

**Curriculum at LAB University of Applied Sciences  
2022-2023**

**Bachelor of Health Care, Physiotherapy 22S, full-time studies,  
Lahti**

Code	Name	1 y	2 y	3 y	4 y	ECTS total
<b>HLTIFYS22S-1001 Common Studies</b>						<b>15</b>
AY00BT88	Developing Professional Competence 1	1				1
AY00BT89	Developing professional competence 2	1				1
AY00BT90	Developing Professional Competence 3	1				1
A300CE13	Orientation to Sustainability Thinking		2			2
KE00BT61	English for Work	4				4
KR00BU42	Swedish for Work, Spoken		1			1
KR00BU43	Swedish for Work, Written		1			1
KS00BT59	Expert Communication Skills	4				4
<b>HLTIFYS22S-1002 Professional Core Competence</b>						<b>150</b>
<b>HLTIFYS22S-1003 Common Core Competences in Social and Health Care</b>						<b>15</b>
AH00BU26	Professional Base in Social and Health Care	5				5
AH00BU27	Research, Development and Innovation Competence in the Social and Health Care			5		5
AH00BU28	Leadership and Entrepreneurship Competence in Social and Health Care				5	5
<b>HLTIFYS22S-1004 Human Structure and Function</b>						<b>19</b>
AH00CA24	Physiotherapist as a Specialist of Movement and Functional Ability	4				4
AH00CA22	Anatomy and Palpation of the Human Musculoskeletal System	5				5
AH00CA23	Evaluation and Manual Therapy of Soft Tissues	5				5
AH00CA26	Biomechanics of Movement and Locomotion	5				5
<b>HLTIFYS22S-1005 Basics of Human Performance</b>						<b>15</b>
AH00CA25	Structure and Function of Body Systems	5				5
AH00CA27	Development and Motor Learning Across the Lifespan	5				5
AH00CA31	Exercise Physiology	5				5
<b>HLTIFYS22S-1006 Examination and Assessment in Physiotherapy</b>						<b>11</b>
AH00CA28	Basics of Mobilization and Stabilization	4				4
AH00CA32	Promoting and Guiding Physical Activity	7				7
<b>HLTIFYS22S-1007 Guiding Competences in Physiotherapy</b>						<b>10</b>

AH00CA30	Pain and Treatment of Pain		5		5
AH00CA29	Assessment of Functional Ability		5		5
<b>HLTIFYS22S-1008 Physiotherapist as a Promoter of Functional Ability</b>					<b>15</b>
AH00CA33	Musculoskeletal Traumatology		3		3
AH00CA34	Physiotherapy and Therapeutic Exercise for the Musculoskeletal System		7		7
AH00CA35	Promotion of the Functional Ability of the Elderly		5		5
<b>HLTIFYS22S-1009 Therapeutic Competences of a Physiotherapist</b>					<b>15</b>
AH00CA36	Promotion of Health, Health Enhancing Physical Activity and Adapted Sports		5		5
AH00CA37	Physiotherapy Supporting the Cardiovascular and Respiratory Systems		5		5
AH00CA38	Neurological Physiotherapy		5		5
<b>HLTIFYS22S-1010 Physiotherapist as a Practitioner</b>					<b>15</b>
AH00CA39	Physiotherapy for Children and Adolescent		5		5
HA00CB79	Clinical Practice Placement 1		10		10
<b>HLTIFYS22S-1011 Physiotherapist in Practical Application</b>					<b>20</b>
AH00CA40	Occupational Physiotherapy		5		5
AH00CA41	Psychophysical Physiotherapy		5		5
HA00CB80	Clinical Practice Placement 2		10		10
<b>HLTIFYS22S-1012 Physiotherapist as Applied Researcher</b>					<b>15</b>
AH00CA20	Advanced Therapy Skills			5	5
HA00CB81	Clinical Practice Placement 3		10		10
<b>HLTIFYS22S-1013 Complementary Competence</b>					<b>30</b>
HA00CB82	Advanced Clinical Practice Placement			10	10
<b>HLTIFYS22S-1014 Advanced Physiotherapy Competence</b>					<b>0</b>
<b>HLTIFYS22S-1015 Investigative Approach and Welfare Service Innovations in Physiotherapy</b>					<b>0</b>
<b>HLTIFYS22S-1016 Physiotherapist as a Practical Influencer</b>					<b>0</b>
<b>HLTIFYS22S-1017 Physiotherapist as a Practical Developer</b>					<b>0</b>
<b>HLTIFYS22S-1018 Thesis</b>					<b>15</b>
AO00BU44	Thesis Planning		5		5
AO00BU45	Thesis Project		5		5
AO00BU46	Thesis Report		5		5

**HLTIFYS22S-1001 Common Studies: 15 ECTS****AY00BT88 Developing Professional Competence 1: 1 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 LAB University of Applied Sciences
- picture their own field of studies and its future skills
- give feedback on tuition and services and thus participate in the development of education

### **AY00BT89 Developing professional competence 2: 1 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

### **AY00BT90 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

### **A300CE13 Orientation to Sustainability Thinking: 2 ECTS**

#### **Learning outcomes**

Identify and define central concepts and frameworks related to sustainability. Recognize the interconnectedness of economic, social and environmental sustainability issues. Understand and develop own individual role in driving sustainability.

#### **Evaluation criterias**

Level 1

Pass-Fail

### **KE00BT61 English for Work: 4 ECTS**

#### **Learning outcomes**

Proficiency level: B2

The student is able to

- communicate clearly and effectively in different generic and field-specific workplace situations both orally and in writing
- find, evaluate and use information effectively

- function collaboratively in international working environments.

### **KR00BU42 Swedish for Work, Spoken: 1 ECTS**

#### **Learning outcomes**

The student is able to

- convey and validate arguments
- use vital field-specific vocabulary
- communicate essential matters about their education, work experience and tasks
- present their field-specific operational environment
- communicate in various working life situations in Swedish.

The student completes the Public Administration Language Test in Swedish.

### **KR00BU43 Swedish for Work, Written: 1 ECTS**

#### **Learning outcomes**

The student is able to

- use vital field-specific vocabulary
- communicate essential matters about their education, work experience and tasks
- understand and produce various short texts related to studies and working life
- acquire information on their field in Swedish
- use online dictionaries.

The student completes the Public Administration Language Test in Swedish.

### **KS00BT59 Expert Communication Skills: 4 ECTS**

#### **Learning outcomes**

Proficiency level: C2

The student masters Finnish language as a mother tongue in all professional spoken and written communication situations.

### **HLTIFYS22S-1002 Professional Core Competence: 150 ECTS**

### **HLTIFYS22S-1003 Common Core Competences in Social and Health Care: 15 ECTS**

### **AH00BU26 Professional Base in Social and Health Care: 5 ECTS**

#### **Learning outcomes**

The student is able to

- explain the organization of the social and health service system and describe the client's position in the social and health service system
- describe the values and ethical principles in their field as well as the key regulations governing

operations

- describe the principles of evidence-based information and action
- identify factors of well-being and functioning at an individual and community level

### **AH00BU27 Research, Development and Innovation Competence in the Social and Health Care: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the most common research methods in the social and health field
- evaluate and analyze the ethical principles and reliability of research and development
- describe the stages of a research process
- explain the concept of innovation and utilize innovation in the development of one's own field
- use the most important research, development and innovation methods in their field in the implementation of the thesis

### **AH00BU28 Leadership and Entrepreneurship Competence in Social and Health Care: 5 ECTS**

#### **Learning outcomes**

The student is able to

- compare different management approaches and their role in the management and development of a work community
- identify the characteristics and legislation of social and health management and personnel management
- describe economic monitoring indicators from the perspectives of cost-effectiveness, sustainable development and entrepreneurship
- describe the principles of quality work and apply the means of developing customer-centric services
- develop the well-being at work and the occupational safety of the work community

### **HLTIFYS22S-1004 Human Structure and Function: 19 ECTS**

### **AH00CA24 Physiotherapist as a Specialist of Movement and Functional Ability: 4 ECTS**

#### **Learning outcomes**

The student is able to

- describe the main tasks and working environments of a physiotherapist
- identify the key premises of physiotherapy science
- understand physiotherapy as part of rehabilitation and the client's rehabilitation process
- encounter the client comprehensively

### **AH00CA22 Anatomy and Palpation of the Human Musculoskeletal System: 5 ECTS**

#### **Learning outcomes**

The student is able to

- identify and name components of the skeletal system, joints and muscular system in Latin and in Finnish
- explain the meaning of the components in producing movement
- use palpation to locate the main anatomical landmarks, structures of the joints and muscles
- use the macroanatomy-related terminology of the directions and areas of human body

### **AH00CA23 Evaluation and Manual Therapy of Soft Tissues: 5 ECTS**

#### **Learning outcomes**

The student is able to

- interview the client and detect, palpate and measure the functionality of the muscles and joints
- explain and identify the effects of manual therapy and thermal treatments as well as indications and contraindications
- utilize the basic techniques of manual therapy
- appropriately and ergonomically use manual therapy and thermal treatments as part of physiotherapy

### **AH00CA26 Biomechanics of Movement and Locomotion: 5 ECTS**

#### **Learning outcomes**

The student is able to

- explain the structure and function of the neuromuscular system from the commencement and guidance of the movement to the feedback received from that
- use different analyzing mechanisms and biomechanic measuring devices of movement and locomotion, and interpret and apply results gained from them in physiotherapy planning
- assess the need for assistance with transfers and guide with safe transfers
- assess the need for mobility aids and choose the right mobility aids for the client, as well as instruct their usage to the client and their loved ones

### **HLTIFYS22S-1005 Basics of Human Performance: 15 ECTS**

### **AH00CA25 Structure and Function of Body Systems: 5 ECTS**

#### **Learning outcomes**

The student is able to

- explain the structure and function of the cells, cell membrane and organelles
- explain the cellular structure of the bone, muscle, epithelial, connective and nervous tissues, formation of the tissue structure and the functionality of the tissue
- name and locate the structures of the nervous tissue, the central nervous system and the peripheral nervous system in the body, as well as explain their role in the regulation of the movement, memorizing and learning
- explain the main functions of the central nervous system from the physiology of sensory, integrative and motoric systems
- identify and name the main anatomical structures of body systems (blood circulation, breathing, defence mechanisms, digestion, passing of urine, endocrine system), as well as explain the main functionality of different body systems

## **AH00CA27 Development and Motor Learning Across the Lifespan: 5 ECTS**

### **Learning outcomes**

The student is able to

- describe the stages of human's physical, social and cognitive growth and development at different age periods, and the changes that occur during them
- apply knowledge and evaluate the performance and involvement of people of various ages (including the daily living aids, changes in the apartment and accessibility) by utilizing the ICF classification
- meet and guide people of various ages in professional interaction situations

## **AH00CA31 Exercise Physiology: 5 ECTS**

### **Learning outcomes**

The student is able to

- explain the energy metabolism of the body and the muscle and its regulation during exercise and rest
- measure and train different areas of physical performance
- carry out exercise physiological measurements and apply their results in creating training programs

## **HLTIFYS22S-1006 Examination and Assessment in Physiotherapy: 11 ECTS**

## **AH00CA28 Basics of Mobilization and Stabilization: 4 ECTS**

### **Learning outcomes**

The student is able to

- identify the limb joint dysfunctions and related concepts
- manually examine the limb joint and assess the need of therapy
- choose a mobilization or stabilization technique
- appropriately and safely justify and implement mobilization and stabilization, as well as evaluate the impact of one's own choices

## **AH00CA32 Promoting and Guiding Physical Activity: 7 ECTS**

### **Learning outcomes**

The student is able to

- plan and guide goal-oriented physical activity and exercise for an individual and group
- apply the basics of physical exercise and the principles of motoric learning in the guidance of goal-oriented exercise
- utilize various environments, methods, forms of exercise, equipment and music in guidance situations
- assess the moving technique and the physical load of the body while guiding
- use the principles of well-being coaching and innovative, technology- and customer-oriented solutions in the guidance of an individual and group

## **HLTIFYS22S-1007 Guiding Competences in Physiotherapy: 10 ECTS**

## **AH00CA30 Pain and Treatment of Pain: 5 ECTS**

### **Learning outcomes**

The student is able to

- classify pain and explain the phenomenon of pain and the system of pain
- assess pain while considering the physiological and psychosocial dimension and the healing process of the tissue in their clinical decision-making
- utilize drug-free pain relief methods and know the principles of pharmacotherapy for pain
- use electrotherapy treatments appropriately and safely as well as assess the effectiveness of the treatment

## **AH00CA29 Assessment of Functional Ability: 5 ECTS**

### **Learning outcomes**

The student is able to

- explain the meaning of respiratory and circulatory system, musculoskeletal system and nervous regulation in human's activity and functional ability
- classify and use indicators that are used in the reliable assessment of different operating systems
- reliably perceive posture, movement, locomotion and movement control
- select and utilize the most reliable and adequate indicators and methods of physiotherapy research while assessing each different operating system and the whole functional ability
- use the obtained results in clinical decision-making, in the exercise planning and in the guidance of the client

## **HLTIFYS22S-1008 Physiotherapist as a Promoter of Functional Ability: 15 ECTS**

## **AH00CA33 Musculoskeletal Traumatology: 3 ECTS**

### **Learning outcomes**

The student is able to

- identify the causes and symptoms of the most common musculoskeletal diseases that are caused by trauma or physical overload
- explain the effects that the most common medical procedures of the musculoskeletal system have on the functional ability and support the client's rehabilitation process with the means of physiotherapy while taking into account the tissue damages
- work as a member of a multi-professional team and cooperate with the loved ones of the client

## **AH00CA34 Physiotherapy and Therapeutic Exercise for the Musculoskeletal System: 7 ECTS**

### **Learning outcomes**

The student is able to

- explain the meaning and mechanism of the musculoskeletal diseases and disorders in the origin of the symptoms and diseases
- examine and draw conclusions on the impacts that the musculoskeletal diseases and disorders have on the functional ability
- select evidence-based physiotherapy methods in supporting the well-being of the client's

musculoskeletal system

- compile and guide individual exercises and self-care to support the client's functional ability

### **AH00CA35 Promotion of the Functional Ability of the Elderly: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe aging as a phenomenon and the changes it brings to the movement and functional ability
- describe and apply physiotherapeutic methods that support the functional ability
- work as a member of a multi-professional team and cooperate with the loved ones of the client

### **HLTIFYS22S-1009 Therapeutic Competences of a Physiotherapist: 15 ECTS**

### **AH00CA36 Promotion of Health, Health Enhancing Physical Activity and Adapted Sports: 5 ECTS**

#### **Learning outcomes**

The student is able to

- understand, based on evidence, sleep's, nutrition's, mental health's and exercise's meaning to health, as well as support and promote the client's functional ability related to these factors
- understand the importance of preventing the risk factors of life style diseases and chronic diseases in promoting health
- plan, implement and evaluate exercise and activity situations as well as compose exercise programs for various customer groups
- understand the social significance of health enhancing physical activity and adapted sports as well as master the use of various tools for promoting health enhancing physical activity and adapted sports

### **AH00CA37 Physiotherapy Supporting the Cardiovascular and Respiratory Systems: 5 ECTS**

#### **Learning outcomes**

The student is able to

- identify the risk factors and treatment of the most common cardiovascular and respiratory diseases among the adult population as well as explain their impact on the client's physical ability
- describe the cumulative effect that different lifestyle and chronic diseases have on the physical ability and take into account its meaning for the client's physiotherapy
- apply typical physiotherapeutic research methods used in cardiovascular diseases and reliably analyze the measurement results in implementing safe physiotherapy
- plan individual and safe exercises and exercise guidance for the client basing on evidence-based data while taking into account the underlying diseases

### **AH00CA38 Neurological Physiotherapy: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the epidemiology, symptoms, etiology, treatment and rehabilitation of the most common

neurological diseases

- examine and explain the impact of neurological symptoms to an adult's physical ability
- plan, implement and evaluate evidence-based physiotherapy for adults with central nervous system disorder
- use the obtained results in clinical decision-making and in the planning of customer-oriented, task-centered physiotherapy and the guidance of the client

### **HLTIFY22S-1010 Physiotherapist as a Practitioner: 15 ECTS**

### **AH00CA39 Physiotherapy for Children and Adolescent: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe and assess a child's sensorimotor development and recognize the deviance and delay in sensorimotor development
- describe the characteristics of a child as a rehabilitant and the importance of the inner circle and the multi-professional cooperation in the child's rehabilitation
- assess, plan and implement individual and goal-oriented physiotherapy for a child and an adolescent
- describe the physiotherapy path of a child or an adolescent and the aid services, and select aids that support the child's physical ability

### **HA00CB79 Clinical Practice Placement 1: 10 ECTS**

#### **Learning outcomes**

The student is able to

- use the professional terminology of physiotherapy and act according to the professional ethical principles while evaluating one's own actions
- examine and assess factors that affect the working capacity and physical ability while taking into account the environmental factors that affect the client's involvement and performances
- plan and implement activity that promotes the client's and groups' physical ability and health by using different manual and verbal guidance and counseling methods
- promote the working capacity and physical ability by using research- and evidence-based active and functional exercises as well as modes of manual and physical therapy
- document the stages of physiotherapy process
- utilize technology solutions in the planning, implementation and evaluation of physiotherapy

### **HLTIFY22S-1011 Physiotherapist in Practical Application: 20 ECTS**

### **AH00CA40 Occupational Physiotherapy: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the field of occupational health care and the labor legislation regulating it
- analyze the working environment, its workload factors and an employee's workload, as well as produce a workplace survey report with improvement suggestions
- recognize and prevent the risk factors of occupational diseases and the employees' rehabilitation

needs, and carry out activity that promotes and maintains working capacity

- work according to the good physiotherapy practices in multi-professional teams and in cooperation with the employee and the workplace

### **AH00CA41 Psychophysical Physiotherapy: 5 ECTS**

#### **Learning outcomes**

The student is able to

- describe the most common psychiatric diseases, disorders and their medical treatment methods
- resourcefully examine and assess the physical ability of a psychophysical physiotherapy client
- select resource-centered, evidence-based physiotherapy methods and apply them in supporting the client's physical ability
- select the guiding methods of psychophysical physiotherapy and guide the client by applying these methods
- through own experiences of body-awareness develop his/her self-knowledge and ability in meeting an individual and group

### **HA00CB80 Clinical Practice Placement 2: 10 ECTS**

#### **Learning outcomes**

The student is able to

- use the professional terminology of physiotherapy and act according to the professional ethical principles while evaluating one's own actions
- examine and assess factors that affect the working capacity and physical ability while taking into account the environmental factors that affect the client's involvement and performances
- plan and implement activity that promotes the client's and groups' physical ability and health by using different manual and verbal guidance and counseling methods
- promote the working capacity and physical ability by using research- and evidence-based active and functional exercises as well as modes of manual and physical therapy
- document the stages of physiotherapy process
- utilize technology solutions in the planning, implementation and evaluation of physiotherapy

### **HLTIFYS22S-1012 Physiotherapist as Applied Researcher: 15 ECTS**

### **AH00CA20 Advanced Therapy Skills: 5 ECTS**

### **HA00CB81 Clinical Practice Placement 3: 10 ECTS**

#### **Learning outcomes**

The student is able to

- fluently use the professional terminology of physiotherapy and act according to the professional ethical principles while critically evaluating one's own actions
- examine and assess factors that affect the working capacity and physical ability by applying diverse and adequate evidence-based research methods while taking into account the environmental factors that affect the client's involvement and performances
- widen the competence in individual and group guidance into an activity that promotes the physical ability and health of communities and society by using diverse methods

- promote the working capacity and physical ability by using evidence-based active and functional exercises as well as modes of manual and physical therapy
- prepare physiotherapy expert opinions and professional statements with supervision
- utilize technology solutions in the planning, implementation and evaluation of physiotherapy

### **HLTIFYS22S-1013 Complementary Competence: 30 ECTS**

### **HA00CB82 Advanced Clinical Practice Placement: 10 ECTS**

#### **Learning outcomes**

The student is able to

- investigate critically knowledge and skills in developing physiotherapy competencies
- act easily in a variety of professional situations and operational environments as an expert according to professional ethical principles
- take part in developing operation of the work unit by using evidence-based knowledge of physiotherapy
- prepare the expert comments of physiotherapy and professional statements
- develop the solutions of the technology in planning, implementing and evaluating of physiotherapy

### **HLTIFYS22S-1014 Advanced Physiotherapy Competence: 0 ECTS**

### **HLTIFYS22S-1015 Investigative Approach and Welfare Service Innovations in Physiotherapy: 0 ECTS**

### **HLTIFYS22S-1016 Physiotherapist as a Practical Influencer: 0 ECTS**

### **HLTIFYS22S-1017 Physiotherapist as a Practical Developer: 0 ECTS**

### **HLTIFYS22S-1018 Thesis: 15 ECTS**

### **AO00BU44 Thesis Planning: 5 ECTS**

#### **Learning outcomes**

Student is able to

- describe the objectives and core contents of their thesis
- plan and describe the stages of the thesis process
- take into account the possible research permit and copyright issues.

### **AO00BU45 Thesis Project: 5 ECTS**

#### **Learning outcomes**

Student is able to

- implement the thesis on the basis of an approved thesis plan

## **AO00BU46 Thesis Report: 5 ECTS**

### **Learning outcomes**

Student is able to

- present the results or output of their thesis
- report on their thesis in writing in accordance with the thesis guidelines of LAB University of Applied Sciences
- write a maturity test.