

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

- Degree Programme in Nursing (undergraduates and mature students)

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:

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, 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 professional 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 the 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.

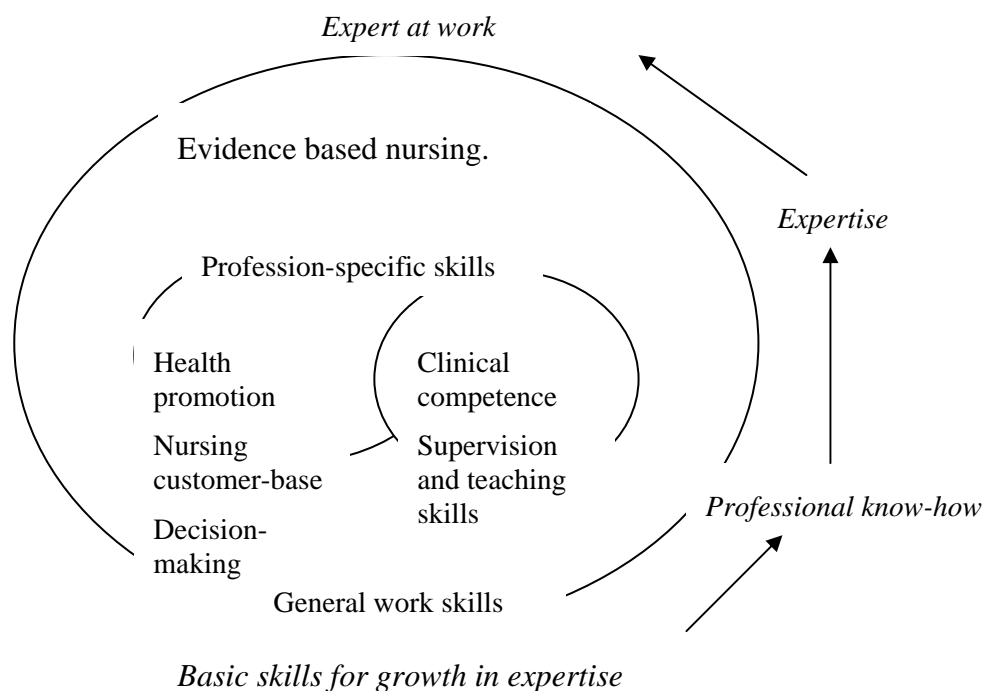


Figure 1 Growth of expertise in nursing in the degree programme in nursing

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 doctor's 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 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 a 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:

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.

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.

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 clinical training 12 cr	cr
National Health and Health Promotion	6 cr
Evidence-based Nursing	40 cr
Includes clinical training 3 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	
Nursing the Aging	
Medical Nursing	
Professional Clinical Training	21 cr
 Graduate Studies in Public Health Nursing (Public Health Nurse, UAS)	 29 cr
Professional 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 17 cr

(SHPV007) University Study Skills

Credits:	3 cr	Timing:	1st - 4th yr
Objective:	Students will gain the skills required to accomplish their studies at the university of applied sciences as well as the ability to evaluate their own study progress and development. They will also learn how to take advantage of the the student services provided by the University.		
Contents:	Studying at a university of applied sciences, study skills and study environments Student services		
Learning Strategies:	Lectures, personal progress reviews		
Assessment:	Continual assessment and assignments		
Bibliography:	To be announced		

(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, while developing their written communication skills and being able to manage different areas of spoken communication as part of their professional development.		

Contents: Preparing for speeches, presentation and analysis
Creating academic texts and what makes a good document

Learning Strategies: Group assignments , independent study

Assessment: Assignments, exam

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

(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 announced		

(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 of social and health care policy. Students will then be able to help patients 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 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, group assignments, e-learning, 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:

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

Assessment: Exam and/or group assignment

(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

(SHAH015) 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 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		
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		
Bibliography:	SPR, Ensiapuopas (Finnish red Cross First Aid Guide) Other current material		

(SHAH025) Introduction to Pharmacotherapy

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be conversant with the mathematics of medical treatment. 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.
 Medicines and forms of medicine used to treat the most common illnesses.

Learning Strategies: Lectures, independent study

Assessment: Exam

Bibliography: Nurminen, M-L., Lääkehoito
 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, E-learning, independent study

Assessment: E-assignments

Bibliography: Terveys 2015 -ohjelma
Savola, E. & Koskinen-Ollonqvist, P.: Terveysten 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.

Contents: The theoretical principles and models of health promotion
Themes, content and methods of health promotion
Health consultation during the different stages of life and different situations in a person's life

Learning Strategies: Lectures, independent study

Assessment: Health Education Event and exam

Bibliography: Terveysten edistämisen laatusuositus. STM.
Terveyttä edistävän viestinnän suuntaviivat.
Kääriäinen, M., Kyngäs, H: Käsitemallit ohjauskäsitteestä hoitotieteessä.
Kettunen, T: & Liimatainen, L & Poskiparta, M.: Terveyskasvatus arjen neuvontatyössä.

(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:	<p>The care path of a patient suffering from an internal illness</p> <p>Nursing pulmonary disease</p> <p>Nursing diseases of the locomotor system</p> <p>Multidisciplinary co-operation in the nursing of neurological patients</p> <p>Nursing cardiovascular diseases</p> <p>The most common cancers and caring for cancer patients</p> <p>Nursing internal secretion illnesses</p>
Learning Strategies:	Lectures, group assignments, independent study
Assessment:	Exam
Bibliography:	Iivanainen, A., Jauhiainen, M. & Pikkarainen, P., Sairauksien hoitaminen terveyttä edistään.

(SHAN002) Internal Diseases and Neurology

Credits:	1 cr	Timing:	1st - 2nd yr
Objective:	<p>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.</p>		
Contents:	The most significant internal diseases, their aetiology and principles of nursing		
Learning Strategies:	Lectures, independent study		
Assessment:	Exam		
Bibliography:	To be announced		

(SHAN003) Nursing the Aging and Home Nursing

Credits:	3 cr	Timing:	3rd yr
Objective:	<p>This course will help students to build their knowledge and value base for the promotion of aging and elderly peoples' health and wellbeing. They will be able to utilise capacity based thinking and working methods for making decisions concerning nursing an elderly patient in his/her home, assisted living accommodation and in institutions. They will learn how to advise elderly patients and their relatives in the use of the services provided.</p>		
Contents:	<p>The capacity and resources of elderly patients, the principles of home nursing and assistance, nursing in assisted living accommodation and institutions</p> <p>Safe medical care of elderly patients</p> <p>Evaluating an elderly person's functioning capacity and health promotive exercise</p> <p>An obstacle free home for elderly patients and home nursing</p> <p>Memory impairing illness, changes in functioning capacity, disturbances in behaviour and their care</p>		
Learning Strategies:	Lectures, supervised exercises, independent study		
Assessment:	Exam		

Bibliography: Heikkinen, M. Vanhuuden voimavarat
Kivelä, S. Vanhusten hoito (soveltuvien osin)
Kivelä, S. Vanhusten lääkehoito
Other material

(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. They will be able to make use of a multidisciplinary knowledge base during evidence-based nursing decision making processes. Students will be competent in supporting and promoting their clients'/patients' physical and mental resources and in nursing them through the most common gynaecological illnesses and in the nursing of childhood and juvenile illnesses.

Contents: Life cycle family planning and education
The antenatal, obstetric and puerperium nursing process
Gynaecological nursing processes
The growth, development, care and supervision of a healthy child and young person
Children, young people and their families as clients of primary health care
The nursing of childhood and juvenile illnesses

Learning Strategies: Lectures , group assignments, independent study

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 order to make decisions concerning nursing and care procedures. They know how to carry out medical care correctly according to the doctor's orders.
Contents:	The most significant paediatric diseases and their care The most significant gynaecological diseases and their care Obstetrics
Learning Strategies:	Lectures, independent study
Assessment:	Exam
Bibliography:	To be announced

(SHAN007) Mental Health Work

Credits:	8 cr	Timing:	2nd - 3rd yr
Objective:	Students will know how different crises progress and they will possess basic knowledge concerning crisis intervention and care. They will be able to deal with patients with mental problems as well as being able to carry out overall client-oriented planning, implementation and evaluation of nursing and rehabilitation procedures for mental patients in co-operation with others involved in the care process. Students will also be competent in using research data in such nursing and rehabilitation processes.		
Contents:	Mental health work legislation Care recommendations Crises and how a crisis progresses, crisis work Mental health nursing and rehabilitation process Special questions of mental health documentation Advising the patient and his/her relatives Mental health work with people from different age groups Different support and help methods in mental health work Work counselling		
Learning Strategies:	Lectures, supervised exercises, seminars		
Assessment:	Exam		
Bibliography:	Mental Health Law and Statute Välimäki, ym., Psykiatrinen hoitotyö muutoksessa Other material provided by teacher/lecturer		

(SHAN008) Psychiatry

Credits:	1 cr	Timing:	2nd - 3rd yr
Objective:	Students will gain knowledge of the most common mental illnesses, how they arise, symptoms, diagnosis and of how to prevent, treat and forecast the illness and its progression. They will be conversant with the most important psychopharmaceutical medication and their effects on the patient.		
Contents:	Depression and bi-polar mood/mental disorders/mood swings Psychoses Personality disorders, anxiety disorders		

Psychiatric medication
 Childrens' and young persons' psychiatric/mental illnesses and medication

Learning Strategies: Lectures, independent study

Assessment: Exam

Bibliography: Lepola, U.ym , Psykiatria.

(SHAN009) Surgical and Perioperative Nursing

Credits: 8 cr Timing: 2nd - 3rd yr

Objective: Students will be competent in the surgical patients' recovery support nursing process using their knowledge of different fields and disciplines in the nursing decision making process.

Contents: The special features of a surgical patients and surgical nursing
 Perioperative nursing
 Intraoperative nursing
 Postoperative nursing
 The perioperative nursing process for the most significant illnesses requiring surgical care
 Quality of surgical nursing

Learning Strategies: Lectures, supervised exercises, seminars, independent study

Assessment: Exam

Bibliography: Iivanainen, A.ym ,Sairauksien hoitaminen terveyttä edistäen
 Ukkola ym. Kirurgia

(SHAN010) Surgery and Anesthesiology

Credits: 1 cr Timing: 2nd - 3rd yr

Objective: Students will be aware of the most significant methods of anesthesia and the etiology, symptoms and care of surgical illnesses while being competent in using medical knowledge to make decisions in their work. They will also be able to carry out medical care safely on patients as ordered by the doctor.

Contents: Preoperative examinations of a surgical patient, the significance of primary illness and operability
 Thrombosis and use of antibiotics to prevent disease/antibiotic prophylaxis
 Most significant aesthesia methods and medication
 The most significant surgical illnesses and their care

Learning Strategies: lectures, independent study

Assessment: Exam

Bibliography: Ukkola ym. Kirurgia
 Other material as indicated by the teacher/lecturer

(SHATTZ) RESEARCH AND DEVELOPMENT SKILLS 11 cr

(SHATT01) Introduction to Research Methodology

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

(SHATT02) Nursing Management and Work Community Development

Credits:	5 cr	Timing:	3rd - 4th yr
Objective:	Students will understand the many levels of responsibility and be proficient in coordinating, leading, assessing and developing evidence based nursing and its quality. Students will be able to recognise factors that strengthen and weaken well being at work and they will aim to improve and increase well being in the work community.		
Contents:	The central concepts and theories of administration and management		
Learning Strategies:	Lectures, group assignments and independent study		
Assessment:	Assignments		
Bibliography:	STM: Terveyttä ja hyvinvointia näyttöön perustuvalla hoitotyöllä Sosiaali- ja terveystieteiden tutkimuskeskus, Stakes, Suomen Kuntaliitto: Sosiaali- ja terveydenhuollon laadunhallinta 2000-luvulle. Valtakunnallinen suositus Other literature will be announced at the outset of the course		

OPTIONAL PROFESSIONAL STUDIES**(SHVK2Z) NURSING SURGICAL PATIENTS 30 cr****(SHVK010) Graduation Studies in Nursing**

Credits:	6 cr	Timing:	3rd - 4th yr
Objective:	Students will deepen their evidence-based surgical nursing skills and be able to apply multi-disciplinary knowledge in a variety of nursing situations.		
Contents:	How a surgical patient experiences security and safety The central support and aid methods of surgical nursing and nursing recommendations Nursing a victim of sudden illness Nursing a patient in for elective surgery		

Nursing a day-surgery patient

Learning Strategies: lectures, supervised exercises, independent study

Assessment: Exam, assignment

Bibliography: Iivanainen ym. Sairauksien hoitaminen terveyttä edistäen
Ukkola ym. Kirurgia
Material as indicated by the lecturer/teacher

(SHVK011) Development of Evidence Based Nursing

Credits: 3 cr Timing: 4th yr

Objective: Students will be competent in developing the quality of nursing and their own expertise in a critical and creative way.

Contents: Expertise in surgical nursing
Developing surgical nursing

Learning Strategies: Lectures, supervised exercises, independent study

Assessment: Assignment, 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 nursing 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, skill demonstration test, portfolio

Bibliography: Hankela, S. Intraoperatiivinen hoitotyö: Empiiriseen aineistoon perustuva teorian kehittäminen
Korte, R.ym , Perioperatiivinen hoito
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		
Assessment:	Assignment, 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.		
Learning Strategies:	Lectures, seminars, independent work		
Assessment:	Exam, assignment		
Bibliography:	To be announced		

(SHVP004) Development of Evidence Based Nursing

Credits:	3 cr	Timing:	3rd - 4th yr
Objective:	Students will be able to carry out evidence based nursing in a multi-disciplinary working group and to develop their own expertise.		
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		

(SHVT5Z) COMMUNITY-ORIENTED NURSING AND HEALTH CARE 30 cr**(SHVT005) Public Health Nursing Principles**

Credits:	6 cr	Timing:	3rd yr
Objective:	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:	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, small group exercises, e-studies, independent studies		
Assessment:	Exam and exercises		

Bibliography: To be announced

(SHVT006) Life-cycle Public Health Nursing

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

Objective: Students will be able to recognise customers' different stages of growth and development, being proficient in monitoring such growth and development. They will also gain skills in health promotion work amongst individuals, families and different communities and cross-disciplinary co-operation and working as part of different types of networks.

Contents: The public health nurse as a public health provider for different age groups
Public health care work in projects, associations and companies
The organisation of public health services
Health risks
Co-operation, cross-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 be able to recognise the changes going on in society and their consequences and will strive to have a health promoting influence within this environment. Students will know 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
Decision making systems and procedure in society
Multicultural public health nursing

Learning Strategies: Lectures, smallgroup exercises, independent studies

Assessment: Exams, assignments

Bibliography: To be announced at the outset of the course

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

Credits: 8 cr Timing: 4th yr

Objective: Students will know how to develop the quality of public health care and their own expertise.

Contents: The development of quality in public health nursing
The influence of public health nursing
Multi-disciplinary co-operation

Learning Strategies: lectures, small group exercises, independent study

Assessment: Developmental assignment

Bibliography: To be announced at the outset of course

(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 and relaxation
Cold and heat treatments
Acupuncture for pain relief
Medication for pain relief

Learning Strategies: Lectures, group assignments, independent study

Assessment: Assignment and exam

Bibliography: Arponen,R,ym. Hoitava hieronta
Kalso,E., Vainio,A., toim. Kipu
Laitinen, J.,Laitinen, M.,. Akupuntio THS;
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

(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:	8 cr	Timing:	2.- 4. vuosikurssi
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 Univeristy 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: Reading list/material provided by lecturer

(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 understands the many levels of responsibility and is able to coordinate, manage, assess, and develop nursing and its quality in units of social and health care.

Contents: Qualifications for nursing management
Organisational culture
Equipment
Scientific approach
Training-education-development
Connections with the environment
Way of working
Development of nursing quality
Financing

(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/finohta/e/>
<http://www.vtt.fi/tte/inbrief/annualreport2003/>
 Articles in Databases, ect. 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

(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 36 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: Supervised clinical training

Assessment: Supervised clinical training

(SHASHZ) NURSING INTERVENTION SKILLS PROMOTION CLINICAL PRACTICE, SPECIALISED PRACTICE 24 cr**(SHANH09) Specialised Practice, Surgical 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: Surgical Nursing

Learning Strategies: Supervised Clinical Training

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: Supervised clinical training in a perioperative nursing environment

Assessment: 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		

(SHANH07) Specialised Clinical Practice for Public Health Nursing

Credits:	30 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		

(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		

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:
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:

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 Polytechnic 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 field of physical exercise in co-operation with others. The degree programme takes 3.5 years to complete and it is worth 210 cr. There is one intake per academic year and there are 20 study places available leading to a Polytechnic Bachelor of Sports Studies degree qualification (Sports Instructor).

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 or in an international group at Vuokatti Sports Institute.

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 Polytechnic Bachelor in Sports Studies graduate will be able to work for municipalities, associations 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

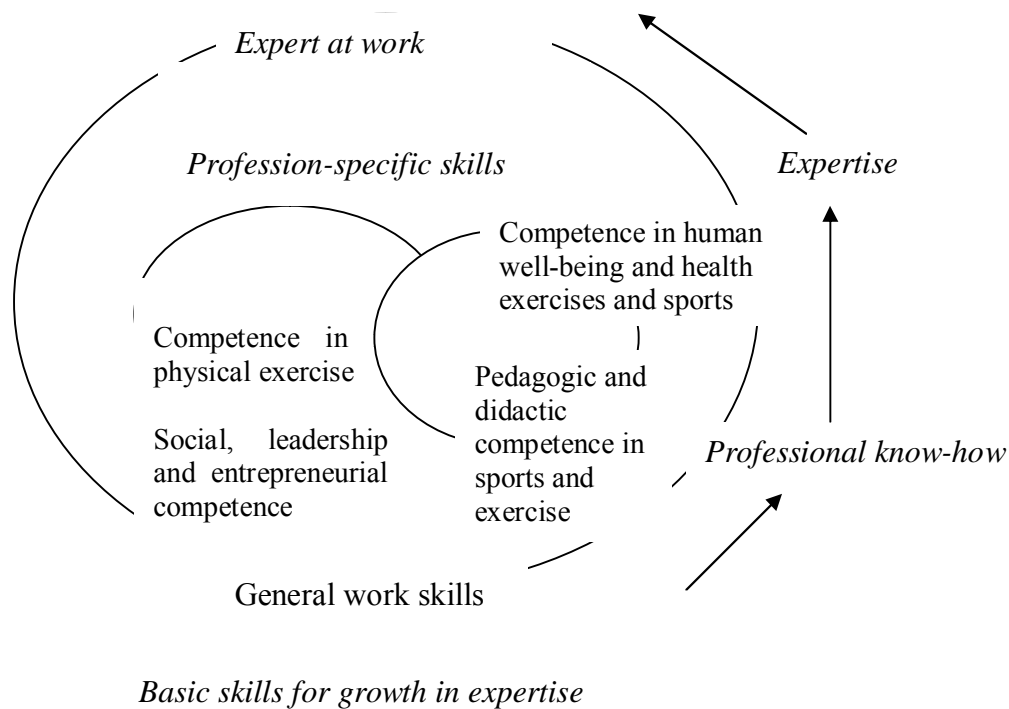
Students will be conversant with the effects of physical exercise and sports on the human body and with the principles of testing such effects. As a result they will know how to plan systematic, goal-oriented practice and training programmes and health promoting exercise. They will also possess knowledge 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.



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 practice 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.

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	
Entrepreneurship and Tourism	
Coaching Winter Sports	
PRACTICAL TRAINING	30 cr
THESIS	15 cr
FREE-CHOICE STUDIES	15 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, some parts accomplished as e studies

Assessment: Group assignment

Bibliography: 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: 5 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, demonstrations, independent work

Assessment: Exam, assignments

Bibliography: Bjälle, J., Haug, E., Sand, O., Sjaastad, Ö., Toverud, K.: Ihminen, fysiologia ja anatomia.
McArdle, Katch, Katch, Exercise Physiology.
Current articles
Hervonen, Nienstedt, Hoitoalan sanasto

(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 completed exercises		
Bibliography:	Delavier, F. Belle Linge. VK-kustannus Oy. Niemi, A. Menestyjän kuntosaliharjoittelu & ravitseminen. Docendo Finland Oy.		

(SLAL005) Introduction to Health and Wellbeing Promotion

Credits:	3 cr	Timing:	1st yr
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:

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, supervised assignments

Assessment: Exam and learning assignments

Bibliography: Fogelholm, Vuori (toim.) Terveystieteiden tutkimuskeskus.

(SLAH003) Muscle Care and Ergonomics

Credits: 3 cr Timing: 2nd 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: Second year of studies

Objective: Students will develop their readiness to act in situation requiring first aid interventions. They will learn 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 activities
First aid of sports injuries
How to act in a fire

Learning Strategies: Lectures, supervised exercises, discussion

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

Bibliography: 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.

Contents: Finnish nutritional recommendations
The links between nutrition and health
Special diets

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, exam		
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 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 evalaute 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. Jumppajuna materiaali http://moniviestin.jyu.fi/sisalto/liikunta Further reading/materials provided by lecturer

(SLAU007) Musical Exercise

Credits:	3 cr	Timing:	First 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, Planning exercise performances Using music Planning performances involving exercise and movement Relaxation exercises		
Learning Strategies:	Lectures, supervised exercises, instructing assignments		
Assessment:	Lectures, exercises, accepted exercise performance		
Bibliography:	Anttila, E., Tanssin aika. Liikuntatieteellisen seuran julkaisu 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: First 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: 4 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.

(SLVT001) **Health Promoting Exercise and Counselling**

Credits: 6 cr Timing: Third year

Objective: Students will be able to compile exercise programmes for different age groups paying special attention to their performance ability and capabilities. They will be able to guide clients to adopt a healthy life-style.

Contents: Fitness and condition of health and how to measure it, exercise programmes
 Exercise counselling, new methods
 Exercise and nutrition

Learning Strategies: Lectures and supervised assignments

Assessment: Assignments and client instruction and counselling practice, exam

Bibliography: Reading list and material provided 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. & Kolikka, T. Koululiikuntaa kaikille. Jyväskylä Gummerus (s. 9-22 ja 54-201)

(SLVT003) Instruction of Health-promoting Physical Exercise

Credits: 6 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

(SLVT004) Applications of Physical 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

(SLVY2Z) ENTREPRENEURSHIP AND TOURISM 21 cr

This module introduces students to tourism services production and distribution channels from a leadership and product management (commodification) point of view. Students will gain in depth knowledge of different forms of activity tourism in Finland and abroad. They will also be conversant with forms of adventure education and how these can be applied during the instruction process.

(SLVY001) Introduction to Nature and Sports Tourism

Credits: 5 cr Timing: Third year

Objective: Students will be conversant with the basics of the tourism business in Finland and different forms of nature and sports tourism. They will also gain knowledge of the

principles of nature and sports tourism and products taking into account the opportunities for this form of tourism in Finland as well as international trends.

Contents: Basic concepts of tourism
Tourist centre attractions
The structure of regional tourism in Finland
Forms of tourism
Nature and sports tourism forms in Finland
Legislation
International trends
Sustainable development

Learning Strategies: Lectures, supervised assignments

Assessment: Attendance of all sessions, report

Bibliography: Hudson, S. Sport and Adventure Tourism
Ritchie, B.W. & Adair, D., (eds) Sport Tourism#Interrelationships, Impacts and Issues.
Sievänen, T., (toim.). Luonnon virkistyskäyttö
Verhelä, P. & Lackman, P., Matkailun ohjelmapalvelut.
Vuoristo, K-V., Matkailun muodot
Vuoristo, K-V & Vesterinen, N., Lumen ja suven maa

(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: Introduction to Nature and Sports Tourism

Contents: The theory and history of adventure education
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: 4 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.		

(SLVY005) Human Resources Management

Credits:	3 cr	Timing:	Fourth year
Objective:	Students will gain an overview of the different themes involved in human resource management in a sports organisation.		
Contents:	Human resources management Human resources development The atmosphere at work Staff wellness Management feedback Organisation and leadership communication		
Learning Strategies:	Lectures and supervised assignments		
Assessment:	Assignments and exam		
Bibliography:	Lindström, K. & Leppänen, A., (toim.) Työyhteisön terveys ja hyvinvointi (parts) Strömmer, R., Henkilöstöjohtaminen		

Learning Strategies: Mentor-lead practical training, supervised self-study

Assessment: Exam, report assignments, sports camp training

Bibliography: Reading list/material provided by lecturer

(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

(SLVV005) Special Issues in Coaching

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

Objective: This course introduces students to the principles of procedures supporting coaching.

Contents: Coaching support procedures
Health care for athletes
High place coaching
Athletes' nutrition
Anti-doping
Competitive sports for special groups

Learning Strategies: Lectures, seminars, possible theme days

Assessment: Reports

Bibliography: reading list/material provided by lecturer

(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, assignments, instruction practice/sports event, learning assignments		
Assessment:	Accepted completion of instruction practice and learning tasks		
Bibliography:	Kaikki linnut lentämään. Päivittäinen liikuntakasvatusohjelma alle 4 - vuotiaille. Kajaanin opettajankoulutusyksikkö. Karvonen, P., Siren-Tiusanen, H., Vuorinen, R.,(toim.) Varhaisvuosien liikunta. Jyväskylä. (parts) Further reading as indicated by the lecturer		

(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.		

Learning Strategies: Lectures, supervised assignments, instruction practice

Assessment: Assignments and instruction practice

Bibliography: Lampinen, P. Fyysinen aktiivisuus, harrastustoiminta ja liikkumiskyky iäkkäiden ihmisten psyykkisen hyvinvoinnin ennustajana. Jyväskylä.
Sakari-Rantala, R. Iäkkäiden ihmisten liikunta- ja kuntosaliharjoittelu. Jyväskylä.
Further reading as indicated by the lecturer

(SLW004) Physical Exercise for People with Impaired Memory

Credits: 3 cr Timing: First - third year

Objective: This course covers the opportunities and importance of exercise in supporting the everyday functions of people with memory impairment.

Contents: Exercise supervision and instruction of dementia patients
Exercise as a support mechanism for people with memory impairment.

Learning Strategies: Independent study

Assessment: Exam

Bibliography: Jones, C.J.
Physical activity instruction of older adults
Ruuskanen, J. Dementialiikuntaopas: liikuntapedagoginen- ja didaktinen opas dementiapotilaan liikunnanohjaamiseen.
Further reading as indicated by the lecturer

(SLW005) Health Promotion in Mental Health Care

Credits: 3 cr Timing: First - third year

Objective: This course provides an overview of and background to mental health. Students will gain knowledge of different procedures in mental health work. The course stresses the frequency of mental health problems within the community.

Contents: The concept of mental health
Threats and background to mental health
The frequency of mental problems in the community
Mental health work and different operators within this sector
Mental health promotion
Different crises and crisis work

Learning Strategies: Independent study

Assessment: Exam

Bibliography: Reading list and material provided by lecturer

(SLW006) Supporting the Mental Health of Children and Youth

Credits: 3 cr Timing: First - third years

Objective: Students will gain in depth knowledge of childrens' and young peoples' different

stages of development and of how to promote good mental health of juveniles and children with the use of exercise. Students will be conversant with the principles of preventive, curative and relieving mental health work and the most common mental health problems encountered in children and young people.

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: Lectures, 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>

(SLHA1Z) PRACTICAL TRAINING 30 cr

Students will become responsible experts in their field, be able to apply their knowledge and network with other sports and physical exercise and sports interest groups and activists.

(SLHA004) Practical Training (Orientation)

Credits: 9 cr Timing: 2nd yr

Objective: Students will be aware of the business idea of their practical training location and will know what they have to do in their practical training post. They will plan, implement and evaluate exercise/sports under supervision for different client groups.

Contents: Six-week practical training period in the municipal sports/recreation department, in sports associations and clubs or in public sports/exercise service organisations.

Assessment: Report and practical training diary, powerpoint presentation

(SLHA005) Basic Practical Training

Credits: 9 cr Timing: 3rd yr

Objective: Students will be conversant in the principles of sports and exercise administrative activities. They will be competent in justifying their activities in the role of sports instructor for different client groups.

Contents: Six-week practical training period in the municipal sports/recreation department, sports/exercise service organisations or sports projects

Assessment: Report and practical training diary, e-assignments

(SLHA003) Advanced Training

Credits: 12 cr Timing: Third year of studies

Objective: Students will deepen their knowledge of the field of sports and recreation. They will be able to develop their work and working environment.

Contents: A nine-week practical training period in private or public sports/recreation organisations and associations/clubs

Assessment: Report and diary of practical training period, on-line assignments