

## CURRICULUM

### Physiotherapy

The physiotherapy education at Karelia University of Applied Sciences offers a bachelor's degree that is based on solid core competencies. There is a special emphasis on evaluating and promoting the patient's functional abilities, as well as developing the student's counselling skills on therapeutic exercise and movement. Another focus is on multidisciplinary and expertise in ageing, and digital skills required by the renewing health care services. After graduation, the student has an extensive set of skills that enable him or her act as an expert in the fields of health promoting and rehabilitation. The studies consist of multimodal learning methods, and it is possible to conduct part of the studies abroad.

### Degree

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

### Typical tasks for graduates

The bachelor's degree in physiotherapy gives you the skills needed to promote people's wellbeing, functional capacity, and bodily exercises in various tasks and environments. As a physiotherapist you can work both in the public and the private sector, and work as an expert, a consult, a developer, or an entrepreneur. Your possible workplaces include health care centres, hospitals or research or care institutes in the fields of social services and health care, rehabilitation and sports. You might be also employed by sports teams, third sector organisations, in different projects, or in completely new careers that are created in the evolving interfaces.

### Implementation of studies

The starting points for the studies in physiotherapy are the core competencies in your own field, as well as the common skill requirements of social and health care. All future professionals in the social and health care need skills in customer work, service and field development, and change competence in employ-eeship and cooperation. These skills are developed in multidisciplinary studies, where you will study together with students of nursing, public health nursing, and social services. The multidisciplinary studies will prepare you for the multidisciplinary working life that will benefit your patients in the best possible way, and these skills will be practiced from the very beginning of your studies.

In the centre of your field-specific skills are research, assessment and therapy competences, as well as coaching and guidance skills. The foundation of these skills is built during the first year, and it will be reinforced throughout the studies. Simultaneously the student will develop his or her ethical competencies, technology and societal skills, and skills in accessibility. These competencies are not built alone, but through constant interaction with the skills shared in the social and health care fields. During your studies, you will learn to work as a physiotherapist both individually and as a part of a work community, while utilising the opportunities provided by digitalisation and technological developments.

You will study both in the different learning environments of Karelia UAS, such as Fysiotikka which is specialised in physiotherapy services, the simulation learning environment Simula and multi-disciplinary Voimala, as well as various other environments in working life. 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.

### **Starting points for learning**

Physiotherapy studies are based on the idea of learning as a process that is reflective, experimental, and socially constructed. Thus, learners' personal experiences, active participation, and interaction play an important role. You as a learner are active, self-directing, responsible, and able to utilise constructive criticism. From this viewpoint learning is understood as action that is both the learner's internal process and built around social interaction. This is supported by the methods of exploratory, experiential and collaborative learning.

It is important that you learn to acquire and evaluate information in versatile ways, and that you are able to apply the information to new and changing contexts. Changes in society and in the working life require skills in continuous learning and updating your competencies. This means that central skills in your learning are the ability to develop your learning skills, to utilise technologies that support learning, and to draw information from versatile sources. The goal is also to learn how to make your own learning and development visible to yourself and to others. Reflection and a reflective approach to work are central for a person's individual learning process, but also for the development of a team or work organization.

### **Structure and Content of Studies**

Your degree consists of working life-based core studies (180 cr) and complementary studies (30 cr). The Bachelor's Degree in Physiotherapy gives you the statutory qualification to work as a physiotherapist, and you will be registered as a health care professional.

Your skills in physiotherapy will develop gradually. At the beginning of your studies you will look into the basics of working as a physiotherapist, such as therapeutic interaction and encounters, the structure and functions of a human body and its growth and development, motor learning and guidance, and assessing and promoting mobility and functionality. As your studies advance, you will expand and apply your knowledge of physiotherapy while encountering different types of clients in different environments. You will learn to take responsibility for your part in the physiotherapy assessment, patient safety, and the quality and efficiency of your work. You will also acquire skills in research, development and innovation work, internationality, entrepreneurship, and leadership. In addition, you will write a working life based thesis.

The complementary studies mostly contain modules of 15 credits. We recommend that you complement your professional core studies by choosing the Advance Studies in Physiotherapy (5-15 cr), which consists of:

- Technology in Distant and Home Rehabilitation in Physiotherapy (5 cr)
- Psychophysical physiotherapy (5 cr)
- Wide-ranging rehabilitation (5 cr)

The second module of complementary studies (15 cr), also known as optional complementary studies, can be chosen from courses provided by Karelia University of Applied Sciences, or other institutions of higher education. The following modules suit those who study in the Degree Programme in Physiotherapy:

- Multidisciplinary Rehabilitation
- Agile Development in Social Services, Health Care, and Care and Education Sector (5-15 cr)
- Expertise Pertaining to Russia
- Branding and Innovation Activities
- 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)

The complementary studies are scheduled to take place in second semesters of the third year. Additionally, complementary studies can be taken during summer months. You also have an option to refresh your language skills in Swedish (3 cr) and in English (3 cr). 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.

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 that 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.

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 | Working Community Competence | Research, Development and Innovation Competence

4 <sup>th</sup> year		DEVELOPING PHYSIOTHERAPY KNOWLEDGE AND SKILLS	
Practical Training in Physiotherapy V	10 cr		
Complementary Studies	15 cr		
Bachelor Thesis Report	5 cr		
3 <sup>rd</sup> year		APPLYING PHYSIOTHERAPY KNOWLEDGE AND SKILLS	
Practical Training in Physiotherapy III	8 cr	Practical Training in Physiotherapy IV	10 cr
Neurological Physiotherapy I	8 cr	Physiotherapy Complementary Studies	15 cr
Leadership, Entrepreneurship and Economics	7 cr	Bachelor Thesis Implementation	5 cr
Bachelor Thesis Design	5 cr		
Scientific Writing	1 cr		
Career Planning and Development V	1 cr		
2 <sup>nd</sup> year		EXPANDING PHYSIOTHERAPY KNOWLEDGE AND SKILLS	
Practical Training in Physiotherapy I	6 cr	Practical Training in Physiotherapy II	7 cr
Cardiorespiratory Physiotherapy	8 cr	Neurological Physiotherapy	6 cr
Neuromusculoskeletal Physiotherapy I	5 cr	Neuromusculoskeletal Physiotherapy II	6 cr
Physiotherapy in Pain Management	4 cr	Svenska för fysioterapi [Swedish for Physiotherapy]	3 cr
English for Physiotherapy	3 cr	Finnish Language and Oral Communication	2 cr
<b>Research, Development and Innovation I</b>	<b>3 cr</b>	<b>Research, Development and Innovation II</b>	<b>5 cr</b>
Career Planning and Development III	1 cr	Career Planning and Development IV	1 cr
1 <sup>st</sup> year		EXPLORING THE FIELD OF PHYSIOTHERAPY	
Physiotherapy and Rehabilitation I	4 cr	Physiotherapy and Rehabilitation II	3 cr
Human Development and Function	11 cr	Patient Education and Guidance in Physiotherapy	5 cr
<b>Promotion of Physical Activity, Health and Wellbeing</b>	<b>4 cr</b>	Physiotherapy Assessment and Promotion of Functional Abilities	11 cr
<b>Client Involvement in Social and Healthcare Services I</b>	<b>3 cr</b>	<b>Client Involvement in Social and Healthcare Services II</b>	<b>2 cr</b>
<b>Reporting and Written Communication</b>	<b>2 cr</b>	<b>Promotion of Physical Activity, Health and Wellbeing practise</b>	<b>6 cr</b>
<b>English at Work</b>	<b>2 cr</b>	<b>Svenska i arbetslivet [Swedish at Work]</b>	<b>2 cr</b>
<b>Medication Basics and pharmacology</b>	<b>3 cr</b>	Career Planning and Development II	1 cr
Career Planning and Development I	1 cr		

The courses marked in bold are joint studies for all students in Social Services and Health Care

## Competence Requirements

Area of Competence	Description of Competence
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>

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>
Research, Development and 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>
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