

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	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ 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 2nd 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

English	9 cr
Finnish	6 cr
Swedish	3 cr

Foreign Students

English	6 cr
Finnish	12 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
<i>Finnish Students</i>	
SSBC003 Finnish 1	3 cr
SSBC004 Finnish 2	3 cr
SSBC005 Swedish: Svenska för Idrottsbranchen	3 cr
SSBC014 English: Professional Communication Skills	3 cr
<i>Foreign Students</i>	
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
	<i>Business Studies</i>	
	<i>Tourism Studies</i>	
	<i>Language Studies</i>	
SSPT9Z	PRACTICAL TRAINING	30 CR
SSPT003	Practical Training (Orientation)	12 cr
SSPT004	Advanced Training	18 cr
SSTH10Z	THESIS	15 CR
SST001	Thesis	15 cr

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 viestintä Binder, 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

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

(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

(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

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

