

**Curriculum at LAB University of Applied Sciences
2025-2026**

**Master of Social and Health Care, Integration of Rehabilitation
and Physical Activity (in Finnish) 25S, online studies**

Code	Name	1 y	2 y	3 y	ECTS total
HLTIYKUNLI25SV-1001 Core competence					40
YH00CE06	Design of user oriented rehabilitation and exercise services	5			5
YH00CQ83	The environment in support of physical activity and ability to function	5			5
YH00CQ84	Digital expertise in rehabilitation and sport	5			5
YH00CQ85	Physical activity supporting wellbeing in children and youth	5			5
YH00CQ86	Physical activity and rehabilitation among older adults		5		5
YH00CQ87	Motor learning and skill acquisition		5		5
YH00CV95	Developer in rehabilitation and exercise environments	5			5
YH00CS71	Research and development based on working life	5			5
HLTIYKUNLI25SV-1002 Complementary competence					20
HLTIYKUNLI25SV-1003 Thesis					30
YO00BU70	Thesis Planning	10			10
YO00BU71	Thesis Project and Reporting	10	10		20

HLTIYKUNLI25SV-1001 Core competence: 40 ECTS

YH00CE06 Design of user oriented rehabilitation and exercise services: 5 ECTS

Learning outcomes

Student

- can use service design concepts and knowledge base
- is able to choose appropriate service design methods and apply them to the development of rehabilitation and sports services
- is able to evaluate the results and effects of the service design process

**YH00CQ83 The environment in support of physical activity and ability to function:
5 ECTS**

Learning outcomes

Student

- can define the main concepts used in the course
- can explain the influence of various environment related factors on physical activity and ability to function, based on evidence
- can name with justification the factors that promote and hinder physical activity and ability to function from the perspective of the environment
- can evaluate critically and based on evidence accessibility and availability regarding the environment from the perspective of physical activity and ability to function
- can critically evaluate the importance to support the environment's enabling physical activity and ability to function with regard to increasing participation, as well as find evidence based solutions for participation in the planning phase of the environment
- can evaluate critically and based on evidence the impact that decisions concerning the environment have regarding promotion of physical activity and ability to function.

YH00CQ84 Digital expertise in rehabilitation and sport: 5 ECTS**Learning outcomes**

Student

- is able to recognize the effects and possibilities of digitalization in his/her own field of expertise
- is able to critically and openly review the implementation of digital methods in his/her own operating environment based on research
- has abilities to exploit digital methods (eg. mobile methods, gamification) as part of expert work

YH00CQ85 Physical activity supporting wellbeing in children and youth: 5 ECTS**Learning outcomes**

Student

- can utilize physical activity strategic policies and recommendations of children and youth
- can develop, implement and evaluate physical activities for different target groups
- can develop, implement and evaluate basic motor skills- and physical activity monitoring methods for children and youth
- can develop physical activity services and operating models in varying environments for children and youth

YH00CQ86 Physical activity and rehabilitation among older adults: 5 ECTS

Learning outcomes

Student

- can assess the changes related to physical activity and rehabilitation in global, national, provincial and regional perspectives and their impact and effectiveness to the older adults
- can analyze and evaluate individual and group based physical activity and rehabilitation activities and build knowledge and practice in their field
- can analyze the ethics, effectiveness and quality of physical activity and rehabilitation from the perspective of older adults
- can resolve demanding challenges through creative implementation of research and / or innovation in physical activity and rehabilitation of older adults using the new knowledge and / or procedures or applying and integrating knowledge from different disciplines

YH00CQ87 Motor learning and skill acquisition: 5 ECTS**Learning outcomes**

Student

- understands the concepts and main theories related to skill acquisition
- is able to apply theories of skill acquisition in the context of professional field
- understand the basic principles of skill acquisition and the pedagogical solutions
- is able to create a pedagogical model based on movement analysis and research knowledge in professional field

YH00CV95 Developer in rehabilitation and exercise environments: 5 ECTS**Learning outcomes**

The student is able to

- critically evaluate national and international recommendations and reports in the field of rehabilitation and exercise and can apply them to the development of working life
- evaluate regional and national project funding instruments that can be applied in the development of rehabilitation and exercise environments
- design and critically evaluate a project plan guided by the development needs related to rehabilitation and exercise environments

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YH00CS71 Research and development based on working life: 5 ECTS

Learning outcomes

The student is able to

- to obtain information and assess the reliability and usability of the information
- critically assess the practices of scientific and research ethics in research, development and innovation
- choose a relevant methodological approach to research and development and innovation

HLTIYKUNLI25SV-1002 Complementary competence: 20 ECTS**HLTIYKUNLI25SV-1003 Thesis: 30 ECTS****YO00BU70 Thesis Planning: 10 ECTS****Learning outcomes**

The 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.

YO00BU71 Thesis Project and Reporting: 20 ECTS**Learning outcomes**

The student is able to

- implement the thesis on the basis of an approved thesis plan
- 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
- as a maturity test, write a blog post, a press release or an article.