

Objectives of the programme

Degree Programme in Sports and Leisure Management prepares students with knowledge and skills needed in today's sports and leisure industry. With comprehensive approach to technical, tactical, physical and psychological aspects of sports, students are able to face challenges as coaches and instructors whereas communication and management studies develop students' knowhow particularly in different administrative positions of sports and leisure organizations. The teaching is organized in English enabling students to work in international environment.

For students specializing in ice hockey coaching, the programme offers a unique opportunity to be involved in the development of the sport on a local, national and global perspective. Through the close co-operation with the International Ice Hockey Federation (IIHF) and International Ice Hockey Centre of Excellence (IIHCE) program is actively involved in the world-wide development of the sport constantly seeking to incorporate research and actual experience ideas and initiatives generated directly from within the sport as part of the program curriculum. In addition to coaching, active participation to various projects during studies prepares students to undertake challenging developmental roles in national and international hockey-related organizations.

Structure, content and extend of the DP

With the total scope of 210 credits, first two years consist of intensive studying at Vierumäki campus. Final 1–1,5 years consists of work placement which can be completed either in Finland or abroad.

Programme curricula is divided in two parts, first of them introducing the concepts related to sports in general whereas the other part focuses on the knowledge and skills relevant in coaching and administrative positions in team and racket sports. Common themes underlying both sections of the curricula are ¹⁾Interpersonal interaction, ²⁾Human/athlete's development and ³⁾Organizational management which together comprise a total of 150 credits (table 1). Remaining 60 credits consists of work placement, bachelor's thesis and free elective studies which offer a student a change to implement and further develop the skills also as a part of real-life work environment.

Table 1 Thematic representation of the basic and specialist studies

Competence area	Sports instruction studies 100 cr.	Coaching studies; "Core of coaching" 50 cr.
Interpersonal interaction	Learning and personal development 3 cr. Interpersonal communication 20 cr.	Leadership skills in sports 12 cr.
Human/athlete's development	Sport skills 30 cr. Didactic skills 12 cr. Humanbeing in sports 15 cr. Health and wellbeing 14 cr.	Athlete's development in sports 26 cr.
Organizational skills	Service and business skills 6 cr.	Management skills in sports 12 cr.

Sports instruction studies

Basic studies introduces different aspects of sports as seen relevant for the requirements of today's working life. In addition to proficiency in sports didactics, studies will develop the understanding of humanbeing in sports context from the structural, emotional and social perspective, and improve one's ability to instruct and teach sports skills and promote healthy lifestyle through sports. As part of the basic studies, students will also be acquainted with sports from the business perspective (table 2).

Table 2 Competencies acquired during sports instruction studies.

Professional profile	Description of the competence (knowledge and skills)
Proficiency in physical activity	<ul style="list-style-type: none"> ▪ Management of fundamental knowledge and skills in most common physical activities and ability to apply them into instruction with different target groups ▪ Demonstration of fundamental knowledge in special education ▪ Understanding of the value of various physical activity as a tool for developing motor skills, physical qualities, and self-expression
Proficiency of well-being and health promoting physical activity	<ul style="list-style-type: none"> ▪ Demonstration of fundamental knowledge in anatomy and physiology and ability to apply it into teaching various target groups ▪ Management of the effect mechanisms of physical activity in the body, the fundamentals of testing, and training plan / coaching program setting ▪ Management of the factors affecting human growth, -development, and social behaviour as well as ability to take them into consideration in physical activity ▪ Demonstration of the ability to plan and instruct health promoting physical activities ▪ Demonstration of expertise in physical activity health enhancing effects
Proficiency in pedagogy and didactics	<ul style="list-style-type: none"> ▪ Demonstration of ability to use variety of different instruction- and teaching methods as well as goal setting with different target groups. ▪ Management of planning, execution, and estimation of extensive modes and modules of teaching ▪ Demonstration of ability to use physical education for the benefit of supporting and educating human growth and development ▪ Management of instruction,- and learning concepts based on personal values and knowledge level in physical education
Proficiency in society-, leadership- and entrepreneurship areas of physical activity	<ul style="list-style-type: none"> ▪ Management of the visions of development in physical activity culture and services as well as ability to improve physical education status in the society ▪ Demonstration of the ability to work in a variety of different expert and executive tasks in physical education ▪ Management of the different possibilities of entrepreneurship in physical education and capability of starting a small business

Coaching studies, “Core of coaching”

During specialist studies student further develops the knowledge and skills in-line with the themes of the curricula. As part of the interpersonal interaction domain, students are encouraged to reflect their own behaviour and its influence on others in different motivational environments. With increasing emphasis on self-reflection and communicational abilities, students will also start to deepen their understanding on the factors underlying the effects of training and developing athletes. In the area of athlete’s development, studies have been structured for the needs of coaching knowledge and skills and constructed to fit the modules referring to taxonomy models by Bloom (1956) and Vuori (2005) (figure 1).

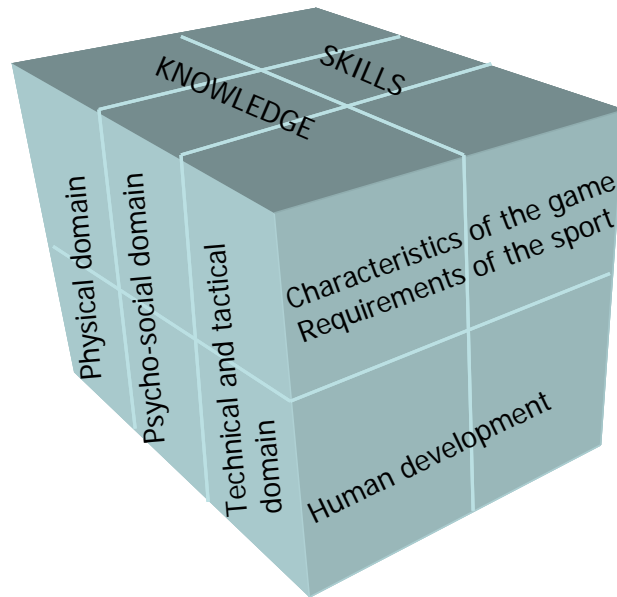


Figure 1 The structure of the coaching studies (modified from Bloom 1956 and Vuori 2005).

Work placement

During the work placement students can implement, but more so, further develop skills acquired during intensive studies. Engaging in real-life working environment provides a student a change to develop the expertise and professionalism from the theoretical context of a classroom to skills needed in various positions in the field of sports and leisure and especially in coaching. Close co-operation with the International Ice Hockey Federation (IIHF) provides opportunities for students to do their work placement in one of its' member association and to take part in international educational seminars, camps and tournaments.

Bachelor's thesis

Bachelor's thesis provides a change for the student to get acquainted with methods used in scientific research and practice one's skills in objective problem solving. In addition to empirical, research-based publication, thesis can also be done as project leading to, for example, a product or event. Whether research- or project-based, thesis should enable student to take part in developmental process with direct benefits to working-life. In addition to skills relevant in theoretical problem-solving, thesis further develops the interpersonal abilities of a student through the co-operation with the representatives of the working life.

In 2007, Programme started a Workshop in co-operation with the International Ice Hockey Centre of Excellence with a purpose of contributing to the local, national and global development of the sport of ice hockey with different research and development projects. For students, Workshop also opens up an opportunity to develop their thesis ideas to meet the needs of the working-life.

Programme curriculum SPORT 2010 / DP 9

			credits
SPORTS INSTRUCTION STUDIES			100
Learning and personal development			3
Interpersonal communication			20
	Language studies		
	Written English		3
	Svenska i arbetslivet (Finnish students) or		3
	Finnish language and culture (Foreign students)		
	German		3
	Communication skills		5
	Computing skills		3
	Research methods		3
Teaching skills in sports			42
	Pedagogy and sports		3
	Sports didactics		6
	Introduction to applied sports		3
	Sport skills		
	Endurance- related sports		4
	Strength and Skill- related sports		4
	Team Sports		4
	Racket sports		3
	Sport Specific Workshop		7
	Sport Specific Instruction		8
Humanbeing in sports			15
	Structure and function of humanbeing		5
	Psychology and sports		5
	Sociology and sports		5
Health and wellbeing			14
	Health education and nutrition		3
	Muscle care and first aid		3
	Wellbeing at work		3
	Health-related fitness		5
Service and business skills			6
	Introduction to leadership		3
	Entrepreneurship in sports		3
COACHING STUDIES, "CORE OF COACHING"			50
Leadership skills in sports			12
	Discipline of coaching		6
	Leadership skills development		6
Athlete's development in sports			26
	Physical development in sports		8
	Technical and tactical development in sports		10
	Psycho-social development in sports		8
Management skills in sports			12
	Marketing in sports		5
	Organizational management in sports		4
	Financing in sports		3
FREE ELECTIVE STUDIES			15
WORK PLACEMENT			30
BACHELOR'S THESIS			15