project Management

Credits:	3 cr	Timing:	Second year of studies
Objective:	This course familiarises students with modern, target-oriented working methods that are usually applied during temporary administrative and/or production based tasks.		
Contents:	Project concept Project organisation and finance Project planning and implementation Project monitoring and follow-up Project implementation Concluding a project		
Learning Strategies:	Lectures, supervised assignments, seminar, parts of this course will be in the form of e studies		
Assessment:	Compiling a project plan, organising a sports event, exam		
Bibliography:	Pelin, R., Projektihallinnan käsikirja Silfverberg, P., Ideasta projektiksi - Projektisuunnitelman käsikirja Kajaanin AMK tool box at http://www.kajak.fi/opiskelu/koulutus/oppimisprosessityökalut/index.htm		

(SLAK002) Behavioral Sciences

Credits:	4 cr	Timing:	First year of studies
Objective:	This course provides a thorough introduction to education science and the psychology of sports and exercise. Students will be able to plan, carry out, and assess learning and teaching situations based on knowledge of mental factors effecting improvement in sports and exercise performance.		
Contents:	An introduction to educational science and its different fields, the learning and teaching process An introduction to psychology, human mental development at different stages of life Different fields of sports psychology, mental factors effecting improved performance, motivation, exercise and mental health		
Learning Strategies:	Lectures, supervised assignments, independent study		
Assessment:	Set learning tasks,		
Bibliography:	Mero, A., ym.(toim.) Urheiluvalmennus. VK-kustannus Oy. s. 215-239. Psykkinen valmennus. Hiihtourheilu. Liukkonen, J., Jaakkola, T., Suvanto, A., (toim.) . Rahasta vai rakkaudesta työhön? Mikä meitä motivoi? Jyväskylä. Further reading and material provided by lecturer		

(SLAU7Z) SPORTS EXPERTISE 33 cr

Students will understand the significance of sports as a means of developing motor skills and physique, and of self-expression from a personal and client-oriented point of view.

(SLAU015) Skating and Ice Games

Credits:	3 cr	Timing:	2nd yr
Objective:	Students will be conversant with the significance of skating and ice games as forms of winter sports. They will know the basic techniques of skating and learn new ice games and the importance of these sports for fitness and developing balance.		
Contents:	Skating Games on ice		
Learning Strategies:	Lectures, supervised exercises, instruction practice		
Assessment:	Attendance of lectures, approved completion of exercises and instruction practice		
Bibliography:	Material/reading list provided by the lecturer		

(SLAU016) Cross-Country and Down-Hill Skiing

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be aware of the importance of skiing as a central form of exercise in the winter while knowing basic skiing techniques. They will also know how to move safely and effectively on the ski-slopes and be conversant with the contents of the down-hill, telemark and snow boarding teaching syllabus for providing ski instruction and management activities on the ski-slopes.		
Contents:	Cross-country skiing techniques Games on skis A skiing excursion Down-hill skiing, telemark, snow-boarding		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Approved attendance of lectures, completion of exercises and instruction assignments		
Bibliography:	Reading list/material provided by teacher		

(SLAU003) Outdoor Activities

Credits:	3 cr	Timing:	Second year of studies
Objective:	This course provides an introduction and the opportunity to experience various kinds of outdoor activities and sports.		
Contents:	Different forms of outdoor activity, e.g. hiking, mountain biking, canoeing, ski tours, snow shoeing and skating tours		
Learning Strategies:	Lectures, practical assignments		
Assessment:	Lectures, supervised exercises		

Bibliography: Reading list/material provided by lecturer

(SLAU004) Athletics

Credits: 3 cr Timing: Second year of studies

Objective: During this course students will develop their jumping, running and throwing skills as well as their knowledge of the rules, equipment and central forms of athletics. The connection between athletics and other sports will be examined and students will also become familiar with speed and strength training. They will also develop motor skills and gain the necessary know-how for sports instruction.

Contents: Running, jumping, and throwing
Motor skills and skills for different forms of athletics
Strength and speed
Performance instruction

Learning Strategies: Supervised exercises, instruction practice

Assessment: Accepted completed skill tests, exam

Bibliography: Reading list/material provided by lecturer

(SLAU005) Aquatic Sports

Credits: 6 cr Timing: First year

Objective: Students will possess basic knowledge and skills in aquatic sports. They will be able to plan, supervise and evaluate such sports and activities.

Contents: Swimming Instructor Basic Course
Different forms of aquatic gym and exercises

Learning Strategies: Lectures, supervised exercises, instruction practice

Assessment: Skill level tests, instruction sessions, exam

Bibliography: Suomen Uimaopetus ja Hengenpelastusliitto. Tervetuloa uimaopettajaksi!
Suomen Uimaopetus ja Hengenpelastusliitto. Uinnin opetuksen opas. Helsinki.
Anttila: Vesivoimistelu.
Further reading/material provided by lecturer

(SLAU006) Gymnastics

Credits: 3 cr Timing: Second year

Objective: Students will be conversant with gymnastics terminology, how the basic movements develop and assistance methods. They will also know how to develop a series from single floor and apparatus gymnastics movements, while being able to use basic and apparatus gymnastics to develop motor skills.

Contents: Basic gymnastics
Apparatus
Apparatus gymnastics, the gym circus
Movement development and assistance

Stretching and mobility exercises

Learning Strategies: Lectures, supervised exercises, instruction exercises

Assessment: attendance of lectures, completion of set exercises, instructor training sessions, and learning tasks

Bibliography: Tervo, E., Voimistelun perusohjelmisto ja opettaminen. Moniste.
 Vasunta, M., Voimistelu ja sen opettaminen.
 Jumbajuna materiaali
<http://moniviestin.jyu.fi/sisalto/liikunta>
 Further reading/materials provided by lecturer

(SLAU007) Musical Exercise

Credits: 3 cr Timing: 1st year

Objective: Students will be able to combine movement to form a series and develop their own coordination. They will be competent in leading aerobics sessions and be able to justify their own activities.

Contents: Rhythm exercises, combining movement and music
 Creative movement
 Jazz, afro and disco dancing
 Basic aerobics, step-aerobics, circuit training
 Spinning,
 Other forms of aerobics,
 Use of music in exercise
 Using music
 Planning performances involving exercise and movement

Learning Strategies: Lectures, supervised exercises, instructing assignments

Assessment: Lectures, exercises, accepted exercise performance

Bibliography: Anttila, E., Tanssin aika. Liikuntatieteellisen seuran julkaisuja nro 139.
 Further reading/material provided by lecturer

(SLAU010) Introduction to Ball Games

Credits: 3 cr Timing: First year

Objective: Students will get to know different ball games. They will develop their understanding of the game, ball game skills and game instruction and management skills.

Contents: Common ball games
 Reference games
 Ball game techniques and practice
 Recognition, understanding and analysis of ball games
 Supervision and instruction

Learning Strategies: Supervised exercises

Assessment: Game competence assessed during exercises

Bibliography: Reading list/material provided by lecturer

(SLAU011) Ball Game Understanding and Analysis

Credits: 3 cr Timing: Second year

Objective: Students will gain in-depth understanding of ball games while developing their own group supervision, instruction and organisation skills as well as their own ball game skills.

Prerequisite: Introduction to ball games

Contents: Different ball games
Ball game practice exercises
Understanding and analysis
Supervision and instruction
Organisation skills
Group supervision and instruction

Learning Strategies: Supervised exercises, instruction exercises

Assessment: Proven competence during supervised exercises

Bibliography: Reading list/material provided by lecturer

(SLAU014) Precision and Racquet/Bat Sports

Credits: 3 cr Timing: second year

Objective: Students will get to know different precision and racquet/bat sports and develop their competences in these sports.

Contents: Golf, bowling, petanque, frisbee, tennis, squash, badminton, floorball, rinkball

Learning Strategies: Supervised exercises

Assessment: Practice and competence development in these sports

Bibliography: Material/reading list provided by lecturer

(SLAY8Z) EXERCISE IN SOCIETY AND ENTREPRENEURSHIP 15 cr

Students will recognise the opportunities that exist in the sports and exercise business and their own skills for setting up a business. They will be aware of the significance of sports and exercise for the individual and in society.

(SLPY00I) Customer-Oriented Marketing

Credits: 3 cr Timing: Second year of studies

Objective: Students will be conversant with the basic concepts of marketing as well as the special features of service business, exercise and sports marketing. Students will understand the significance of marketing as part of business operations.

Contents: Client-oriented marketing thinking
The basic concepts of marketing
The special features of sports and exercise marketing

Learning Strategies: Lectures, supervised assignments

Assessment: Exam and assignments

Bibliography: Alaja, E., Arpapelä? Urheilumarkkinoinnin käsikirja.
Bergström, S., Leppänen, A., Yrityksen asiakasmarkkinointi. Edita.

(SLPY002) Introduction to Entrepreneurship in Sports

Credits: 3 cr Timing: First year of studies

Objective: Students will be proficient in the basic concepts of running a business and economic thinking.

Prerequisite: Customer-Oriented Marketing

Contents: Basic business concepts
Business operations and processes
External and internal business and self-employment
Sports business interest groups
Networking/partnership thinking

Learning Strategies: Lectures, supervised assignments

Assessment: exam and assignments

Bibliography: Viitala, R., Jylhä, E., Menestyvä yritys (suitable extracts)
Further reading and materials from lecturer

(SLPY003) Leadership and Management

Credits: 3 cr Timing: Third year of studies

Objective: Students will gain thorough knowledge of organisation based sports leadership and management processes and procedures.

Prerequisite: Customer Oriented Marketing Introduction to Entrepreneurship in Sports

Contents: Organisational structures and theory and Different leadership styles
The roles and functions of leadership
Change leadership
Teamwork and the learning organisation

Learning Strategies: Lectures, supervised assignments

Assessment: Assignments and exam

Bibliography: Joutsenkunnas, T., Heikurainen, P., Esimiehenä palveluyrityksessä

(SLAY001) Company Law and Jurisprudence of Sports

Credits: 3 cr Timing: Third year

Objective: Students will be conversant with company and association laws governing sports and exercise operations.

Contents: Operational environment
Contract law
Company and association law
Work contracts and occupational safety
Individual rights and duties

Learning Strategies: Lectures and supervised assignments

Assessment: Exam

Bibliography: Rauste, O. Urheiluoikeus. Lakimiesliiton kustannus. Helsinki.
Lecture handouts
Current articles

(SLAY002) Sports in Society

Credits: 3 cr Timing: Second year (please
note that course
details may change)

Objective: The aim of this course is to introduce the central concepts of sports and exercise within society to students. The course will cover public and third sector organisation of sports and administration as well as regional sports culture specialisation. Students will also be conversant with the central theories of social science, administration and planning theories.

Contents: Sports and exercise in society
Central concepts of sports social science research
Sports and exercise behaviour patterns within different sectors of the population
The socialisation of exercise
Organisation, planning and administration of sports and exercise
Sustainable development, equality and development of the international context

Learning Strategies: Lectures

Assessment: Exam based on lectures and reading

Bibliography: Choose one of the following:
Itkonen, Heikkala, Iltanen & Koski. Liikunnan kansalaistoiminta -muutokset, merkitykset ja reunaehdot. Helsinki: Liikuntatieteellinen seura (178 s.) OR
Miettinen, M., (toim.). Haasteena huomisen hyvinvointi-miten liikunta lisää mahdollisuuksia? Jyväskylä: Likes (357 s.)

(SLAT8Z) RESEARCH STUDIES 6 cr

Students will develop their know-how in a genuine work situation and gain skills required for carrying out research and development projects

(SLAT001) Introduction to Research

Credits: 6 cr Timing: Second year

Objective: Students will carry out various research and development projects and learn the necessary research and development methods and techniques required for their own professional growth and development.

Contents: Research and development in sports, health and social welfare

Deductive research processes
 Inductive research processes
 Analysis and interpretation of quantitative and qualitative material

Learning Strategies: Lectures, supervised assignments, seminars

Assessment: Pre-lecture independent assignments, compilation assignment(during seminars), exam

Bibliography: Hirsjärvi, S., Remes, P. & Sajavaara P. Tutki ja kirjoita. Gummerus, Jyväskylä.

OPTIONAL PROFESSIONAL STUDIES

(SLVT1Z) HEALTH-PROMOTING PHYSICAL EXERCISE 21 cr

This module provides the know-how required to plan, supervise and assess client and group oriented health-related exercise. Students will be competent in instructing and supervising different health-related exercise activities and sports.

(SLVT005) Health Exercise Coaching

Credits: 6 cr Timing: 3rd yr

Objective: Students will be able to compile exercise programmes for different age groups taking into account level of performance and capability. They will also be able to instruct clients how to adopt a health promoting life-style.

Contents: Fitness, measuring and compiling exercise programmes,
 Different methods of exercise counselling.

Learning Strategies: Lectures, supervised exercises

Assessment: Testing clients and compiling exercise programmes for them - exercise counselling assignment

Bibliography: Keskinen ym. Kuntotestauksen käsikirja.
 Further reading as indicated by the lecturer.

(SLVT002) Applied Physical Education

Credits: 3 cr Timing: Third - fourth year
 of studies (Please
 note course details
 may change)

Objective: This course prepares students for instructing mixed ability groups and using exercise in different environments for students requiring specialised support.

Contents: Students as individuals and engaging teaching.
 Didactics of applied physical education
 Learning difficulties and teaching challenges in physical education
 Teaching students with special needs

Learning Strategies: Lectures, seminar, supervised assignments

Assessment: Active participation, assignments, exam

Bibliography: Heikinaro-Johansson, P. & Kolkka, T. Koululiikuntaa kaikille. Jyväskylä Gummerus (s. 9-22 ja 54-201)

(SLVT006) Instructing Health-Enhancing Physical Activity

Credits: 3 cr Timing: Third year

Objective: Students will know how to plan, instruct and evaluate health promoting exercise through different sports for different client groups. They will also be competent in instructing the handicapped and groups of people with restricted mobility.

Contents: Applied instruction
Applying different kinds of sports and forms of exercise
Instruction and working methods
Muscular care: stretching and massage

Learning Strategies: Lectures, supervised assignments, instruction practice

Assessment: Instruction sample session

Bibliography: Reading list/ material provided by lecturer

(SLVT007) Applications of Exercise

Credits: 6 cr Timing: Third - fourth year

Objective: Students will be able to apply different forms of exercise practice for different kinds of people and provide client based counselling and supervision taking into account different levels of achievement and performance linked to varying physical, mental and social states.

Contents: Exercise counselling
Different forms of exercise and sports and their application
Exercising with different health problems and illness
Exercise for groups with special needs

Learning Strategies: Lectures, supervised assignments

Assessment: Assignments, exam

Bibliography: Reading list/material provided by lecturer

(SLVT008) Well-being Sports and Exercise

Credits: 3 cr Timing: 3rd yr

Objective: Students will focus on sports and exercise that specifically enhance overall health and wellbeing with additionally having therapeutic advantages.

Contents: The practice of wellbeing sports
Effects and special features
Deep stretching and fitness, yoga, riding, 'soft' martial arts

Learning Strategies: Exercises

Assessment: Active participation Assignment/exam

Bibliography: Putkisto Marja: Method Putkisto
Sports instructor's material

(SLVY3Z) EXERCISE TOURISM 21 cr

This module covers the production and distribution chain of tourism services from the viewpoint of commodification and leadership. It provides students with in depth knowledge of different forms of sports and exercise tourism in Finland and abroad. Students will also experience adventure education and its uses in coaching situations.

(SLVY006) Nature and Exercise Tourism

Credits: 6 cr Timing: 3rd - 4th yr

Objective: Students will be conversant with the concepts and nomenclature of nature and exercise tourism and the most important forms of exercise in tourism.

Prerequisite: Nature-based Exercise and Orienteering

Contents: The concepts and nomenclature of nature and exercise tourism
Supply and demand in nature and exercise tourism
Trends in nature and exercise tourism
Product planning, implementation and evaluation in nature and exercise tourism

Learning Strategies: Lectures, coursework and study trips

Assessment: Exam and coursework

Bibliography: Hemmi, J. 2005. Matkailu, ympäristö ja luonto, osat 1-2.
Further reading and material to be announced

(SLVY002) Adventure Education

Credits: 3 cr Timing: Third - fourth year

Objective: Students will gain an overview of adventure education and how to apply theory in practical instruction contexts.

Prerequisite: Outdoor activities and orienteering Nature and Sports Tourism

Contents: The theory and history of adventure education
Group leadership
Group activity and dynamics
Adventure activities

Learning Strategies: Lectures and supervised assignments

Assessment: Active participation and practice task

Bibliography: Aalto, M. Ryppäästä ryhmäksi.
Degerman, P. & Pohjola, P. Sinustako seikkailija.
Lehtonen, T. Elämän seikkailu.
Priest, S & Gass, M.A. Effective Leadership in Adventure Programming.
Swarbrooke et al. Adventure Tourism.

Telemäki, M. & Bowles, S. Seikkailukasvatuksen teoria ja käytäntö, osa 1.
Verhelä, P. & Lackman, P. Matkailun ohjelmapalvelut.

(SLVY003) Organising Nature and Sports Tourism

Credits:	3 cr	Timing:	Third - fourth year
Objective:	This course provides students with the know-how and theory of nature and sports tourism as well as introducing different nature and sports tourism products for appraisal.		
Prerequisite:	Introduction to Nature and Sports Tourism		
Contents:	The principles of nature and sports tourism Practical implementation of sports and nature tourism Product assessment		
Learning Strategies:	Lectures and supervised assignments		
Assessment:	Active participation, assignment		
Bibliography:	Aaltonen, T. & Arkko. Vanhat hyvät erätaidot. Aulio, O. Suuri retkeilykirja. Hattingh, G. Outdoor survival.		

(SLVY004) Product Development in Sports Tourism

Credits:	6 cr	Timing:	Third - fourth year
Objective:	Students will understand the significance of sports products and services as well as client based product development for maintaining competitiveness in on-going business development. Students will be able to plan, price and market different sports services and products to segmented markets.		
Contents:	Sports and outdoor activity products Planning, packaging and pricing		
Learning Strategies:	Lectures and assignments		
Assessment:	Exam and assignments		
Bibliography:	Kotler, P., Bowen, J., Makens, J., Marketing for Hospitality and Tourism Komppula, R., Bixberg, M., Matkailuyrityksen tuotekehitys (soveltuvien osin). Borg, P., Kivi, E., Partti, M., Elämyksestä elinkeinoksi.		

(SLVY007) Leading a Service Company

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will learn how to regulate human resources, ensure that they have a competent staff and how to maintain job motivation.		
Prerequisite:	Leadership and Management		
Contents:	HR planning HR locating, orientation and job instruction,		

Staff development,
Monitoring and recognising performance
Promotion of occupational well-being

Learning Strategies: Lectures and assignments

Assessment: exercises and/or exam

Bibliography: As indicated by the lecturer

(SLVV3Z) COACHING WINTER SPORTS 21 cr

Students will gain the skills and know-how to manage the whole coaching process: planning, implementation, assessment and leadership.

(SLVV001) Introduction to Coaching

Credits: 3 cr Timing: Third - fourth year

Objective: Students will understand coaching working methods and be conversant with different coaching systems.

Prerequisite: Motor Learning and Analysis of Movement, Anatomy, Physiology

Contents: Coaching concepts
Coaching tools
Coaching systems

Learning Strategies: Lectures, part of the course completed as e-studies

Assessment: exam, e-assignments

Bibliography: reading list/material provided by lecturer

(SLVV009) Development of Physical Characteristics I

Credits: 3 cr Timing: 3rd - 4th yr

Objective: Students will be conversant with the development of physical characteristics.

Prerequisite: Motor Learning and Analysis of Movement, Anatomy, Physiology

Contents: Receptive periods in terms of the development of physical characteristics.
Deeper analysis of movement
The principles of the development of physical characteristics: skill, strength, speed, endurance, mobility

Learning Strategies: Lectures, supervised exercises, practical assignments

Assessment: Assignments, practical assignments

Bibliography: Mero Antti: Urheiluvalmennus.
Häkkinen Keijo: Voimaharjoittelun perusteet.
Shephard RJ & Åstrand P-O (ed.): Endurance in Sport.
Komi Paavo (ed.): Strength and Power in Sport.
Magill Richard A: Motor Learning and Control.

(SLVV010) Development of Physical Characteristics II

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be conversant with the methodology for the development of different physical characteristics in practice.		
Prerequisite:	Development of Physical Characteristics I		
Contents:	Methods of developing different physical features How to develop physical features in practice The matching the development of physical features to sports and exercise		
Learning Strategies:	Lectures, supervised exercises, practical exercises		
Assessment:	Assignments		
Bibliography:	As indicated by the lecturer		

(SLVV006) Planning and Follow-up of Practice Sessions I

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will understand how to plan exercise practice sessions and required follow-up methods and analysis.		
Prerequisite:	Motor Learning and Analysis of Movement, Anatomy and Physiology		
Contents:	Planning and carrying out a coaching session Follow-up How to record and analyse coaching sessions Follow-up tests		
Learning Strategies:	Lectures, mentor-lead practical training, supervised independent study		
Assessment:	Assignment reports		
Bibliography:	Bompa Tudor O., Periodization, Theory and Methodology of Training. Further reading as indicated by the lecturer		

(SLVV007) Planning and Follow-up of Practice Sessions II

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be conversant with the planning, required follow-up and analysis of training sessions and will be able to apply their abilities according to the needs of a particular sport or sportsperson.		
Prerequisite:	Planning and Follow-up of Practice Sessions I		
Contents:	Planning and carrying out training Training follow-up Recording and analysing training Follow-up tests		
Learning Strategies:	Mentor lead practical training, supervised independent study		
Assessment:	Assignment reports, sports camp training		

Bibliography: Bompa Tudor O., Periodization, Theory and Methodology of Training.
Sports literature

(SLVV004) Management of a Training Process

Credits: 3 cr Timing: Third - fourth year
of studies

Objective: Students will be conversant with the structures of training process management

Contents: Coaching as team work
The structures of a goal-oriented training process
Expert network as a resource
Coaching group structures and group dynamics
Support measures for coaching management

Learning Strategies: Lectures, assignments

Assessment: Exam, report assignments, sports camp training

Bibliography: Reading list and materials provided by lecturer

(SLVV008) The Special Questions of Coaching

Credits: 3 cr Timing: 3rd - 4th

Objective: Students will gain a basic overview of the operations that support coaching

Contents: Coaching support actions
Healthcare for sportsmen and women
Nutrition for sportsmen and women
Antidoping
Competitive sports for special needs groups

Learning Strategies: Lectures, seminars, theme days

Assessment: Reporting

Bibliography: Gambetta Vern: Athletic Development Book: The Art and Science of Functional
Sports Conditioning.
Further material to be announced

(VAPAAZ) FREE-CHOICE STUDIES 15 cr

Students can freely select 15 cr of studies that will support their professional development, from their own field/degree programme or from another degree programme in their own university of applied sciences, from another university of applied sciences or science university. Students will achieve wide-ranging business expertise.

(SLW001) Physical Exercise for Young Children and Infants

Credits: 3 cr Timing: Second year

Objective:	Students will gain knowledge of the contents and principles guiding physical education for children. Students will also be able to plan, implement and assess physical exercise performance of young children while understanding the significance of exercise in the lives and development of young children as a whole.
Contents:	Different forms of physical exercise Everyday physical education Children and movement Planning physical exercise for children and special needs
Learning Strategies:	Lectures and assignments
Assessment:	Accepted completion of instruction practice/ sports event and learning tasks
Bibliography:	Autio, T. 2001. Liiku ja leiki: motorisia perusharjoitteita lapsille. VK-Kustannus oy. Haatainen, U., Kaltiainen, R., Lehtola-Kettunen, P., Siipola, T. & Takala, K. 2004. Kaikki linnut lentämään. Päivittäinen liikuntakasvatusohjelma alle 4 - vuotiaille. Kajaanin opettajankoulutusyksikkö. Karvonen, P., Siren-Tiusanen, H. & Vuorinen, R. 2003. Varhaisvuosien liikunta. VK-Kustannus oy. Ojanaho, M., Pehkonen, M. & Penttinen, S. 2003. Sportfolio- liikunnan opettamisen aapinen. Lapin yliopiston kasvatustieteellisiä julkaisuja 2. Rovaniemi.

(SLW002) Physical Exercise for Early Years

Credits:	3 cr	Timing:	First - third year of studies
Objective:	Students will know the principles and special features of early years physical exercise.		
Contents:	Early years curriculum Early years learning and teaching Creating the ability for life-long learning Interaction between children and adults Family exercise		
Learning Strategies:	Independent study		
Assessment:	Book exam		
Bibliography:	Brotherus, A., Helimäki, E., Hytönen, J., 1994. Opetus varhaiskasvatuksessa. Juva Arvonen, S., (toim.) 2004. Porukalla. Perheliikuntaohjaajan käsikirja. Helsinki. Further reading and material provided by lecturer		

(SLW003) Challenges of Physical Exercise for the Elderly

Credits:	3 cr	Timing:	First - third year
Objective:	Students will be able to plan, implement and assess physical exercise for the elderly. This course also covers different forms of exercise and the significance of exercise as a means of supporting wellness.		
Contents:	Different forms of exercise The principles of training The significance and consequences of exercise for the elderly.		

Contents: The concept of mental health
Promoting mental health of children and the young
The most common mental health problems encountered in children and juveniles
Different forms of aid for children and juveniles in mental health work.

Learning Strategies: Independent study

Assessment: Exam

Bibliography: Reading list and material provided by lecturer

(SLW026) Nutrition and Exercise

Credits: 3 cr Timing: 2nd - 3rd year

Objective: Students will be aware of the special nutritional needs of sportsmen and women and will be conversant with the significance of nutrition and exercise in weight control.

Prerequisite: Introduction to Nutrition

Contents: Assessment of nutritional state and makeup of the body
Special needs of sportsmen and women
Nutrition
Weight control

Learning Strategies: Lectures

Assessment: Exam

Bibliography: Borg, Fogelholm & Hiilloskorpi. Liikkujan ravitsemus - teoriasta käytäntöön. Edita.
Further reading as indicated by the lecturer

(SLW025) Taping and Massage

Credits: 3 cr Timing: 2nd - 4th yr

Objective: Students will know the basics of and the reasons for taping. They will understand massage as a whole and be able to use different forms of massage to induce relaxation and recovery.

Prerequisite: Anatomy and Physiology

Contents: Ankle, knee and wrist taping
The uses of sports tapes
The anatomy of the area for taping
Introduction to massage
Different forms of massage and their application in the massage of different anatomic areas

Learning Strategies: Lectures, supervised exercises, independent work

Assessment: Exam, participation

Bibliography: Arponen, R., Valtonen, E., Hieronta
hoitomenetelmänä
Further reading as indicated by the lecturer

(SLW015) Dances

Credits:	3 cr	Timing:	1st - 3rd yr
Objective:	Students will be conversant with the different areas of dance and the basic steps of normal and latin dances. Students will be able to teach the basic dance steps and they will understand dance as part of physical education.		
Contents:	Foreign and Finnish round and folk dances Traditional and latin dances		
Learning Strategies:	Supervised exercises, instruction practice		
Assessment:	Participation		
Bibliography:	Hekinaro-Johansson, P., (toim.), Huovinen, T., Näkökulmia liikuntapedagogiikkaan. WSOY. (osittain) Nuutinen, L. Suomalaisen kansantanssin opettaminen - oppimisen teoriasta käytännön toimenpiteisiin. Vapaan sivistystoimen liitto. Further material provided by the lecturer.		

(SLW017) Self-defence Sports/Martial Arts

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be competent in the basics of one particular martial art.		
Contents:	Judo Taekwon-do Aikido Other possible martial arts		
Learning Strategies:	lectures, supervised training sessions		
Assessment:	Participation		
Bibliography:	Teacher's own material		

(SLW027) New Forms of Exercise

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will familiarise themselves with new forms of exercise and sports.		
Contents:	Aerobics Gym Other sports and forms of exercise		
Assessment:	Learning assignments, approved accomplishment of all exercises		
Bibliography:	Material provided by the teacher		

(SLW013) Facts About Finland and Other Countries

Credits:	3 cr	Timing:	First - third year
----------	------	---------	--------------------

Objective:	Students will be conversant with the history and modern times of his/her home country, e.g. Finland. Students will gain insight into their own country's history, modern trends and culture through literature.
Contents:	Finland info: history and modern times, society and education system, lifestyle, cultural values, attitudes and behaviour - How is Finland known throughout the world. Target country's history, modern times, cultural values, attitudes and behaviour.
Learning Strategies:	Independent study in the form of e studies
Assessment:	On-line study (2 written reports - report on Finland in English and other target country in Finnish). Oral exam in English on knowledge of Finland.
Bibliography:	CIMO : Living in Finland Facts about Finland Students' choice of reading on Finland Students' choice of reading on target country

(SLOO1Z) THESIS 15 cr

Students will deepen their professional knowledge and develop their professional know-how by using research material and by following the common ethical rules of research.

(SLOO001) Thesis

Credits:	15 cr	Timing:	2nd - 4th yr
Objective:	Students will develop and demonstrate their competence to apply knowledge and skills in posts and work related tasks linked to their professional studies. They will deepen their professional competence in collaboration with other participants in this process. They will also demonstrate their competence in critical, research based, developmental and ethical thinking as the basis of their professional development.		
Prerequisite:	Introduction to Research (6 cr) must be completed and graded prior to the presentation of the topic analysis. The topic analysis must be approved before beginning the thesis plan. The plan must be approved before continuing with and presenting the thesis. The thesis must be presented before the maturity test is written.		
Contents:	part 1: Finding a thesis topic, setting the objectives, final selection and outline of the topic, supervision and peer supervision, commitment, responsibility and duties, topic analysis, information retrieval skills 2. Part 2: Thesis planning, cooperation with the commissioning party, commissioning agreement and copyright law, evaluation procedure, presentation of thesis plan. 3. part 3: implementation, presentation and reporting of the thesis		
Learning Strategies:	Seminars		
Assessment:	Written and spoken presentation and viva voce defence of the topic analysis, thesis plan and the thesis itself, seminars, follow-up of completed theses, poster and maturity test, taking part as a supervising peer and chairperson		
Bibliography:	Thesis related material http://www.kajak/opari.fi		

