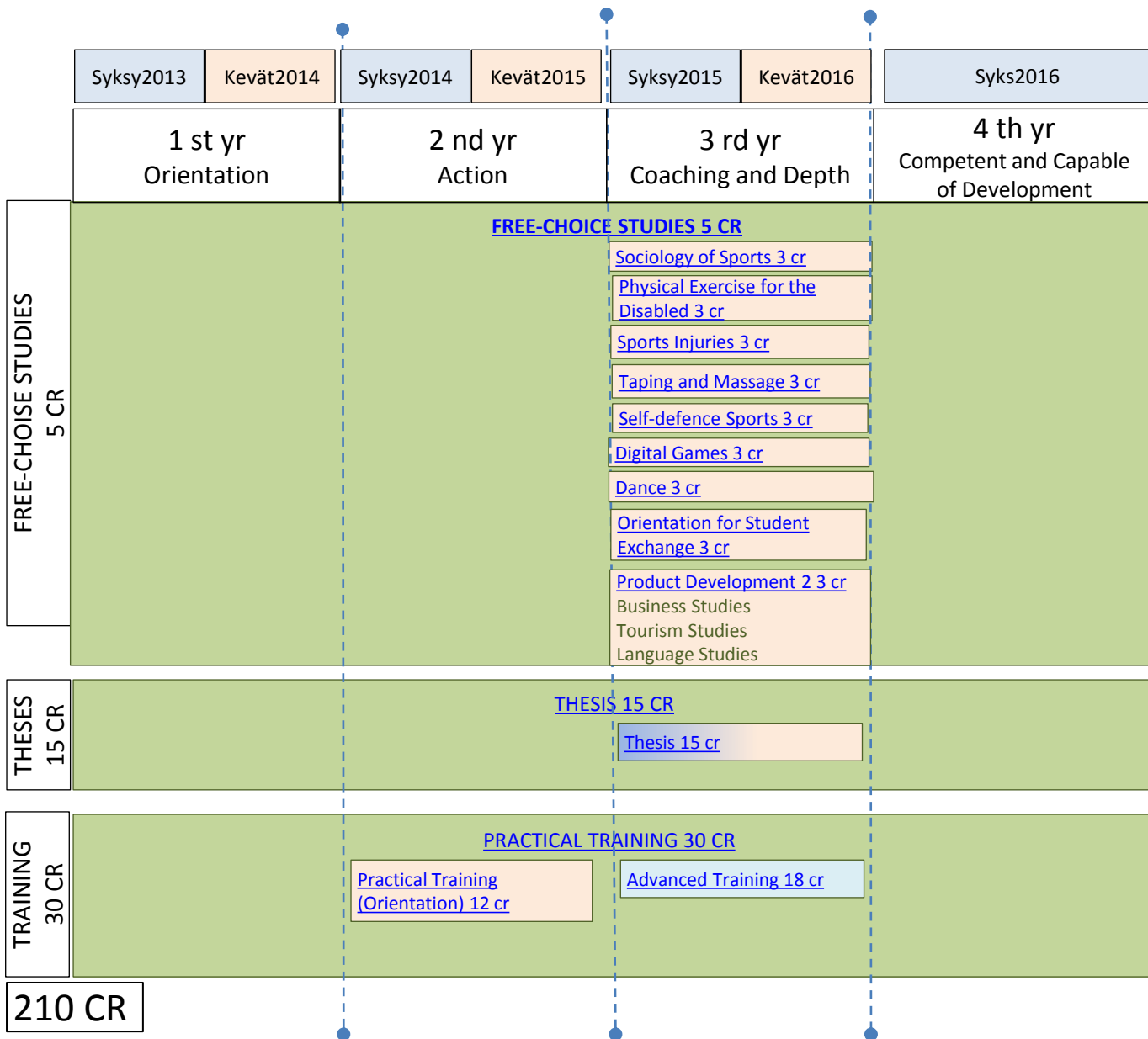


SPO13S Structure of Studies

	Syksy2013	Kevät2014	Syksy2014	Kevät2015	Syksy2015	Kevät2016	Syks2016
	1 st yr Orientation		2 nd yr Action		3 rd yr Coaching and Depth		4 th yr Competent and Capable of Development
BASIC STUDIES 25 CR	LANGUAGE AND COMMUNICATION 25 cr						
	Personal Development Programme 4 cr						
	Interpersonal Skills 3 cr						
	Finnish Students 18 cr						
	Finnish 1 3 cr						
	Finnish 2 3 cr						
	English: Basics of Sports and Leisure English 3 cr						
	English: Academic Writing 3 cr						
	Swedish: Svenska för Idrottsbranchen 3 cr						
	Professional Communication Skills 3 op						
Foreign Students 18 cr	Finnish for Foreigners 1 6 cr						
	Finnish for Foreigners 2 3 cr						
	Finnish for Foreigners 3 3 cr						
	English: Basics of Sports and Leisure English 3 cr						
	English: Academic Writing 3 cr						
	FUNDAMENTAL KNOWLEDGE 1 18 CR						
	Anatomy and Physiology 5 cr						
	Exercise Physiology 4 cr						
	Biomechanics of Human Movement 3 cr						
	Human Motor Development 3 cr						
Nutrition 3 cr							
.....PROFESSIONAL STUDIES 90 CR	FUNDAMENTAL KNOWLEDGE 2 13 CR						
	Applications of Exercise 4 cr						
	Health Exercise Coaching 1 3 cr						
	Adapted Physical Education 3 cr						
	Sports Psychology 3 cr						

	Syksy2013	Kevät2014	Syksy2014	Kevät2015	Syksy2015	Kevät2016	Syks2016
	1 st yr Orientation		2 nd yr Action		3 rd yr Coaching and Depth		4 th yr Competent and Capable of Development
PROFESSIONAL STUDIES.....	HEALTH PROMOTION 1 10 cr						
	Introduction to Physical Education 3 cr						
	Instructing Health-Enhancing Physical Activity 4 cr						
	Health Enhancing Physical Activity 3 cr						
	HEALTH PROMOTION 2 9 cr						
			Motor Learning 3 cr		Health Exercise Coaching 2 3 cr		
			First Aid and Health Risks 3 cr				
PHYSICAL ACTIVITY 1 10 CR							
Skiing and Outdoor Activities 4 cr							
Musical Exercise 3 cr							
Gym Training 3 cr							
PHYSICAL ACTIVITY 2 15 CR							
		Ball Sports 6 cr					
		Athletics 3 cr					
		Ice Sports 3 cr					
		Aquatic 1 3 cr					
PHYSICAL ACTIVITY 3 10 CR							
					Downhill Skiing 3 cr		
					Aquatics 2 3 cr		
					Gymnastics 4 cr		
RESEARCH STUDIES 5 CR							
					R&D Studies 5 cr		

	Syksy2013	Kevät2014	Syksy2014	Kevät2015	Syksy2015	Kevät2016	Syks2016
	1 st yr Orientation		2 nd yr Action		3 rd yr Coaching and Depth		4 th yr Competent and Capable of Development
FURTHER SPECIALISATION STUDIES 45 CR	BUSINESS STUDIES 26 CR						
	Introduction to Business Operations 3 cr Project Management 3 cr		Introduction to Marketing 5 cr Management Accounting 5 cr Leadership and Human Resource Management 5 cr		Law Studies 2 cr Strategic Marketing Management 3 cr		
	ACTIVITY TOURISM 19 CR						
			Principles of Tourism 3 cr		Introduction to Activity Tourism 3 cr Activity Tourism Product Development 5 cr Adventure Tourism 3 cr Programme Services Management 5 cr		



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.