

Curriculum at LAB University of Applied Sciences 2025-2026

Bachelor of Health Care, Physiotherapy 25K, part-time studies, Lahti

Code	Name	1 y	2 y	3 y	4 y	ECTS total
HLTIFYS25KM-1001 CORE COMPETENCE						180
HLTIFYS25KM-1002 Common Core Competence						15
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
KS00BT59	Expert Communication Skills	4				4
KE00BT61	English for Work	4				4
KR00BU42	Swedish for Work, Spoken		1			1
KR00BU43	Swedish for Work, Written		1			1
HLTIFYS25KM-1003 Professional Core Competence						150
HLTIFYS25KM-1004 Functional Capacity in People						18
AH00DA24	Health and Functional Capacity	5				5
AH00DA25	Body Structure and Function	10				10
AH00CX78	Expert Work in the Social and Health Care Sector	3				3
HLTIFYS25KM-1005 Movement and the Moving Individual						20
AH00DA26	Supporting and Promoting Clients' Functional Capacity	5				5
AH00DA27	Movement and Mobility Supporting Functional Capacity	5				5
AH00DA28	Impacts of Diseases on the Structures, Functioning and Functional Capacity of the Body	5				5
AH00DA29	Analysis of Body Structures and Function	5				5
HLTIFYS25KM-1006 Inclusion, Work and Safe Everyday Life						27
AH00DA30	Safe Everyday Life Promoting Clients' Functional Capacity		5			5
AH00DA31	Basics of Therapy Competence		10			10
HA00DA64	Professional Traineeship 1		10			10
AH00CX86	Expert Work in Multidisciplinary Networks		2			2
HLTIFYS25KM-1007 Advanced Therapy Competence						30
AH00DA33	Advanced Therapy Competence		10			10
AH00DA34	Physiotherapists Promoting Well-Being and Health		10			10
HA00DA65	Professional Traineeship 2		10			10
HLTIFYS25KM-1008 Technology Supporting Functional Capacity						25
AH00DA36	Technological and Remote Solutions Supporting Functional			5		5

	Capacity in Client-Focused Physiotherapy					
AH00DA37	Applied Therapy Competence			15		15
AH00BU27	Research, Development and Innovation Competence in the Social and Health Care			5		5
HLTIFYS25KM-1009	Developing the Operating Environments of Physiotherapy					10
HA00DA66	Professional Traineeship 3			10		10
HLTIFYS25KM-1010	Advanced Expertise in Rehabilitation Environments					20
AH00CX96	Clinical Training in Project				5	5
AY00CU16	Entrepreneurship				2	2
AY00CU42	Leadership as a profession				3	3
HA00DA67	Advanced Traineeship				10	10
HLTIFYS25KM-1011	Thesis					15
AO00BU44	Thesis Planning				5	5
AO00BU45	Thesis Project				5	5
AO00BU46	Thesis Report				5	5
HLTIFYS25KM-1012	COMPLEMENTARY COMPETENCE					30

HLTIFYS25KM-1001 CORE COMPETENCE: 180 ECTS

HLTIFYS25KM-1002 Common Core Competence: 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

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.

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.

HLTIFYS25KM-1003 Professional Core Competence: 150 ECTS

HLTIFYS25KM-1004 Functional Capacity in People: 18 ECTS

AH00DA24 Health and Functional Capacity: 5 ECTS

Learning outcomes

The student is able to

- Explain the concepts of health and functional capacity
- Describe the starting levels of functional capacity assessment
- Name factors affecting functional capacity in authentic client environments
- Recognise the importance of client-centred approach and professional interaction in the therapy profession
- Describe the key tasks and operating environments of a physiotherapist

AH00DA25 Body Structure and Function: 10 ECTS

Learning outcomes

The student is able to

- Name anatomical structures of the body and explain physiological functions
- Describe methods and measures for assessing the anatomical structures and physiological functions of the body
- Measure and evaluate the anatomical structures and physiological functions of the body

AH00CX78 Expert Work in the Social and Health Care Sector: 3 ECTS

Learning outcomes

The student is able to

- act responsibly, ethically and in a customer-oriented manner in the operating environments of the social and health care sector
- explain legislative starting points in the social and health care sector
- explain the starting points for multidisciplinary cooperation
- describe aspects of the customer's functional capacity
- use social and health care sector databases responsibly

HLTIFYS25KM-1005 Movement and the Moving Individual: 20 ECTS

AH00DA26 Supporting and Promoting Clients' Functional Capacity: 5 ECTS

Learning outcomes

The student is able to

- Select techniques for assessing functional capacity with a client-centred approach
- Reliably measure clients' functional capacity
- Define client-centred objectives that support functional capacity and participation
- Identify and use the methods and techniques of guidance and consultation that promote clients' functional capacity and participation
- Document the starting level data for clients' functional capacity

AH00DA27 Movement and Mobility Supporting Functional Capacity: 5 ECTS

Learning outcomes

The student is able to

- Define the training principles of physical performance and its components
- Explain the acute responses to physical strain and the effects of regular exercise on body function
- Measure various components of physical performance
- Assess the basics of body movement and mobility

AH00DA28 Impacts of Diseases on the Structures, Functioning and Functional Capacity of the Body: 5 ECTS

Learning outcomes

The student is able to

- Describe the main dysfunctions of the respiratory and circulatory system, musculoskeletal system, central and peripheral nervous system, and mental health in different age groups
- Identify groups of medication and their effects on key diseases from the perspective of physiotherapy
- Describe the effects of illnesses and their pharmacotherapy on functional capacity
- Recognise the importance of multidisciplinary cooperation in the implementation of safe and appropriate pharmacotherapy and medical treatment for clients

AH00DA29 Analysis of Body Structures and Function: 5 ECTS

Learning outcomes

The student is able to

- With a client-centred approach, utilise various methods and measures that assess body structures and functions as a tool for planning and monitoring physiotherapy
- Apply biomechanical measurement instruments and methods of movement and mobility analysis
- Apply the results of physical performance measurements in developing a client-centred exercise programme

HLTIFYS25KM-1006 Inclusion, Work and Safe Everyday Life: 27 ECTS

AH00DA30 Safe Everyday Life Promoting Clients' Functional Capacity: 5 ECTS

Learning outcomes

The student is able to

- Guide clients in mobility, safe transitions, and everyday activities
- With a client-centred approach, assess the need for assistive devices as well as the accessibility and functionality of living and work environments
- Plan client-centred modifications to living and work environments

AH00DA31 Basics of Therapy Competence: 10 ECTS

Learning outcomes

The student is able to

- Under guidance, assess the functional capacity of clients who have dysfunction in body structures and/or organ systems
- Under guidance, develop a physiotherapy plan aimed at promoting functional capacity based on client examination and assessment
- Under guidance, select evidence-based physiotherapy techniques that support clients' functional capacity
- Under guidance, instruct clients by using different guidance methods
- Under guidance, record functional capacity data and stages of the physiotherapy process using the principles of structured documentation

HA00DA64 Professional Traineeship 1: 10 ECTS

Learning outcomes

The student is able to

- Follow the principles of professional ethics and assess their own actions
- Assess functional capacity, taking personal and environmental factors into account and, under guidance, make conclusions
- Use evidence-based physiotherapy techniques that support clients' functional capacity with a client-centred approach
- Use appropriate methods in the guidance and consultation of clients
- Record clients' functional capacity data and stages of the physiotherapy process

AH00CX86 Expert Work in Multidisciplinary Networks: 2 ECTS

Learning outcomes

The student is able to

- draw on research-based knowledge to assess the working community's operating methods and occupational safety
- analyse the structures, activities and effectiveness of the social and health care service system from the customer's perspective
- develop customer-oriented social and health care services using multidisciplinary and multi-actor cooperation
- assess and promote the goal-oriented activities of a multidisciplinary network.

HLTIFYS25KM-1007 Advanced Therapy Competence: 30 ECTS

AH00DA33 Advanced Therapy Competence: 10 ECTS

Learning outcomes

The student is able to

- Assess the functional capacity of clients who have a dysfunction of body structures and/or organ systems
- Formulate a physiotherapy plan that promotes functional capacity based on client examination and assessment
- Select evidence-based physiotherapy techniques that support clients' functional capacity
- Instruct clients by using different guidance methods
- Record functional capacity data and stages of the physiotherapy process by using structural documentation
- Acknowledge ethical considerations in client work

AH00DA34 Physiotherapists Promoting Well-Being and Health: 10 ECTS

Learning outcomes

The student is able to

- Interpret reliable, up-to-date, and future-oriented material related to population health and health inequalities
- Use national and regional health promotion programmes and recommendations
- As a physiotherapist, promote the health of individuals, communities, and society
- In client work and cooperation, identify and acknowledge not only other people's general human needs but also needs arising from cultural differences or minority position
- As a physiotherapist, promote wellbeing at work

HA00DA65 Professional Traineeship 2: 10 ECTS

Learning outcomes

The student is able to

- Follow the principles of professional ethics and assess their own actions
- Assess functional capacity, taking individual and environmental factors into account and, under guidance, make conclusions
- Use evidence-based physiotherapeutic methods that support clients' functional capacity with a client-focused approach
- Use appropriate methods in the guidance and consultation of clients
- Record clients' functional capacity information and stages of the physiotherapeutic process

HLTIFYS25KM-1008 Technology Supporting Functional Capacity: 25 ECTS

AH00DA36 Technological and Remote Solutions Supporting Functional Capacity in Client-Focused Physiotherapy: 5 ECTS

Learning outcomes

The student is able to

- Use a client-centred approach to select remote guidance solutions to support the promotion of clients' functional capacity
- Use technology and various remote solutions in client examination, guidance, counselling, and

therapeutic exercises

- Comply with safety guidelines and regulations concerning the use of technology and remote guidance solutions

AH00DA37 Applied Therapy Competence: 15 ECTS

Learning outcomes

The student is able to

- Draw up a physiotherapy plan that promotes functional capacity, based on clinical reasoning, in cooperation with the client
- Apply various physiotherapy techniques that promote clients' functional capacity and resources
- Assess the effectiveness of physiotherapy from the perspective of individual, community, and society
- Critically assess the consequences of their actions during clients' physiotherapy process
- Produce comprehensive, high-quality service and physiotherapy in cooperation with the client, the family, or other service providers

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

HLTIFYS25KM-1009 Developing the Operating Environments of Physiotherapy: 10 ECTS

HA00DA66 Professional Traineeship 3: 10 ECTS

Learning outcomes

The student is able to

- Follow the principles of professional ethics and evaluate their own actions in a versatile way
- Make conclusions on clients' functional capacity with evidence-based assessment techniques
- Combine physiotherapy techniques that promote clients' functional capacity and resources
- Expand their guidance competence from instructing an individual to measures that promote the functional capacity and health of the population with versatile methods
- Under guidance, prepare expert opinions on physiotherapy as well as professional statements
- Use a client-centred approach in physiotherapy to apply technology and remote solutions that support functional capacity

HLTIFYS25KM-1010 Advanced Expertise in Rehabilitation Environments: 20 ECTS

AH00CX96 Clinical Training in Project: 5 ECTS

Learning outcomes

The student is able to

- analyse the stages of project work and apply them in development work
- work as a member of a multidisciplinary and diverse group in development, innovation and research processes
- apply the principles of team work and networking in an ethical manner in patient and customer guidance
- make use of the opportunities offered by digitalisation and well-being technology in health promotion development
- draw on evidence-based information when planning, implementing and evaluating project work as a whole.

AY00CU16 Entrepreneurship: 2 ECTS**Learning outcomes**

Student is able to

- understand entrepreneurship through personal development
- find and utilize different customer oriented business opportunities.

AY00CU42 Leadership as a profession: 3 ECTS**Learning outcomes**

Students knows:

- the characteristics of contemporary leadership and the importance of the organization of the work community.
- the diverse field of responsibilities of leaders and their own role in it.
- basics of labor law

HA00DA67 Advanced Traineeship: 10 ECTS**Learning outcomes**

The student is able to:

- Critically assess their knowledge and skills as they develop their physiotherapy professional competence
- Have influence in multidisciplinary situations and operating environments as an expert in physiotherapy
- Develop operations at their work and traineeship unit, drawing on research-based information on physiotherapy
- Prepare expert opinions on physiotherapy as well as professional statements
- In each workplace and place of traineeship, combine technology and remote solutions that support functional capacity as part of rehabilitation

HLTIFYS25KM-1011 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.

HLTIFYS25KM-1012 COMPLEMENTARY COMPETENCE: 30 ECTS