

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 (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 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, Swedish and German.

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THE COURSE CONTENT FOR THE DEGREE PROGRAMME IN SPORTS AND LEISURE MANAGEMENT (2010)

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 for Foreigners 3	3 cr

PROFESSIONAL STUDIES 118 CR

SSPH2Z	Competence in Health Promoting Physical Activity and Coaching	27 cr
SSPH001	Anatomy and Physiology	5 cr
SSPH002	Exercise Physiology	4 cr
SSPH003	Adapted Physical Education	3 cr
SSPH004	Human Motor Development	3 cr
SSPH005	Coaching 1	3 cr
SSPH006	Exercise and Health Counselling	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	Instructing Health-Enhancing Physical Activity	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

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SSPA5Z	Competence in Physical Activity 30	35 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
SSPA005	Athletics	3 cr
SSPA012	Aquatics	6 cr
SSPR6Z	Research Studies	6 cr
SSPR001	Introduction to Research	6 cr
FURTHER SPECIALISATION STUDIES		30 CR
SSPC7Z	Coaching	30 cr
SSPC009	Health Exercise Coaching	6 cr
SSPC010	Applications of Exercises	6 cr
SSPC003	Coaching 2	3 cr
SSPC004	Development of Physical Qualities	6 cr
SSPC011	Managing a Training Process	3 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
SSBW010	Taping and Massage	3 cr
SSBW012	Aquatic Sports 2	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
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

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
Introduction to reflective practice
Creative thinking/Problem solving
Portfolio Development

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 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 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 Methods: Supervised exercises

Assessment 100 % attendance and active participation Completed oral and written assignments

Methods: 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

(SSBC007) English: Coaching Communication Skills

Credits: 3 cr Timing: 2nd yr

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

Previous Learning: Basics of Sports and Leisure English

Contents: Terminology in coaching and personal training
Professional communication skills

Learning Methods: Supervised exercises

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

Bibliography: To be announced

(SSBC008) English: Academic Writing

Credits: 3 cr Timing: 3rd yr

Learning Objectives: 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 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
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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
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Bibliography: Kangasniemi, Suomen kielen tikapuut jatkotaso 1
Hämäläinen, continued

(SSBC011) Finnish for Foreigners III

Credits: 3 cr Timing: 3rd year

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

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: 1 st yr

Learning Objectives: 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 Methods: Lectures, supervised exercises

Assessment Methods: Assignments, exam

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: To be announced

(SSPH005) Coaching 1

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
Analysing performance
Motor learning

Learning Methods: Lectures and exercises

Assessment Methods: Assignment

Bibliography: To be announced

(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, 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 Methods: Lectures, assignments

Assessment Methods: Portfolio

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

(SSPP002) Instructing Health-Enhancing Physical Activity

Assessment	Exam, assignments
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Methods:

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

(SSPL003) Introduction 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
Pricing calculations
Investments
Budgeting
Activity based costing

Learning Methods: Lectures, assignments

Assessment Methods: Exercises and exams

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

(SSPL005) Product Development

Credits: 3 cr Timing: 2nd yr

Learning Objectives: 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 Methods:	Lectures and projects
Assessment Methods:	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.

(SSPA6Z) COMPETENCE IN PHYSICAL ACTIVITY 35 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

(SSPA005) Athletics

Credits: 3 cr Timing: 2nd yr

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

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

Learning Methods: Supervised exercises, instruction exercises

Assessment Methods: Accepted completed skill tests, exam, instruction practise sessions.

Bibliography: To be announced

(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: To be announced

(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

(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 exercises

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

(SSPA012) Aquatics

Credits: 6 cr Timing: 1st yr

Learning Objectives: Students will gain basic competence in swimming and aquatic sports, with the ability to plan, instruct and assess aquatic sports and exercise.

Contents: Swimming techniques
Jumps and dives
Life-saving
Different forms of aquatic exercise
Aquatic sports planning and instruction

Learning Methods: Lectures, supervised exercises and instruction practice

Assessment Methods: Instruction assignments, skills tests and exam

Bibliography: Hannula, D & Thornton, N The Swim coaching bible, Pappas Baun, M. Fantastic Water Workouts

(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

Learning Objectives: 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 Methods:	Lectures, supervised exercises, seminars, independent study, part of the course delivered as R & D studies, delivered partly online
Assessment Methods:	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.

(SSPC003) Coaching 2

Credits: 3 cr Timing: 3rd yr

Learning Objectives: Students will be proficient in coaching practice with knowledge of different coaching systems.

Previous Learning: Coaching 1

Contents: Coaching concepts
Coaching tools
Coaching systems

Learning Methods: Lectures, delivered partly as online studies

Assessment Methods: Exam

Bibliography: To be announced

(SSPC004) Development of Physical Qualities

Credits: 6 cr Timing: 3rd yr

Learning Objectives: Students will be conversant with the development of physical features and with the methodology of developing different physical characteristics in practice.

Previous Learning: 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 Methods: Lectures, supervised exercises, practical exercises

Assessment
Methods: 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.

(SSPC011) Managing a Training Process

Credits: 3 cr Timing: 4th yr

Learning Objectives: Students will be conversant with the structures of training process management

Contents: Coaching group structures and group dynamics
Support measures for coaching management

Learning Methods: Lectures, assignments, partly delivered as R & D studies

(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.

(SSPC008) Sports Nutrition

Credits: 3 cr Timing: 3rd yr

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

Previous Learning: Nutrition

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

Learning Methods: Lectures

Assessment
Methods: Exam

Bibliography: To be announced

(SSPC009) Health Exercise Coaching

Credits: 6 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.

(SSPC010) Applications of Exercises

Credits: 6 cr Timing: 3rd - 4th yr

Learning Objectives: Students will be able to apply different forms of exercise practice for 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: Different forms of exercise and sports and their application
Exercising with different health problems and illness
Exercise for groups with special needs

Learning Methods: Lectures, supervised assignments Course partly delivered as R&D studies

Assessment Methods: Assignments, exam

Bibliography: Scientific articles
Reading list/material provided by lecturer

(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

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

(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

Credits: 3 cr Timing: 3rd 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 (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:	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 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

Learning Objectives: 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 Methods: Partly delivered online

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

(SSPT002) Advanced Training

Credits: 21 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 8-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