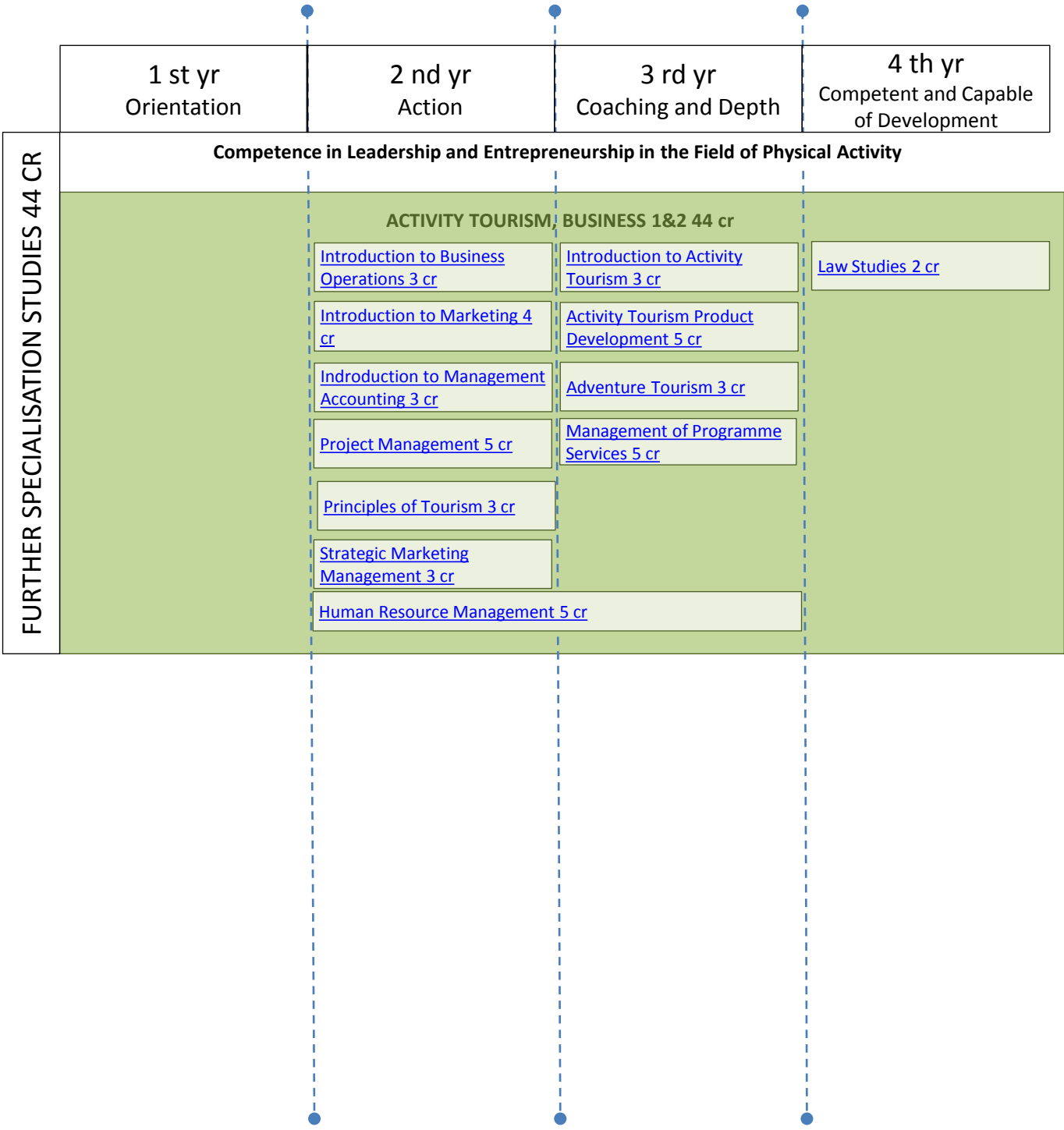


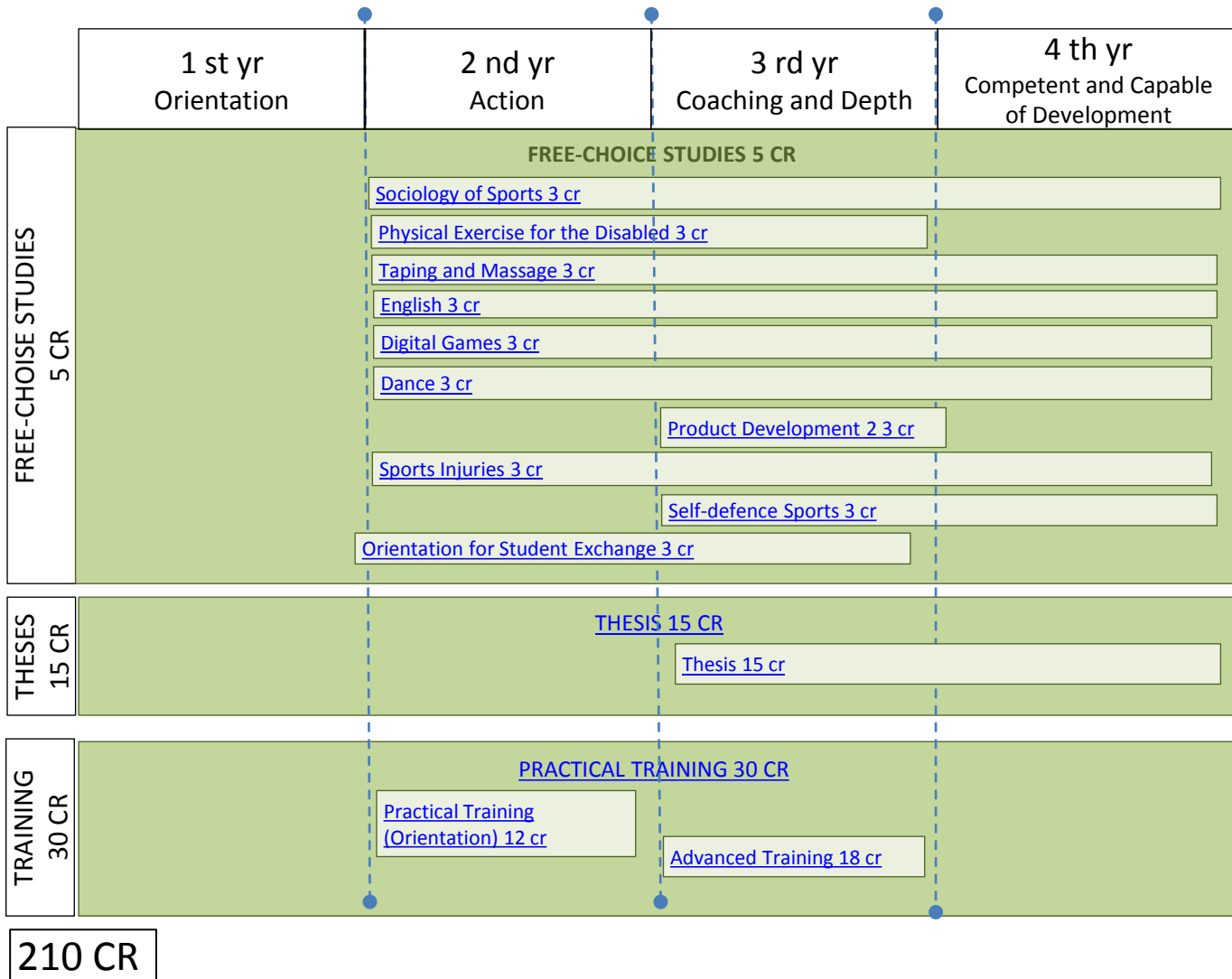
# SPO12S Structure of Studies

	1 st yr Orientation	2 nd yr Action	3 rd yr Coaching and Depth	4 th yr Competent and Capable of Development
<b>BASIC STUDIES 25 CR</b>	<b>COMMUNICATION SKILLS 25 cr</b>			
	<a href="#">Personal Development Programme 4 cr</a>			
	<a href="#">Interpersonal Skills 3 cr</a>			
	<a href="#">English: Basics of Sports and Leisure English 3 cr</a>			
	<a href="#">English: Academic Writing 3 cr</a>			
	<b>Finnish Students</b>			
	<a href="#">Finnish 1 3 cr</a>	<a href="#">Professional Communication Skills 3 op</a>		
	<a href="#">Finnish 2 3 cr</a>			
	<a href="#">Swedish: Svenska för Idrottsbranschen 3 cr</a>			
	<b>Foreign Students</b>			
<a href="#">Finnish for Foreigners 1 6 cr</a>		<a href="#">Finnish for Foreigners III 3 cr</a>		
<a href="#">Finnish for Foreigners 2 3 cr</a>				
<b>.....PROFESSIONAL STUDIES 91 CR</b>	<b>COMPETENCE IN HEALTH PROMOTING PHYSICAL ACTIVITY AND COACHING 40 CR</b>			
	<a href="#">Anatomy and Physiology 5 cr</a>	<a href="#">Adapted Physical Education 3 cr</a>	<a href="#">Health Exercise Coaching 1 3 cr</a>	
	<a href="#">Exercise Physiology 4 cr</a>		<a href="#">Health Exercise Coaching 2 3 cr</a>	
	<a href="#">Human Motor Development 3 cr</a>		<a href="#">Biomechanics of Human Movement 3 cr</a>	
	<a href="#">Motor Learning 3 cr</a>		<a href="#">Sports Psychology 3 cr</a>	
	<a href="#">Nutrition 3 cr</a>			
	<a href="#">Applications of Exercise 4 cr</a>			
	<a href="#">First Aid and Health Risks 3 crs</a>			

PROFESSIONAL STUDIES.....

1 st yr Orientation	2 nd yr Action	3 rd yr Coaching and Depth	4 th yr Competent and Capable of Development
<p style="text-align: center;"><b>COMPETENCE IN PEDAGOGY AND DIDACTICS 10 cr</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 25%; border: 1px solid black; padding: 2px;"> <a href="#">Exercise and Health Counselling 3 cr</a> </div> <div style="width: 50%; border: 1px solid black; padding: 2px;"> <a href="#">Introduction to Physical Education 3 cr</a>  <a href="#">Instructing Health-Enhancing Physical Activity 4 cr</a> </div> </div>			
<p style="text-align: center;"><b>COMPETENCE IN PHYSICAL ACTIVITY 1&amp;2&amp;3 36 cr</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 25%; border: 1px solid black; padding: 2px;"> <a href="#">Downhill Skiing 3 cr</a>  <a href="#">Gym Training 3 cr</a>  <a href="#">Musical Exercise 3 cr</a>  <a href="#">Ball Sports 6 cr</a>  <a href="#">Aquatic 1 3 cr</a>  <a href="#">Aquatics 2 3 cr</a> </div> <div style="width: 50%; border: 1px solid black; padding: 2px;"> <a href="#">Ice Sports 3 cr</a>  <a href="#">Athletics 4 cr</a>  <a href="#">Skiing and Outdoor Activities 4 cr</a>  <a href="#">Gymnastics 4 cr</a> </div> </div>			
<p style="text-align: center;"><b>RESEARCH STUDIES 5 CR</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 25%;"></div> <div style="width: 50%; border: 1px solid black; padding: 2px;"> <a href="#">Research Studies 5 cr</a> </div> </div>			





## Annual Themes – Study Progress Description

### 1<sup>st</sup> year – Orientation

Students will gain an overall understanding of physical education and their own attitude towards their selected professional field as well as of the demands of physical exercise and coaching.

### 2<sup>nd</sup> year –Action

Students will plan, implement and assess supervised exercise for different target groups taking into account the skills based, knowledge based and educational goals of exercise.

### 3<sup>rd</sup> year –Coaching and Depth

Students will be able to plan goal and customer oriented coaching and exercise programs, with the ability to justify their actions in their capacity of sports instructors and coaches.

### 4<sup>th</sup> year -Competent and Capable of Development

Students will develop the field of physical exercise independently by networking with different operators in the field and other cooperation bodies.