Bachelor of Sports Studies

- Degree Programme in Sports and Leisure Management

SCHOOL OF HEALTH AND SPORTS
DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

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Objectives of the Degree Programme

The objective of the Sports and Leisure Management Degree Programme is to provide both Finnish and international students with a high quality, practical yet academic training in the field of sports. The programme emphasises the development of sports and exercise skills and competence particularly required in coaching. Students will be prepared for coaching and to develop their own field. Their professional competence will be built upon a multidisciplinary knowledge base, as well as practical and interpersonal skills. They will also be able to operate within different kinds of working groups and networks.

Graduates will be qualified to seek employment in sports and leisure organisations, associations, clubs and businesses and they will possess the know how to run their own sports and leisure enterprises. Upon completion of the required 210 credits within three and a half years, graduates are awarded a Bachelor of Sports Studies and are entitled to use the professional title of Sports Instructor.

The degree programme consists of basic studies, professional studies and free choice studies. An essential part of the studies is also a five-month period of practical training. Part of the studies can be completed abroad.

Learning Environment

The learning environment at Kajaani University of Applied Sciences actively encourages the achievement of the stated objective by providing:

- A programme that is both responsive and flexible to the needs of students
- A programme that is both challenging yet supportive
- An international atmosphere.

Learning Strategies

Because of the nature of the programme, the learning strategies employed to achieve its objectives are varied; depending on the subject they may include: lectures, PE demonstrations, seminars, individual tutorials, workshops, case study, group work, project work and research.

The language of instruction is English and the courses are taught by Kajaani University of Applied Sciences' own academic staff and a resource of guest lecturers from partner institutions, for example Vuokatti Campus (www.vuokatticampus.fi). Interactive learning, team-based course work and small group sessions form an important element of the learning process of the Degree Programme in Sports and Leisure Management.

Description of Competences

Subject specific competences Degree programme in Sports and Leisure Management	**Description of the competence** The Student
COMPETENCE IN PHYSICAL ACTIVITY	▪ Ability to manage the fundamental knowledge and skills required in the most common physical activities and to apply them when instructing different target groups ▪ Demonstration of the possession of fundamental knowledge required in special needs education ▪ Understanding of the value of various physical activities as a tool for developing motor skills, physical qualities, and self-expression
COMPETENCE IN HEALTH PROMOTING PHYSICAL ACTIVITY AND COACHING	▪ Demonstration of a fundamental knowledge of anatomy and physiology and the ability to apply when teaching different types of target group ▪ Competence in the mechanisms of physical activity, the fundamentals of testing and training planning / coaching programs ▪ Proficient knowledge of the factors affecting human growth, development, and social behaviour as well as the ability to take them into consideration during physical activity ▪ Demonstration of the ability to plan and instruct health promoting physical activities ▪ Demonstration of expertise in health enhancing physical activity
COMPETENCE IN PEDAGOGY AND DIDACTICS	▪ Demonstration of ability to use a variety of different instruction and teaching methods as well as goal setting with different target groups ▪ Management of planning, execution, and evaluation of extensive modes and modules of teaching ▪ Demonstration of ability to use physical education for the benefit of supporting and providing education in human growth and development ▪ Instruction expertise and the ability to utilise learning concepts based on personal values and level of knowledge in physical education
COMPETENCE IN AREAS OF PHYSICAL EXERCISE INVOLVING LEADERSHIP AND ENTERPRISE	▪ Ability to manage developmental visions in physical activity culture and services as well as to improve the status of physical education in society ▪ Demonstration of the ability to work in a variety of different expert and executive tasks in physical education ▪ Proficiency in the different enterprise opportunities in physical education and in starting a small business

Annual Themes - Study Progress Description

1st year Orientation

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

2nd year Action

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

3rd year Coaching and Depth

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

4th year Competent and Capable of Development

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

Structure of the Programme

Basic Studies (25 cr)

Basic studies are compulsory studies. These courses include basic courses in communication skills as well language studies.

Professional Studies (91 cr)

These courses are carried out from the first year onwards and they include special study modules covering different areas of sports. The aim of professional studies is to equip students with both the theoretical and practical knowledge needed to function in well-being and health promoting exercise, physical activity, pedagogy and didactics as well leadership and entrepreneurship.

Further specialisation studies (44 cr)

In these studies students will be prepared for coaching and to develop their own field. Their professional competence will be built upon a multidisciplinary knowledge base.

Free-choice Studies (5 cr)

The aim of the free-choice studies is to provide the student with the opportunity to deepen and widen knowledge related to his or her own professional field. These can be chosen from the degree programme or from another degree programmes in the same school or from another university of applied sciences, university or elsewhere by prior agreement. The head of degree programme approves optional studies chosen by students.

Practical Training (30 cr)

An essential part of studies is a five-month-long practical training period, which takes place during the 2 nd and 3rd study year. Finnish students must complete either practical training or a semester of their studies abroad. Before starting practical training students must have a minimum of 40 credits. The purpose of practical training is to offer students the opportunity to put into practice the knowledge acquired from their professional studies by carrying out practical tasks in different kinds of sports organisations.

Thesis and Maturity Test (15 cr)

The purpose of the thesis is to demonstrate students' ability to adapt knowledge and skills acquired during professional studies. This can be accomplished in the form of project work, research work or applied research. It is recommended that the thesis be completed in co-operation with sport companies or organisations any or in co-operation with other interest groups. Preparation of the thesis is usually accomplished towards the end of studies during the final year.

The maturity test is done after completing the thesis. The test demonstrates students' language skills and how familiar they are with the chosen subject of their thesis. Finnish students write the test in Finnish and foreign students in English. The test is completed under supervision with questions provided by the thesis/project supervisor.

Foreign Studies

For Finnish students it is recommended that the 2nd year autumn semester is spent in a foreign university or university of applied sciences. Foreign students may choose not to go abroad. To apply for foreign studies the student must have achieved a minimum of 45 credits per academic year. In addition it is required that the students have good language skills (good skills in English and at least basics in the target country's language if possible) and good grades. Students without prior international experience will be given priority when decisions concerning exchange places are made.

Exchange opportunities will be presented in information meetings. More information can also be found from Kajaani UAS's internet pages. Kajaani UAS's partner institutions in different countries offer studies in English or in other languages. Each student makes a personal study plan with the school's international co-ordinator for the period of foreign studies. Studies completed abroad are approved as part of the degree programme within either further specialisation studies or free-choice studies.

Language Studies

The Degree Programme in Sports and Leisure Management includes 18 credits of compulsory language studies. Language studies should comprise at least Finnish and English studies. Finnish students also have one compulsory Swedish course. It is highly recommended that students choose one language as part of their free-choice studies. These studies should include at least 8 credits in order to achieve a good level in the chosen language (5 cr beginner's course + 3 cr intermediate/advanced studies).

Finnish Students		**Foreign Students**	
English	9 cr	English	6 cr
Finnish	6 cr	Finnish	12 cr
Swedish	3 cr		

Foreign language courses offered at this level are French, Spanish, Italian, Russian, Chinese and German.

THE COURSE CONTENT FOR THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT (2012)

BASIC STUDIES 25 CR

SSBC2Z	**Communication Skills**	**25 cr**
SSBC013	Personal Development Programme	4 cr
SSBC002	Interpersonal Skills	3 cr
SSBC008	English: Academic Writing	3 cr
SSBC006	English: Basics of Sports and Leisure English	3 cr
Finnish Students		
SSBC003	Finnish 1	3 cr
SSBC004	Finnish 2	3 cr
SSBC005	Swedish: Svenska för Idrottsbranchen	3 cr
SSBC014	English: Professional Communication Skills	3 cr
Foreign Students		
SSBC009	Finnish for Foreigners 1	6 cr
SSBC010	Finnish for Foreigners 2	3 cr
SSBC012	Finnish for Foreigners 3	3 cr

PROFESSIONAL STUDIES 91 CR

SSPH3Z	**Competence in Health Promoting Physical Activity and Coaching**	**40 cr**
SSPH001	Anatomy and Physiology	5 cr
SSPH002	Exercise Physiology	4 cr
SSPH003	Adapted Physical Education	3 cr
SSPH004	Human Motor Development	3 cr
SSPH010	Motor Learning	3 cr
SSPH007	Nutrition	3 cr
SSPH008	First Aid and Health Risks	3 cr
SSPC012	Health Exercise Coaching 1	3 cr
SSPC013	Health Exercise Coaching 2	3 cr
SSPC014	Applications of Exercise	4 cr
SSPC001	Biomechanics of Human Movement	3 cr
SSPC007	Sport Psychology	3 cr
SSPP4Z	**Competence in Pedagogy and Didactics**	**10cr**
SSPP003	Introduction to Physical Education	3 cr
SSPP004	Instructing Health-Enhancing Physical Activity	4 cr
SSPH006	Exercise and Health Counselling	3 cr
SPA7Z	**Competence in Physical Activity 1&2&3**	**36 cr**
SSPA001	Ice Sports	3 cr
SSPA003	Downhill Skiing	3 cr
SSPA009	Skiing and Outdoor Activities	4 cr
SSPA010	Ball Sports	6 cr
SSPA011	Gymnastics	4 cr
SSPA006	Gym Training	3 cr
SSPA007	Musical Exercise	3 cr
SSPA013	Athletics	4 cr

SSPA014	Aquatics 1	3 cr
SSPA015	Aquatics 2	3 cr
SSPR7Z	**Research Studies**	**5 cr**
SSPR002	Research Studies	5 cr

FURTHER SPECIALISATION STUDIES 44 CR

SPH01Z	**Competence in Leadership and Entrepreneurship in the Field of Physical Activity**	
SSPC9Z	**Activity Tourism, Business 1&2**	**44 cr**
SSPL001	Introduction to Business Operations	3 cr
SSPL002	Introduction to Marketing	4 cr
SSPL003	Introduction to Management Accounting	3 cr
SSPL004	Project Management	5 cr
SSPL006	Principles of Tourism	3 cr
SSPL007	Introduction to Activity Tourism	3 cr
SSPL008	Activity Tourism Product Development	5 cr
SSPL009	Adventure Tourism	3 cr
SSPL010	Management of Programme Services	5 cr
SSPL001	Strategic Marketing Management	3 cr
SSPL012	Human Resource Management	5 cr
SSPL013	Law Studies	2 cr

SSBW9Z	**FREE-CHOICE STUDIES**	**5 CR**
SSBW006	Sociology of Sports	3 cr
SSBW007	Physical Exercise for the Disabled	3 cr
SSBW008	Sports Injuries	3 cr
SSBW010	Taping and Massage	3 cr
SSBW018	Self-defence Sports	3 cr
SSBW013	English	3 cr
SSBW014	Digital Games	3 cr
SSBW015	Dance	3 cr
KLWY020	Orientation for Student Exchange	3 cr
SSBW017	Product Development 2	3 cr
Business Studies		
Tourism Studies		
Language Studies		
SSPT9Z	**PRACTICAL TRAINING**	**30 CR**
SSPT003	Practical Training (Orientation)	12 cr
SSPT004	Advanced Training	18 cr
SSTH10Z	**THESIS**	**15 CR**
SST001	Thesis	15 cr

COURSE DESCRIPTIONS FOR THE DEGREE PROGRAMME IN SPORTS

BASIC STUDIES

(SSBC2Z) COMMUNICATION SKILLS 25 cr

(SSBC013) Personal Development Programme

Credits: 4 cr Timing: 1st yr

Learning Objectives: The aim of this programme is to provide students with the tools to ensure a successful start to their studies leading to success in future careers, by enabling them to identify their personal learning characteristics, whilst at the same time introducing specific study skills. The programme aims to facilitate the individual personal development of students.

Contents: Initial assessment week (Boot Camp)
Personal SWOT
Learning styles

Assessment Methods: Portfolio-Course work of completed tasks throughout the programme

Bibliography: Selected readings, handouts related to subject areas

(SSBC002) Interpersonal Skills

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will learn how to interact with clients, colleagues and partners. They will possess the competence to support the development of their clients' and groups' interaction skills.

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

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignments, exercises

Bibliography: To be announced

(SSBC003) Finnish 1

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient in the cooperation, oral communication and interaction skills required in working life. Students will develop their oral communication skills as part of their professional competence.

Contents: The theory and practice of group work
Meetings and negotiations
Introduction to spoken communication
Cultural differences in spoken communication

Learning Methods: Lectures, supervised exercises

Assessment Methods: Group work and presentation assignments, exercises and exam

Bibliography: Niemi, Nietosvuori, Virikko: Hyvinvointialan viestintä
Further material provided by the lecturer

(SSBC004) Finnish 2

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will develop their written Finnish skills and practise the specific writing skills required of their profession.

Contents: Introduction to written communication
Academic texts and documentation
Business correspondence

Learning Methods: Lectures, supervised exercises, written assignments

Assessment Methods: Writing exercises and assignments, exam or a supplementary written assignment

Bibliography: Niemi, Nietosvuori, Virikko: Hyvinvointialan viestintäBinder, Kärnä, Metivier, Miestamo, Salenius, Savinainen, Solonen, Taimio, Åberg: Liikeviestinnän käsikirja - viestit vaihtoon 7 kielellä
Further material provided by lecturer

(SSBC005) Swedish: Svenska för Idrottsbranchen

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be proficient sports and leisure vocabulary with the competence to communicate using spoken and written Swedish for sports and leisure related communication and interaction situations.

Previous Learning: European Qualifications Framework B1

Contents: Terminology and vocabulary in the field of sports and leisure
Spoken and written communication and interaction
Interacting with clients

Learning Methods: Supervised exercises

Assessment Methods: 100 % attendance and active participation Completed oral and written assignments and exercises Written and oral exam

Bibliography: To be announced

(SSBC006) English: Basics of Sports and Leisure English

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will build up their professional terminology and vocabulary and develop their professional writing and speaking skills.

Contents: Terminology and vocabulary in the field of sports and leisure
Basic professional writing and speaking skills

Learning Methods: Supervised exercises

Assessment Methods: 100 % attendance and active participation, Oral and written assignments and exercises, language portfolio and/ or written exam

Bibliography: To be announced

(SSBC014) Professional Communication Skills

Credits: 3 cr Timing: 2nd year

Learning Objectives: Students will develop their professional communication skills with the focus on sports instruction, activity tourism and interaction with clients, colleagues and co-operation partners.

Contents: Terminology in activity tourism
Professional communication skills

Learning Methods: Supervised exercises

Assessment Methods: 100 % attendance and active participation, oral and written assignments, language portfolio and/ or written exam

(SSBC008) English: Academic Writing

Credits: 3 cr Timing: 1st year

Learning Objectives: The student will improve his/ her academic writing skills.

Contents: Features of academic writing
Coherence and cohesion
Style
Grammar
Punctuation
Referencing
Paraphrasing, quoting and summarising

Learning Methods: Supervised exercises

Assessment Methods: 100 % attendance and active participation, completed exercises and assignments, language portfolio and/ or written exam

Bibliography: To be announced

(SSBC009) Finnish for Foreigners 1

Credits: 6 cr Timing: 1st yr

Learning Objectives: To teach students the skills needed in everyday communication in Finnish and to familiarise students with the Finns, their customs, the country and society.

Contents:	Pronunciation, syllable division and other general issues about the language Greeting and introductions Language skills, working, living, studying Numerals: time, prices, banking Asking simple questions and understanding instructions Travelling, sports , shopping The school system Basic geography of Finland Finnish cuisine
Learning Methods:	Communicative, practical approach and group work
Assessment Methods:	Class work and written or/and oral exam
Bibliography:	Facts about Finland, Hämäläinen, Aletaan Kenttälä, Kieli käyttöön

(SSBC010) Finnish for Foreigners 2

Credits:	3 cr	Timing:	1st yr

Learning Objectives:	To improve communication skills in the Finnish language
Previous Learning:	Finnish for Foreigners I
Contents:	This unit builds on the knowledge gained in Finnish for Foreigners I
Learning Methods:	Small group sessions
Assessment Methods:	Active participation in class activities, written and oral tests
Bibliography:	Kangasniemi, Suomen kielen tikapuut jatkotaso 1 Hämäläinen, continued

(SSBC012) Finnish for Foreigners 3

Credits:	3 cr	Timing:	3rd yr

Learning Objectives:	To improve communication skills in oral and written Finnish
Previous Learning:	Finnish for Foreigners I - II
Contents:	This unit builds on the knowledge gained in Finnish for Foreigners I - II
Learning Methods:	Small group sessions
Assessment Methods:	Active participation in class activities, written and oral tests
Bibliography:	White: From Start to Finnish Kuparinen & Tapaninen: Hyvin menee 2

PROFESSIONAL STUDIES

(SSPH3Z) COMPETENCE IN HEALTH PROMOTING PHYSICAL ACTIVITY AND COACHING 40 cr

(SSPH001) Anatomy and Physiology

Credits: 5 cr Timing: 1st yr

Learning Objectives: Students will understand the structure of the human body and how it works and can use this knowledge in client-oriented sports instruction and coaching work to promote health and performance rate as well as to reinforce exercise behaviour.

Contents:
Introduction to Chemistry and Physics
Cells, tissues and organs
Locomotor system
The nervous system and the senses
Breathing and circulation
Digestion
Fluid balance and urine excretion
Metabolism
Thermal/heat control

Learning Methods: Lectures, supervised exercises, independent study, part of the studies completed online

Assessment Methods: Exam, assignments

Bibliography: To be announced

(SSPH002) Exercise 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, organs, respiration and circulation
Digestion and metabolism
Sensory and nervous system
The locomotor system
Physics and Chemistry

Learning Methods: Lectures, supervised assignments, parts of course completed online, independent work

Assessment Methods: Exam, assignments

Bibliography:
McArdle, Katch, Kattch, Exercise Physiology.
Current articles

(SSPH003) Adapted Physical Education

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will be able to recognise value of sports and exercise for people with special needs and the stages and components of developing such exercise. They will be able to use a variety of goal-oriented counselling and teaching methods to deal with different types of groups and individuals. Students will be proficient in using exercise for persons with special needs in different types of operational environments.

Contents: The concepts, values and significance of exercise for people with special needs.
Dealing with individuals and differentiation.
The didactics of applied sports and exercise education
The use of sports and exercise
Exercise for the mentally disabled

Learning Methods: Lectures, supervised exercises

Assessment Methods: To be announced

Bibliography: To be announced

(SSPH004) Human Motor Development

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be conversant with the physical growth and motor development of people from different ages groups.

Contents: Physical growth of people from different age groups
The development of human motor skills in different age groups and how to observe such development

Learning Methods: Supervised exercises, independent study

Assessment Methods: Pair-work assignment (video recording)

Bibliography: Haywood, K. & Getchell, N. 2009. Life span motor development.

(SSPH010) Motor Learning

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be conversant with the basic methods of analysing movement,and the progress of motor learning

Contents: The basic elements of movement
Observing performance
Analyzing performance
Motor learning

Learning Methods: Lectures and exercises

Assessment Methods: Assignment

Bibliography: To be announced

(SSPH007) Nutrition

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be conversant with the principles of diets based on nutritional recommendations, being able to apply this knowledge when providing diet counselling and nutrition education for different client groups.

Contents: The connection between nutrition and health
Nutritional recommendations and their use
Assessing energy and nutrient requirements and acquisition
The main focus points of nutrition for active people
The most usual special diets
Diet counselling

Learning Methods: Lectures, assignments

Assessment Methods: Assignments and exam

Bibliography: To be announced

(SSPC012) Health Excercise Coaching 1

Credits: 3 cr Timing: 3rd 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 R&D studies

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

Bibliography: Further reading as indicated by the lecturer.

(SSPC013) Health Excercise Coaching 2

Credits: 3 cr Timing: 3rd 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 R&D studies

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

Bibliography: Further reading as indicated by the lecturer.

(SSPC014) Applications of Exercise

Credits: 4 cr Timing: 1st yr

Learning Objectives: The students will be able to explain how different forms of illness are caused and will recognise the main principles of caring for such illnesses. They will be able to use exercise in the care of different target groups and illnesses. Students will be proficient in the use of fitness testing methods for the elderly, being able to apply them according to customer needs. They will be capable of planning, implementing and assessing strength and balance exercises for the aging and elderly as well as customer needs based training programmes.

Contents:
Chronic illnesses
Mental health
Exercise with illness
Exercise during pregnancy
Exercise for the elderly and fall prevention
Measuring the health and fitness of the elderly

Learning Methods: Lectures and supervised exercises The course will partly be implemented as RDI studies

Assessment Methods: Announced in course plan

Bibliography: Announced in course plan

(SSPH008) First Aid and Health Risks

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

Learning Objectives: Students will be prepared for action in situations requiring first aid. They will be conversant with the basic principles of prevention and aid with the ability to work in cooperation with other first aiders and helpers.

Contents:
Emergency and first aid as part of the care chain and the duty to help
The first aid situation: a crisis for the helper and casualty
First aid action
Prevention of exercise-related injuries and first aid
Health and safety

Learning Methods: Lectures, supervised exercises, independent study

Assessment Methods: Quizzes, active participation in exercises. Opportunity to acquire the Finnish Red Cross EA2 certificate.

Bibliography: To be announced

(SSPC001) Biomechanics of Human Movement

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will know the basic mechanisms and terminology of biomechanics.

Contents:
Terminology of biomechanics
An introduction to biophysics
Measuring strength

Learning Methods: Lectures, supervised exercises

Assessment Methods: Assignment

Bibliography: To be announced

(SSPC007) Sports Psychology

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will be aware of the psychological factors involved in improving performance in sports.

Contents: Defining sport and exercise psychology
Personality and sport
Promotion of motivation, lifelong health and fitness promotion of social skills for life, group and team dynamics promotion of self-concept and cognitive skills, exercise and psychological well-being promotion of motor skills for life arousal, stress, and anxiety psychological Skills training.

Learning Methods: Lectures, seminar

Assessment Methods: Assignment

Bibliography: Liukkonen, J. ym. Psychology for Physical Educators- Student in Focus.
Weinberg, R. & Gould, D. Foundations of Sport and Exercise Psychology.

(SSPP4Z) COMPETENCE IN PEDAGOGY AND DIDACTICS 10 cr

(SSPP003) Introduction to Physical Education

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Student will gain knowledge of the foundations od educational science, being able to plan annual, semesterly and hourly exercise syllabi and teaching content for the purposes of instructing clients of different age groups. Student will be aware of and be able to take into account the educational, knowledge-based and skill-related objectives of exercise in their planning.

Contents: The foundations and different areas of educational science, the learning and instruction process, planning basics. The aims and contents of physical education teaching.
Planning, implementing and evaluating exercise sessions.
Controlling the teaching event and teaching methods.
Educating for exercise and with the aid of exercise. Safety in phyiscal education teaching.

Learning Methods: Lectures, supervised exercises.

Assessment Methods: Exam, instruction practice.

Bibliography: To be announced

(SSPP004) Instructing Health-Enhancing Physical Activity

Credits: 4 cr Timing: 2nd yr

Learning Objectives: Students will be able to plan, implement and assess health enhancing exercise sessions and operational models. They will use different goal-oriented teaching and counselling methods in a variety of ways. Students will formulate a counselling and instruction concept based on their own values and knowledge structures as a sports instructor.

Contents: Health exercise instruction sessions
Professional competence assessment

Learning Methods: Exercises and independent study The course will partly be delivered as RDI studies

Assessment Methods: Health education instruction session and sample portfolio

Bibliography: To be announced in the course plan

(SSPH006) Exercise and Health Counselling

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be conversant with the basics and recommendations of health promoting exercise and the most common fitness measurements. They will be proficient in supervising and instructing different sports emphasising health promotion.

Contents: Knowledge base of health and wellbeing promotion
Health and wellbeing policy documents
Health effects of physical activity
Dose-response issues concerning physical activity
Population levels of physical activity for health
Recommendations on physical activity for health
Most common fitness measurements: the UKK Walk Test and the UKK Health-Related Fitness Test
Health promoting forms of exercise and sports and fitness testing

Learning Methods: Lectures and assignments Part of the studies will be online

Assessment Methods: To be announced in the course plan

Bibliography: To be announced in the course plan

(SSPA7Z) COMPETENCE IN PHYSICAL ACTIVITY 1&2&3 36 cr

(SSPA001) Ice Sports

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will gain an awareness of the significance of ice-skating and ice games within the sphere of winter sports. They will become proficient in basic skating skills and familiar with different ice games as well as the advantages of skating in

terms of developing fitness and balance.

Contents: Skating
Sports and games on ice
Instruction practice

Learning Methods: Lectures, supervised exercises, instruction practice

Assessment Methods: Approved attendance of lectures and accomplishment of supervised assignments and instruction practice sessions.

Bibliography: To be announced

(SSPA003) Downhill Skiing

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be aware of the principles of safe and effective movement on the slopes. They will gain knowledge of downhill skiing, telemark (free-heel skiing)and snowboarding teaching contents and be able to supervise activities on the slopes.

Contents: Downhill (alpine), telemark (free-heel) skiing, snowboarding
Instruction/organisation
Knowing the equipment/maintenance

Learning Methods: Lectures, supervised exercises

Assessment Methods: Approved attendance of lectures and accomplishment of exercises and instruction practice sessions.

Bibliography: To be announced

(SSPA009) Skiing and Outdoor Activities

Credits: 4 cr Timing: 2nd yr

Learning Objectives: Students will be aware of the significance of skiing as a key form of winter exercise while being proficient in basic skiing techniques. They will also be able provide skiing instruction. In addition students will become conversant with the principles and different forms of nature activities.

Contents: Cross-country skiing techniques
Games on skis
Ski tours and treks
Snowshoeing
Canoeing

Learning Methods: Lectures, supervised exercíses

Assessment Methods: Approved attendance of lectures and accomplishment of exercises and instruction practice

Bibliography: To be announced

(SSPA010) Ball Sports

Credits: 6 cr Timing: 1st yr

Learning Objectives: Students will become familiar with different ball sports while at the same time developing skills, game control and gaining knowledge of the rules. They will also get to know the basic specific tactics of each game and develop their own game sense.

Contents: Different ball games
Specific game practice
Game sense
Game control
Organisation

Learning Methods: Supervised exercises, instruction practice

Assessment Methods: Practical game/sport skills demonstrations during practice sessions, and assignments

Bibliography: To be announced

(SSPA011) Gymnastics

Credits: 4 cr Timing: 2nd yr

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

Contents: Basic gymnastics
Apparatus gymnastics
Movement development and assistance

Learning Methods: Lectures, supervised exercises,

Assessment Methods: Attendance of lectures, completion of set exercises, instructor training sessions,learning tasks, instruction practise sessions.

Bibliography: http://moniviestin.jyu.fi/sisalto/liikunta
Further material provided by lecturer

(SSPA006) Gym Training

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be aware of the foundations of power training and will be able to instruct and programme gym training sessions.

Previous Learning: Anatomy and Physiology

Contents: The foundations of power training
Instructing gym training
Programming a gym training session

Learning Methods: Lectures, supervised exercises

Assessment Methods: Exam/approved accomplishment of learning assignments and exercises

Bibliography: Baechle, T. R. & Earle, R. W. 2008. Essentials of strength training and conditioning.
Delavier, F. 2006. Strength training anatomy.

(SSPA007) Musical Exercise

Credits: 3 cr Timing: 1st yr

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

Contents: Rhythm exercises, combining movement and music
Creative movement
Basic aerobics, step-aerobics, circuit training
Spinning
Other forms of aerobics
Use of music in exercise

Learning Methods: Lectures, supervised exercises, instructing exercises

Assessment Methods: Lectures, exercises, instruction practise sessions.

Bibliography: To be announced

(SSPA013) Athletics

Credits: 4 cr Timing: 2nd yr

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

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

Learning Methods: Supervised exercises, instruction of exercises.

Assessment Methods: Completed and accepted skill tests,exam,instruction practise sessions

Bibliography: To be announced.

(SSPA014) Aquatics 1

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be conversant with the basics of freestyle, breast and back stroke techniques and life saving.

Contents: Swimming techniques
Life saving

Learning Methods: Lectures, supervised exercises

Bibliography: Guzman, Ruben. The Swimming Drill Book
Hannula, D. Coaching Swimming Successfully

(SSPA015) Aquatics 2

Credits: 3 cr Timing: 1st yr

Learning Objectives: Students will be aple to to plan, instruct and assess aquatic exercises.

Contents: Different forms of aquatic exercise

Learning Methods: Lectures, supervised exercises and instruction practice

Assessment Methods: Instruction assignments and exam

Bibliography: AEA, Aquatic fitness professional manual

(SSPR7Z) RESEARCH STUDIES 5 cr

(SSPR002) Research Studies

Credits: 5 cr Timing: 2. - 3. yr

Learning Objectives: Students will possess the basic competence to develop their expertise to conduct different research and development projects while understandingn their significance in terms of their own professional development. In addition, students will be able to critically assess knowledge produced as a result of development work.

Contents: Research and development approaches
Qualitative research process
Quantitative research process
Product commercialization process
Analysis and interpretation of research material

Learning Methods: Lectures, supervised exercises, seminars

Assessment Methods: Assignments, seminars, exam

Bibliography: To be announced

OPTIONAL PROFESSIONAL STUDIES

LEADERSHIP- AND ENTREPRENEURSHIP IN THE FIELD OF PHYSICAL ACTIVITY

(SSPC9Z) ACTIVITY TOURISM, BUSINESS 1&2 44 cr

(SSPL001) Introduction to Business Operations

Credits: 3 cr Timing: 2nd yr

Learning Objectives: To provide students with a general overview of all business aspects, and to familiarise students with business and management functions.

Previous Learning: The course assumes no prior knowledge of business.

Contents: Business concepts, business environment, interest groups, legal forms of ownership, management, overview of business functions (operations, human resources, marketing, Finance, accounting), money and financial markets.

Learning Methods: Lectures, group work, case studies and exercises

Assessment Methods: Exam, active participation

Bibliography: Nickels, McHugh, Understanding Business 8th edition.

(SSPL002) Introduction to Marketing

Credits: 4 cr Timing: 2nd yr

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

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

Learning Methods: Lectures, assignments

Assessment Methods: Exam, assignments

Bibliography: Kotler & Armstrong, 2004. Indroduction to Marketing.
Further material provided by lecturer.

(SSPL003) Indroduction to Management Accounting

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will understand the meaning of profitability and learn how to make calculations required by managers for planning, decision-making and control

Contents: General terms and aims in management accounting
Cost-volume-profit analysis
Budgeting
Activity based costing

Learning Methods: Lectures, assignments

Assessment Methods: Exercises and exam

Bibliography: To be announced

(SSPL004) Project Management

Credits: 5 cr Timing: 2nd yr

Learning Objectives: Students will adopt up-to-date, goal oriented working methods that are usually applied in the completion of one-off administrative and/or production related tasks.

Contents:
Project concept
Project organisation and finance
Project planning
Project monitoring and follow-up
Project implementation
Ending a project

Learning Methods: Lectures, supervised exercises, seminar, delivered partly online, delivered partly as R & D studies.

Assessment Methods: Project portfolio, organising an exercise/sports event.

Bibliography:
Horine Gregory M., Absolute Beginner's Guide to Project Management
Other material to be announced

(SSPL006) Principles of Tourism

Credits: 3 cr Timing: 2nd yr

Learning Objectives: Students will comprehend the nature of the tourism system. Upon completion of this course students will be able to define and classify basic tourism concepts. The course provides appreciation of the components of tourism demand as well as tourist consumer behaviour. Furthermore students will be able to name various tourism players and their economic, environmental and socio-cultural impact.

Contents:
Introduction of a tourism system
Definitions and classifications
Consumer behaviour and tourism demand
Economic, environmental, socio-cultural impact of tourism
Attractions, accommodation, destinations
The future of tourism

Learning Methods: Lectures, workshop, small group work, presentations

Assessment Methods: Exam, course work, assignments

Bibliography:
Course book: Cooper Chris, John Fletcher, Alan Fyall, David Gilbert & Stephen Wanhill (2008): Tourism - Principles & Practice, 4th Ed, Prentice Hall. An imprint of Pearson Education, Essex, England.
Add. reading: McIntosh Robert W., Charles.R. Goeldner & J.R, Brent Richie (2012): Tourism - Principles, Practices & Philosophies, 12th Ed., John Wiley & Sons, New York, USA.

(SSPL007) Introduction to Activity Tourism

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will recognise the importance and complexity of activity tourism. Upon completion of this course students will be able to define activity tourism and its components. Students will be able to distinguish between nature, sports and

wellbeing tourism, name examples and get to know practical products from each field.

Contents: Definition of key terms
Activity tourism in Finland
Nature tourism, sport tourism, wellbeing tourism

Learning Methods: Lectures, group work, case studies, company visits

Assessment Methods: Exam, assignments, presentations

Bibliography: Selected books and readings. Handouts provided by lecturer.

(SSPL008) Activity Tourism Product Development

Credits: 5 cr Timing: 3rd yr

Learning Objectives: Students will be able to identify the role of product development for sustainable and profitable tourism companies. The goal of the course is to compose an activity tourism product plan taking all necessary processes into consideration. Students combine study skills from different disciplines in order to create a new product idea.

Contents: Trends in activity tourism
The tourism product
Activity tourism markets
Marketing aspects (price, package, channels, promotion, etc.)
Managing space and time (seasonality)
The product development process

Learning Methods: Lectures, group work, projects. Part of the course is delivered as R&D studies.

Assessment Methods: Course work (development plan), presentations

Bibliography: Reading/material provided by lecturer

(SSPL009) Adventure Tourism

Credits: 3 cr Timing: 3rd yr

Learning Objectives: The course provides the academic and practical knowledge and skills needed in adventure tourism programmes. Upon completion of this course students can outline the key characteristics of adventure and are able to outline important aspects of the experience creation process. Students will be conversant in adventure tourism industry supply and demand related issues. The course emphasises adventure education. Students will comprehend stages in group development and can apply different leadership styles.

Contents: Definitions and key terms of adventure tourism
The adventure tourism industry: demand/supply
Adventure education: group development, leadership styles
Creation of experiences
Risk as part of adventures

Learning Methods: Lectures, group work, workshop, group exercises, excursion, company visit

Assessment Active participation, assignments, presentations

Methods:

Bibliography: Swarbrooke J., Beard C., Leckie S. & Pomfret G. 2003. Adventure Tourism. Butterworth & Heinemann: Oxford.
Priest, S. & Gass, M.A. 1997.Effective Leadership in Adventure Programming. USA: Human Kinetics.
Material provided by the lecturers.

(SSPL010) Management of Programme Services

Credits: 5 cr Timing: 3rd yr

Learning Objectives: Students will comprehend the scope and evolution of activity tourism management. They will be proficient in comparing tourism programme offers and floowing the steps of planning and implementing activity programme services. The course provides a wide range of skills and knowledge needed when managing tourism activity services.

Contents: Goals and steps in activity programme planning
Customer/participant analysis
Guiding
Safety issues
Sustainability

Learning Methods: Lectures, group work, field trip with company visits and programme testing

Assessment Methods: Active participation in classes and excursions, reports, presentations

Bibliography: Reading list/material provided by lecturer

(SSPL011) Strategic Marketing Management

Credits: 3 cr Timing: 2nd yr

Learning Objectives: The course aims at strengthening students' understanding of strategic Marketing techniques, and developing strategic thinking skills. At the end of the course, students will not only gain insight into the scope, roles and the processes involved in the strategic marketing process of a firm, but will also be able to perform strategic marketing analysis, planning, and implementation.

Previous Learning: Introduction to Marketing, introduction to Management, and Management accounting.

Contents: Business and Marketing Strategic management, Strategic analysis of internal and external environment, segmentation and opportunity analysis, market strategies, product/branding, promotion, distribution, and promotion strategies. Strategic Marketing planning, and implementation of integrated marketing program.

Learning Methods: Lectures, case studies presentations and discussions, and Web-based Strategic Marketing Simulation.

Assessment Methods: Active participation in sessions, case studies presentations´ discussions, Active and continuous role in the Simulation rounds, Final examination

Bibliography: Kerin. Peterson, Strategic Marketing Problems (cases and comments)
Aaker D. A, Strategic Market Management, 2007, Wiley and Sons.

(SSPL012) Human Resource Management

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

Learning Objectives: This course covers the information needed to understand the Human Resource Management aspect of an organisation. It will develop an understanding of the skills needed for the formulation and implementation of HRM strategies while providing the basic information necessary to understand the function of management and leadership in an organisation.

Contents:
Introduction to HRM
Introduction to Leadership and Organisation
Management and Leadership as part of an organisation
Human resource planning
Recruitment and selection
Orientation, training and development
Employee Relations
Performance Management
Remuneration and reward
International dimension of HRM

Learning Methods: Lectures, case studies, group assignments and presentations

Assessment Methods: Class attendance (exercises, and discussions) 20% Presentation and report 30% Exam based on course content 50%

Bibliography:
Eugene McKenna & Nic Beech, Human Resource Management: A Concise analysis, Prentice Hall, 2002.
Beardwell, I., Holden, L., Human Resource management: A Contemporary Perspective, Pitman Publishing, 1997.
Hesselbein, F., Goldsmith, M., Beckhard, R. (ed.), The Leader Of The Future
Ainger, A., Kaura, R., Ennals, R., Business Success Through Human Centred Systems
Tyson, S., Jackson, T., The Essence Of Organisational Behaviour.

(SSPL013) Law Studies

Credits: 2 cr Timing: 4th yr

Learning Objectives: The course will provide students with a general knowledge of the legal framework of business operations with special focus on contract and business laws.

Contents:
Legal system
Contract law
Business law

Learning Methods: Lectures, exercises

Assessment Methods: Exam

Bibliography:
Surakka, Aapo: Access to Finnish Law,WSOY

(SSBW9Z) FREE CHOICE STUDIES 5 cr

(SSBW006) Sociology of Sports

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

Learning Objectives: Students will gain insight into the significance of sport and exercise as a sociological phenomenon and into differences between exercise cultures.

Contents: Sociological research in exercise and sports
The socialisation of sports and exercise
Internationalisation of sports and exercise

Learning Methods: Independent study

Assessment Methods: Exam/assignment

Bibliography: Material provided by lecturer

(SSBW007) Physical Exercise for the Disabled

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

Learning Objectives: Students will gain an overview of the sports and principles of sports for the disabled while examining and getting to know the operations of disabled sports associations.

Contents: The status of sports for the disabled
Classification
Coaching systems
Disabled sports associations

Learning Methods: Independent study

Assessment Methods: Assignment

Bibliography: Material provided by lecturer

(SSBW008) Sports Injuries

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

Learning Objectives: Students will know how the most common sports injuries occur and how to care for them.

Contents: Typical sports injuries
How injuries occur
Stress injuries and their care

Learning Methods: Independent study

Assessment Methods: exam/assignment

Bibliography: Material as indicated by the teacher

(SSBW010) Taping and Massage

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

Learning Objectives: Students will know the basics and 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: Exam, participation

Bibliography: To be announced

(SSBW018) Self-defence Sports

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

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

Contents: Judo
Taekwon-do
Aikido
or other possible martial art

Learning Methods: lectures, supervised training sessions

Assessment Methods: Participation

Bibliography: Teacher's own material

(SSBW013) English

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

Learning Objectives: Students develop their professional communication skills with the focus on coaching and transacting with clients, colleagues and co-operation partners.

Previous Learning: Basics of Sports and Leisure English

Contents: Coaching terminology
Professional communication skills

Learning Methods: Supervised exercises

Assessment Methods: 100 % attendance and active participation, oral and written exercises, language portfolio or written exam

Bibliography: To be announced

(SSBW014) Digital Games

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

Learning Objectives: Students will know the most common digital games. They will also develop their own exercise-based product using digital games.

Contents: The contents will be explained in material provided by the lecturer.

Learning Methods: Lectures, supervised exercises

Assessment Methods: Project work

Bibliography: To be announced

(SSBW015) Dance

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

Learning Objectives: Students will be conversant with the different areas of dance and the basic steps of normal and latin dances. Students will be able to teach basic dance steps and they will understand dance as part of physical education.

Contents: Foreign and Finnish round and folk dances
Traditional and latin dances

Learning Methods: Supervised exercises, instruction practice

Assessment Methods: Participation

Bibliography: To be announced

(SSBW017) Product Development 2

Credits: 3 cr Timing: 3rd year

Previous Learning: This course is an automatic continuation of product development course(SSPL005)

(KLWY020) Orientation for Student Exchange

Credits: 3 cr Timing: Before and after study exchange or practical training abroad

Learning Objectives: Students will prepare for the exchange period by making the necessary arrangements in advance and by thinking about their own capabilities, language skills and what they are expecting from the exchange period. Students will deepen their knowledge of the country where they will be staying and of their own field abroad and in Finland. Students will be able to compile a report on their exchange period as well prepare themselves for the return to their own university.

Contents: Practical arrangements for the exchange period, evaluation of language skills and language training, in depth orientation to the destined country, Finland knowledge, problem solving skills, the

return home and reporting. Those who have applied for exchange via the Asio e-application system should complete their international exchange report via Asio. The Asio e-report also replaces tasks 9 and 10 from Valtteri.

Learning Methods: It is recommended that all those participating in an exchange programme, particularly if the exchange period lasts for more than 3 months, should complete this course. The Valtteri training package can be accessed in Moodle e-learning environment: http://moodle.kajak.fi, from the course category Muut. In order to register for the course, you need a course key. The key will be given to you when your exchange application has been approved.

(SST10Z) 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.

(SST001) Thesis

Credits: 15 cr Timing: 3rd - 4th yr

Learning Objectives: The thesis provides an opportunity for students to develop and demonstrate their competence in applying their knowledge and skills to a practical assignment requiring expertise linked to their professional studies. They will deepen their professional competence in working life practices in cooperation with others involved in the same process. The thesis should demonstrate that the student is proficient in critical, research-based, developmental and ethical thinking to be used as a foundation for the development of expertise.

Previous Learning: Introduction to Research (3 cr) before presenting the Topic Analysis. The Topic Analysis must be approved before starting the thesis plan. The thesis plan must be approved before commencing the actual thesis and presenting it. The thesis must be presented before completing the maturity test.

Contents: Part 1: Thesis Topic Idea 3 cr
Aims of the thesis, selection and defining of the topic, supervision and peer-supervision, commitment, responsibility and duty, topic analysis, information retrieval skills
Part 2: The Thesis Plan 5 cr, cooperation with the commissioning party, commissioning agreement and copyright, evaluation procedures, the thesis plan and its presentation Part 3: Completion of the Thesis, its presentation and documentation (report).

Learning Methods: Lectures, seminars, independent study, in parts delivered online or as R & D studies (15 cr).

Assessment Methods: Written and oral presentation of the topic analysis, thesis plan, and the thesis, seminars, attendance of presentations of other theses, poster and maturity test, acting as a peer supervisor and chairing.

Bibliography: Specific to each thesis

(SSPT9Z) 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.

(SSPT003) Practical Training (Orientation)

Credits: 12 cr Timing: 2nd yr

Contents: A 8-week practical training period in a municipal exercise/leisure department, a sports/exercise organisation and club or in public exercise/leisure companies and institutions (in Finland or abroad).

Learning Methods: Partly delivered online

Assessment Methods: Report and diary kept during practical training period, Power-Point presentation.

(SSPT004) Advanced Training

Credits: 18 cr Timing: 3rd yr

Learning Objectives: Students will deepen their knowledge of and competence in sports, exercise and leisure operations and coaching. They will be able to develop their work and operational environment using research based knowledge.

Contents: An 12-week practical training period in relevant companies or public institutions and associations/clubs (in Finland or abroad)

Learning Methods: Partly delivered online and as R & D studies.

Assessment Methods: Report and diary kept during the practical training period, online assignment