

**Curriculum at Lahti University of Applied Sciences  
2020-2021**

**Bachelor of Health Care, Physiotherapy, part-time studies**

Code	Name	1 y	2 y	3 y	4 y	ECTS total
<b>STFY20KM-1001 CORE COMPETENCE</b>						<b>180</b>
<b>STFY20KM-1002 Common Core Competence</b>						<b>25</b>
LA00BE73	English for Work	3				3
LA00BE74	Swedish language, Oral Communication		1			1
LA00BE75	Swedish language, Written Communication		2			2
LA00BE76	Professional communication	4				4
LA00BE77	Developing professional competence 1	2				2
LA00BQ87	Developing professional competence 2	1	1			2
LA00BQ88	Developing professional competence 3		0,5	0,5		1
LA00BE78	Research and Development			5		5
LA00BE79	Anticipating Future Trends			5		5
<b>STFY20KM-1003 Professional Core Competence</b>						<b>155</b>
<b>STFY20KM-1004 Factors of Wellbeing</b>						<b>10</b>
ST00BF42	Customership in Changing Operational Environments	5				5
ST00BF44	Promoting Health And Wellbeing	5				5
<b>STFY20KM-1005 The Human Functional Anatomy and Physiology</b>						<b>15</b>
ST00BJ05	The Human Functional Anatomy and Physiology	10				10
ST00BJ06	The Principles of Medicine and Medical Treatment	5				5
<b>STFY20KM-1006 Physically Active Human Being</b>						<b>15</b>
ST00BJ07	The Basics of Mobility and Functional Ability	5				5
ST00BJ08	Guiding of Motoric Skills and Use of Technology in Coaching of Well-Being	5				5
ST00BJ09	Clinical Practice – Promotion of Functional Capacity	5				5
<b>STFY20KM-1007 Therapeutic Exercise</b>						<b>15</b>
ST00BJ10	Fyysisen harjoittelun perusteet	5				5
ST00BJ11	Sport as a medicine in live style diseases	5				5
ST00BJ12	Supporting and exercising the musculoskeletal system		5			5
<b>STFY20KM-1008 Functional Capability and Mobility Training in Physiotherapy</b>						<b>15</b>
ST00BJ13	Use of technology and Supporting of Functioning in Physiotherapy		5			5
ST00BJ14	Physiotherapy of Central nervous system Disorders and Mental Health		5			5

<b>STFY20KM-1009 Physiotherapy at Different Life Stages</b>				<b>15</b>	
ST00BJ16	Physiotherapy for children and young people		5		5
ST00BJ17	Occupational wellbeing and physiotherapy for the elderly		5		5
ST00BJ18	Clinical practice - Physiotherapy for clients of all ages		5		5
<b>STFY20KM-1010 Physiotherapy in Musculoskeletal Disorders</b>				<b>15</b>	
ST00BJ19	Physiotherapy for the musculoskeletal system		10		10
ST00BJ20	Clinical practice - Musculoskeletal System Physiotherapy		5		5
<b>STFY20KM-1011 Pain Treatment in Physiotherapy</b>				<b>15</b>	
ST00BJ21	Pain treatment in physiotherapy		5		5
ST00BJ22	Clinical practice - Pain treatment in physiotherapy		10		10
<b>STFY20KM-1012 Leadership and Entrepreneurship</b>				<b>10</b>	
ST00BF48	Leadership and Entrepreneurship		5		5
ST00BF49	Practical Training: Leadership and Entrepreneurship		5		5
<b>STFY20KM-1013 Practical Training</b>				<b>15</b>	
ST00BJ23	Clinical Practice - Applied Clinical Practice		7,5	7,5	15
<b>STFY20KM-1014 Thesis</b>				<b>15</b>	
LA00BN99	Thesis planning		5		5
LA00BO00	Thesis research and writing		5		5
LA00BO01	Thesis publication			5	5
<b>STFY20KM-1015 COMPLEMENTARY COMPETENCE</b>				<b>30</b>	

## **STFY20KM-1001 CORE COMPETENCE: 180 ECTS**

### **STFY20KM-1002 Common Core Competence: 25 ECTS**

#### **LA00BE73 English for Work: 3 ECTS**

##### **Learning outcomes**

The student is able to

- recognise the different sources and tools to help them improve their English skills
- gain confidence and manage in written and oral communication situations required in professional studies and in the work life
- describe their education and qualifications
- understand the terminology and concepts of their own field

#### **LA00BE74 Swedish language, Oral Communication: 1 ECTS**

##### **Learning outcomes**

The student is able to

- express and justify their opinions
- use the key terminology of their own field
- tell about their education, work experience and duties e.g. in job-seeking situations
- present a company of their own trade

## **LA00BE75 Swedish language, Written Communication: 2 ECTS**

### **Learning outcomes**

The student is able to

- use the key terminology of their own field
- tell about their education, work experience and duties e.g. in job-seeking situations
- write a job application
- obtain information related to their own field of studies in Swedish e.g. on the Internet
- use online dictionaries

## **LA00BE76 Professional communication: 4 ECTS**

### **Learning outcomes**

The student is able to

- plan and produce grammatically correct texts
- write an article or an essay that fulfils the criteria of a scientific text related to their own field of studies
- perform actively in professional group communication situations
- retrieve information from a variety of sources and evaluate it critically

## **LA00BE77 Developing professional competence 1: 2 ECTS**

### **Learning outcomes**

The student is able to

- plan their own learning and cooperate in situations related to their own field of studies
- recognize their own competence and the needs to develop them further and to plan their career path observing them
- act as a group member
- operate in the learning environments of Lahti UAS
- picture their own field of studies and its future skills
- give feedback on tuition and services and thus participate in the development of education

## **LA00BQ87 Developing professional competence 2: 2 ECTS**

### **Learning outcomes**

The student is able to

- utilize various learning opportunities in curriculum
- recognize and aim their own competences to be in level with the future career requirements
- create a study plan that supports the future career goal
- give feedback on tuition and services and thus participate in the development of education

## **LA00BQ88 Developing professional competence 3: 1 ECTS**

### **Learning outcomes**

The student is able to

- identify themselves as a learner and develop their own learning skills

- evaluate innovative or alternative future competences required in their own field
- recognize and aim their own competences to be in level with the future career requirements
- masters the professional concepts of their own field and is able to point out their competencies during job recruitment processes
- give feedback on tuition and services and thus participate in the development of education

### **LA00BE78 Research and Development: 5 ECTS**

#### **Learning outcomes**

The student is able to

- obtain, utilise and assess R&D-related information and their sources critically
- follow the rules of ethical principles applied in all research activities
- use the most typical research and development methods of their own field
- write a scientific report and is familiar with the requirements for language and style and how to document the sources

### **LA00BE79 Anticipating Future Trends: 5 ECTS**

#### **Learning outcomes**

The student is able to

- anticipate the changes in their own operational environment
- utilise the futures research materials produced by national and international societies in their own field of studies
- use the terminology and methods of futures research in the research and development of their own field

### **STFY20KM-1003 Professional Core Competence: 155 ECTS**

### **STFY20KM-1004 Factors of Wellbeing: 10 ECTS**

### **ST00BF42 Customership in Changing Operational Environments: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the changing multidisciplinary operational environments and the role of their own field in them
- describe the role of empowerment interaction
- show their familiarity with key legislation, values, and ethical principles of social and health care sector
- show their familiarity with the principles of social and health care documentation

### **ST00BF44 Promoting Health And Wellbeing: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the factors of wellbeing at individual and community level and promote wellbeing
- describe the principles of work safety and customer and patient safety

describe the different forms of social and health care customer and service guidance  
- assess the functional capacity of clients

## **STFYS20KM-1005 The Human Functional Anatomy and Physiology: 15 ECTS**

## **ST00BJ05 The Human Functional Anatomy and Physiology: 10 ECTS**

### **Learning outcomes**

Student is able to

- describe human anatomy and its basic functions from the viewpoint of their own professional field
- locate, examine and recognize bodily structures and describe their functions
- explain the effects of human anatomy and its functions on the control of one's posture and mobility

## **ST00BJ06 The Principles of Medicine and Medical Treatment: 5 ECTS**

### **Learning outcomes**

Student is able to

- deal with first aid situations
- evaluate and describe the effects of the most common diseases, injury/trauma, surgery and aging on the client's functional capacity
- describe the principles of safe medical treatment and apply them in their work as a physiotherapist

## **STFYS20KM-1006 Physically Active Human Being: 15 ECTS**

## **ST00BJ07 The Basics of Mobility and Functional Ability: 5 ECTS**

### **Learning outcomes**

Student is able to

- evaluate the elements of physical condition as a part of evaluating overall functionality
- evaluate functional capability based on International Classification of Functioning, Disability and Health (ICF)
- employ the most commonly used methods and indicators to evaluate physical functional capability
- evaluate posture, movement, mobility and motion control reliably as well as describe the findings

## **ST00BJ08 Guiding of Motoric Skills and Use of Technology in Coaching of Well-Being: 5 ECTS**

### **Learning outcomes**

Student is able to

- explain the principles of motoric learning
- describe the principles of health-promoting exercise
- plan and instruct exercise for individual clients and groups
- Use principles of coaching
- use innovative and customer-oriented systems in guiding well-being

## **ST00BJ09 Clinical Practice – Promotion of Functional Capacity: 5 ECTS**

### **Learning outcomes**

Student is able to

- use essential terminology of physiotherapy logically
- explain basics, needs and principles of physiotherapy
- adhere to the professional ethical principles of a physiotherapist
- guide movement, assess functional capability
- recognize limitations, restrictions and facilitators in functional capability

## **STFY20KM-1007 Therapeutic Exercise: 15 ECTS**

## **ST00BJ10 : 5 ECTS**

## **ST00BJ11 Sport as a medicine in live style diseases: 5 ECTS**

### **Learning outcomes**

Student is able to

- describe the most common lifestyle diseases in Finland and understands the role of physical activity as a part of preventing and treating lifestyle diseases
- apply principals on clinical reasoning in assessing functional capacity and physiotherapy planning

## **ST00BJ12 Supporting and exercising the musculoskeletal system: 5 ECTS**

### **Learning outcomes**

Student is able to

- use manual methods in musculoskeletal therapy and assessment
- use a variety of means in instruction of muscular balance and exercising movement

## **STFY20KM-1008 Functional Capability and Mobility Training in Physiotherapy: 15 ECTS**

## **ST00BJ13 Use of technology and Supporting of Functioning in Physiotherapy: 5 ECTS**

### **Learning outcomes**

- guide movement and locomotion ergonomically and safely
- describe the supply of assistive device
- describe applications and technology used in physiotherapy now and in the future
- describe basics, plan and guide goal-oriented of adapted physical activity

## **ST00BJ14 Physiotherapy of Central nervous system Disorders and Mental Health: 10 ECTS**

### **Learning outcomes**

Student is able to

- design evidence based physiotherapy treatment for the neurological adult patient
- delivery customer-oriented, activating and task-oriented physiotherapy and applied physical exercises taking neurological symptoms into account
- take into account human psychophysics in physiotherapy
- use different physiotherapy methods to support and maintain mental health

## **STFY20KM-1009 Physiotherapy at Different Life Stages: 15 ECTS**

### **ST00BJ16 Physiotherapy for children and young people: 5 ECTS**

#### **Learning outcomes**

Student is able to

- describe and assess the sensomotor development
- apply the key methods, models and techniques in children's physiotherapy
- acknowledge the importance of the roles of the family and multi-professional teams in rehabilitation

### **ST00BJ17 Occupational wellbeing and physiotherapy for the elderly: 5 ECTS**

#### **Learning outcomes**

Student is able to

- acknowledge the special issues of the elderly and work as a part of a multidisciplinary team in implementing physiotherapy for the elderly
- describe the occupational health care sector and the legislation regulating it
- promote occupational wellbeing and use new innovative tools and methods
- describe practices that support work ability and analyze working environments and their stress factors

### **ST00BJ18 Clinical practice - Physiotherapy for clients of all ages: 5 ECTS**

#### **Learning outcomes**

Student is able to

- work as a physiotherapist in different operational environments for clients of all ages
- use methods suitable for the client's age and for the limitations and strength of client's functioning
- act in a multidisciplinary environment as representatives of their own profession
- assess the environment in the aspect of accessibility

## **STFY20KM-1010 Physiotherapy in Musculoskeletal Disorders: 15 ECTS**

### **ST00BJ19 Physiotherapy for the musculoskeletal system: 10 ECTS**

#### **Learning outcomes**

Student is able to

- apply a variety of techniques and methods in physiotherapy
- estimate the effects of acute injury or surgical operation on the patient's functioning
- describe the content of pre- and postoperative physiotherapy

## **ST00BJ20 Clinical practice - Musculoskeletal System Physiotherapy: 5 ECTS**

### **Learning outcomes**

Student is able to

- assess MSK patient and use clinical reasoning taking barriers and facilitators of persons functioning in account
- use different methods in their work with clients
- analyze client issues and make clinical deductions accordingly

## **STFYS20KM-1011 Pain Treatment in Physiotherapy: 15 ECTS**

## **ST00BJ21 Pain treatment in physiotherapy: 5 ECTS**

### **Learning outcomes**

Student is able to

- describe the physiology and scientific/theoretical basis of pain
- measure pain reliably and document findings about the client's pain
- demonstrate knowledge of the indications and contraindications, effects, dosages and safety factors of pain treatments
- implement pain therapy for clients using the methods of physiotherapy

## **ST00BJ22 Clinical practice - Pain treatment in physiotherapy: 10 ECTS**

### **Learning outcomes**

Student is able to

- take the existence of pain into account in client counseling and in choosing exercises/practices in different operational environments
- observe and analyze clients' pain and the effects of pain on functional capacity
- implement client-centered pain relief

## **STFYS20KM-1012 Leadership and Entrepreneurship: 10 ECTS**

## **ST00BF48 Leadership and Entrepreneurship: 5 ECTS**

### **Learning outcomes**

The student is able to

- analyze their own role in the actions and development of their work community
- describe the ways in which their supervisors manage and develop their work community and its practices
- describe the development of the quality of social and health care services
- analyze entrepreneurship and its characteristics in social and health care services

## **ST00BF49 Practical Training: Leadership and Entrepreneurship: 5 ECTS**

### **Learning outcomes**

The student is able to

- act as a responsible and goal-oriented team member and manager



- act in an innovative and entrepreneurial manner in social and health services projects
- apply their knowledge of management and entrepreneurship in the work environments of social and health care services

### **STFY20KM-1013 Practical Training: 15 ECTS**

### **ST00BJ23 Clinical Practice - Applied Clinical Practice: 15 ECTS**

#### **Learning outcomes**

Student is able to

- use professional concepts and justify their choices from the point of view of the client's needs and via a broad knowledge base
- evaluate their own actions and their consequences systematically
- act independently in different operational environments, adhere to professional goals, and apply appropriate methods safely
- work in accordance with the ethical principles of their profession and commit into promoting the practices of their work community

### **STFY20KM-1014 Thesis: 15 ECTS**

### **LA00BN99 Thesis planning: 5 ECTS**

#### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes
- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

### **LA00BO00 Thesis research and writing: 5 ECTS**

#### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes
- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

### **LA00BO01 Thesis publication: 5 ECTS**

#### **Learning outcomes**

The student is able to

- apply the acquired theoretical knowledge to the problems and phenomena of the working life
- solve problems, organise and perceive wholes

- work interactively, tenaciously and systematically
- work according to the practices of their own line of trade
- gather information and evaluate sources critically - report their work orally, in writing and visually

## **STFYS20KM-1015 COMPLEMENTARY COMPETENCE: 30 ECTS**

### **Courses included in the study module**

You can find Complementary competence courses from separate "Complementary competence courses taught in English, Bachelor's Degree, 17S-" Curriculum.

In addition, you can choose Professional Core Competence courses of other Bachelor's Degree Programmes as Complementary competence courses.