

SCHOOL OF HEALTH AND SPORTS

DEGREE PROGRAMME IN NURSING

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The Degree Programme in Nursing leads to a Polytechnic Bachelors Degree in Nursing. The degree programme in Nursing is worth 210 credits 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 practical training period for the enhancement of professional skills is worth 90 credits in the Nursing Degree Programme: 63 credits are accomplished in different nursing environments, 12 credits are supervised 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 practical training: 73 credits are accomplished in different nursing and public health nursing environments, 12 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 Supervisory Authority for Welfare and Health (Valvira) approves nurses' and public health nurses' right to work as 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 Supervisory Authority for Welfare and Health (Valvira) maintains a centralised register of health care professionals for the purposes of supervision and monitoring. 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.

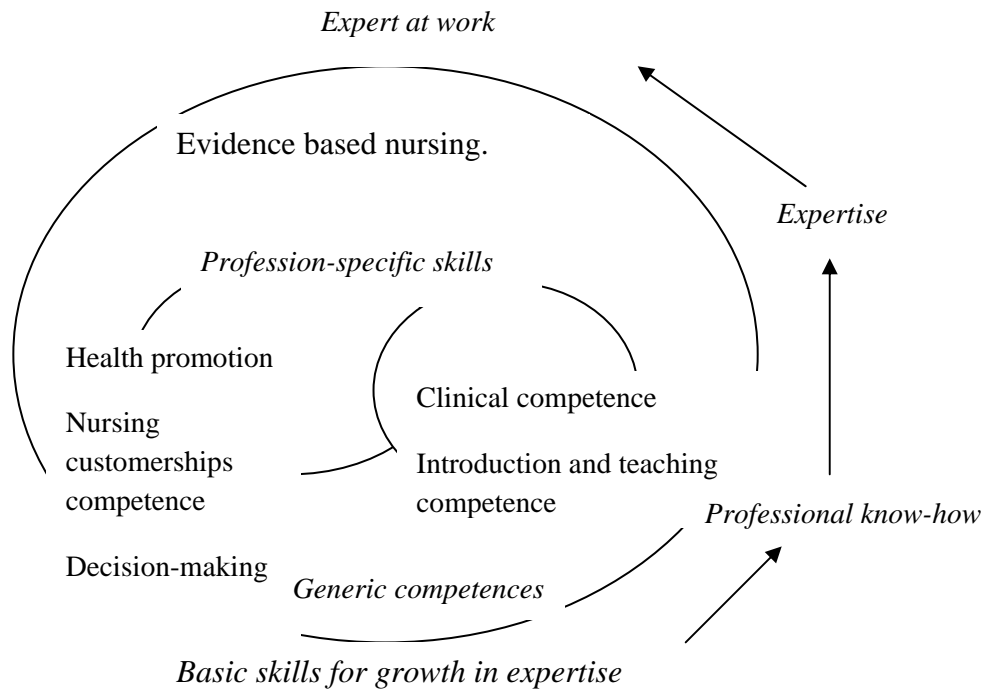
A nurse or public health nurse who has completed the Degree Programme in Nursing will be competent in carrying out practical nursing duties and will also be a qualified expert in carrying out duties required in planning, co-ordination and development work within the public, private and third sector healthcare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

PROFESSIONAL COMPETENCE IN NURSING AND GENERAL OBJECTIVES OF THE DEGREE PROGRAMME

The general aim of healthcare training is to provide the healthcare system with skilled professionals who, 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 provided by the degree programmes will fulfil the population's healthcare requirements, the demands of healthcare practice, healthcare policy aims and the development and technology of the healthcare working environment. 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.



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 competence consists of the knowledge and use of the nursing sciences and nursing knowledge base and sufficient proficiency in critical thinking to develop one's own competence and professional field. Nursing competence is supported by 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 included according to the aim of the degree programme in nursing are as follows:

Customerships 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 guides all 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 patient care chains and the 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 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.

Counselling 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 know nursing principles 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 together 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.

4th yr Nursing developer

The students' professional decision-making is based on a multidisciplinary knowledge-base and they are capable of developing evidence based nursing, understanding their duty to develop their field and themselves.

The competences according to the aim of the degree programme in public health consist of the following:

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 and health promotion 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 health threats. Students will be able to participate in multidisciplinary teams in the capacity of expert and coordinate the work and activities of such teams.

Public healthcare competence for dealing with individuals, families, 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 through interpersonal relationships with clients based on confidentiality and trust.

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

Competence in sociological public health: 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

The first and second year are the same as in the Nursing degree programme

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	22 cr
Communication and Interaction competence, Study Skills	15 cr
Welfare Services	7 cr
PROFESSIONAL STUDIES	135 cr
Nursing Approaches	24 cr
Clinical Competence	16 cr
Nursing in different operational environments	42 cr
<i>Medical Nursing</i>	
<i>Gerontological Nursing</i>	
<i>Maternity, Gynaecological, and Paediatric Nursing</i>	
<i>Mental Health Work</i>	
<i>Surgical and Perioperative Nursing</i>	
Research and Development Competence	10 cr
Competence Promoting Practical Training	54 cr
Basic Practical Training	15 cr
Specialised Practical Training	39 cr

OPTIONAL PROFESSIONAL STUDIES	31-61 cr
Nursing major (Nurse, UAS)	8 cr
Acute Nursing	
Surgical Nursing - Medical Nursing	
Mental Health Nursing	
Gerontological Nursing (begins spring 2012)	21 cr
Specialised Practical Training	
Public Health Nursing major (Public Health Nurse, UAS)	30 cr
Specialised Practical Training	31 cr
THESIS	15 cr
FREE-CHOICE STUDIES	7-9 cr

COURSE DESCRIPTIONS FOR THE DEGREE PROGRAMME IN NURSING

BASIC STUDIES

(SHPV6Z) COMMUNICATION, INTERACTION AND LEARNING SKILLS 15 cr

(SHPV007) University Study Skills

Credits: 3 cr Timing: 1st - 4th yr

Learning Objectives: Students will gain the skills to accomplish their studies at the university of applied sciences, to take advantage of the student services provided by the University, plan studies and evaluate their own competences as well as to monitor their own professional development.

Contents: Studying at a university of applied sciences and a safe study environment, Study and information literacy skills,
Planning your studies and developing expertise,
Further study, working life awareness and starting work

Learning Methods: Lectures, group work, planning and personal progress reviews

Assessment Methods: Participation, assignments, portfolio

Bibliography: Study Guide

(SHPV008) Finnish Language and Communication

Credits: 4 cr Timing: 1st yr

Learning Objectives: Students will know how to operate in situations requiring different forms of communication and interaction. They will be proficient in 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 Methods: Lectures, supervised assignments

Assessment Methods: Assignments, exam

Bibliography: To be announced

(SHPV020) An introduction to ADP

Credits: 2 cr Timing: 1st yr

Learning Objectives: Students will be able to use a computer and will know the most common tools

programmes. They will also be proficient in the use of information technology and information management applications for social and healthcare.

Contents: The importance and basic concepts of information technology
Windows environment and tools programmes
The basics of word processing, spreadsheet calculation, using the Internet, image processing and publishing programmes.

Learning Methods: Lectures, supervised exercises, independent study

Assessment Methods: Exam, assignments

Bibliography: To be announced

(SHPK004) Painless English

Credits: 1.5 cr **Timing:** 1st yr

Learning Objectives: Students will be proficient in basic English grammar while developing spoken and written skills in English for working life communication and interaction situations.

Previous Learning: Proficiency test

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

Learning Methods: Supervised exercises

Assessment Methods: Active participation (100 %), exam

Bibliography: To be announced

(SHPV010) English for Nursing and Health Care

Credits: 3 cr **Timing:** 2nd yr

Learning Objectives: Students will be proficient in the main terminology and vocabulary of nursing, being able to communicate using spoken and written English in nursing interaction situations. They will be able to converse in English in multicultural nursing situations.

Contents: Main nursing vocabulary
Written and spoken communication and interaction
dealing with patients/clients and intercultural communication

Learning Methods: Supervised assignments

Assessment Methods: Active participation (100%), spoken and written exercises, exam

Bibliography: Study handout

(SHPK002) Bygg upp din Svenska (Swedish)

Credits: 1.5 cr Timing: 1st yr

Learning Objectives: Students will be proficient in basic Swedish grammar while developing spoken and written skills in Swedish for working life communication and interaction situations.

Previous Learning: Proficiency test

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

Learning Methods: Supervised exercises

Assessment Methods: Active participation (100%), exam

Bibliography: To be announced

(SHPV011) Swedish for Nursing

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will be proficient in the main terminology and vocabulary of nursing, being able to communicate using spoken and written Swedish in nursing interaction situations. They will be able to converse in Swedish in multicultural nursing situations.

Contents: Main nursing vocabulary
Written and spoken communication and interaction
dealing with patients/clients and intercultural communication

Learning Methods: Supervised assignments

Assessment Methods: Active participation (continual assessment) 100 % Spoken and written assignments
Spoken and written exam

Bibliography: To be announced

(SHAH027) Back-up Mathematics Course for Nursing Students

Credits: 1.5 cr Timing: 1st yr

Learning Objectives: Students will be able to use and apply the basic mathematics skills required in nursing and public health nursing.

Previous Learning: Proficiency test

Contents: Revision of basic mathematics topics
Creation of mathematics skills for the purposes of pharmacotherapy.

Learning Methods: Lectures, supervised exercises and delivered online (1.5 cr)

Assessment Methods: Exam, assignments

Bibliography: To be announced

(SHPH1Z) WELFARE SERVICES 7 cr**(SHPH009) Social and Health Services**

Credits: 4 cr Timing: 1st yr

Learning Objectives: Students will be able to analyse approaches to citizens' welfare and their changes in Finnish society. They will be able to define the points of departure of social and health policy and make use of social and healthcare legislation. Students will also be proficient in instructing and supervising patients/clients in the use of appropriate services and during different stages of the service process.

Contents: Welfare in Finland and its changes
Social and health policy - basic concepts and value base
Social and healthcare legislation, legal principles of social and healthcare provision as a client and patient
The organisation, delivery and funding of health and social services
The social and healthcare service network, the different stages of the service process

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignment, exam

Bibliography: Ihalaenen, J. & Kettunen, T. Turvaverkko vai trampoliini. Sosiaaliturvan mahdollisuudet.
Vaarama, M., Moisio, P. & Karvonen, S.
Suomalainen hyvinvointi 2010.
Further reading to be announced at the beginning of the course

(SHPH003) Entrepreneurship in Social and Health Care

Credits: 3 cr Timing: 3rd yr

Learning Objectives: 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

Learning Methods: Lectures, supervised assignments, partly delivered online (1.5 cr) or optionally as RDI business cooperation

Assessment Methods: Group assignments and business plan or separately agreed RDI assignment

Bibliography: Peltomaa P. & Grönvall U. (toim.) uusin painos. Sairaanhoidaja yrittäjänä.
Further reading will be announced at the beginning of the course.

PROFESSIONAL STUDIES**(SHAL1Z) NURSING APPROACHES 24 cr**

(SHAH013) Introduction to Nursing Science

Credits: 6 cr Timing: 1st yr

Learning Objectives: Students will recognise how nursing has developed and how nursing science guides nursing procedures. They will be conversant in the ethical values of nursing and laws concerning the rights of patients and the rights and duties of nurses. Students will understand the importance of different cultures in nursing. They will be competent in planning, carrying out and evaluating evidence-based, customer/patient oriented nursing procedures using information from the nursing sciences and other fields.

Contents: Nursing science as the foundation of nursing
Nursing as a science and profession
The ethics of nursing
The decision making process in evidence based nursing and nursing documentation
Patient rights and legislative measures
Culturalism in nursing

Learning Methods: Lectures, supervised assignments, partly delivered online (1 cr)

Assessment Methods: Assignments, exam

Bibliography: Abdelhamid, P. ym. Monikulttuurinen hoitotyö.
Eriksson, K. ym. Hoitotiede.
Iivanainen, A. ym. Hoida ja kirjaa.
Liljamo, P. ym. Opas FinCC-luokituskokonaisuuden käyttöön hoitotyön sähköisen kirjaamisen mallissa.
Räty, M. Maahanmuuttaja asiakkaana.
Alitolppa-Niitamo, A. ym. Olemme muuttaneet.
Leino-Kilpi, H. ym. Etiikka hoitotyössä.
Legislation concerning patient rights, the right to practice one's profession and patient records

(SHAL014) Anatomy, Physiology and Pathology

Credits: 5 cr Timing: 1st yr

Learning Objectives: Students will be able to explain the human body's anatomical structures and use foreign terminology to describe them. They will be able to explain factors that affect physiological bodily functions and the importance of anatomical and physiological knowledge in nursing. Students will be able to describe how illness begins, develops, and the structural changes associated with illness as well as factors affecting the basic issues associated with recovery.

Contents: Cells, tissues and organs
The locomotor system and how it works and topographic anatomy
Blood and the blood circulation system
Respiration
Digestion
The kidneys and urine secretion system
Fluid, acid-alkaline balance
Sensory functions
the nervous system
Hormone secretion and reproduction
Heat regulation

Learning Methods: Lectures, supervised exercises, Pathology delivered online (1 cr)

Assessment
Methods: Exams, online assignment

Bibliography: Karttunen, T. ym. Tautioppi.
Leppäluoto, J. ym. Anatomia ja fysiologia. Rakenteesta toimintaan.
Hervonen, A. & Nienstedt, W. Hoitoalan sanasto.

(SHAL009) Microbiology, Infectious Diseases and Fighting Infection

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will know which factors lead to an infection and how to prevent infections from spreading. They will also know the most common infectious diseases, related legislation and be proficient in the duty to inform.

Contents: Factors leading to infection
Infection prevention in practical nursing
Legislation relating to infectious diseases and the duty to inform in Finland
The most common infectious diseases and their care

Learning Methods: Lectures, supervised exercises, partly completed online (2 cr)

Assessment
Methods: Online exercises, seminars, exam

Bibliography: Karhumäki, E. ym. Mikrobit hoitotyön haasteena.
Suomen Kuntaliitto: Kliininen mikrobiologia terveydenhuollossa (uusin painos).
Suomen Kuntaliitto: Hoitoon liittyvien infektioiden torjunta (uusin painos).
Further material will be announced at the beginning of the course.

(SHAT012) Methods and Models of Promoting Health and Well-Being

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

Learning Objectives: Students will recognise the strengths and threats to the promotion of health amongst the Finnish population. They will be proficient in the concepts, approaches and quality recommendations of health promotion as well as its contents and instruction procedures. Students will possess the competence to instruct and supervise individuals, groups and different communities using different health promotion methods within the health counselling event.

Contents: The problems and threats to the health of the Finnish population, national diseases and their prevention
The central concepts and quality recommendations of health promotion
The content and instruction procedures of health promotion
Instruction, teaching and health counselling in nursing

Learning Methods: Lectures, partly delivered online, (5 cr) and partly as RDI studies (1 cr)

Assessment
Methods: Online assignment, health counselling session

Bibliography: Kauhanen, J. ym. Kansanterveystiede.
Terveys 2015-ohjelma
Vertio, H. Terveiden edistäminen.
Savola, E. ym. Terveiden edistäminen esimerkein: käsitteitä ja selityksiä
Kynä, H. ym. Ohjaaminen hoitotyössä.

Further reading will be announced when the course begins

(SHAH018) Educational Science and Psychology - Nursing Instruction

Credits: 4 cr Timing: 1st yr

Learning Objectives: Students will recognise the multi-disciplinary approaches to instruction and learning and be able to use them in customer-centred client/patient instruction planning, implementation and assessment.

Contents: The multidisciplinary approaches of instruction and learning
Human learning and psycho-social development throughout life
Instruction and supervision in evidence based nursing

Learning Methods: Lectures, supervised exercises

Assessment Methods: Instruction session, assignment

Bibliography: Kyngäs, H. ym. Ohjaaminen hoitotyössä.
Nurmi, J-E. ym. Ihmisen psykologinen kehitys.
Further reading will be announced at the beginning of the course.

(SHAK2Z) CLINICAL COMPETENCE IN NURSING 16 cr

(SHAH024) First Aid and Safety

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

Learning Objectives: Students will understand the significance of safety and being prepared in terms of society and in healthcare. They will know how to act in first and emergency aid situations and in exceptional healthcare situations in cooperation with others on the scene. Students will gain an interest in developing safety issues.

Contents: Preparation and safety
The basic principles of first aid and working in emergency and first aid situations
Preparation and action in different situations threatening the safety and security of society and healthcare

Learning Methods: Lectures, supervised exercises, delivered partly online (1 cr)

Assessment Methods: Tests, participation, online assignments, supervised practice

Bibliography: Duodecim: Ensiaapuopas (Finnish red Cross First Aid Guide)
Duodecim: Suuronnettomuusopas.
Parmes, R. (toim). Varautumisen käsikirja.
Further reading as indicated by the teacher

(SHAH042) Medication and Pharmacology

Credits: 10 cr Timing: 1st - 3rd yr

Learning Objectives: Students will be proficient in accurate dose calculation. They will be able to carry out enteral and parenteral medical care safely according to medical regulations while understanding the medical care process as a professional competence within nursing.

They will also be proficient in preparing for risks associated with medical care and using medical exception information to develop the medical care process. They will be proficient in the clinical pharmacological knowledge on which medical is based. Students will also be able to carry out blood transfusions safely.

Contents:	Dosage calculation Laws and instructions concerning medication The safety glossary of medical care The medical care process The basic concepts of medical care, forms of medication and dosing routes The stages of medication in the body Special features of using medication Instructing medical care The frequency of adverse effects and risks of medication and combined medication Central medical therapy groups Blood transfusion
Learning Methods:	Lectures, supervised exercises
Assessment Methods:	Exam: the basics of pharmacology, clinical pharmacology and dosage calculation
Bibliography:	Ernvall, S. ym. Lääkelaskenta. Iivanainen, A. & Syväoja, P. Hoida ja kirjaa. Verensiirron ABO-verkkokurssi Veräjänkorva, O. ym. Lääkehoito hoitotyössä. Dosage calculation online material

(SHAH043) Examining a Patient

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will learn to monitor and assess a patient's basic vital functions with proficient knowledge of central clinical chemical and haematological tests and the factors affecting fluctuations in laboratory test results. Students will understand the diagnostic and therapeutic advantages of radiation and its effects on the human body.

Contents: Monitoring basic vital functions
 Taking clinical laboratory samples
 Factors causing fluctuation in laboratory test results
 Main clinical chemical, haematological and microbiological tests
 Clinical imaging methods and the therapeutic use of radiation
 Using radiation safely
 Instructing a patient for radiological tests; preparation and aftercare.

Learning Methods: Supervised exercises, partly completed online (2cr)

Assessment Methods: Online exercises, participation in exercises (100 %)

Bibliography: Iivanainen, A. & Syväoja, P. Hoida ja kirjaa.
 Soimakallio, S. ym. Radiologia.
 Tuokko, S. ym. Kliiniset laboratorionäytteet - opas näytteiden ottoa varten.
 www.stuk.fi
 Further material will be announced at the beginning of the course.

(SHAO3Z) NURSING IN DIFFERING OPERATIONAL ENVIRONMENTS 42 cr

(SHAO010) Medical Nursing

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

Learning Objectives: Students will know the most common internal diseases and how to prevent and nurse them. They will be able to apply the knowledge base of nursing and medical science in medical nursing. They will also be proficient in planning, implementing, and assessing the care of a medical patient/client in cooperation with various professional nursing groups.

Contents: The care path of an internal diseases patient and multi-agency cooperation
Nursing pulmonary diseases
Nursing diseases of the locomotor system
Nursing neurological patients
Nursing sufferers of cardiovascular diseases
Nursing cancer patients
The most common illnesses of the endocrine secretion system and their care
Kidney and urinary tract diseases and their care
Diseases of the digestive system and their care
Nursing skin diseases and chronic sores
Medical science (1 cr)

Learning Methods: Lectures, supervised exercises

Assessment Methods: Exam, medical calculations

Bibliography: Iivanainen, A. ym. Sairauksien hoitaminen terveyttä edistään.

(SHAO011) Gerontological Nursing

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

Learning Objectives: Students will possess a knowledge and value base concerning aging, promoting the welfare and health of the elderly. They will be able to utilise strength/capability resources thinking and procedures for decision-making in gerontological nursing within the patient's home, assisted accommodation and institutionalized care. Students will be competent in instructing elderly people and their relatives in how to use the systems of services provided. Students will have the skill to relieve the suffering and pain of a dying patient taking relatives into consideration.

Contents: The approaches and contents of gerontological nursing
The resources of the elderly and the principles and procedures of home nursing, within assisted accommodation and institutionalized care
Healthy nutrition of the elderly
Supporting the mental health of the elderly
Safe medication for the elderly
Assessing the capability of the elderly and health promoting exercise
The obstacle-free home as a living environment and home nursing
Memory impairment, changes in physical capability and ability, behaviour problems and their care
Nursing a dying patient and dealing with relatives
Geriatrics (1 cr)

Learning Methods: Lectures, supervised exercises, partly delivered online (3 cr)

Assessment
Methods: Exam

Bibliography: Vuotilainen, P & Tiikkainen, P. Gerontologinen hoitotyö.
Kivelä, S-L. Vanhusten lääkehoito.
Ihalainen, J. & Kettunen, T. Turvaverkko vai trampoliini. Sosiaaliturvan mahdollisuudet.
Further reading will be announced when the course begins

(SHAO012) Maternity Care and Gynaecological Nursing

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

Learning Objectives: Students will be proficient in assessing the significance of interprofessional cooperation in issues concerning children, youth, women and families, being able to apply their knowledge and skills in health and welfare promotion in nursing.

Contents: Life-cycle sexual and reproduction health
Health promotion and support for expectant families
Delivery and maternity care
Nursing gynaecological patients
Child and youth growth and development
Paediatric and family nursing
Nursing the most common childhood diseases
Gynaecology and Paediatrics (1 cr)

Learning Methods: Lectures, supervised exercises, partly delivered online (1 cr)

Assessment
Methods: Exam

Bibliography: Ihme, A. ym. Naisen terveys.
Kaski, M, ym. Kehitysvammaisuus.
Koistinen, P. ym. Lasten ja nuorten hoitotyön käsikirja.
Further reading will be announced during the course

(SHAO013) Mental Health Work

Credits: 9 cr Timing: 2nd - 3rd yr

Learning Objectives: Students will know the most common different mental illnesses and will know how to prevent and nurse them. 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 experiencing a crisis and/or with mental problems as well as being able to plan, carry out and evaluate overall client-oriented nursing and rehabilitation procedures for mental patients in co-operation with others involved in the care process. Students will also be competent in using evidence-based research data in mental health work.

Contents: Mental health work approaches
Different mental illnesses
Dealing with a person in crisis and/or who is suffering from mental health problems
Appropriate care
Psychiatry (1 cr)

Learning Methods: Lectures, supervised exercises, seminars, partly delivered online (1 cr)

Assessment Methods: Exam

Bibliography: Kuhanen, C. ym. Mielenterveyshoitotyö. Käypähoitosuosituksset.
Further material will be announced when the course begins

(SHAO014) Surgical and Perioperative Nursing

Credits: 11 cr Timing: 2nd - 3rd yr

Learning Objectives: Students will understand the perioperative nursing process and will be able to use knowledge from other disciplines in evidence based surgical nursing decision making while also being proficient in the most common methods of anaesthesia, the etiology, symptoms and care of surgical illnesses.

Contents: The special features of surgical and perioperative nursing
The most common surgical diseases and their care
Preoperative care and patient examinations, the significance of basic illnesses in terms of fitness for operation
Intraoperative nursing
The most common methods of anaesthesia and medication used therein
Postoperative nursing
The perioperative nursing process in diseases requiring surgical care
Assessment of health promoting surgical nursing
Surgery and Anaesthesiology (1cr)

Learning Methods: Lectures, supervised exercises, simulation sessions, partly delivered online (1 cr)

Assessment Methods: Exam, skill demonstration/demonstration of competence, seminars

Bibliography: Iivanainen, A. ym. Sairauksien hoitaminen terveyttä edistäen.
Lukkari, L. ym. Perioperatiivinen hoitotyö.
Lax, R. & Mikkola, I. Välinehuollon perusteet.
Ukkola, V. ym. Kirurgia.

(SHAT8Z) RESEARCH AND DEVELOPMENT COMPETENCE 10 cr

(SHATT17) Leadership in Nursing

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

Learning Objectives: 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 theories and concepts of administration and management
Multi-agency work in nursing
Quality control in nursing
Occupational well-being and safety
Health economics

Learning Methods: Lectures, supervised assignments, partly delivered as RDI studies

Assessment
Methods: Assignment

Bibliography: Further reading will be announced when the course begins

(SHATT16) Research Skills I and II

Credits: 6 cr Timing: 2nd yr

Learning Objectives: Students will gain the basic skills to develop expertise by carrying out a variety of research and development projects and will understand their significance in the development of professional ability. Students will be able to critically assess material produced as a result of research and development activities.

Contents: Research and development competence in nursing
Theoretical and source based research process
Product concept, development and production process
Analysis and interpretation of research material

Learning Methods: Lectures, supervised exercises, seminars, partly delivered online (3 cr), delivered as RDI studies (3 cr)

Assessment
Methods: Assignments, seminars, exam

Bibliography: Hirsjärvi, S. ym. Tutki ja kirjoita.
Kankkunen, P. & Vehviläinen-Julkunen, K. Tutkimus hoitotieteessä.
<http://www.kajak/opari.fi>

OPTIONAL PROFESSIONAL STUDIES

(SHVA4Z) ACUTE NURSING 8 cr

(SHVA013) Graduation Studies in Nursing

Credits: 5 cr Timing: 3rd yr

Learning Objectives: Students will deepen their competence in evidence based nursing of acutely ill patients. They will be able to work as nursing experts in multi-agency groups, administer to needs of the patient and support patients' next of kin.

Previous Learning: Basic and professional studies

Contents: Sudden illness and the significance of worsening illness to the patient and next of kin
The main needs of an acutely ill patient and the next of kin
Main nursing interventions of acute nursing
Technology in acute nursing
Acute nursing ethics

Learning Methods: Simulation-based teaching, lectures, supervised exercises

Assessment
Methods: Exam, medical care exam, assignments, simulation

Bibliography: To be announced

(SHVA005) Development of Evidence Based Nursing

Credits: 3 cr Timing: 4th yr

Learning Objectives: Students will be capable of developing the quality of acute care using evidence while critically and creatively enhancing their own expertise.

Contents: Expertise in acute nursing
Developing acute nursing

Learning Methods: Lectures, seminars, delivered as RDI studies (3 cr)

Assessment Methods: Assignment, portfolio

Bibliography: To be announced when the course begins

(SHVM5Z) MENTAL HEALTH WORK 8 cr

(SHVM029) Graduation Studies in Nursing

Credits: 5 cr Timing: 3rd yr

Learning Objectives: Students will be able apply different interventions used in mental health work as required and as part of a multi-agency group.

Previous Learning: Basic and professional studies

Contents: Mental health care in the past and today
Determining, planning and assessing the care and rehabilitation required by different-aged patients/clients
Crisis work
Mental health rehabilitation
Interventions
Ethical questions in mental health work
Reflection and occupational counselling

Learning Methods: Lectures, supervised exercises, seminars, study visits

Assessment Methods: Exam, medical care exam, assignments

Bibliography: To be announced

(SHVM028) Development of Evidence Based Nursing

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will be competent in developing the quality of mental health work based on evidence

Contents: Developing nursing expertise

Learning Methods: Delivered as RDI studies (3 cr)

Assessment Methods: Assignment, portfolio

Bibliography: To be announced when the course begins

(SHVS5Z) MEDICAL AND SURGICAL NURSING 8 cr

(SHVS006) Graduation Studies in Nursing

Credits: 5 cr Timing: 3rd yr

Learning Objectives: Students will deepen their evidence based medical surgical nursing expertise and apply multidisciplinary knowledge within the medical-surgical nursing environment.

Previous Learning: Basic and professional studies

Contents: Commitment to work
Nursing ethics
Main medical-surgical nursing interventions
Nursing patients requiring intensive care
Teaching and instructing competence in the care of medical-surgical patients

Learning Methods: Lectures, supervised exercises, study visits

Assessment Methods: Exam, medical care exam, assignments

Bibliography: To be announced

(SHVS005) Development of Evidence Based Nursing

Credits: 3 cr Timing: 4th yr

Learning Objectives: Students will be capable of developing the quality of evidence based nursing within multi-agency groups as well as their own expertise.

Contents: Expertise in medical-surgical nursing
Developing medical-surgical nursing expertise

Learning Methods: Lectures, seminars, delivered as RDI studies (3 cr)

Assessment Methods: Assignment and/or portfolio

Bibliography: To be announced when the course begins

(SHVT1Z) PUBLIC HEALTH NURSING 30 cr

This module provides the necessary skills for health promotion and maintenance work and disease prevention, emphasising client strengths and self-care, for the benefit of individuals, families, communities, the general population and environment.

(SHVT018) Evidence Based Public Health Nursing

Bibliography: Haarala, P. ym. Terveystieteiden perusteet.
Kankkunen, P. Kulttuurin hoitotiede ja tutkimus.
Further reading will be announced at the start of the course

Learning Objectives: Students will be proficient in health care organizations' quality system functioning, maintenance and development.

Contents: Quality management, the general principles and mechanisms.
Key principles of quality management systems (ISO 9000, EFQM, BSC, OHSAS).
Quality Systems maintenance and development.

Learning Methods: Delivered in English, online Moodle Course, discussions, study visits

Assessment Methods: Exercises

Bibliography: To be announced

(SYWA196) Social and Health Policy

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

Learning Objectives: The student can define the concepts of social and health policy. The student can discuss development, aims, and values of Finnish health and social policy.

Contents: Concepts, aims, and challenges of a changing society for social and health policy in Finland
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

Learning Methods: Lectures, discussions and study visits

Assessment Methods: Written exam

Bibliography: To be announced

(SHWA012) Care of Older People from an European Perspective

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

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

Contents: The course content
- demographic data of the elderly in Europe.
- ageing from a multidisciplinary and European perspective.
- example of formal and informal systems in care for the elderly in Europe.
- relevant research and strategies for development.
- attitudes towards the elderly and their position and living conditions in society.
The University of Jönköping is a coordinator

Learning Methods: Self directed study, the course is delivered online using a web platform.

Assessment Methods: Discussion in virtual environment, paper

Bibliography: Vaarama, M. & Pieper, R. Managing Integrated Care for Older Persons. European Perspectives and Good Practices.

Scientific articles and written material reflecting an international perspective.

(SHWA099) Introduction to E-health

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

Learning Objectives: The student knows the basic concepts of tele health care and will reflect on the telematic applications in health care in his/her own country.

Contents: Concepts
Different telematic applications
Use in health care

Learning Methods: Lectures, self-directed learning using Internet and written exam

Assessment Methods: Written exams (6 000 words in total)

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, etc. medline ovid

(SHWA100) Sexual Health Promotion

Credits: 3 cr Timing: 1st - 4th yr

Learning Objectives: 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 Methods: lectures, seminars, partly delivered online (2 cr)

Assessment Methods: Online assignments

Bibliography: Ryttyläinen, K. & Valkama, S. Seksuaalisuus hoitotyössä

(SHWA014) Family-Centred Mental Health Care

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

Learning Objectives: 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 well-being
 The aggression steps model

Learning Methods: Independent study

Assessment Methods: Assignment

Bibliography: Further reading will be announced when the course begins

(SHWA013) Mental Health Care of Children and Young

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

Learning Objectives: 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, being able to apply this knowledge when instructing children and young people suffering from mental illness.

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 Methods: Independent study

Assessment Methods: Assignment

Bibliography: Further reading will be announced when the course begins

(SHWA017) Special Issues in Intoxicant Care

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

Learning Objectives: 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 Methods: Independent study

Assessment Methods: Assignment

Bibliography: Further reading will be announced when the course begins

(SHWA093) Health Differences in the Population - Managing Chronic Illnesses

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

Learning Objectives: Students will understand the significance of health problems/chronic illness to a person's well-being. Students will strive to narrow the differences in health gap in their care work.

Contents: Differences in health in the population
Health differences in health policy
Narrowing the gap of socio-economic differences in health
Levels of chronic illness

Learning Methods: Lectures, partly delivered online

Assessment
Methods: Assignment

Bibliography: Further reading will be announced when the course begins

(SHWA126) Ergonomic and Rehabilitative Patient Transfers

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

Learning Objectives: Students will know the ergonomic principles of helping patients to be moved and will be able to act accordingly. They will know how to use basic patient transfer equipment, while being aware of the risks involved in helping to move patients both to themselves and the work community. Students will learn to develop their work so as to promote ergonomics and occupational welfare for their own benefit and the benefit of the work community. Students will consider ergonomics a part of rehabilitative nursing. They will also be proficient in guidelines and regulations governing occupational safety, being able to reflect upon and develop their work as stipulated in such legislation. Students will also qualify for the Finnish Institute of Occupational Health Patient Transfer Ergonomics Card.

Contents: The challenges of ergonomics and occupational safety in nursing.
Body control and natural movement models as the point of departure of ergonomics
Taking into account the strength of patients when helping them to move
Patient transfer equipment
Legislation and regulations governing occupational safety in nursing

Learning Methods: Introductory lecture, supervised exercises, partly delivered online (1 cr)

Assessment
Methods: Online assignments, supervised exercises, demonstration

Bibliography: Sosiaali- ja terveystieteiden ministeriö: Potilaan siirtymisen ergonominen avustaminen.
Further reading will be announced when the course begins

(SHWA096) Nursing the Critically Ill

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will gain the competence required to support the convalescence and coping of a critically ill patient using knowledge drawn from different fields in the decision making process associated with intensive patient care. Students will recognise and

be proficient in dealing with ethical questions associated with nursing critically ill patients.

Previous Learning: Surgical or Perioperative Nursing

Contents: As a patient, relative and nurse in the intensive care unit
Nursing technology in intensive care
Intensive care as multi-professional cooperation
The ethical questions of intensive care

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignments, participation

Bibliography: Further reading will be announced when the course begins

(SHWA059) Care of a Terminally Ill Patient

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

Learning Objectives: Students will possess the capability to plan, implement and evaluate palliative care.

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

Learning Methods: Independent study

Assessment Methods: Essay

Bibliography: Further reading will be announced when the course begins

(SHWA022) Wound Care

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

Learning Objectives: Students will be able to explain wound care as a process where it is necessary to guide and instruct the patient appropriately when required. Students will deepen their knowledge of wound nursing products and nursing interventions.

Previous Learning: Students should have started studies in Surgical Nursing when they begin this course.

Contents: The wound healing process, factors that affect healing
The wound nursing process
Wound nursing interventions
Selecting suitable wound dressings
Instructing a patient with a wound

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignments, active participation (100 %)

Bibliography: To be announced when the course begins

Bibliography: To be announced when the course begins.

(SHWA111) Managing and Rehabilitation of Neurological Patients

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

Learning Objectives: 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 Methods: Independent study

Assessment Methods: Exam or Assignment

Bibliography: To be announced

(SHWA049) Medication for Elderly

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

Learning Objectives: 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 Methods: Independent study

Assessment Methods: Exam or Assignment

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

(SYWA231) Early Interaction

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

Learning Objectives: Students will understand and utilise the main features and values of family counselling, being able to cooperate and work with families in confidence, adopting the necessary competences and knowledge to maintain a counselling relationship with parents supporting their needs. Students will be capable of interviewing parents, and recognising families where a child's healthy psycho-social development is in danger of being disturbed.

Contents: Babies' psycho-social development and problems associated with such development
Good parenting
The helper-parents relationship and the helping process

The central methods of helping and supporting parents

Learning Methods: Seminars, occupational counselling

Assessment Methods: Participation in seminars and work counselling

Bibliography: Davis, H. Miten tukea sairaan tai vammaisen lapsen vanhempia?
Niemelä, P. ym. Äidin ja vauvan varhainen vuorovaikutus.

(SYWA232) Breast Feeding Instructor Training

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

Learning Objectives: Students will be able to plan, implement and assess breast feeding instruction in a client-oriented way. This course qualifies students as WHO breast feeding instructors.

Contents: Baby-centeredness and breast-feeding instruction according to the WHO and UNICEF Baby-friendly programme.

Learning Methods: Lectures, supervised exercises

Assessment Methods: Attendance of lectures and participation in exercises (100 %), demonstration

Bibliography: Koskinen, K. Imetysohjaus.
Further reading will be announced when the course begins

(STOO1Z) THESIS 15 cr

(STOO006) Thesis and Maturity Test

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

Learning Objectives: 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.

Previous Learning: Introduction to Research (3 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 3 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 5 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 Methods:	Lectures, seminars, independent study, delivered partly online (8 cr), and as RDI studies (15 cr)
Assessment Methods:	The oral and written presentation and defense of the topic analysis, thesis plan and the thesis. Seminars. Following approved theses. Poster and maturity test. Acting as a peer and chairperson.
Bibliography:	Thesis specific http://www.kajak/opari.fi

(SHHO1Z) PRACTICAL TRAINING (ORIENTATION) 4 cr**(SHAH041) Basic Clinical Competence**

Credits:	4 cr	Timing:	1st yr
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Learning Objectives: Students will be able to use nursing interventions when taking care of a patient's personal hygiene, dress and nutrition. They will be able to catheterize a patient and nurse catheterized patients. Students will understand the significance of a rehabilitative approach in their work and be able to work ergonomically taking into account the patient's strength.

Contents:	Personal hygiene and dressing Nutrition Secretion Catheterization of the urinary tracts The rehabilitative approach and ergonomics Tools for coping with everyday life - the Handy Home
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Learning Methods: Supervised exercises, practical training (orientation)

Assessment Methods: Tests, participation in exercises, practical training

Bibliography: Iivanainen, A. ym. Hoida ja kirjaa.
Other material will be announced at the beginning of the course

(SHAH0Z) PROFESSIONAL CLINICAL TRAINING 39 cr**(SHANH01) Medical Nursing Clinical Training**

Credits:	9 cr	Timing:	1st - 2nd yr
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Learning Objectives: Same as the objectives of the Nursing Internal Diseases/Medical Nursing course

Contents:	Nursing Internal Diseases/Medical Nursing The most common internal diseases
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Learning Methods: Professional practical training

Assessment Methods: Professional Practical Training

(SHAHSZ) SPECIALISED PRACTICAL TRAINING 21 cr

(SHANH19) Specialized Practical Training in Nursing, Acute Nursing

Credits: 21 cr Timing: 4th yr

Learning Objectives: Students will deepen their professional competence in evidence based nursing and develop the quality of nursing while being able to creatively and critically develop their own expertise.

Contents: Acute nursing

Learning Methods: Practical training

Assessment Methods: Practical training

(SHANH12) Specialized Practical Training in Nursing, Mental Health Work

Credits: 21 cr Timing: 4th yr

Learning Objectives: 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 and making use of work counselling.

Contents: Mental Health Work

Learning Methods: Practical training

Assessment Methods: Practical training and occupational counselling

(SHANH24) Specialized Practical Training in Nursing, Medical and Surgical Nursing

Credits: 21 cr Timing: 4th yr

Learning Objectives: Students will deepen their professional evidence based nursing competence and develop the quality of nursing while being capable of critically and creatively developing their own expertise.

Contents: Medical-Surgical Nursing

Learning Methods: Practical Training

Assessment Methods: Practical Training

(SHTH1Z) SPECIALISED CLINICAL TRAINING (PUBLIC HEALTH NURSING) 31 cr**(SHASH04) Public Health Nursing Clinical Training I**

Credits: 9 cr Timing: 3rd yr

Learning Objectives: Students will apply evidence-based activities in public health nursing

Previous Learning: Previous basic studies, professional studies and practical training

Contents: Supervised practical training in different public health units in the public, private

and/or third sector and in the university of applied sciences service unit, Myötätuuli.

Learning Methods: Practical training

(SHASH05) Public Health Nursing Clinical Training II

Credits: 22 cr Timing: 4th yr

Learning Objectives: Students will deepen their professional competence in evidence based public health nursing

Previous Learning: Previous basic studies, professional studies and practical training

Contents: Supervised practical training in different public health units in the public, private and third sector, in the university of applied sciences service unit, Myötätuuli and in different projects and schemes

Learning Methods: Practical training

Assessment Methods: Practical training, assignments

DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT (IN FINNISH)

Head of School	Eija Heikkinen
Head of Degree Programme	Katri Takala
Study Secretary	Marja Haapavaara

Graduates of the degree programme in Sports and Leisure Management will be awarded the title of Sports Instructor (UAS) and will be qualified to work in their capacity as sports professionals in instruction, planning and development posts. Students will gain the competences required to provide sports instruction, exercise counselling and to produce services for different types of customers and groups and to develop the sports and exercise sector in cooperation with others. Graduates possessing a degree in sports and leisure management will be able to work for local authorities, associations, businesses and clubs, as independent entrepreneurs in the sports and exercise sector and also overseas. The degree programme takes 3.5 years to complete and is worth 210 credits.

The studies consist of basic, professional and optional professional and free-choice studies, a thesis and specialised practical training. The practical training period can be accomplished in a variety of public or private operational environments within the sphere of sports and exercise, amongst others Vuokatti Sports Institute or in the University of Applied Sciences training facility: Myötätuuli, which provides exercise and health services for customers of different ages and for individuals.

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

The aim of the degree programme is to ensure that its students become experts in the field of sports and exercise. Professional competence is founded on a multi-disciplinary knowledge base, practical competence and interaction skills. Qualified Sports Instructors (UAS) will work independently in expert posts in the sports and exercise sector where challenges will include organising health promoting exercise, sports and exercise leadership and mentoring, marketing, entrepreneurship and communication. They will be able to lead challenging professional operations or schemes and to work within multi-sector and professional teams and networks. Students will understand that exercise is a vital factor in maintaining and improving individual and social well-being.

THE COMPETENCES ACCORDING TO THE AIMS OF THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT CONSIST OF:

Competence in physical activities

Students will command the basic knowledge and skills of the most common forms of exercise and be able to apply them when instructing different types of groups. They will consider different sports and forms of exercise as an opportunity and as tools for developing e.g. motor skills and promoting self-expression. Students will be proficient in the basics of applied forms of sport and exercise.

Competence in health promoting physical activities and coaching

Students will know how exercise and sports practice affect the body and be proficient in the basics of testing while being able to plan goal-oriented training and coaching programmes and health promoting exercise schemes. Students will be conversant in the factors that affect human growth, development and behaviour. They will be able to plan and instruct exercise that promotes human health and the capacity to function normally as well as being capable of working as an expert in how exercise and sports affect health.

Pedagogy and didactics competence

Students will be competent, goal-oriented and imaginative users of a variety of instruction and teaching methods in different instruction/supervision situations aimed at different types of groups. They will be able to plan, implement and evaluate extensive teaching modules and operational models while being able to use exercise and sports to support human growth and development and in their educational work. Students will form concepts of teaching and learning based on their own values and knowledge framework.

Societal, leadership and entrepreneurial competence in sports and exercise

Students will be aware of how sports and exercise culture and services are developing and will be able to promote the status of sports and exercise in society. They will be capable of working in sports and exercise sector managerial posts requiring expertise, possessing an awareness of business opportunities in the sports and exercise sector and the competence to initiate business operations.

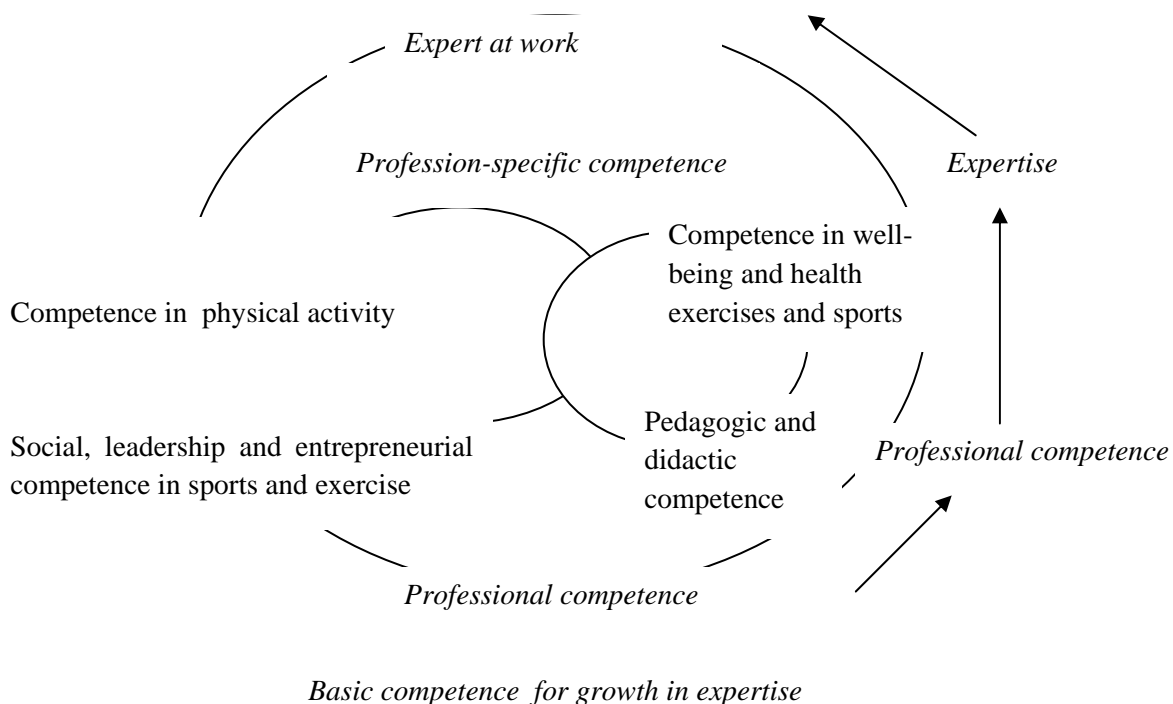


Figure 1 Development of expertise in the field of sports and exercise

Development of professional competence according to annual themes

1st yr Orientation

Students will form an overview of the sports and exercise sector and of their relationship with their chosen profession. They will understand the demands of this field and know the basics of well-being and health promoting exercise and sports and exercise competence.

2nd yr Action

Under supervision, students will plan, implement and evaluate sports and exercise for different types of groups taking into account the skills, knowledge and educational goals they wish to achieve.

3rd yr Depth

Students will apply and plan exercise and sports activities as well as bespoke, goal-oriented training programmes. As sports instructors, they will be able to justify and give reasons for all activities.

4th yr Competent and willing to develop

Students will develop the sports and exercise sector independently by networking with other operators in the field and other partners in cooperation.

STRUCTURE OF THE STUDIES

BASIC STUDIES 22 cr

Study and Communication Competence 22 cr

COMPULSORY PROFESSIONAL STUDIES 98 cr

Competence in health promoting physical activities and coaching 32 cr

Pedagogy and didactics competence 11 cr

Competence in physical activities 34 cr

Societal, leadership and entrepreneurial competence in sports and exercise 15 cr

Research Studies 6 cr

OPTIONAL PROFESSIONAL STUDIES 30 cr

Health Promoting Exercise

Activities Tourism

Sports and Exercise for Children and Young People

FREE-CHOICE STUDIES 15 cr

THESIS 15 cr

PRACTICAL TRAINING 30 cr

COURSE DESCRIPTIONS FOR THE 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

Learning Objectives: 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 Methods: Lectures, supervised practical training

Assessment Methods: Exam, portfolio

Bibliography: To be announced

(SHPK002) Bygg upp din Svenska (Swedish)

Credits: 1.5 cr Timing: 1st yr

Learning Objectives: Students will be proficient in basic Swedish grammar while developing spoken and written skills in Swedish for working life communication and interaction situations.

Previous Learning: Proficiency test

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

Learning Methods: Supervised exercises

Assessment Methods: Active participation (100%), exam

Bibliography: To be announced

(SLPV002) Swedish for Sports

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the terminology of sports and recreation, being able to communicate using spoken and written Swedish during sports and leisure related communication and interaction situations. Students will be able to communicate in Swedish in multicultural sports and leisure related interaction situations.

Contents: Central vocabulary of sports and leisure
Spoken and written communication and interaction
Meeting the client

Learning Methods: Supervised exercises

Assessment Methods: 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: 1st yr

Learning Objectives: 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 Methods: Supervised exercises

Assessment Methods: Active participation (100%), exam

Bibliography: To be announced

(SLPV004) English for Health and Sports

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the terminology of sports and recreation, being able to communicate using spoken and written English during sports and leisure related communication and interaction situations. Students will be able to communicate in English in multicultural sports and leisure related interaction situations.

Contents: Central vocabulary of sports and leisure
Spoken and written communication and interaction
Meeting the client

Learning Methods: Supervised exercises

Assessment Active participation (100 %), spoken and written exercises, exam

Methods:

Bibliography: To be announced

(SLPV005) English for Sports Instruction

Credits: 3 cr Timing: 4th yr

Learning Objectives: Students will be able to apply their acquired specialised vocabulary and communicate using spoken and written English with customers and partners in cooperation.

Previous Learning: English for Health and Sports

Contents: Topics according to optional professional studies
Instructing customers
Communicating with partners in cooperation

Learning Methods: Supervised exercises

Assessment Methods: Active participation (100 %), spoken and written exercises, portfolio and/or exam

Bibliography: To announced

(SLPV009) Communication and Co-Operational Skills

Credits: 3 cr Timing: 1st yr

Learning Objectives: 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 Methods: Lectures, supervised exercises

Assessment Methods: Group work and presentations, supervised exercises and exam

Bibliography: Reading list/material provided by lecturer
Niemi, Nietosvuori & Virikko: Hyvinvointialan viestintä

(SLPV011) Intercultural Communication

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be able to define the concepts of language and culture and recognise the variables with which cultures are compared. Students will be aware of the impact of culture on communication while recognising cultural differences in communication. Students will be able to describe the process of adjusting to a different culture and recognise factors affecting this process.

Contents: Dimensions of culture

Language, culture and communication
Cultures in contact

Learning Methods: Supervised exercises, delivered in English

Assessment Methods: Active participation (100%) Spoken and written assignments Learning diary

Bibliography: Material as indicated by the teacher

(SLPV012) Interpersonal Skills

Credits: 3 cr Timing: 1st yr

Learning Objectives: 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.

Previous Learning: Communication and Cooperation Skills

Contents: Active listening
Cooperation and problem solving skills
Clear self expression
Ecosystematic methods

Learning Methods: Lectures, supervised exercises, instruction practice sessions, partly delivered online

Assessment Methods: Assignments, supervised 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

PROFESSIONAL STUDIES

(SLAH3Z) WELL-BEING AND HEALTH PROMOTING EXERCISE COMPETENCE 32 cr

(SLAH007) Motor Development in Humans

Credits: 4 cr Timing: 1st yr

Learning Objectives: Students will be able to explain and describe factors controlling human growth and development and to differentiate between their significance in terms of motor development. Students will be able to explain human development in terms of social behaviour, and use their knowledge base to monitor and assess normal human growth and motor development. They will also be proficient in classifying the progress of motor learning and factors that affect it, describing the basic methods of analysing movement, and in their knowledge of the factors underlying the regulation of human growth and development. Students will understand the significance of physical factors, cognitive functions, motivation, observation and sensory functions in motor development, being able to use this knowledge base to assess and follow normal human growth and development. Students will know how motor learning progresses and the factors that affect it, knowing the basic methods of analysing

movement.

Contents: Factors controlling human growth and development
Human growth and development at different ages
Human motor skills development at different ages and observing such development
Motor learning
Analysing performance

Learning Methods: Lectures, supervised exercises, independent study

Assessment Methods: Assignment

Bibliography: Salpa, P. Lapsen liikkumisen kehitys.
Scientific articles
Other material will be indicated by the teacher

(SLAI004) Anatomy and Physiology

Credits: 4 cr Timing: 1st yr

Learning Objectives: 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, skeleton, muscles
Blood, circulation, the body's immune system, respiration
Digestion, urination, fluid balance, heat thermoregulation
Hormone secretion, reproduction
Sensory and nervous system, control of movement and posture and the senses

Learning Methods: Lectures, supervised assignments, partly delivered online(1 cr), independent work

Assessment Methods: Exam, assignments

Bibliography: Leppäluoto, J., ym. Anatomia ja fysiologia. Rakenteesta toimintaan.
Scientific article

(SLAI003) Exercise Physiology

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will gain basic knowledge of changes in the functions of the human body as it moves from a state of rest to maximal intensity.

Previous Learning: Anatomy, 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 Methods: Lectures, supervised exercises

Assessment Methods: Active participation in all exercises, exam

Bibliography: Reading list provided by lecturer

(SLAH008) Introduction to Coaching

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will be proficient in coaching procedures and the basics of developing different physical features. They will be able to analyse their planned coaching sessions.

Previous Learning: Anatomy and Physiology Human Motor Development

Contents: Coaching concepts
Coaching tools
Basics of the Development of physical features: skill, strength, speed, endurance, mobility
Deepening of movement analysis
Recording and analysing training

Learning Methods: Lectures, supervised assignments

Assessment Methods: Exam, assignment

Bibliography: Mero, A. Urheilualmennus.
Häkkinen, K. Voimaharjoittelun perusteet.
Magill, R. Motor Learning and Control.

(SLAH014) Gym Training

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the basics of power training, being able to instruct and programme gym training sessions.

Previous Learning: Anatomy and Physiology

Contents: The basics of power training
Instructing gym training sessions
Programming gym training sessions

Learning Methods: Lectures, supervised exercises, course accomplished partly as RDI studies

Assessment Methods: Exam/assignments and approved accomplishment of instruction sessions

Bibliography: Delavier, F. Lihaskuntoharjoittelun anatomia.
Delavier F. Belle linge.
Niemi, A. Menestyjän kuntosaliharjoittelu ja ravitsemus.

(SLAH010) Introduction to Health and Wellbeing Promotion

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will know and be able to explain the theoretical foundations of health promotion and to define the central concepts of health promotion. Students will

recognise the main contents of health promotion, being able to analyse the factors that threaten the health and well-being of the population. Students will recognise health promotion opportunities in their work as sports instructors.

Contents: Foundations of health and wellbeing
Health and wellbeing policy documents
Health promoting exercise documents
Health promotion and education

Learning Methods: The course will be delivered online.

Assessment
Methods: Online assignments

Bibliography: Online material

(SLAH013) Introduction to Health Promoting Exercise

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the basics and recommendations of health promoting exercise as well as the most common fitness measurements. They will know how to instruct different forms of exercise with an emphasis on health promotion.

Contents: The basics of health promoting exercise
Fitness measurements
Forms of health promoting exercise

Learning Methods: Lectures and supervised exercises, instructions exercises

Assessment
Methods: Course portfolio

Bibliography: Fogelhom, M. & Vuori, I. (toim.) Terveystieteiden tutkimuskeskus.
Scientific articles

(SLAH003) Muscle Care and Ergonomics

Credits: 3 cr Timing: 2nd yr

Learning Objectives: 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 muscle care 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
Development of ergonomics in muscle care work

Learning Methods: Lectures, supervised exercises

Assessment
Methods: Exam

Bibliography: To be announced

Learning Objectives: Students will have 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 and sports education teaching methods.

Contents:	Physical education aims and contents Sports and exercise planning, implementation and assessment Instructing a learning session and teaching methods Educating for and with exercise Safety in physical education teaching
Learning Methods:	Lectures, supervised assignments, instruction exercises. Partly delivered as RDI studies
Assessment Methods:	Exam or assignments, portfolio, instruction exercises, planning and carrying out an exercise session
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

(SLAP004) Learning by Projects

Credits: 5 cr Timing: 2nd yr

Learning Objectives: Students will adopt modern and goal-oriented working methods usually applied to one-off administrative and/or manufacturing tasks.

Contents:	The concept of project Organisation and finance Project planning Monitoring and follow-up Implementation Ending the project
Learning Methods:	Lectures, supervised exercises and seminar The course will be partly delivered as RDI and online studies.
Assessment Methods:	Project portfolio, organising a sports event
Bibliography:	Pelin R. Projektihallinnan käsikirja. Silfverberg P. Ideasta projektiksi. Kettunen S. Onnistu projektissa. Kajaanin amk:n projektioppimisen työkalupakki Further reading as indicated by the teacher

(SLAP005) Behavioral Sciences

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will know the foundations of educational science and sports psychology. They will have the basic competence to plan, implement and assess learning and instruction sessions. They will be able to describe the mental factors involved in improving performance in sports and exercise.

Contents:	An introduction to educational science and its sub-fields, the learning and instruction process, the basics of planning Sports and exercise psychology sub-fields, mental factors involved in improving performance in sports and exercise, motivation to exercise, exercise and mental health
Learning Methods:	Lectures, supervised exercises, independent study
Assessment Methods:	Study assignments, learning diary
Bibliography:	Engeström, Y. Perustietoa opetuksesta. Mero, A. ym.(toim.) Urheiluvälittäjä. s. 215-239. Psyykinen väittäjä. Liukkonen ym.(toim.) Rahasta vai rakkaudesta työhön? Mikä meitä motivoi? Further reading as indicated by the teacher

(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

Learning Objectives: 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 Methods: Lectures, supervised exercises, instruction practice

Assessment Methods: Attendance of lectures, approved completion of exercises and instruction practice

Bibliography: Material/reading list provided by the lecturer

(SLAU021) Cross-Country and Down-Hill Skiing

Credits: 4 cr Timing: 1st yr

Learning Objectives: This course provides students with an awareness of the importance of cross-country skiing as a central winter sport and with knowledge of basic cross-country skiing techniques. Students can recognise basic downhill skiing techniques.

Contents: Cross-country skiing techniques
Games on skis
Downhill skiing, telemark, snowboarding
Downhill skiing, telemark, snowboarding

Learning Methods: Lectures, supervised exercises

Assessment Methods: Approved accomplishment of lectures, exercises and instruction exercises

Bibliography: Material as indicated by the teacher

(SLAU003) Outdoor Activities

Credits: 3 cr Timing: 2nd yr

Learning Objectives: This course provides an introduction and the opportunity to experience various kinds of outdoor activities and sports. Students will be proficient in the basics of orienteering and map reading.

Contents: Different forms of outdoor activity, e.g. hiking, mountain biking, canoeing, ski tours, snow shoeing and skating tours
Orienteering
Compasses
Satellite positioning systems
Orienteering and terrain maps

Learning Methods: Lectures, a hike, supervised exercises

Assessment Methods: Lectures, exercises, assignment

Bibliography: Reading list/material provided by lecturer

(SLAU004) Athletics

Credits: 3 cr Timing: 4th yr

Learning Objectives: 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 Methods: Supervised exercises, instruction practice

Assessment Methods: Accepted completed skill tests, assignments, exam

Bibliography: Reading list/material provided by lecturer

(SLAU019) Aquatic Sports

Credits: 5 cr Timing: 1st yr

Learning Objectives: Students will carry out the Finnish Association for Swimming and Life Saving swimming instructor qualification. Students will gain basic competence and knowledge of aquatic forms of exercise, being able to plan, instruct and assess

aquatic sports and forms of exercise.

Contents:	Swimming instructor course Different forms of aqua-gym and aqua-gym exercises Planning and implementing teaching
Learning Methods:	Lectures, supervised exercises, instruction practice sessions. Course will partly be delivered as RDI studies
Assessment Methods:	Skills tests, instruction sessions, exam
Bibliography:	Hakamäki, J & Läärä, J (Toim) Uimaopetuksen käsikirja. Docendo Anttila : Vesivoimistelu.

(SLAU006) Gymnastics

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will be able to define basic 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
Learning Methods:	Lectures, supervised exercises, instruction exercises The course will be partly delivered as RDI studies
Assessment Methods:	Attendance of lectures, completion of exercises, instructor training sessions, and learning tasks
Bibliography:	Tervo, E., Voimistelun perusohjelmisto ja opettaminen. Handout Vasunta, M., Voimistelu ja sen opettaminen. http://moniviestin.jyu.fi/sisalto/liikunta Further reading/materials provided by lecturer

(SLAU022) Musical Exercise

Credits: 4 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the basic movements of aerobics and the steps for the most common pair dances. Students will be able to combine movements to form series and to instruct aerobics training and to give reasons for their actions. Students will be able to plan and carry out an exercise performance.

Contents:	Combining music and movement, creative exercise, jazz, afro and disco dancing, basic aerobics, step-aerobic, circuit training, spinning, other forms of aerobics, use of music during exercise, planning of an exercise performance, instructing aerobics
Learning Methods:	Lectures, supervised exercises, instruction exercises
Assessment Methods:	Lectures, exercises, successful accomplishment of exercise performance

Bibliography: To be announced

(SLAU023) Introduction to Ball Games

Credits: 5 cr Timing: 1st yr

Learning Objectives: Students will know the sports skills required in football, Finnish baseball, volley ball, basketball and floor ball. They will know how to plan exercises to practice such skills for different age-groups. They will know the main rules of different ball games and develop their skills in precision and racket sports. They will know the basics of precision and racket sports rules.

Contents: Football, Finnish baseball, volley ball, basket ball and floor ball. Golf, bowling, petanque, air hockey, tennis, squash, badminton
Adapted sports activities and games
Instructing games
Rules
Practice

Learning Methods: Lectures, supervised exercises

Assessment Methods: Skills level test, portfolio

Bibliography: To be announced

(SLAU011) Ball Game Understanding and Analysis

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will gain in-depth understanding of basic ball sports tactics, while developing their own perception of the game, group instruction and organisation skills as well as their own ball game skills.

Previous Learning: Introduction to ball games

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

Learning Methods: Supervised exercises, instruction exercises

Assessment Methods: Proven competence during supervised exercises and assignments

Bibliography: Reading list/material provided by lecturer

(SLAY1Z) SOCIOLOGICAL, LEADERSHIP AND ENTREPRENEURIAL SKILLS IN SPORTS AND EXERCISE 16 cr

(SLPY00I) Customer-Oriented Marketing

Sports and exercise as a social phenomenon
 The central concepts of sports and exercise social research
 Exercise behaviour in different population groups
 The socialisation of sports and exercise
 The organisation of sports and exercise and its planning and administration procedures
 Sustainable development, equality and internationalisation

Learning Methods: Lectures, supervised exercises

Assessment Methods: Exam, assignment

Bibliography: Hokkanen ym. Alan johtajaksi. Itkonen ym. Liikunnan kansalaistoiminta -muutokset, merkitykset ja reunaehdot.
 Miettinen, M., (toim.) Haasteena huomisen hyvinvointi-miten liikunta lisää mahdollisuuksia?
 Related scientific articles

(SLAY003) Introduction to Tourism

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will gain an overview of the history of tourism and sports tourism and its situation today. Students will understand tourism and sports tourism as a social phenomenon while being aware of its effects of the environment.

Contents: The history of tourism and sports tourism
 The basic concepts of tourism and sports tourism
 Areas of departure, routes and destination areas + the notion of attractions and non-attractions
 Portrait of a tourist and sports tourist (traveller segments) and motivating factors
 The Finnish Tourism Promotion Board and other tourism and sports tourism organisations
 Wellness tourism
 The local economic significance of tourism and sports tourism
 Finnish and global tourism
 Tourism and the environment
 The future of tourism

Learning Methods: The course will be online.

Assessment Methods: Exam, assignments

Bibliography: Cooper, Fletcher, Gilbert, Shepherd & Wanhill: Tourism, Principles and Practice
 Further reading as indicated by the teacher

(SLAT9Z) RESEARCH ACTIVITIES 6 cr

(SLAT003) Research Work 1 and 2

Credits: 6 cr Timing: 2nd - 3rd yr

Learning Objectives: Students will have the basic skills to learn to become experts in order to carry out different research and development projects, recognising their significance in terms of professional competence development. Additionally students will know how to

critically assess knowledge produced as a result of research and development work.

Contents:	Research and development in sports Theory-based research process Source material based research process Idea - to product process Analysis and interpretation of research material
Learning Methods:	Lectures, supervised exercises, seminars. The course will be partly delivered as online studies (3 cr) and RDI studies (3 cr)
Assessment Methods:	Assignments, seminars, exam
Bibliography:	Hirsjärvi ym. Tutki ja kirjoita. http://www.kajak/opari.fi

OPTIONAL PROFESSIONAL STUDIES

(SLVT2Z) HEALTH-PROMOTING PHYSICAL EXERCISE 30 cr

(SLVT005) Health Exercise Coaching

Credits: 6 cr Timing: 2nd - 4th yr

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

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

Learning Methods: Lectures, supervised exercises, Course will partly be delivered as RDI studies

Assessment Methods: Testing clients and compiling exercise programmes, assignment

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

(SLVT002) Applied Physical Education

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will recognise special needs exercise and the main elements of developing it. Students will use a variety of goal-oriented teaching and instruction methods. Students will be able to deal with heterogeneous groups and pay attention to individuals within a group. They will be able to adjust and apply exercise to customers with special needs within different operational environments.

Contents: The concepts, values and significance of special needs exercise
Dealing with individualism and differentiation.
Didactics of applied physical education
Adapting forms of exercise
Exercise for the mentally and sense-impaired

Contents:

- Chronic long-term illnesses
- Mental health
- Exercise and illness
- Counselling methods
- Fitness testing for the elderly
- Exercise for the elderly and fall prevention
- Exercise counselling for the elderly
- Coach for the aged qualification

Learning Methods:	Lectures and supervised exercises. The course will partly be delivered through RDI studies
Assessment Methods:	Exam, assignments, instruction practice
Bibliography:	Fogelholm, M. & Vuori, I. (toim.) Terveysliikunta. Liikunnan Käypä hoito -suositus. Mätkiä, E. & Rintala, P. Uusi erityisliikunta: liikunnan sovellukset erityisryhmille. (soveltuvien osien) Turku, R., Muutosta tukemassa- valmentava elämäntapaohjaus. Sakari-Rantala, R., Iäkkäiden ihmisten liikunta- ja kuntosaliharjoittelu. Vanhusvalmentaja- tutkintoon kuuluva materiaali (omakustanteinen). Vuori ym.(toim.) Liikuntalääketiede.

(SLVT008) Well-being Sports and Exercise

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will know how to practice different wellness sports as well as knowing their effects and special features. Students will be able to apply a variety of different forms of exercise and sports to promote the overall wellbeing of people and will understand the therapeutic effect of different sports and forms of exercise.

Contents: Overall enhancement of wellbeing
The practice of wellbeing sports
Effects and special features
So called low threshold sports, e.g.
Deep stretching and fitness, yoga/chiball, relaxation techniques, therapeutic dance, Asahi, riding therapy, senior dance.

Learning Methods: Lectures, supervised Exercises The course will be delivered partly as RDI studies

Assessment Methods: Learning diary

Bibliography: Jalamo ym. Asahi - terveysliikuntaa kaikille.
Putkisto, M. Method Putkisto: syväjumpalla notkeaksi.
Putkisto, M., Method Putkisto: syvävenytyksellä solakaksi.
Further reading as indicated by the teacher

(SLVT009) Adventure Education

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

Learning Objectives: Students will have in depth knowledge of adventure education and will be able to apply adventure education methods during practical instruction sessions.

Previous Learning: Nature sports and orienteering

Contents: The theory and history of adventure education
Group activities, group dynamics
Leading groups
Forms of adventure

Learning Methods: Lectures, supervised exercises

Assessment Methods: Participation, assignment

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.

(SLVT011) Physical Exercise for Young Children and Infants

Credits: 6 cr Timing: 2nd yr

Learning Objectives: Students will be able to define factors related to physical education for young children and infants and apply familiar forms of exercise in the physical education of young children and infants. Students will know how to plan, instruct and assess the physical exercise of nursery children.

Contents: Different forms of exercise
 Everyday physical education
 Planning, implementing and assessing exercise sessions for young children.

Learning Methods: Lectures, supervised exercises, instruction practice Course will partly be delivered as RDI studies

Assessment Methods: Assignments

Bibliography: Autio, T. Liiku ja leiki: motorisia perusharjoitteita lapsille.
 Haatainen ym. Kaikki linnut lentämään. Päivittäinen liikuntakasvatusohjelma alle 4 - vuotiaille.
 Karvonen ym. Varhaisvuosien liikunta.
 Ojanaho ym. Sportfolio- liikunnan opettamisen aapinen.
 Further reading as indicated by the teacher

(SLVA1Z) ACTIVITY-BASED TOURISM 30 cr

(SLVA005) Activity Tourism

Credits: 2 cr Timing: 2nd yr

Learning Objectives: Students will gain a comprehensive overview of different forms of activity tourism today and in the future, understanding activity tourism as one part of the wider field of tourism. Students will understand the significance of quality in terms of competitiveness.

Previous Learning: Introduction to Tourism

Contents: Forms of activity tourism
 The activity tourist
 Supply and demand
 Quality systems

Learning Methods: Lectures, supervised exercises

Assessment Exam, assignments

Methods:

Bibliography: As indicated by the teacher

(SLVA006) Sustainable Tourism

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will gain basic knowledge of sustainable tourism theory and practice and how it is used and integrated in the business environment.

Contents: Sustainable tourism background
Environmental effects of tourism
Socio-cultural effects of tourism
Tourism companies - environmental organisations and labels
The responsible tourist
Alternative - usual tourism
Mass tourism
Ecotourism

Learning Methods: Course delivered online

Assessment Methods: Learning diary, assignments, online discussion

Bibliography: Weaver, D. Sustainable tourism: Theory and Practice.

(SLVA007) Summer Activities

Credits: 4 cr Timing: 2nd yr

Learning Objectives: Students will know the basic concepts of summer activities and the structure of supply and demand in this field. They will be able to plan and implement summer tourism products.

Contents: Nature and activity tourism products and destinations
Planning summer tourism products
Organising a summer activity tour
Instructing and supervising activities, group instruction

Learning Methods: Supervised exercises, study visits and company visits

Assessment Methods: Exam, assignments

Bibliography: As indicated by the teacher

(SLVA008) Winter Activities

Credits: 4 cr Timing: 2nd yr

Learning Objectives: Students will know the main concepts of winter sports and activities and the structure of their supply and demand. They will be able to plan and implement winter activity products.

Contents: Nature and activity tourism products and destinations

Planning winter activity and sports products
 Organizing a winter activity tour
 Instructing and supervising activities, group instruction

Learning Methods: Supervised exercises, study visits and company visits

Assessment
 Methods: Exam, assignments

Bibliography: As indicated by the teacher

(SLVA009) Adventures and Experiences in Tourism

Credits: 2 cr Timing: 3rd yr

Learning Objectives: Students will have in depth knowledge of adventure education and will be able to apply adventure education methods in tourism.

Contents: Adventure functions and activities
 Basics of adventure education
 Instruction and group dynamics
 Safety requirements in adventure education

Learning Methods: Lectures, supervised exercises and possible weekend camp

Assessment
 Methods: Assignments

Bibliography: As indicated by the teacher

(SLVA003) Developing Activity-based Tourism and Business Competence

Credits: 5 cr Timing: 2nd - 3rd yr

Learning Objectives: Students will know how to analyse the development needs of a tourism company, being able to apply creative operational models in cooperation with others, assess the feasibility, profitability and risks of new ideas. Students will also be proficient in the commodification process, with the competence to build adventurous and ethically sustainable, high quality service packages for their clients.

Contents: Product development
 Segment selection and defining needs
 Operational environment
 Quality
 Pricing
 Product safety legislation
 Profitability
 Product description

Learning Methods: Blended. Delivered partly as RDI studies.

Assessment
 Methods: Exam, assignments

Bibliography: As indicated by the teacher

Assessment	Learning assignments, instruction practice
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Methods:

Bibliography: Autio, T. Liiku ja leiki: motorisia perusharjoitteita lapsille.
Haatainen ym. Kaikki linnut lentämään. Päivittäinen liikuntakasvatusohjelma alle 4 - vuotiaille.
Karvonen ym. Varhaisvuosien liikunta.
Ojanaho ym. Sportfolio- liikunnan opettamisen aapinen. Lapin yliopiston kasvatustieteellisiä julkaisuja 2.
Further reading as indicated by the teacher

(SLVL002) Exercise Supporting Children's Well-being and Learning

Credits: 5 cr Timing: 3rd - 4th yr

Learning Objectives: Students will be competent to promote children's overall wellbeing being proficient in observing and assessing children's motor development and able to recognise variation in such development. They will also know how to explain the link between exercise and learning and will be able to develop children's socio-emotional skills.

Previous Learning: Human Motor Development

Contents: Observing children's motor development and learning
Exercise and learning difficulties
Developing children's socio-emotional skills through exercise
Children, physicality and movement

Learning Methods: Lectures, instruction practice. Delivered as RDI studies.

Assessment Methods: Seminar paper

Bibliography: As indicated by the teacher

(SLVL003) Child and Youth Exercise Instruction

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

Learning Objectives: Students will be able to plan, implement and assess exercise sessions for children and young people. They will understand the significance of exercise in the support of growth and development.

Contents: Physical activeness - recommendations for school aged children
Physical education
Adapting different forms of exercise
Planning, implementing and assessing physical exercise sessions

Learning Methods: Lectures, instruction practice, course delivered partly through RDI studies

Assessment Methods: Portfolio

Bibliography: As indicated by the teacher

(SLVL004) Adventure Education

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

Learning Objectives: Students will have in depth knowledge of adventure education and will be able to apply adventure education methods during practical instruction sessions.

Previous Learning: Nature sports and orienteering

Contents: The theory and history of adventure education
Group activities, group dynamics
Leading groups
Forms of adventure

Learning Methods: Lectures, supervised exercises

Assessment Methods: Participation, assignment

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.

(SLVL005) Health Promoting Exercise Coaching

Credits: 6 cr **Timing:** 2nd - 4th yr

Learning Objectives: Students will be proficient in fitness measuring and will be able to compile exercise programmes for people from different age-groups taking into account their performance and capability levels. Students will be able to function as experts in how exercise affects health and fitness, being able to instruct clients to adopt health promoting habits.

Contents: Fitness and fitness testing
Compilation of exercise programmes
Different methods of exercise counselling

Learning Methods: Lectures and supervised exercises. The course will partly be delivered through RDI studies.

Assessment Methods: Client testing and compilation of fitness programme, assignment

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

(SLVL006) Applying Health Promoting Exercise

Credits: 6 cr **Timing:** 3rd yr

Learning Objectives: Students will be able to use and adapt different forms of exercise for the benefit of those suffering from different forms of illness. Students will be proficient in the low threshold exercise counselling process, conducting client-centred low threshold counselling. They will be able to function as experts in exercise for the elderly (testing, exercise instruction and counselling).

Contents: Chronic long-term illnesses

Mental health
 Exercise and illness
 Exercise counselling methods
 Fitness testing for the elderly
 Exercise for the elderly and fall prevention
 Exercise counselling for the elderly
 Coach for the aged qualification

Learning Methods: Lectures and supervised exercises, Delivered partly as RDI studies.

Assessment Methods: Exam, assignments, instruction practice

Bibliography: Fogelholm, M. & Vuori, I. (toim.) Terveysliikunta. Liikunnan Käypä hoito -suositus.

(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 expertise.

(SLW002) Physical Exercise for Early Years

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

Learning Objectives: Students will know the principles and special features of early years physical exercise.

Contents: Quantity and quality of early years education
 Early years exercise apparatus and environment
 Interaction between adults and children
 Family exercise

Learning Methods: Independent study

Assessment Methods: Assignment

Bibliography: Arvonen, S., (ed.) Porukalla. Perheliikuntaohjaajan käsikirja. Helsinki. Varhaiskasvatuksen liikunnan suositukset 2005.
http://www.ktl.fi/attachments/liikunta/stm_varhaiskasv_liikunta_suosituksset.pdf

(SLW051) Lifeguard Qualification

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

Learning Objectives: Students will know how the principles of safe action in different lifesaving events and situations and can function reliably and safely in different rescue operations.

Previous Learning: Good swimming skills and Ea 1 certificate before course begins

Contents: The lifeguard course is aimed at those acting as swimming pool lifeguards or who intend to work as lifeguards. The course aims to provide basic knowledge and skills

in lifesaving, customer service and of a swimming pool lifeguard's work.

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignments, exam, lifeguard's swimming test, lifeguard qualification

Bibliography: As indicated by the teacher

(SLW004) Physical Exercise for People with Impaired Memory

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

Learning Objectives: Students will recognise the opportunities and importance of exercise in supporting the everyday functions of people with memory impairment. Students will know the principles and background of instructing memory-impaired clients.

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

Learning Methods: Independent study

Assessment Methods: Assignment

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.

(SLW025) Taping and Massage

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

Learning Objectives: 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.

Previous Learning: 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 Methods: Lectures, supervised exercises, independent work

Assessment Methods: Participation

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

Learning Methods: Supervised exercises, instruction practice

Assessment Methods: Supervised exercises, successful completion of instruction session

Bibliography: Hekinaro-Johansson, P., (toim.), Huovinen, T., Näkökulmia liikuntapedagogiikkaan. (osittain)
Nuutinen, L. Suomalaisen kansantanssin opettaminen - oppimisen teoriasta käytännön toimenpiteisiin.
Further material provided by the lecturer.

(SLW052) Exercise and Nutrition

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

Learning Objectives: Students will know the special nutritional requirements of sportsmen and women and can explain the significance of nutrition and exercise in weight control.

Previous Learning: Introduction to Nutrition

Contents: Assessment of nutritional situation and body composition
Special requirements of sportsmen and women
Nutrition physiology
Weight control

Learning Methods: Lectures, seminars

Assessment Methods: Exam, assignment

Bibliography: Borg, Fogerholm & Hiilloskorpi. Liikkujan ravitsemus - teoriasta käytäntöön.
Further material will be announced

(SHWY91) Downhill Skiing 1 Course

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

Learning Objectives: Students will possess the basic competence to pass skills tests.

Contents: Novice and basic level skills and own skill, including testing (4 days)
Cross country skiing (0.5 days)
Teaching (2 days)
Teaching children to ski (1.5 days)
Mechanics part 1

Learning Methods: In cooperation with Vuokatti Sports Institute and the Finnish Association of Skiing Teachers

Assessment Methods: 100 % attendance and participation, skills tests

Bibliography: Materials of the Finnish Association of Skiing Teachers

(SLW017) Self-defence Sports/Martial Arts

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

Learning Objectives: Students will be competent in the basics of one particular martial art through the

practice of Karate and they will learn to predict violent situations.

Contents: Elementary Karate course:
Basic positions, defence, blows and kicks
Movement
Letting go

Learning Methods: lectures, supervised training sessions

Assessment Methods: Participation, assignments

Bibliography: As indicated by the teacher

(SLW038) Intensive Instruction and Supervision Training

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

Learning Objectives: Students will be able to plan, implement and assess health promoting exercise services for individuals and groups and be able to work in multi-professional teams.

Contents: Exercise instruction of different types of groups and groups with special needs, personal instruction/training, measuring fitness and health and exercise counselling, planning and implementing exercise events

Learning Methods: Supervised practical training in the UAS own practical training place: Myötätuuli

Assessment Methods: Approved accomplishment of supervised practical training

Bibliography: Material as indicated by the teacher

(SHWY92) New Forms of Exercise

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

Learning Objectives: Students will get to know new forms of exercise in different sports

Contents: Wall climbing
Spinning
Kinball
Other new sports

Learning Methods: Supervised training sessions

Assessment Methods: Learning diary, approved accomplishment of all training sessions

Bibliography: To be announced

(SLW047) Aerobics Instructor Training Course

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will know the basics of instructing aerobics and developing movements, and defining the structure of an aerobics lesson. They will be able to instruct

aerobics with music and apply and adapt their skills for different groups.

Previous Learning: Anatomy and Physiology Musical Exercise Gymnastics

Contents: Instructing aerobics
Developing movement series
Building choreography
Muscle fitness training in aerobics

Learning Methods: Lectures, supervised exercises, instruction practice sessions

Assessment
Methods: Exam

Bibliography: As indicated by the teacher

(SLW0048) Food and Wellness

Credits: 2 cr Timing: 2nd yr

Learning Objectives: Students will understand the significance of food as part of wellness tourism.

Contents: Nutrition and health
Healthy diet

Learning Methods: Lectures, supervised exercises

Assessment
Methods: Assignment

Bibliography: As indicated by the teacher

(SLW0049) Finnish Culture and Local Expertise

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will possess a basic knowledge of the Finnish way of life and culture, being able to utilise and apply culture and local identity in tourism.

Contents: Background of Finnish culture
National and local culture
Significant events, persons, surroundings and phenomena
Local identity in tourism product development

Learning Methods: The course will partly be delivered online

Assessment
Methods: The course will mainly be delivered online.

Bibliography: Material online
Further reading as indicated by the teacher

(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: 3rd - 4th yr

Learning Objectives: Students will develop and demonstrate their competence to apply knowledge and skills in posts and work related expert tasks linked to their professional studies. They will deepen their professional competence in RDI activities 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 the development of their professional expertise.

Previous Learning: Introduction to Research (3 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 3 cr, 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 5 cr, cooperation with the commissioning party, commissioning agreement and copyright law, evaluation procedure, presentation of thesis plan. Part 3: implementation, presentation and reporting of the thesis 7 cr

Learning Methods: Lectures, seminars, independent study, partly delivered online (8 cr), delivered as RDI studies (15 cr)

Assessment Methods: Written and spoken presentation and 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.

(SLHA006) Practical Training (Orientation)

Credits: 12 cr Timing: 2nd yr

Learning Objectives: Students will know the business idea of their practical training locations and what they have to do. They will be able to plan, implement and assess the instruction of sports and exercise with different groups. They will also develop as instructors, gaining the competence to manage larger instruction sessions. Students will also be proficient in the administrative operations and regulations of the sports and exercise sector.

Contents: An 8-week practical training period in a municipal sports and leisure department, sports and exercise association, club or public sports companies, service centres or

projects

Learning Methods: Partly accomplished as online studies

Assessment Methods: Report and diary of the practical training period, PowerPoint presentation

(SLHA007) Advanced Training

Credits: 18 cr Timing:

Learning Objectives: Students will deepen and extend their knowledge and competence within sports and exercise operations and in their own major. They will be able to use research to develop their work and operational environment.

Previous Learning: 3rd yr

Contents: 12-week practical training period in sports and exercise companies, public utilities and associations/clubs

Learning Methods: Partly accomplished as online studies

Assessment Methods: Report and diary of the practical training period, Development assignment, PowerPoint presentation