

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 VuokattiCampus (www.vuokatticampus.fi). An 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 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 estimation 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 the 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 (26 cr)

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

Professional Studies (89 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 (35 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 (15 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 possibility to put into practice the knowledge acquired from their professional studies by carrying out practical tasks in different kind of sport 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 one of the 2nd year semesters is spent in a foreign university or University of Applied Sciences. Also international students can do part of their studies in exchange. Partner institutions and opportunities will be presented in information meetings, and more information is also available in the Kajaani UAS internet and intranet pages. Kajaani UAS' partner institutions in different countries offer studies in English or in other languages. To apply for foreign studies the student must have achieved a minimum of 45 credits per academic year. Each student makes a personal study plan with the school's international co-ordinator for their period of foreign studies. Studies completed abroad are approved as part of the degree programme.

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 of 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, Swedish and German.

CREDIT STRUCTURE 210 CR

Basic Studies Communication skills	26 cr 26 cr
Professional Studies Competence in health promoting physical activity and coaching Competence in pedagogy and didactics Competence in leadership and entrepreneurship areas of physical activity Competence in physical activity Research studies	89 cr 27 cr 8 cr 18 cr 30 cr 6 cr
Further Specialisation Studies Coaching	35 cr 35 cr
Free-choice Studies	15 cr
Practical Training	30 cr
Thesis	15 cr

THE COURSE CONTENT FOR THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT

BASIC STUDIES		26 CR
SSBC1Z	Communication Skills	26 cr
SSBC001	Personal Development Programme	5 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
SSBC007	English: Coaching Communication Skills	3 cr
	<i>Foreign Students</i>	
SSBC009	Finnish for Foreigners 1	6 cr
SSBC010	Finnish for Foreigners 2	3 cr
SSBC011	Finnish Conversation	3 cr
PROFESSIONAL STUDIES		89 CR
SSPH2Z	Competence in Health Promoting Physical Activity and Coaching	27 cr
SSPH001	Anatomy and Physiology	5 cr
SSPH002	Exercise Physiology	4 cr
SSPH003	Applied Physical Education	3 cr
SSPH004	Human Motor Development	3 cr
SSPH005	Coaching 1	3 cr
SSPH006	Exercise and Health Counseling	3 cr
SSPH007	Nutrition	3 cr
SSPH008	First Aid and Health Risks	3 cr
SSPP3Z	Competence in Pedagogy and Didactics	8 cr
SSPP001	Introduction to Physical Education	5 cr
SSPP002	Introduction to Health Promoting Physical Exercise	3 cr
SSPL4Z	Competence in Leadership- and Entrepreneurship in the Field of Physical Activity	18 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
SSPL005	Product Development	3 cr

SSPA5Z	Competence in Physical Activity	30 cr
SSPA001	Ice Sports	3 cr
SSPA002	Ball Sports	5 cr
SSPA003	Downhill Skiing	3 cr
SSPA004	Gymnastics	3 cr
SSPA005	Athletics	3 cr
SSPA006	Gym Training	3 cr
SSPA007	Musical Exercise	3 cr
SSPA008	Aquatics	3 cr
SSPA009	Skiing and Outdoor Activities	4 cr
SSPR6Z	Research Studies	6 cr
SSPR001	Introduction to Research	6 cr
FURTHER SPECIALISATION STUDIES		35 CR
SSPC7Z	Coaching	35 cr
SSPC001	Biomechanics of Human Movement	3 cr
SSPC002	Physical Fitness, Testing and Counselling	5 cr
SSPC003	Coaching 2	3 cr
SSPC004	Development of Physical Qualities	6 cr
SSPC005	Planning and Monitoring Training	6 cr
SSPC006	Managing a Training Process	6 cr
SSPC007	Sports Psychology	3 cr
SSPC008	Sports Nutrition	3 cr
SSBW8Z	FREE-CHOICE STUDIES	15 CR
SSBW006	Sociology of Sports	3 cr
SSBW007	Physical Exercise for the Disabled	3 cr
SSBW008	Sports Injuries	3 cr
SSBW009	Muscle Care	3 cr
SSBW010	Taping and Massage	3 cr
SSBW011	Rehabilitative Training	3 cr
SSBW012	Aquatic Sports 2	3 cr
SSBW013	English	3 cr
SSBW014	Digital Games	3 cr
SSBW015	Dance	3 cr
SSBW016	Facts About Finland and Other Countries	3 cr
	<i>Business Studies</i>	
	<i>Tourism Studies</i>	
	<i>Language Studies</i>	
SSPT9Z	PRACTICAL TRAINING	30 CR
SSPT001	Practical Training (Orientation)	9 cr
SSPT002	Advanced Training	21 cr
SSTH10Z	THESIS	15 CR

COURSE DESCRIPTIONS FOR THE DEGREE PROGRAMME IN SPORTS

BASIC STUDIES

(SSBC1Z) COMMUNICATION STUDIES 26 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 language skills to practise their profession in an increasingly international world.

(SSBC001) Personal Development Programme

Credits: 5 cr Timing: 1st yr

Objective: 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
Introduction to reflective practice
Creative thinking/Problem solving
Portfolio Development

Assessment: 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

Objective: 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 Strategies: Lectures, supervised exercises

Assessment: Assignments, exercises

Bibliography: To be announced

(SSBC003) Finnish 1

Credits:	3 cr	Timing:	1st yr
Objective:	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 Strategies:	Lectures, supervised exercises		
Assessment:	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
Objective:	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 Strategies:	Lectures, supervised exercises, written assignments		
Assessment:	Writing exercises and assignments, exam or a supplementary written assignment		
Bibliography:	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
Objective:	Students are able to cope in different professional situations requiring spoken and written Swedish and maintain a positive attitude towards the use and continuous development of their Swedish skills. Students are able to seek information in Swedish and read a wide variety of professional texts.		
Contents:	Terminology and vocabulary in the field of sports and leisure Interacting with clients		
Learning Strategies:	Supervised exercises		
Assessment:	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
Objective:	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 Strategies:	Supervised exercises		
Assessment:	100 % attendance and active participation. Oral and written assignments and exercises, language portfolio and/ or written exam		
Bibliography:	To be announced		

(SSBC007) English: Coaching Communication Skills

Credits:	3 cr	Timing:	2nd yr
Objective:	Students develop their professional communication skills with the focus on coaching and interacting with clients, colleagues and co-operation partners.		
Prerequisite:	Basics of Sports and Leisure English		
Contents:	Coaching terminology Professional communication skills		
Learning Strategies:	Supervised exercises		
Assessment:	100 % attendance and active participation, oral and written exercises, language portfolio or written exam		
Bibliography:	To be announced		

(SSBC008) English: Academic Writing

Credits:	3 cr	Timing:	3rd yr
Objective:	Students are able to apply the features of academic writing in order to compile a well-planned and clear academic text.		
Contents:	Process writing Features of academic writing Thesis process		
Learning Strategies:	Supervised exercises		
Assessment:	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
Objective:	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 Strategies:	Communicative, practical approach and group work		
Assessment:	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
Objective:	To improve communication skills in the Finnish language		
Prerequisite:	Finnish for Foreigners I		
Contents:	This unit builds on the knowledge gained in Finnish for Foreigners I		
Learning Strategies:	Small group sessions		
Assessment:	Active participation in class activities, written and oral tests		
Bibliography:	Kangasniemi, Suomen kielen tikapuut jatkotaso 1 Hämäläinen, continued		

(SSBC011) Finnish for Foreigners III

Credits:	3 cr	Timing:	3rd yr
Objective:	To improve communication skills in oral and written Finnish		
Prerequisite:	Finnish for Foreigners I - II		
Contents:	This unit builds on the knowledge gained in Finnish for Foreigners I - II		
Learning Strategies:	Small group sessions		
Assessment:	Active participation in class activities, written and oral tests		
Bibliography:	Kangasniemi, Suomen kielen tikapuut 2		

Credits:	4 cr	Timing:	1st yr
Objective:	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 Strategies:	Lectures, supervised assignments, parts of course completed online, independent work		
Assessment:	Exam, assignments		
Bibliography:	McArdle, Katch, Kattch, Exercise Physiology.		

Current articles

(SSPH003) Adapted Physical Education

Credits: 3 cr Timing: 1 st yr

Objective: Students will be able to apply different forms of exercise practice to different kinds of people and provide client based counselling and supervision taking into account different levels of achievement and performance linked to varying physical, mental and social states.

Contents: Exercise counselling
Different forms of exercise and sports and their application
Exercising with different health problems and illness
Exercise for groups with special needs

Learning Strategies: Lectures, supervised exercises

Assessment: Assignments, exam

Bibliography: To be announced

(SSPH004) Human Motor Development

Credits: 3 cr Timing: 1st yr

Objective: 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 Strategies: Supervised exercises, independent study

Assessment: Pair-work assignment (video recording)

Bibliography: To be announced

(SSPH005) Coaching 1

Credits: 3 cr Timing: 1st yr

Objective: 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
Analysing performance
Motor learning

Learning Strategies: Lectures and exercises

Assessment: Assignment

Bibliography: To be announced

(SSPH006) Exercise and Health Counselling

Credits: 3 cr Timing: 1st yr

Objective: 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, while being able to also provide counselling and guidance in health education related issues.

Contents: Introduction to health promoting exercises
Health promoting forms of exercise and sports and fitness testing
Health counselling

Learning Strategies: Lectures, assignments

Assessment: Portfolio

Bibliography: To be announced

(SSPH007) Nutrition

Credits: 3 cr Timing: 1st yr

Objective: 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 Strategies: Lectures, assignments

Assessment: Assignments and exam

Bibliography: To be announced

(SSPH008) First Aid and Health Risks

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

Objective: 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 Strategies: Lectures, supervised exercises, independent study

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

Bibliography: To be announced

(SSPP3Z) COMPETENCE IN PEDAGOGY AND DIDACTIS 8 cr

Students will plan, implement and evaluate exercise for different groups taking into account competence based, cognitive and educational objectives. They will be able to make use of different teaching and supervision methods according to the target group and use the opportunities provided by exercise to support human growth and development.

(SSPP001) Introduction to Physical Education

Credits: 5 cr Timing: 2nd yr

Objective: Students will gain knowledge of the foundations of 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. Students will be aware of and be able to take into account the educational, knowledge-based and skills-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 physical education teaching

Learning Strategies: Lectures, supervised exercises

Assessment: Exam, instruction practice

Bibliography: To be announced

(SSPP002) Instructing Health-Enhancing Physical Activity

Credits: 3 cr Timing: 2nd yr

Objective: Students will be able to plan, instruct and evaluate health enhancing physical activities through different sports for a variety of client groups.

Contents: Application of instruction
Application of different forms of exercise and sports

Learning Strategies: Lectures, instruction practice. Part of the course delivered partly as R & D studies

Assessment: Instruction practice sessions

Bibliography: To be announced

(SSPL4Z) COMPETENCE IN LEADERSHIP AND

Contents:

- General terms and aims in management accounting
- Cost-volume-profit analysis
- Pricing calculations
- Investments
- Budgeting
- Activity based costing

Learning Strategies: Lectures, assignments

Assessment: Exercises and exams

Bibliography: To be announced

(SSPL004) Project Management

Credits: 5 cr Timing: 2nd yr

Objective: 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 Strategies: Lectures, supervised exercises, seminar, delivered partly online, delivered partly as R & D studies.

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

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

(SSPL005) Product Development

Credits: 3 cr Timing: 2nd yr

Objective: The course aims to develop the interdisciplinary skills required for successful product development in today's competitive marketplace. Engineering, Business, Sports and Game programming students join forces in small product development groups to experience the new product development process in detail, learning available methods, tools and techniques to execute each process step along the way. Each student brings his/her own disciplinary perspective to the group effort, and should learn to synthesize that perspective with those of the other students in the team to develop a sound marketable product. The course provides a multiple perspective approach that links the key areas of R&D, marketing and technology. Each project in the course addresses market (customer needs), technical (engineering design, prototyping, and manufacture) and financial (profitability) feasibilities of the new product. Students are expected to gain an understanding of new product development processes as well as useful tools, techniques and organizational structures that support new product development practice and innovations.

Contents: Product development processes and organization
Product planning and identifying customer needs
Product specifications
Concept generation, selection and testing
Product architecture
Patents and intellectual property

Learning Strategies: Lectures and projects

Assessment: Project report and presentation. Product development 2 course is an automatic continuation of this course

Bibliography: Product Design and Development by Ulrich and Eppinger. In addition to the handouts and the selected articles provided by the lecturers.

(SSPA5Z) COMPETENCE IN PHYSICAL ACTIVITY 30 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.

(SSPA001) Ice Sports

Credits: 3 cr Timing: 2nd yr

Objective: 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 Strategies: Lectures, supervised exercises, instruction practice

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

Bibliography: To be announced

(SSPA002) Ball Sports

Credits: 5 cr Timing: 1st yr

Objective: 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 Strategies: Supervised exercises, instruction practice

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

Bibliography: To be announced

(SSPA003) Downhill Skiing

Credits: 3 cr Timing: 1st yr

Objective:	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 Strategies:	Lectures, supervised exercises
Assessment:	Approved attendance of lectures and accomplishment of exercises and instruction practice sessions.
Bibliography:	To be announced

(SSPA004) Gymnastics

Credits:	3 cr	Timing:	2nd yr
Objective:	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 Strategies:	Lectures, supervised exercises,		
Assessment:	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		

(SSPA005) Athletics

Credits:	3 cr	Timing:	2nd yr
Objective:	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 Strategies:	Supervised exercises, instruction exercises		
Assessment:	Accepted completed skill tests, exam, instruction practise sessions.		
Bibliography:	To be announced		

(SSPA006) Gym Training

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be aware of the foundations of power training and will be able to instruct and programme gym training sessions.		
Prerequisite:	Anatomy and Physiology		
Contents:	The foundations of power training Instructing gym training Programming a gym training session		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Exam/approved accomplishment of learning assignments and exercises		
Bibliography:	To be announced		

(SSPA007) Musical Exercise

Credits:	3 cr	Timing:	1st yr
Objective:	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 Strategies:	Lectures, supervised exercises, instructing exercises		
Assessment:	Lectures, exercises, instruction practise sessions.		
Bibliography:	To be announced		

(SSPA008) Aquatics

Credits:	3 cr	Timing:	1st yr
Objective:	Students will be conversant with the basics of freestyle, breast and back stroke techniques and life saving.		
Contents:	Swimming techniques Life saving		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Skill-level tests		
Bibliography:	Hannula, D. Coaching Swimming Successfully		

(SSPA009) Skiing and Outdoor Activities

Credits:	4 cr	Timing:	2nd yr
Objective:	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 Strategies:	Lectures, supervised exercises		
Assessment:	Approved attendance of lectures and accomplishment of exercises and instruction practice		
Bibliography:	To be announced		

(SSPR6Z) RESEARCH STUDIES 6 cr

Students will develop their know-how in a genuine work situation and gain skills required for carrying out research and development projects.

(SSPR001) Introduction to Research

Credits:	6 cr	Timing:	2nd-3rd yr
Objective:	Students will gain the basic skills required in learning to become an expert through the accomplishment of research and development projects and will understand their significance in terms of the development of professional competence.		
Contents:	Research and development work in the field of social, health care and sports The theory based research process Source material based research process The commodification process Analysis and interpretation of research material		
Learning Strategies:	Lectures, supervised exercises, seminars, independent study, part of the course delivered as R & D studies, delivered partly online		
Assessment:	Independent work before lectures, compilation assignment (handled in seminars), exam		
Bibliography:	http://www.kajak/opari.fi To be announced		

(SSPC7Z) COACHING 35 cr

Students will gain the skills and know-how to manage the whole coaching process: planning, implementation, assessment and leadership.

(SSPC001) Biomechanics of Human Movement

Credits:	3 cr	Timing:	3rd yr
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Objective:	Students will know the basic mechanisms and terminology of biomechanics.
Contents:	Terminology of biomechanics An introduction to biophysics Measuring strength
Learning Strategies:	Lectures, supervised exercises
Assessment:	Assignment
Bibliography:	To be announced

(SSPC002) Physical Fitness, Testing and Counselling

Credits:	5 cr	Timing:	3rd yr
Objective:	Students will be able to put together exercise programmes for people of different ages taking into account their performance and operational capacity. Students will be proficient in instructing clients in how to adopt a healthy way of life.		
Contents:	Fitness testing and creating exercise programmes for a work community or 2 - 4 clients in fitness training Different methods of exercise counselling		
Learning Strategies:	Lectures, supervised exercises		
Assessment:	Client testing and compilation of programmes, assignment		
Bibliography:	To be announced		

(SSPC003) Coaching 2

Credits:	3 cr	Timing:	3rd yr
Objective:	Students will be proficient in coaching practice with knowledge of different coaching systems.		
Prerequisite:	Coaching 1		
Contents:	Coaching concepts Coaching tools Coaching systems		
Learning Strategies:	Lectures, delivered partly as online studies		
Assessment:	Exam		
Bibliography:	To be announced		

(SSPC004) Development of Physical Qualities

Credits:	6 cr	Timing:	3rd yr
Objective:	Students will be conversant with the development of physical features and with the methodology of developing different physical characteristics in practice.		

Prerequisite:	Anatomy and Physiology Exercise Physiology
Contents:	Receptive periods in terms of the development of physical characteristics. Deeper analysis of movement The principles of the development of physical characteristics: skill, strength, speed, endurance, mobility Methods of developing different physical features How to develop physical features in practice Matching the development of physical features with sports and exercise
Learning Strategies:	Lectures, supervised exercises, practical exercises
Assessment:	Assignments
Bibliography:	Shephard RJ & Åstrand P-O (ed.): Endurance in Sport. Komi Paavo (ed.): Strength and Power in Sport. Magill Richard A: Motor Learning and Control. Further material provided by the lecturer.

(SSPC005) Planning and Monitoring Training

Credits:	6 cr	Timing:	4th yr
Objective:	Students will be conversant with the planning, required follow-up and analysis of training sessions and will be able to apply their abilities according to the needs of a particular sport or sports person.		
Prerequisite:	Anatomy and Physiology Exercise Physiology		
Contents:	Planning and carrying out training Training follow-up Recording and analysing training Follow-up tests		
Learning Strategies:	Mentor lead practical training, supervised independent study, partly delivered partly as R & D studies		
Assessment:	Assignment reports, sports camp training		
Bibliography:	Bompa Tudor O., Periodization, Theory and Methodology of Training. Further material provided by the lecturer.		

(SSPC006) Managing a Training Process

Credits:	6 cr	Timing:	4th yr
Objective:	Students will be conversant with the structures of training process management		
Contents:	Coaching as team work The structures of a goal-oriented training process Expert network as a resource Coaching group structures and group dynamics Support measures for coaching management		
Learning Strategies:	Lectures, assignments, partly delivered as R & D studies		
Assessment:	Exam, report assignments, sports camp training		

Bibliography: To be announced

(SSPC007) Sports Psychology

Credits: 3 cr Timing: 3rd yr

Objective: 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 Strategies: Lectures, seminar

Assessment: Assignment

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

(SSPC008) Sports Nutrition

Credits: 3 cr Timing: 3rd yr

Objective: Students will be aware of the special nutritional needs of sportsmen and women.

Prerequisite: Nutrition

Contents: Assessment of nutritional state and make-up of the body
 Special nutritional needs of sportsmen and women

Learning Strategies: Lectures

Assessment: Exam

Bibliography: To be announced

(SSBW8Z) 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.

(SSBW006) Sociology of Sports

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

Objective: 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 Strategies: Independent study

Assessment: Exam/assignment

Bibliography: Material provided by lecturer

(SSBW007) Physical Exercise for the Disabled

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

Objective: 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 Strategies: Independent study

Assessment: Assignment

Bibliography: Material provided by lecturer

(SSBW009) Muscle Care

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

Objective: 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 work affects people.

Contents: Stretching and strengthening exercises
Occupational and ergonomic issues in muscle care
Effects of muscle care work
Muscle injuries and muscle maintenance

Learning Strategies: Lectures, supervised exercises

Assessment: Portfolio

Bibliography: To be announced

(SSBW010) Taping and Massage

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

Objective: 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.

Prerequisite: 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 Strategies: Lectures, supervised exercises, independent work

Assessment: Exam, participation

Bibliography: To be announced

(SSBW012) Aquatic Sports 2

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

Objective: Students will be proficient in their basic knowledge of and skills in aquatic sports.

Prerequisite: Aquatic Sports 1

Contents: Different forms of aquatic training
 Life-saving

Learning Strategies: Lectures, supervised exercises

Assessment: Exam, instruction practice sessions.

Bibliography: Pappas Baun, M. Fantastic Water Workouts. 2008

(SSBW013) English

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

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

Prerequisite: Basics of Sports and Leisure English

Contents: Coaching terminology
 Professional communication skills

Learning Strategies: Supervised exercises

Assessment: 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

Objective: 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 Strategies: Lectures, supervised exercises

Assessment: Project work

Bibliography: To be announced

(SSBW015) Dance

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

Objective: 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 Strategies: Supervised exercises, instruction practice

Assessment: Participation

Bibliography: To be announced

(SSBW016) Facts About Finland and Other Countries

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

Objective: Students will be conversant with the history and modern times of his/her home country, e.g. Finland. Students will gain insight into their own country's history, modern trends and culture through literature.

Contents: Finland info: history and modern times, society and education system, lifestyle, cultural values, attitudes and behaviour - How is Finland known throughout the world. Target country's history, modern times, cultural values, attitudes and behaviour.

Learning Strategies: Independent online study

Assessment: Reports, oral exam in English on knowledge of Finland

Bibliography: CIMO : Living in Finland
Facts about Finland
Students' choice of reading on Finland
Students' choice of reading on target country

(SSBW017) Product Development 2

Credits: 3 cr Timing: 3rd yr

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

(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
Objective:	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.		
Prerequisite:	Introduction to Research (6 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:	<p>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</p> <p>Part 2: The Thesis Plan 5 cr, cooperation with the commissioning party, commissioning agreement and copyright, evaluation procedures, the thesis plan and its presentation</p> <p>Part 3: Completion of the Thesis, its presentation and documentation (report) 7 cr.</p>		
Learning Strategies:	Lectures, seminars, independent study, in parts delivered online or as R & D studies (15 cr).		
Assessment:	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 http://www.kajak/opari.fi		

(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.

(SSPT001) Practical Training (Orientation)

Credits:	9 cr	Timing:	2nd yr
Objective:	Students will know the business idea of their practical training place and the work involved in sports instruction. They will plan, carry out, and evaluate supervised exercise sessions for different types of groups, while continuing to develop themselves as instructors.		
Contents:	A six-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 Strategies: Partly delivered online

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

(SSPT002) Advanced Training

Credits: 21 cr Timing: 3rd yr

Objective: 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 8-week practical training period in relevant companies or public institutions and associations/clubs (in Finland or abroad)

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

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