



AMMATTIKORKEAKOULU

University of Applied Sciences



Welcome to Study Physiotherapy!

Information on Education, Degree Structure and Competence Assessment

Group: SFG225KA

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The purpose of this attachment to the curriculum is to provide you with basic information on the operating methods, degree structure and requirements as well as the assessment of competence and learning at Laurea and in the education. If you have additional questions, please contact your personal tutor or peer tutor.

Wishing you success in your studies!

Katri Ojasalo
Vice President (Education)

Laurea's Mission

Laurea is a student-centred, international, inspiring and innovative university of applied sciences. Our mission is to educate, research, develop and innovate. In our activities we apply the action model of Learning by Developing (LbD).

As a student you will encounter authentic workplace actors and your competence will be challenged during their studies. A student graduating from Laurea will be able to act in new situations, anticipate future trends, develop new operating models and examine the world with open eyes. Laurea's mission is to be an internationally networked university of applied sciences with an operating method that creates links between learning and the working life. This way, new competence will be produced and service innovations generated.

Competence Development

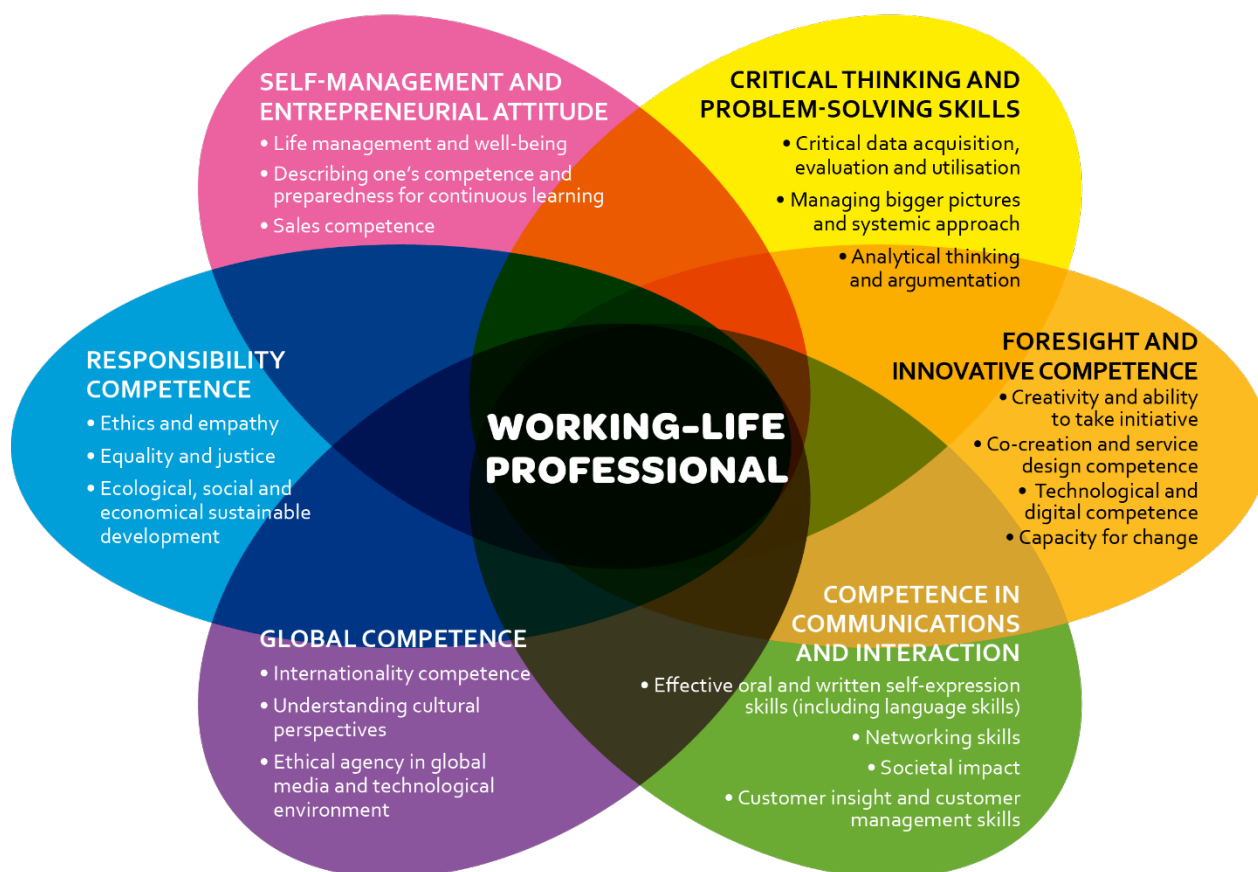
At Laurea our focus is on the student, which emphasize your freedom and responsibility. You are offered an opportunity to develop your competence to meet your own professional goals. Freedom means that the learning outcomes may be achieved through different modes of studying. Responsibility means an active approach to studying, responsibility for your own choices and a constructive and motivated attitude towards doing things together. Laurea's staff is responsible for supporting and guiding your professional growth.

Internationality at Laurea means numerous opportunities for being active in various multicultural settings, developing your language skills, going on student exchanges and taking part in international research and development (R&D) projects.

Laurea produces experts for the future who can develop their own work, are professionally committed and have capabilities for serving in expert tasks in their own fields.

The education aims for an extensive and strong professional competence. Workplace driven projects also develop generic working life competences (see picture 1). The graduates will have capabilities for

following and promoting the development of their professional fields and for continuous improvement of their personal professional competence. The education imparts the students adequate communication and linguistic skills for tasks in their fields as well as for international activities and cooperation.



Picture 1. Generic working-life competences common for all degree programmes.

Learning by Developing (LbD)

Laurea's inspiring and innovative learning environments are based on the model of Learning by Developing. The idea of Learning by Developing is built around authentic encounters with the working life. The ensuing cooperation is based on trust and creativity.

As a student you will learn to identify targets for workplace and competence development, to create new solutions, products and operating models and to develop your own action in observance of changing workplace requirements. The typical characteristics of LbD include authenticity, partnership, experiential nature, creativity and a research-oriented approach.

Learning by Developing combines learning that produces competence with creativity through various research and development projects and in cooperation with Laurea's key partners. The required competence is accumulated through practical activities in various workshops.

Degree Structure

Scope and Extent of the Degree

The scope of a Bachelor's degree in Physiotherapy is 210 credits. It takes on average 3.5 years to complete.

In line with the international ECTS standard, one credit corresponds with 26.7 hours of work for an average student. In order to graduate in the targeted time, you should earn an average of 30 credits per semester.

Degree Structure

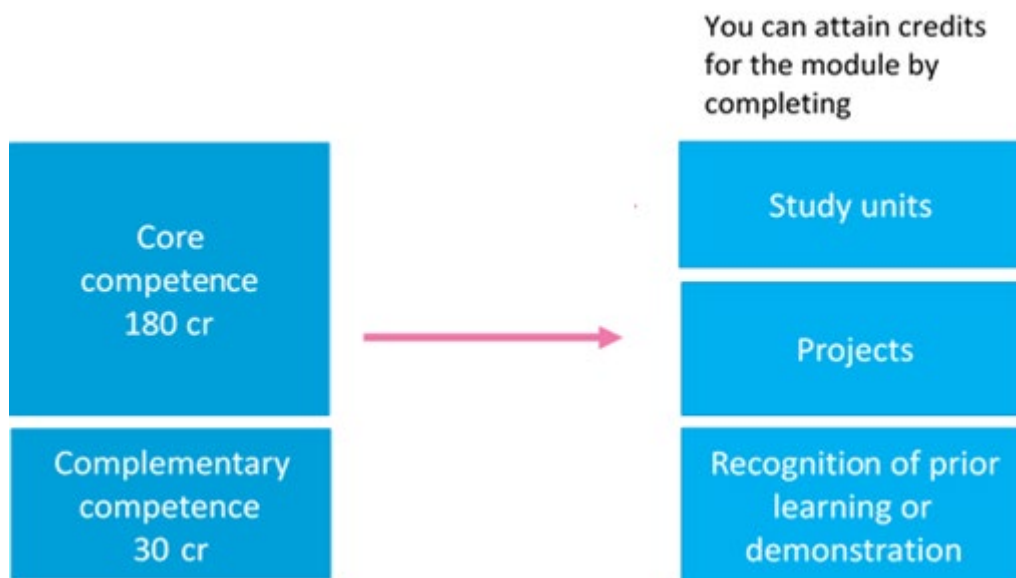
The degree studies at Laurea consists of core competence and complementary competence modules. The modules comprise competence areas that are part of the degree.

Core competence modules impart competence that is part of the degree's compulsory requirements. The modules contain the following types of studies: basic studies, professional studies, practical studies and a Bachelor's thesis.

Complementary competence studies support individual study paths and competence and make it possible to deepen or extend your knowledge. These studies can mainly be freely selected. You can include in your degree complementary competence modules that are compatible with your professional goals.

Learning is made relevant to workplace development and the your personal goals. Learning outcomes have been defined for the modules on the basis of workplace needs as well as the future needs emerging from studies and surveys.

In practice, credits are attained when you complete study units that are part of the module or engage in projects in which the corresponding competence area is develop (see picture 2). Credits can also be gained through recognition of prior learning with accreditation, demonstration of prior learning or work-based learning, for example.



Picture 2. Accumulation of studies in the degree structure

Degree Requirements

The learning outcomes of the core competence modules describe the required competence that the you must achieve in order to complete the degree. The degree requirements include language studies, which are to be completed, according to instructions, as part of the core competence studies. Finnish Students are also required to demonstrate their proficiency in both national languages (Finnish and Swedish) and in English, as part of the core competence of the degree. In addition, Finnish students must obtain the proficiency in the second national language (Swedish or Finnish) required of personnel in the service of public bodies. Apart from the core competence modules, you must complete complementary studies to reach the required scope of the degree.

The degree includes placements (42 cr) and a thesis (15 cr).

Degree Requirements Regarding Core Competence

The scope of core competence is 180 credits. The following learning outcomes have been specified for core competence in each module:

1) Physiotherapist as an Expert of Human Motion and Movement (23 cr)

The student adopts a biopsychosocial framework approach in his/her work. They are able to describe the structures of the human body and the functioning and functional limitations between different systems of the body. The student is able to identify the stages of a person's life cycle and use the basics of motor learning in guiding motor skills. The student is able to describe the client's position, motion and movement and recognise the significance of physical strain factors and physical activity for the client's health and functional ability. The student is able to define factors that affect a person's motivation and changes in health behaviour as well as to support and guide clients in promoting their own health by means of lifestyle guidance and rehabilitation. The student is able to justify their actions based on evidence-based information and following Laurea's writing guidelines.

2) Physiotherapy in Promoting Client's Participation and Functional Ability (35 cr)

After completing the module, the student is able to describe the tasks, objectives and different operating environments of physiotherapy in promoting clients' health and rehabilitation. The student is able to explain the functional limitations and resources affecting the client's functional ability. The student is able to apply this knowledge in the planning of client-oriented rehabilitation. The student is able to create a safe and encouraging interactive relationship with the client and observe the principles of professional ethics. The student is able to gain information on the client and their functional ability throughout the physiotherapy process using different methods. The student recognises the significance of clinical reasoning as part of a client's physiotherapy process. The student is able to create clear, measurable and realistic rehabilitation goals with the client. The student is able to utilise the perspectives and experiences of other professionals in their work in the client's rehabilitation. The student is able to assess the need for mobility aids as well as procure them and instruct the client in their use. The student can communicate verbally and in writing in English.

3) Client-oriented Physiotherapy Competence (30 cr)

In this module, the student deepens their competence in physiotherapeutic research and clinical reasoning in client work. The student is able to guide individual clients and groups of different ages using physiotherapeutic guidance and counselling. The student is familiar with different methods of remote guidance and home rehabilitation and is able to use digital guidance tools safely and in a user-oriented manner. The student is familiar with and able to apply the principles of motor learning and exercise physiology in therapeutic exercises and in guiding a client's physical activity. The student is able to identify the most common musculoskeletal problems and their impact on a client's functional ability. The student is able to use evidence-based and safe physiotherapy methods in the planning and implementation of client-oriented therapy. The student is able to justify their actions based on research evidence.

4) Applied Physiotherapy Competence (31 cr)

After completing the module, the student is able to work professionally with clients of different ages and diverse backgrounds and interact with their next of kin. The student is able to evaluate their competence at different stages of the physiotherapy process and develop their competence in order to offer the client the best possible physiotherapy. The student is able to find, interpret and apply physiotherapeutic recommendations and research data to support their work. The student's work is based on the best available scientific evidence, and the physiotherapy they plan and implement is based on the client's individual needs, goals and situation. The student is able to document client work following the professional documentation instructions of physiotherapy.

5) Physiotherapy and the Development of Personal Expertise (31 cr)

After completing the module, the student is able to plan, implement and assess rehabilitation and physiotherapy in different contexts. The physiotherapist of the future will be able to combine traditional face-to-face physiotherapy, technological devices and digital solutions in an agile manner. The student is able to make independent decisions in unpredictable operating environments and work independently as an expert in the field. On the other hand, they are also able to act in different environments and multi-actor networks for the benefit of the client. The student is able to prioritise and assess a client's diverse needs and plan and implement meaningful evidence-based rehabilitation. The student is able to assess the effects of physiotherapy and develop therapy practices according to the client's needs. The student is able to organise, plan and guide their own work. The student is able to take responsibility for the assessment and development of their own competence as well as the

development of other individuals and groups. The student is capable of continuous learning and self-development. The student is able to justify their actions based on research-based information and report on their work following Laurea's writing guidelines. The student has the basic prerequisites for working as an independent entrepreneur in the field. The student is able to communicate both orally and in writing with the other national language and will also achieve the level of competence in the other national language required from public servants.

6) Expert in Development and Workplace Innovation (30 cr)

The aim of the module is to strengthen the student's sense of joint agency and ability to share their competence, develop their study and learning skills, and support the development of their competence identity. The module helps the student formulate a holistic approach to their future. At the start of their studies, the student will acquire the tools, communication skills, and project work-related competences necessary for their higher education studies and the Learning by Developing process. During the module, the student will develop their competence in research-based development work. The module includes a thesis.

After completing the module, the student will be able to assess and develop their competence while taking into account the competence needs and development prospects of working life. They will also be able to assess the professional opportunities that are available to them. The student will be able to articulate their skills and be more prepared for the job application process. The student will be better prepared to look after their well-being and resilience. The student will be able to reference professionally researched information in their communications in different communication situations. They will be able to identify development targets in working life and plan, implement and evaluate development projects in collaboration with various working life actors. They will know how to use appropriate, research-based development methods and project management techniques. They will be able to critically assess information, the results of development work, and their own activities. The student will be able to seek creative and innovative solutions to development challenges in the workplace. The student will also know how to report on the process and results of their research-based development work in their thesis.

Degree Requirements Regarding Complementary Competence

The rest of the degree (30 cr) consists of elective complementary competence studies.

Flexible Possibilities for Completing Attainments and Specialising

At Laurea, you have flexible possibilities of building up the competence specified in the modules' learning outcomes. Among other things, you can

- choose core competence studies offered by Laurea's various campuses under modules of the same name, provided that there is space in the group,
- select complementary competence modules that support your professional goals in Laurea's various campuses,
- select Finnish studies from Laurea's offer of Finnish education, even if you are studying in an English education,
- select online studies that give you more flexibility in your study schedules,
- develop your competence by taking part in projects,

- exhibit your proficiency in demonstrations or utilize work-based learning,
- choose options available for cross-studies as well as
- take part in student exchange.

The study unit and project implementation plan include the actual start and end dates of the studies, the implementing campus, language of instruction, registration period, number of credits, learning outcomes, evaluation criteria and areas, implementation methods, degree workload and mandatory literature. The learning outcomes, schedule and evaluation criteria are reviewed together with the students at the beginning of each study unit.

You can target your competence by means of selecting complementary competence modules, participating in various projects and when choosing your placements and the theme of your thesis. Career guidance will be provided to support your study path.

Assessment of Learning and Competence in the Bachelor's Degree Programme

In the curriculum, the learning outcomes are described as the learner's actions, so that the development of competence can be assessed with reference to the set goals. Competence is identified as knowledge, skills and values related competence as well as experiential competence that includes the competence of an individual and a community. The competence descriptions in the curriculum draw on Bloom's taxonomy, where the development of competence is described at six different levels: knowledge, comprehension, application, analysis, synthesis and evaluation/creativity.

Assessment of Studies

Study units and projects are graded as follows:

5 (Excellent),
4 (Good),
3 (Good),
2 (Satisfactory),
1 (Satisfactory) and
Fail (HYL).

Some study units or parts can also be graded simply as Pass (HYV) or Fail (HYL).

Framework for Assessment

The competences are always assessed by using the criteria in force at the time in question. The criteria can be changed during the studies. The basis of assessment described below were valid when the curriculum for your degree programme was published.

The assessment framework includes two requirement levels, Level I and Level II (see table 1 and 2). A requirement level, outlining the criteria used for assessment, has been defined for each study unit. The specific competence criteria (according to level I or II) are described in the implementation plan of each study unit/project. The assessment criteria serve as benchmarks for assessing the qualitative achievement of the learning outcomes indicated in the curriculum.

Within the requirement levels of the assessment framework, the required competence is described for levels Pass/1, 3 and 5. The competence acquired by students is assessed comprehensively. For good

competence (3), it is required to also meet the criteria for satisfactory competence. Similarly, for excellent competence (5), the assessment criteria for satisfactory and good competence must also be met. If the criteria for good competence are not fully met but all the criteria for a satisfactory level are met, the grade will be 2. Similarly, your grade will be 4 if the competence level is good but still not excellent in all respects.

The following criteria apply to all studies except the thesis, which is assessed according to a set of specific criteria expressed in the thesis guidelines. The assessment criteria are based on the European (EQF) and national (NQF) qualifications frameworks.

The assessments draw on the students' self and peer assessments and the assessments of employer representatives. Assessment helps you to monitor the development of your competence and the achievement of your personal goals in relation to the competence requirements set for the degree.

Table 1. Framework for assessing the competence of bachelor students: requirement level I

	Professional knowledge basis, information searching and reporting	Professional practice and workplace development	Assessed as applicable: teamwork skills, leadership and responsibility
Grade 5 The student is able to...	• use professional concepts extensively • compare and choose relevant information • report and communicate in a professional manner	• work independently, using the skills and methods learned • take responsibility for interaction with customers and/or co-operation partners and for responding to their needs • anticipate their need for guidance	• promote the team's work and team spirit • manage their time appropriately, completing the agreed tasks at the required quality level • work responsibly, applying the skills and methods learned • plan and evaluate their work, taking safety and/or ethical aspects into consideration
Grade 3 The student is able to...	• use professional concepts in a consistent manner when explaining various work practices and situations • gather information and use their knowledge basis report in the agreed manner	• work using the skills and methods learned • engage in professional interaction with customers and/or co-operation partners and identify their needs • take part in guidance and utilise it	• engage in goal-oriented work in a team • plan and manage the progress of their work and use of time • detect safety-related risks • justify their actions in accordance with the professional code of conduct
Grade pass/1 The student is able to....	• use essential professional concepts when explaining various work practices and situations • search for information in different sources • report	• work under guidance using the skills and methods learned • interact with customers and/or co-operation partners • receive guidance	• work as a member of a team • plan the progress of their work and use of time under guidance • work safely and in accordance with the professional code of conduct • follow the provided instructions and rules

Table 2. Framework for assessing the competence of bachelor students: requirement level II

	Professional knowledge basis, information searching and reporting	Professional practice and workplace development	Assessed as applicable: teamwork skills, leadership and responsibility
Grade 5 The student is able to...	analyse the acquired information, draw conclusions and combine theoretical knowledge with experiential knowledge	- evaluate the applicability of produced knowledge, skill or idea to other contexts as well as their impact - anticipate needs of customers and/or co-operation partners	- evaluate and develop the team's entrepreneurial and responsible approach to work - evaluate the possibilities for utilising competence and plan their personal development and development of the team
Grade 3 The student is able to...	critically evaluate information and justify their actions with science-based knowledge	- propose creative solutions at work - promote professional co-operation and enhance customer and partner relationships	- act in a manner that promotes the team's entrepreneurial and responsible approach to work - describe the development of their competence in relation to the learning outcomes
Grade pass/1 The student is able to...	- use professional concepts in a consistent manner and demonstrate their familiarity with the knowledge basis - report and communicate in a professional manner	- act independently taking into account the operating environment - take responsibility for interaction with customers and/or co-operation partners and for responding to their needs	- describe the significance of their actions for successful co-operation - describe their competence in relation to the learning outcomes

International Comparability of the Degree

The level of the degree corresponds with level 6 of the National Qualifications Framework (NQF) and level 6 of the European Qualifications Framework (EQF).

In the curriculum, the learning outcomes of a study unit are described for level 3, good skills, on the assessment scale (1-5).

Curriculum Development

The curriculum is developed by using evaluation, monitoring and feedback data. Feedback is received from students, personnel and workplaces for the development of the curriculum. In addition, the curriculum is regularly assessed using predefined assessment criteria. The development of the curriculum also takes into consideration the changing needs of society.

Changes may occur in the study units and implementation modes of the modules. Especially the offering of the complementary competence modules is constantly under development to match the requirements of the working life and thus the offering may change during the studies.

In parallel to curriculum changes, Laurea also works to continuously develop the study implementations. Self-assessment of studies by means of education quality criteria is incorporated in the planning of each implementation.