

## CURRICULUM

### PHYSIOTHERAPY

Physiotherapy studies especially emphasise guided, practice-based methods of learning in a variety of learning environments with people of different ages, both in single study units and in practical training. Multimodal study methods are utilised in the studies, and during the studies you will have an opportunity to participate in the reforming of North Karelia's social and health care service structure (Siun sote), which has been a national pilot since 2017. Rehabilitation plays a major role in the reform. The education focuses on multidisciplinary and expertise in ageing as parts of renewed health care services. It is also possible to conduct part of your studies abroad.

### Degree

|              |                         |
|--------------|-------------------------|
| Degree Title | Bachelor of Health Care |
| Extent       | 210 cr / 3.5 years      |

### Typical Tasks for Graduates

As a physiotherapist, you work as an expert in mobility and functional ability. You can work as a producer and developer of physiotherapy services, either as an entrepreneur or as an employee. You can work at health care centres, hospitals or research or care institutes in the field of social services and health care, rehabilitation and sports, and, furthermore, for third sector organisations and various projects, or you can work as an expert in occupational well-being in companies. Owing to these versatile possibilities in employment, the employment outlook is good.

### Implementation of Studies

Theory and practise are fluently interlinked in your studies. You can deepen your theoretical knowledge during the practical training periods and also with the help of practical exercises conducted in study units. Various methods supporting learning are used in the different learning environments, including cooperative learning, virtual studies, project learning, lectures, exams, and independent information acquisition and studying. You will study both in the different learning environments of Karelia UAS, such as the simulation learning environment Simula and Fysiotikka, and in various other environments in working life. During the studies, you will practise multi-professional cooperation with public health nurses, social services students and nursing students in the learning and service environment Voimala. The purpose is that all students in the field of social services and health care conduct at least one practical training period in the Voimala environment. Part of your studies will consist of research and development projects implemented together with different organisations and companies. You have excellent possibilities for international activities through courses mediated in English, projects, student exchange and practical training abroad.

## Structure and Content of Studies

The degree programme contains common core and complementary studies enhancing your key and specialised competences. The extent of basic studies in physiotherapy education is 180 credits, and that of complementary studies 30 credits. The basic studies contain 45 credits of practical studies in working life (practical training) and a 15-credit thesis. Practical training is also included in many theoretical study units, during which the students work with real clients and projects. The thesis process is divided into three five-credit courses. Each course can be completed at different stages of studies. However, the thesis plan needs to be accepted before the implementation phase.

The core competence in physiotherapy studies is built step by step throughout the studies. In the beginning of your studies, you will study the structure of a human body, motor development and learning, and the basics of physical training and other prerequisites for mobility and functional ability. You will learn various ways of supporting the capacity for work and functional ability. You will practise how to encounter people of different ages and backgrounds, dialogic working methods and how to guide individuals and groups in physiotherapy. You will learn how to evaluate people's mobility and functional ability using physiotherapeutic research methods and clinical deduction, and, furthermore, you will learn to utilise evidence-based methods of physiotherapy that are studied both in theory and in practise. Physiotherapeutic methods include the different forms of therapeutic practise, aid services, physical and manual therapy, and counselling and guidance.

As your studies progress, you will learn to adapt your expertise to client groups of different kinds and ages. The core competence of physiotherapy is based on the understanding of the pathophysiological processes of the organ system and the ability to adapt the methods of physiotherapy while guiding/supporting a client's independent mobility and functional ability in cooperation with other professionals in the social field and the fields of health care and rehabilitation. In addition, you will learn to document your work reliably and clearly. The core competence also consists of the ability to recognise the needs of the society and the clients' needs and their physical and psycho-social resources and individual ways to react.

The complementary studies mostly contain modules of 15 credits. The following modules suit those who study in the Degree Programme in Physiotherapy:

- Advanced Studies in Physiotherapy
- e-Services in Social Welfare and Health Care
- Multidisciplinary Rehabilitation
- Expert in Active Ageing
- Expertise Pertaining to Russia
- Branding and Innovation Activities
- Business Management and Entrepreneurship
- Leadership and Managerial Work
- International Studies 1
- International Studies 2
- Optional language studies (Spanish, Chinese, French, German, Russian)
- Refresher courses in languages (3-6 cr)
- Training Programme of Joensuu Sports Academy (3-15 cr)
- Participation in peer tutoring and student union activities (3-15 cr)

If you already work as an entrepreneur or are planning to establish your own business, this can be part of your core and complementary studies, exchange abroad, work practice and thesis in cases which would develop your own business or business idea. You have the chance to get guidance and support in combining your studies with your entrepreneurship or you as an entrepreneur.

The complementary studies are scheduled to take place in the first and second semesters of the third year. Additionally, complementary studies can be taken during summer months. Participation in Sports Academy training, peer tutoring or student union activities and optional language studies can be spread over several semesters. If the studies mentioned above do not match with your professional objectives, you can discuss other alternatives with your teacher tutor or student counsellor.

Client Work Competence in Physiotherapy | Teaching and Counselling Skills in Physiotherapy | Clinical Competence in Physiotherapy | Technology Competence | Entrepreneurship and Business Competence | Ethical Competence | Internationalisation Competence | Learning Skills | Innovation Competence | Working Community Competence

| 4 <sup>th</sup> year   |       | PREPARING FOR WORKING LIFE  |       |
|--|-------|---|-------|
| Practical Training in Physiotherapy 5                              | 12 cr |   |       |
| Entrepreneurship in Physiotherapy                                  | 3 cr  |   |       |
| Thesis   | 15 cr |   |       |
| 3 <sup>rd</sup> year   |       | APPLYING PHYSIOTHERAPY KNOWLEDGE                                      |       |
| Practical Training in Physiotherapy 3                              | 6 cr  | Practical Training in Physiotherapy 4                                 | 12 cr |
| Functional Capacity and Physiotherapy of the Aged                  | 3 cr  | English for Physiotherapy 2   | 2 cr  |
| Leadership and Development in Social Services and Health Care      | 5 cr  | Thesis: Writing the Report  | 1 cr  |
| Complementary studies  | 15 cr | Complementary studies   | 15 cr |
| Professional Development   | 1 cr  |   |       |
| 2 <sup>nd</sup> year   |       | EXPANDING PHYSIOTHERAPY KNOWLEDGE                                     |       |
| Practical Training in Physiotherapy 1                              | 6 cr  | Practical Training in Physiotherapy 2                                 | 8 cr  |
| Physiotherapy for Musculoskeletal Disorders                        | 10 cr | Neurological Physiotherapy for Adults and Children, Neuropsychology   | 6 cr  |
| Ergonomics and Usability   | 2 cr  | Physical Therapy  | 3 cr  |
| Physiotherapy for Metabolic, Respiratory and Circulatory Disorders | 5 cr  | Rehabilitation Clients, Accessibility and Assistive Technology        | 4 cr  |
| Professional Development   | 1 cr  | Methods of Research-based Thesis                                      | 2 cr  |
| Svenska för fysioterapi 1 [Swedish for Physiotherapy 1]            | 3 cr  | Methods of Practice-based Thesis                                      | 2 cr  |
|  |       | Application of Research and Development Methods                       | 3 cr  |
|  |       | Svenska för fysioterapi 2 [Swedish for Physiotherapy 2]               | 2 cr  |
| 1 <sup>st</sup> year   |       | EXPLORING THE FIELD OF PHYSIOTHERAPY                                  |       |
| Dialogue in Physiotherapy  | 4 cr  | Medical Basis for Physiotherapy 2                                     | 7 cr  |
| Motor Skills Development   | 3 cr  | Physiotherapist as a Promoter of Health and Health Promoting Exercise | 5 cr  |
| Basics of Motor Skills Learning and Guidance                       | 3 cr  | Professional Growth and Ethical Questions in Client Work              | 2 cr  |
| Service Systems in Social Services, Health Care and Rehabilitation | 4 cr  | Neuroanatomy and Functional Anatomy                                   | 4 cr  |
| Medical Basis for Physiotherapy 1                                  | 3 cr  | Physiotherapy for Respiratory and Circulatory Disorders               | 2 cr  |
| Anatomy and Physiology   | 3 cr  | Basics of Physiotherapeutic Methods 2                                 | 5 cr  |
| Functional Anatomy   | 3 cr  | Finnish Language and Oral Communication                               | 2 cr  |
| Professional Development   | 2 cr  | English for Physiotherapy 1   | 3 cr  |
| Information and Communication Technology                           | 1 cr  |   |       |
| Finnish Language: Reporting and Written Communication              | 2 cr  |   |       |
| First Aid  | 2 cr  |   |       |

## Competence Requirements

| Area of Competence                               | Description of Competence<br>Bachelor of Health Care   |
|--|--|
| Client Work Competence in Physiotherapy          | <ul style="list-style-type: none"> <li>- is able to create a confidential, sincere and involving professional interaction and therapy relationship with the rehabilitee/client</li> <li>- is able to act as an expert of mobility, capacity for work and functional ability in different teams, work groups, expert networks and service chains.</li> <li>- is able to create an open, attentive and respectful relationship with others</li> <li>- is able to work in client-and goal-oriented interaction with different clients/patients, families and communities in various environments.</li> <li>- is able to make expert decisions and work independently</li> <li>- is able to practise multi-professional cooperation</li> <li>- participates actively in the society to produce and develop services that promote physiotherapy and functional ability, taking into consideration regional, national and international challenges.</li> <li>- is able to devise expert opinions and written comments</li> </ul> |
| Teaching and Counselling Skills in Physiotherapy | <ul style="list-style-type: none"> <li>- is able to apply various counselling and teaching methods while maintaining and promoting the mobility and functional ability among different people.</li> <li>- is able to use the principles of motor skills learning/guidance while guiding a client/group to practise mobility and functional ability</li> <li>- is able to apply the principles of practise and the methods of therapeutic practise while guiding clients and groups</li> <li>- is able to plan and instruct physical activity and adapted physical activity that promote health and functional ability</li> </ul>   |
| Clinical Competence in Physiotherapy             | <ul style="list-style-type: none"> <li>- is able to research and analyse the prerequisites and limitations of mobility, capacity for work and functional ability</li> <li>- is able to make a physiotherapeutic plan using evaluation and clinical deduction together with the client and taking the client's needs into consideration</li> <li>- is able to follow up and evaluate the results of physiotherapy</li> <li>- is able to use theoretically reasoned physiotherapy in an appropriate way to maintain and/or promote the mobility and functional ability of the client</li> <li>- is able to use the methods of physiotherapy in a safe way utilising their physiological and therapeutic effects</li> <li>- is able to practise manual therapy in a justified and appropriate way</li> <li>- masters the structured documentation in physiotherapy</li> </ul>   |

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|--|--|
| Technology Competence                    | <ul style="list-style-type: none"> <li>- is able to utilise technological possibilities in the work and in the development of services</li> <li>- is able to evaluate the client's need for aids and to guide him or her to find and use them</li> <li>- is able to use aids and technology when evaluating the mobility and functional ability and is able to plan accessible environments in multi-professional cooperation</li> <li>- is able to use the methods of ergonomics to adapt different environments to meet people's characteristics and needs.</li> </ul> |
| Entrepreneurship and Business Competence | <ul style="list-style-type: none"> <li>- is able to work according to the principles of his or her own inner entrepreneur</li> <li>- understands the principles that regulate business and business entity</li> <li>- is able to start a business and work as an entrepreneur in a network of welfare services</li> <li>- is able to develop physiotherapy services in an economical, profitable and socially responsible way.</li> <li>- is able to work innovatively, independently and responsibly</li> </ul>   |
| Ethical Competence                       | <ul style="list-style-type: none"> <li>- is able to take responsibility for one's own actions and their consequences</li> <li>- is able to work according to the ethical principles of physiotherapy</li> <li>- is able to take different actors into consideration in his or her work</li> <li>- is able to adapt the principles of equality</li> <li>- is able to adapt the principles of sustainable development</li> </ul>   |
| Innovation Competence                    | <ul style="list-style-type: none"> <li>- is able to solve problems and develop working methods innovatively</li> <li>- is able to work in projects</li> <li>- is able to implement research and development projects applying existing knowledge and methods</li> <li>- is able to find client-oriented, sustainable and profitable solutions</li> </ul>   |
| Internationalisation Competence          | <ul style="list-style-type: none"> <li>- has necessary language competence to be able to work and develop in the field of physiotherapy</li> <li>- is able to cooperate with people from different cultural backgrounds</li> <li>- is able to take the opportunities and effects of internationalisation into account in his or her work</li> </ul>  |
| Learning Skills                          | <ul style="list-style-type: none"> <li>- is able to assess and develop one's competences and learning methods</li> <li>- is able to search, process and analyse information critically</li> <li>- can assume responsibility for team learning and knowledge sharing</li> </ul>   |
| Working Community Competence             | <ul style="list-style-type: none"> <li>- is able to function as a member of a work community and contribute to its work well-being</li> <li>- is able to communicate and interact in professional situations</li> <li>- is able to use information and communication technology in physiotherapy</li> <li>- is able to establish personal occupational contacts and to work in networks</li> <li>- is able to make decisions in new and unforeseen situations</li> <li>- is able to manage one's work and to work independently in tasks requiring expertise</li> </ul>  |