

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

- Degree Programme in Nursing (undergraduates and mature students)

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DEGREE PROGRAMME IN NURSING

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

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

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

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

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

PROFESSIONAL COMPETENCE IN NURSING AND GENERAL OBJECTIVES

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

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

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

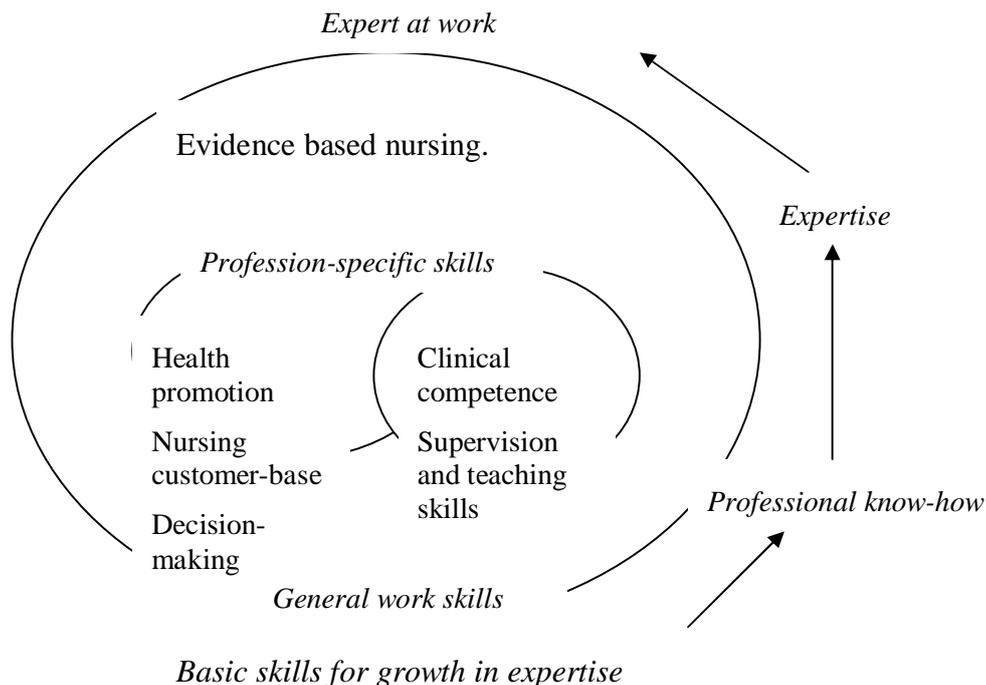


Figure 1 Growth of nursing expertise in the degree programme in nursing

The aim of the degree programme in nursing

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

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

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

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

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

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

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

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

Nursing major

1st yr Nursing orientation

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

2nd yr Competent in clinical nursing

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

3rd yr Application of nursing

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

4th yr Nursing developer

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

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

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

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

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

Environmental health promotion: Students will be competent in evaluating environmental and community health as well as providing expertise in promoting sustainable development in 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:

Public Health Nursing Major

1st and 2nd yr as above

3rd yr Application of public health nursing

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

4th yr Public health nursing developer

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



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

DEGREE PROGRAMME IN NURSING 210 – 240 CR

BASIC STUDIES	37 cr
Study and Communication skills	17 cr
Health and Welfare Services	6 cr
Social and Behavioural Sciences	6 cr
Natural Sciences	8cr
COMPULSORY PROFESSIONAL STUDIES	119 cr
Nursing Science	6 cr
Nursing Interventions	17cr
Includes supervised clinical training 12 cr	
National Health and Health Promotion	6 cr
Evidence-based Nursing	40 cr
Medical Nursing	
Maternity Care and Gynaecological Nursing, Paediatric Nursing	
Mental Health Work	
Surgical and Perioperative Nursing	
Includes supervised clinical training 12 cr	
Professional Clinical Training	39 cr
Includes home nursing training 3 cr, which takes place during optional professional studies	
Research and Development Skills	11 cr
OPTIONAL PROFESSIONAL STUDIES	30 – 60 cr
Graduate Studies in Nursing (Nurse, UAS)	9cr
Surgical Nursing	
Perioperative Nursing	
Mental Health Work	
Paediatric Nursing	
Nursing the Aging	
Medical Nursing	
Reception and Policlinic Nursing (from 2009)	
Professional in depth Clinical Training	21 cr
Graduate Studies in Public Health Nursing (Public Health Nurse, UAS)	29 cr
Professional in depth Clinical Training	31 cr
THESIS	15 cr
FREE-CHOICE STUDIES	9 cr

Objective: Students will learn how to behave in an appropriate manner in different situations requiring different forms of communication and interaction. They will be able to manage different types of speaking situations and they will develop their written communication as part of their professional competence.

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

Learning Strategies: Group assignments , independent study

Assessment: Assignments, exam

Bibliography: To be announced

(SHPK004) Painless English

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

Objective: This course equips students with the English skills required to study professional English in nursing and health care. The aim is also to develop general language acquisition skills.

Prerequisite: Proficiency test

Contents: Basic grammar and vocabulary
Spoken and written English and activating listening and reading comprehension skills.

Learning Strategies: Lectures, group assignments, independent study

Assessment: Spoken and written exercises, exam

Bibliography: Handout
Further reading provided by lecturer

(SHPV010) English for Nursing and Health Care

Credits: 3 cr Timing: 1st yr

Objective: Students will develop their written and oral English language skills for use in nursing and community health care. They will understand the importance of their language skills as part of their professional competences in an increasingly international and multicultural working environment.

Contents: Central nursing and health care vocabulary and communication situations
Meeting the customer/patient
Intercultural communication

Learning Strategies: lectures, supervised exercises, independent study

Assessment: Oral and written exercises, exam

Bibliography: Handout
Other material as indicated by teacher

(SHPK002) Bygg upp Din Svenska (Swedish)

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

(SHPV011) Swedish for Nursing

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

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

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

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

(SHAT005) Health Promotion Methods and Content

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

(SHAN1Z) EVIDENCE BASED NURSING 40 cr

(SHAN001) Medical Nursing

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

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

(SHATT04) Leadership and Work Community Development in Nursing

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

(SHPV009) Academic Writing

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

(SHVA010) Graduation Studies in Nursing

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

(SHVA012) Development of Evidence Based Nursing

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

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

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

The most significant medical nursing interventions and recommendations.

Assessment: Exam, assignment

Bibliography: To be announced

(SHVP004) Development of Evidence Based Nursing

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

Contents: Expertise in medical nursing
Developing medical nursing

Learning Strategies: Lectures, seminars, independent study

Assessment: Assignment, portfolio

Bibliography: To be announced

(SHVM4Z) MENTAL HEALTH WORK 9 cr

(SHVM025) Graduation Studies in Nursing

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

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

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

Learning Strategies: Lectures, drama, seminars, independent study

Assessment: Exam, assignment

Bibliography: To be announced

(SHVM026) Development of Evidence Based Nursing

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

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

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

Learning Strategies: Lectures, drama, seminars, independent study

Assessment: Assignment, portfolio

Bibliography: To be announced

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

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

Assessment: Exam and assignments

Bibliography: To be announced

(SHVT006) Life-cycle Public Health Nursing

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

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

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

Learning Strategies: Lectures, group assignments, independent study

Assessment: Exams and exercises

Bibliography: To be announced at the outset of the course

(SHVT007) Social and Multicultural Public Health Nursing

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

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

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

Learning Strategies: Lectures, supervised exercises, independent studies

Assessment: Exams, assignments

Bibliography: To be announced

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

Credits: 7 cr Timing: 4th yr

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

(VAPAAZ) FREE-CHOICE STUDIES 15 cr

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

(SHWA002) Family Training

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

(SHWA003) Early Interaction and Breast-Feeding Counselling

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

(SHWA005) Rehabilitation of Pain Patients

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

(SHWA100) Sexual Health Promotion

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

(SHWA104) Safety and Self Defence in Nursing

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

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/finohhta/e/ http://www.vtt.fi/tte/inbrief/annualreport2003/ Articles in Databases, etc. medline ovid		

(SHWA032) Studying at the Learning Clinic I

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

(SHWA059) Care of a Terminally Ill Patient

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

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

Learning Strategies: Independent study

Assessment: Essay

Bibliography: Will be announced separately

(SHWA048) Quantitative Data Collection and Processing

Credits: 3 cr Timing: 3rd yr

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

Prerequisite: Introduction to Research Methodology

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

Learning Strategies: Lectures

Assessment: Participation in classwork and exercises

Bibliography: To be announced

(SHWA111) Managing and Rehabilitation of Neurological Patients

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

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

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

Learning Strategies: Independent study

Assessment: Exam

Bibliography: To be announced

(SHWA049) Medication for Elderly

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

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

Contents: Aging and medication

Safe and suitable medication for the elderly
The ethics of medication

Learning Strategies: Independent study

Assessment: Exam

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

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

Credits: 1.5 cr Timing:

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

Prerequisite: After the completion of Geriatric Nursing professional studies

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

Learning Strategies: Lectures and supervised exercises

Assessment: Participation and assignment

Bibliography: To be announced

(SHWA084) Health Exercise Counselling in Nursing

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

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

Contents: Exercise counselling; low threshold counselling process

Learning Strategies: Lectures and supervised exercises

Assessment: Participation and learning assignment

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

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

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

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

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

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

Learning Strategies: Lectures, seminars, independent study

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

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

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

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

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

Contents: Nursing Internal Diseases/Medical Nursing

Learning Strategies: Supervised Clinical Training

Assessment: Supervised Clinical Training

(SHANH02) Maternity Care and Gynaecological Nursing Clinical Training Period

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

(SHANH03) Mental Health Work and Psychiatric Nursing Clinical Practice

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

(SHANH04) Surgical and Perioperative Nursing Clinical Practice

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

(SHANH06) Practical Training in Home Nursing

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

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

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

Credits: 21 cr Timing: 3rd - 4th yr

Objective: Students will deepen their professional skills in evidence based reception and out patients' nursing. Students will be able to creatively and critical deepen their expertise and to develop the quality of nursing.

Contents: Reception and out patients' nursing in different operational environments

Learning Strategies: Supervised clinical training

Assessment: Supervised clinical training

(SHANH07) Specialised Clinical Practice for Public Health Nursing

Credits: 31 cr Timing: 3rd - 4th yr

Contents: Supervised clinical training in public health nursing within the different units in the public, private and voluntary sector and the learning clinic.

Learning Strategies: Supervised clinical training

Assessment: Supervised clinical training

DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

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

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

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

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

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

Competence in physical exercise

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

Competence in human well-being and health exercises and sports

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

Pedagogic and didactic competence in sports and exercise

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

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

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

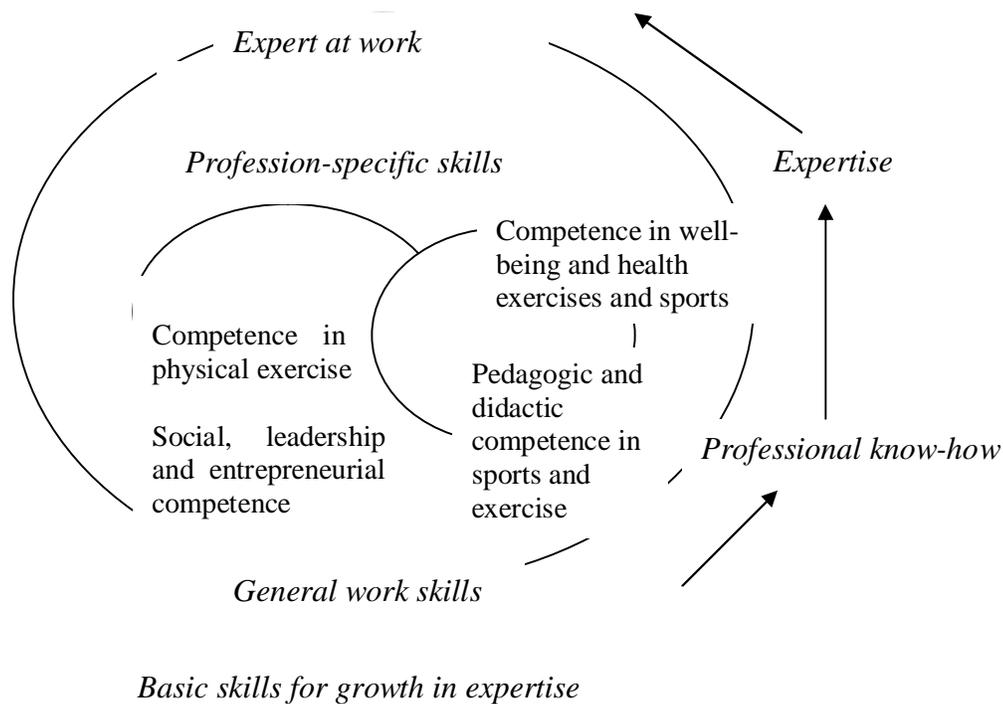


Figure 1 Development of expertise in exercise and sports.

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

1st yr Orientation

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

2nd yr Action

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

3rd yr Depth

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

4th yr Competent and developing

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

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

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

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

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		

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

(SLAP001) Introduction to Project Management

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

(SLAK002) Behavioral Sciences

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

(SLAU7Z) SPORTS EXPERTISE 33 cr

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

Learning Strategies: Lectures and supervised assignments

Assessment: Exam

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

(SLAY002) Sports in Society

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

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

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

Learning Strategies: Lectures

Assessment: Exam based on lectures and reading

Bibliography: Choose one of the following:
Itkonen, Heikkala, Imanen & 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

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

(SLVY003) Organising Nature and Sports Tourism

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

(SLVY004) Product Development in Sports Tourism

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

(SLVY007) Leading a Service Company

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

(SLVV010) Development of Physical Characteristics II

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

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

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

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

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

