

COACH Sports Coaching and Management Bachelor of Sport Studies, 210 ECTS

Bachelor of Sport Studies

- Programme
- Curricula
- Implementations

Name and level of education

Bachelor of Sports Coaching and Management and the Finnish title of liikunnanohjaaja (AMK)

Admission requirements and applications

Act of Polytechnics 932/2014, Section 25 §
Before applying see the admission criteria at [Studyinfo](#)

Scope and duration

210 ECTS, 3,5 years

Recognition of learning

Read more about the principles of recognition of learning at Haaga-Helia. [Recognition of learning](#)

Mode of study

The studies are fulltime, daytime studies. The first two years of the studies include intensive studying at the Haaga-Helia UAS Vierumäki Campus, after which the student has a chance to obtain information and knowledge in a real-life working environment during the 1 - 1,5 years of work placement. Many employment opportunities for the graduate open up while the student is completing the required work-placement in e.g. a sport club or a national sport organization.

Language of tuition

English

Requirements and decrees

Completion of the courses specified in the curriculum, compulsory work placement, a thesis and maturity test.

Haaga-Helia's operations are governed by [The Government Decree on Universities of Applied Sciences \(1129/2014\)](#) (only in Finnish) and [the degree regulations](#).

Study attainments and assessment

Find out more about [the degree regulations and assessment process of Haaga-Helia](#)

Targets and structure

With the innovative educational concept of competence- based and student- centered working-methods the Degree Programme in Sports Coaching and Management prepares students along three main development streams with the focus on:

- Personal development and professional growth
- Coach development (with emphasize on holistic athlete development)
- event and organizational management

Internationalisation

The Degree Programme is truly international. Every year several students come from different countries, e.g. Canada, USA, Slovakia, Bulgaria, Hungary, Estonia, Latvia, England, Germany, Austria, Italy, South-America and many more. These international students bring different cultures, coaching cultures, traditions, behaviors, and working strategies to the programme, which leads to a real exchange in terms of knowledge and practices.

Guest lecturers, project-work abroad in cooperation with the International Ice Hockey Federation (IIHF) and on-campus exchange students add another level of internationalization to the studies. The students are encouraged to attend and organize international events, seminars and conferences, which create the possibility for networking with other coaches and sport managers and to establish connections to associations and clubs in numerous countries.

Our mission is: "We help people to grow" – Let's meet in Vierumäki Campus!

Work placement and cooperation with the business community

The programme offers unique opportunities for the students to be actively involved in the sport of their choice on local, national and international level. Through close cooperation of the Degree Programme with the International Ice Hockey Federation (IIHF), the International Ice Hockey Centre of Excellence (IIHCE) and the Finnish Ice Hockey Association (FIHA) the students are constantly involved in the development of ice-hockey on a world-wide scale. In 2021 Haaga-Helia became the second higher education institution in the world to receive ICCE FULL Level endorsement in sports coaching ([International Council for Coaching Excellence](#)).

The modern and unique learning environment and pedagogical innovations are made possible through close cooperation with partners and networks from the working life. These working life partners can be, clubs, companies, sport associations and federations operating in the field of sport (e.g. coaching, marketing, development, coordination, and events).

Career opportunities

The programme imparts knowledge on coaching sports on all levels, as well as on the organization and promotion of sport event management. A graduate from this degree programme is able to work e.g. in the fields of:

- Sports coaching (with emphasize on holistic athlete development and ice-hockey)

Managing and organizing sports events and activities
Instructing and coaching in sports associations and federations, as well as in clubs and gyms
- Administration and management of sports clubs, gyms, associations and federations.

Postgraduate studies

University studies

Alumni activities

[Read more about the Haaga-Helia´s alumni and join the international network.](#)

Contact information

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19120 Vierumäki

[Study Services](#)

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Haaga-Helia operator +358 9 229 611

Sports Coaching and Management, Daytime Learning, Vierumäki Campus

Haaga-Helia's mission is to open doors to working life. We aim for the qualitative employment of our students, and we want to keep all doors open to working life. Our story is filled with many people, plenty of courage and a pioneering outlook. These things are also part of our constant core. Education responds to topical needs – in fact, it very much anticipates the future needs of society.

The Degree Programme in Sports Coaching and Management prepares students with the knowledge and skills needed in today's sports and leisure industry. Our Programme core values are Collaboration, Curiosity and Human-Centered.

Through competence-based approach, the programme prepares students along three main development streams with a focus on

- personal development and professional growth
- coach development
- event and organizational management

The programme offers unique opportunities for the students to be actively involved in the sport of their choice on local, national and international level. Through close cooperation of the Degree Programme with the International Ice Hockey Federation (IIHF), the Ice Hockey Centre of Excellence (IIHCE) and the Finnish Ice Hockey Association (FIHA) the students are constantly involved in the development of ice-hockey on a world-wide scale.

The Degree Programme is truly international. Every year several students come from different countries, e.g. Canada, USA, Japan, Slovenia, South Africa, England, Germany, Austria and many more. These international students bring different cultures, coaching cultures, traditions, behaviors, and working strategies to the programme, which leads to a real exchange in terms of knowledge and practices. Programme started at 2002 and during years it has had students from 29 different countries.

As a summary the Degree Programme in Sports Coaching and Management is emphasizing athlete-centered coaching approach as well as competence-based, process-based and student-centered education environment. The curriculum was renewed for the intake 2021.

Tunnus	Nimi	Summa
COACH22	Sports Coaching and Management, Daytime Learning, Vierumäki Campus	210
COAKEYS	Key Competencies	80
COAHHKEYS	Haaga-Helia Key Competencies	35
COM001HH1AE	Professional Communication	5
MAR001HH1AE	Customer Insight and Marketing	5
HRL001HH1AE	Teamwork and Project Management	5
ANA001HH1AE	Research and Development Skills	5
ENT001HH1AE	Entrepreneurship and Business Operations	5
ENG001HH1AE	Professional English	5
SWE001HH1A	Svenska för arbetslivet	5

FIN001AS2AE	Finnish Language and Culture 1	5
COAKEYSCAREER	Keys to Studies and Career	5
COACAREERCOMMON	Common Part	1
STU001HH1AE	Introduction to Studies	1
COACAREERSELECT	Optional Part	4
STU002HH1AE	Introduction to Digital Learning Environments	1
STU003HH1AE	Study Skills	1
STU004HH1AE	Time Management	1
STU005HH1AE	Wellbeing and Self-Leadership Skills	1
STU006HH1AE	Recognise and Communicate Your Strengths	1
STU007HH1AE	Career Planning	1
STU008HH1AE	Job-Seeking Skills	1
STU009HH1AE	Speed Up Your Career with Alumni	1
STU010HH1AE	Studies and Entrepreneurship	1
STU011HH1AE	Employment in Finland	1
COADEGREEKEYS	Key Competencies in Sports Coaching and Management Studies	40
SPO001LI1AE	Psychology and Coaching	5
SPO002LI1AE	Strength and Conditioning	5
SPO003LI1AE	Skill Acquisition and Learning in Coaching	5
SPO004LI1AE	Sport Analysis and Athlete Development	5
SPO005LI1AE	Coaching Practice 1	5
SPO006LI1AE	Coaching Practice 2	5
SPO007LI1AE	Organizational Structures in Sport	5
SPO008LI1AE	Establishing Coaching Philosophy	5
COAPROF	Professional Competencies	85
COAMAJOR	Major	70
COAOWNPROF	Sports Coaching and Management	70
SPO001AS2AE	Successful Team Culture	5
SPO010AS3AE	Creating Successful Team Culture	5
SPO006AS3AE	Holistic Athlete Development 1	5
SPO009AS3AE	Holistic Athlete Development 2	5
SPO007AS3AE	Coaching Process 1	5
SPO008AS3AE	Coaching Process 2	5
SPO004AS2AE	Advanced Coaching Practise 1	5
SPO011AS3AE	Advanced Coaching Practise 2	5
SPO012AS3AE	Organizational Management and Development	5
SPO005AS2AE	Coach Development	5
SPO013AS3AE	Developing Coaching Philosophy	5
SPO006AS2AE	Personal Growth 1	5
SPO014AS3AE	Personal Growth 2	5
SPO015AS3AE	Professional Growth	5
COAMINOR	Complementary Professional Competencies	15
SPO005AS4A	Pelicans turnaukset	5

SPO006AS4AE	Orientation to Finland	1
SPO007AS4AE	Communication Skills	5
SPO009AS4AE	Hockey Chalk Talk 1	5
SPO010AS4AE	Hockey Chalk Talk 2	5
COAWORKPLA	Work Placement	30
PLA010HH2AE	Work Placement	30
COATHESIS	Thesis	15
THE7HH801	Thesis Phase 1	0-5
THE7HH802	Thesis Phase 2	0-5
THE7HH803	Thesis Phase 3	0-5
THE7HH804	Maturity Test	0

**COACH22 Sports Coaching and Management, Daytime Learning, Vierumäki
Campus: 210 op****COAKEYS Key Competencies: 80 op****COAHHKEYS Haaga-Helia Key Competencies: 35 op****Osaamistavoitteet**

Haaga-Helia Key Competencies are compulsory for all students.

COM001HH1AE Professional Communication: 5 op**Osaamistavoitteet**

After having completed this course or attained an equivalent competence level, the student:

- communicates responsibly orally and in writing, according to the demands of situation and the target groups
- is able to use professionally different communication methods, channels and platforms
- identifies own competence level and is able to market own competencies convincingly
- is able to interact with others, give and receive feedback with respect in various intercultural environments
- is able to critically evaluate different communication sources, their operating practices and motives as well as the different responsibilities connected to the information they convey.

Arviointikriteerit**Arvosana 1**

Student:

- can communicate appropriately orally and in writing according to the situation
- knows different professional communication channels and platforms.

Arvosana 3

Student:

- produces communication content that fulfills task requirements with regard to the target group in various cultural environments
- confidently uses communication channels and platforms
- can identify own strengths and areas for development in interpersonal communication situations.

Arvosana 5

Student

- produces professional communication content in accurate English for multiple channels, with consideration to different cultural perspectives
- is able to critically assess contents and make use of different communication channels and platforms
- performs professionally and responsibly in demanding communication situations.

MAR001HH1AE Customer Insight and Marketing: 5 op**Osaamistavoitteet**

After having completed this course or attained an equivalent competence level, the student

- Can define basic concepts and processes of marketing
- Can describe customer-centric orientation, brand and service promises
- Knows how to utilise different sources and channels to find information that supports global customer understanding
- Can describe customer needs and customer journeys
- Can recognise the importance of cultural background in developing customer insights
- Knows how to recognise competitive means of marketing and can apply them in an ethical, responsible and sustainable manner

Sisältö

- Comprehensive understanding of consumer behavior and customer-related data to draw customer insights
- Comprehensive and in-depth coverage of the Marketing Mix/4Ps (Product, Price, Place, Promotion), and extended to the 7Ps (People, Physical Evidence & Processes) to develop a holistic marketing strategy

Arviointikriteerit**Arvosana 1**

Knows the basic concepts, processes and the main goals of marketing. Understands the importance of customer focus in operations. Can describe the competitive means and customer needs in marketing. Can name global sources and channels from which customer related information is available.

Arvosana 3

Can formulate marketing goals and understand the importance of branding and the service promise. Can compare competitive means of marketing and understands their connection to marketing and sales goals. Understands the principles of sustainable development, and the influence of culture on marketing and sales. Can collect information that supports customer insights from various sources. Can develop solutions to customer needs and communicate his or her own ideas.

Arvosana 5

Can justify the advantages and challenges of different means of competition and apply them to achieve marketing and sales goals. Is able to analyse the implementation of the principles of sustainable development in marketing. Understands the influence of culture in marketing and sales. The student is able to analyse customer needs and use marketing measures to develop added value for the customer and to communicate his/her own solutions professionally.

HRL001HH1AE Teamwork and Project Management: 5 op**Osaamistavoitteet**

After having completed this course or attained an equivalent competence level, the student:

- identifies the principles and challenges of multi-cultural teamwork
- recognizes different tools and practices of project management
- develops teamwork and works purposefully in diverse teams
- takes advantage of good practice in project work

- sees opportunities and advantages of diversity in project teams
- collaborates inclusively, ethically, sustainably and responsibly in multi-cultural teams

Sisältö

- principles of efficient teamwork
- team roles, team development and team structure
- advantages of and challenges in multi-cultural teams
- principles of project management
- project planning and executing
- evaluation of project completion

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

Arviointikriteerit**Arvosana 1**

The student can describe group dynamics and the basics of project management. He/she understands the challenges related to multi-cultural team work. He/she is able to conduct appointed tasks in a project under guidance.

Arvosana 3

The student can analyse group dynamics and is able to apply project management tools in their own tasks. S/he participates actively in multi-cultural team work with taking responsibility for reaching the goals in the project realisation. S/he is able to give and receive both team and peer feedback as well to conduct self-assessment. S/he is able to set objectives and work in a team as agreed.

Arvosana 5

The student can plan, execute and evaluate team work and projects and set development objectives both personally and for a team. S/he can take advantage of multi-cultural teams and is able to analyse the team effectiveness and performance. The student is able to use feedback for reflecting and analysing both a team's work and their own actions.

ANA001HH1AE Research and Development Skills: 5 op**Osaamistavoitteet**

Tämän opintjakson suorittanut tai vastaavan osaamisen hankkinut opiskelija osaa omassa opinnäytetyössään tai muussa kehityshankkeessa

- hakea oleellista tietoa sekä arvioida kriittisesti lähteitä ja tiedon luotettavuutta
- kuvata asiatyylillä ja jäsennellysti tutkimusprosessia ja merkitä lähteet asianmukaisesti
- käyttää omaan opinnäytetyöhön tai projektiin soveltuvaa menetelmää aineiston ja työelämätiedon hankkimiseen ja analysointiin
- perustella valintojaan ja tehdä näkyväksi konkreettisia kehittämis ehdotuksia
- soveltaa eettisiä toimintaperiaatteita oman tutkimus- tai kehittämistyön kaikissa vaiheissa
- kehittää aiheen omalle opinnäytetyölleen
- tunnistaa opinnäytetyönsä tekemiseen tarvittavat menetelmävaihtoehdot sekä Haaga-Helian opinnäytetyöprosessin vaiheet.

Sisältö

Ks. osaamistavoitteet. Sisällöt ilmoitetaan jokaisella toteutuksella.

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

Opintojakso edeltää opinnäytetyötä. Opintojakson aikana tai sen jälkeen opiskelija ilmoittautuu Wihissä opinnäytetyön tekijäksi.

Arviointikriteerit

Arvosana 1

Arviointikriteeri - arvosana 1

Opiskelija

- Osaa hakea kehittämiseen ja tutkimukseen tarvittavia tiedonlähteitä sekä hallitsee viittaustekniikan.
- Osaa tehdä tutkimus- ja kehittämissuunnitelman.
- Tunnistaa eri tutkimusmenetelmiä ja tutkimustoimintaan liittyviä eettisiä kysymyksiä.

Arvosana 3

Arviointikriteeri - arvosana 3

Opiskelija (edellisten lisäksi)

- Osaa valita ja käyttää soveltuvia menetelmiä tutkimusaineiston ja työelämätiedon hankkimiseen.
- Osaa arvioida ja analysoida aineistoja sekä perustella valintojaan.
- Osaa kuvata omaa tutkimusprosessia ja konkreettisia kehittämis ehdotuksia.

Arvosana 5

Arviointikriteeri - arvosana 5

Opiskelija (edellisten lisäksi)

- Osaa arvioida kriittisesti tiedon, analyysien ja tutkimusten luotettavuutta.
- Osaa soveltaa eettisiä periaatteita tutkimus- ja kehittämistyössään.
- Osaa arvioida kehittämis ehdotuksia ja niiden toteuttamista työelämässä.

ENT001HH1AE Entrepreneurship and Business Operations: 5 op

Osaamistavoitteet

After having completed this course or attained an equivalent competence level, the student can:

- act entrepreneurially alone and in multicultural groups,
- describe ways of becoming an entrepreneur, entrepreneurship modes and company forms,
- analyze entrepreneurship from perspectives of individual, organization and operating environment,
- utilize the knowledge base, taking into account sustainability,
- describe the business using BMC as a tool,
- evaluate various business opportunities as well as
- analyze own and company networks.

Sisältö

Entrepreneurship in society

Entrepreneurship opportunities

Entrepreneur's networks

Becoming an entrepreneur

Me and entrepreneurship

Operating environment and economic models

Strategy and sustainability

Business model

Arviointikriteerit**Arvosana 1**

Students

- are able to work actively both independently and in cooperation with others
- can take responsibility for their duties
- can describe and reflect on entrepreneurship and business
- are familiar with the knowledge base of business and the relation of business and corporate social responsibility

Arvosana 3

In addition to the previous part, students

- can evaluate their own potential as entrepreneurs
- can evaluate business opportunities, ways of becoming an entrepreneur and company forms
- can identify and create own network and
- are well acquainted with the knowledge base of business and the connections between sustainable development and business.

Arvosana 5

In addition to the previous part

- evaluate the challenges and opportunities of entrepreneurship and
- analyze and evaluate business opportunities, strategic choices and business models.

ENG001HH1AE Professional English: 5 op**Osaamistavoitteet**

After completing this course or acquiring corresponding learning elsewhere the student

- Can describe themselves and their competence in a positive, sales-oriented way in English.
- Knows the most central terminology of their field in English and is able to learn more independently.
- Can present an organization in their field, the industry and its operations in English.
- Can speak English in typical work-related situations in their field.
- Knows principles of multicultural communication and can adapt their communication in work-related situations according to those principles.
- Can evaluate their language and culture related competence and assess possible needs for development.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Depending on the result of the level test possibly Remedial studies.

The CEFR level of the course is B2.

Arviointikriteerit**Arvosana 1**

Grading criteria

1 level= The student

- Knows how to describe the key points of themselves and their competence in a limited manner.
- Knows some of the most central terminology of their field in English and knows how to learn more.
- Can present the basic key points of an organization in their field, the industry and its operation in English.
- Can speak English in some of the typical work-related situations in their field.

- Knows principles of multicultural communication at a basic level and can adapt their communication in work-related situations according to those principles to some extent.
- Can evaluate their language and culture related competence and assess possible needs for development. Limited language competence has an effect on reaching goals; the language skills are enough to manage simple situations but lead to misunderstandings at times.
- The student has been active in their studies to some extent and followed instructions.

Arvosana 3

Grading criteria

3 level= The student

- Knows how to describe the key points of themselves and their competence in English.
- Knows the most central terminology of their field in English and knows how to learn more.
- Can present the key points of an organization in their field, the industry and its operation in English without preparing in advance.
- Can speak English in most of the typical work-related situations in their field.
- Knows the principles of multicultural communication well and can usually adapt their communication in work-related situations according to those principles.
- Can evaluate their language and culture related competence and assess possible needs for development. The language competence makes reaching their goals challenging at times but is adequate for most situations and possible misunderstandings can be cleared.
- The student has been quite active in their studies and has followed given instructions most of the time.

Arvosana 5

Grading criteria

5 level= The student

- Knows how to describe themselves and their competence in a versatile and skillful manner in English.
 - Knows the central terminology of their field in English very well and knows how to learn more.
 - Can present an organization in their field, the industry and its operation in English in a versatile and sophisticated manner.
 - Can speak English in work-related situations in their field fluently.
- Knows the principles of multicultural communication well and can adapt their communication in work-related situations fluently according to those principles.
- Can evaluate their language and culture related competence and assess possible needs for development.
 - The student has been active in their studies and has followed given instructions consistently.

SWE001HH1A Svenska för arbetslivet: 5 op

Osaamistavoitteet

Tämän opintojakson suorittanut tai vastaavan osaamisen hankkinut opiskelija osaa

- viestiä oman alasi keskeisissä tilanteissa sekä keskustella ko. alaan ja omaan työhösi liittyvistä aiheista ruotsin kielellä.
- seurata omaa alaasi sekä tuottaa alasi keskeisiä dokumentteja ruotsin kielellä.
- toimia pohjoismaisessa työelämäkontekstissa keskeiset kulttuurierot huomioiden.

Sisältö

Kaikki opintojakson osa-alueet linkittyvät opiskeltavaan alaan ja sisältävät oman alan terminologiaa.

- Suullinen viestintä: työelämän viestintä, oman alan ajankohtaisista aiheista keskusteleminen.

- Kirjallinen viestintä: oman alan seuraaminen eri medioissa, alakohtaisten lyhyiden tekstien laatiminen.
- Kulttuuriosaaminen: pohjoismainen liike-elämän viestintäkulttuuri ja – käytänteet, vastuullinen liiketoiminta Pohjoismaissa.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Opintojakson lähtötaso on B1 Eurooppalaisen kielten viitekehyksen taitotasoilla.

Edeltävyyssehtona on hyväksytty lähtötasokoe tai hylätyn lähtötasokokeen jälkeen hyväksytysti suoritettu valmentava opintojakso.

Lisätiedot

Sinun tulee valita oman tutkintosi Svenska för arbetslivet -toteutus, jotta pääset opiskelemaan oman alasi aihepiirejä.

Vastuuopettajat tutkinnoittain:

Anna Sarajas-Zino (RESTO)

Pia Tapio (LIKETALouden TRADENOMI)

Marketta Keisu (IT-TRADENOMI)

Maarit Ohinen-Salvén (MEDIANOMI)

Mikko Ilmari (LIIKUNTA)

Arviointikriteerit**Arvosana 1**

(Eurooppalainen viitekehys, taitotaso B1) Suullinen kielitaito riittää yksinkertaisiin rutiinitilanteisiin, vuorovaikutus on haastavaa. Ymmärtämisvaikeuksia esiintyy ja väärinkäsityksiä syntyy melko helposti. Ääntämisessä on runsaasti puutteita.

Tekstin ymmärtäminen edellyttää apuvälineitä. Rakenteissa ja sanastossa on runsaasti aukkoja, minkä vuoksi tuotettu teksti on vaikeaa ymmärtää.

Arvosana 3

(Eurooppalainen viitekehys, taitotaso B1) Selviytyy tutuissa työhön ja vapaa-aikaan liittyvissä tilanteissa. Ymmärtää suuren osan kuulemastaan ja pystyy reagoimaan toivotulla tavalla ilman valmistautumista. Tulee ymmärretyksi, vaikka ääntäminen voi olla joidenkin äänteiden osalta ehkä puutteellista.

Ymmärtää keskeisen sisällön sekä yleisluontoisia aiheita että omaa alaa koskevista teksteistä.

Kirjalliset tuotokset ovat ymmärrettäviä. Sekä alakohtainen että yleissanasto on melko laaja.

Rakenteissa on osittain puutteita.

Arvosana 5

(Eurooppalainen viitekehys, taitotaso B2) Suullinen kielenkäyttö on sujuvaa. Pienehköjä virheitä saattaa esiintyä, mutta ne eivät haittaa kommunikointia. Käyttää kieltä oma-aloitteisesti ja pystyy verkostoitumaan. Selviytyy hyvin ja idiomaattisesti sekä oman alan että vapaa-ajan kielenkäyttö- ja keskustelutilanteissa. Ymmärtää hyvin omaan alaan liittyvän puheen. Ääntäminen on pääosin luontevaa.

Ymmärtää vaivatta omaa alaa käsitteleviä tekstejä. Pystyy itse tuottamaan rakenteellisesti ja sanastollisesti monipuolista, melko virheetöntä tekstiä, jossa satunnaiset rakennevirheet eivät häiritse lukemista. Osaa käyttää alan keskeistä terminologiaa oikein.

FIN001AS2AE Finnish Language and Culture 1: 5 op

COAKEYSCAREER Keys to Studies and Career: 5 op**Osaamistavoitteet**

Keys to Studies and Career include a Common Part (1 ECTS) and an Optional Part (4 ECTS).

COACAREERCOMMON Common Part: 1 op**Osaamistavoitteet**

The course is compulsory for all students.

STU001HH1AE Introduction to Studies: 1 op**Osaamistavoitteet**

After having completed this or a corresponding course the student

- can interpret and utilize degree regulations in his/her studies
- can use library services, student wellbeing services, FSHS (Finnish Student Health Service) and international services.
- recognizes the special characteristics of studying at university of applied sciences
- is familiar with the structure of ISP and is able to update it, and identifies the basis of planning studies
- is able to search for work placement related information
- recognizes the basics and characteristics of his/her field
- appreciates and accepts the rules and conditions of his/her studies

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

COACAREERSELECT Optional Part: 4 op**Osaamistavoitteet**

The student chooses four Keys to Studies and Career courses from the options available.

STU002HH1AE Introduction to Digital Learning Environments: 1 op**Osaamistavoitteet**

Students who have completed this course or have acquired equivalent competence will be able to:

- use the Haaga-Helia network and remote access securely
- use Haaga-Helia's Moodle and e-learning environments
- use Peppi
- use Haaga-Helia student pages
- use the Haaga-Helia Office 365 environment and its various services, and
- use Haaga-Helia email

In addition, the student will identify the skills needed for independent virtual learning online.

Sisältö

Computer network and remote access

Peppi

Haaga-Helia student pages

Email and calendar

Office 365

Moodle

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No pre-requisites.

The course teaches the necessary IT skills to enable the student to use Haaga-Helia's IT systems, which is why the completion of this course is essential for all subsequent courses.

STU003HH1AE Study Skills: 1 op**Osaamistavoitteet**

After having completed this course or a corresponding course, the student:

- is able to study in a university of applied sciences
- recognizes the benefits of group work and project-like work
- recognizes the basics of effective reading and note-taking techniques
- identifies and develops study skills and understands their importance for studies
- appreciates the importance of peer support as a facilitator of study progress

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

STU004HH1AE Time Management: 1 op**Osaamistavoitteet**

After having completed this course or a corresponding course, the student

- identifies the meaning of cognitive control and importance of time management
- is able to manage his/her time
- can plan and follow his/her studies utilizing time management skills
- appreciates the importance of peer support in supporting time management
- is able to realistically plan his/her time taking well-being into account

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

STU005HH1AE Wellbeing and Self-Leadership Skills: 1 op**Osaamistavoitteet**

After having completed this course or a corresponding course, the student

- recognizes the connection between wellbeing and ability to study

- is able to contribute to one's wellbeing in a changing environment
- identifies the different dimensions of self-leadership and is able to assess them from the perspective of one's own life
- identifies one's tolerance for pressure
- recognizes tools that support stress management
- is willing to discuss and analyze his/her wellbeing and self-leadership skills

Sisältö

The course includes four themes, which you'll look into independently as well.

- Self-knowledge and one's own values
- Pillars of wellbeing
- Study motivation
- Wellbeing challenges and stress management

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

STU006HH1AE Recognise and Communicate Your Strengths: 1 op**Osaamistavoitteet**

After having completed this course or a corresponding course, the student:

- identifies one's personal and professional strengths and development needs
- can describe and analyze one's strengths
- can tell about his/her strengths to others
- recognizes the significance of communicating his/her strengths

Sisältö

The course includes four themes, and you'll be guided to have a closer look. The themes are working life skills, values, character strengths and competences.

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

STU007HH1AE Career Planning: 1 op**Osaamistavoitteet**

After having completed this course or a corresponding course, the student:

- is able to search and utilize labour market data, e.g. information about salaries and employability in different fields, while planning one's career
- identifies one's strengths and development areas in relation to career plan
- recognizes different possibilities for further education
- is able to create and develop a career plan
- identifies the significance of career planning

Lähtötaso ja sidonnaisuudet muihin opintjaksoihin

No prerequisites.

This course is included in Keys to Studies and Career which is one of the Haaga-Helia key competences.

STU008HH1AE Job-Seeking Skills: 1 op

STU009HH1AE Speed Up Your Career with Alumni: 1 op

Osaamistavoitteet

After having completed this course or attained an equivalent competence level, the student

- can clarify and strengthen one's expert identity
- can build a professional network
- understands the value of experience and implicit knowledge at work
- can reflect on one's expectations and targets related to roles at work
- can see his/her future at work, career and life in general

Sisältö

The mentoring program is a development process between the mentee (Haaga-Helia student) and the mentor (alumni). Mentoring is about learning together, sharing experiences and knowledge through interaction. The aim is to support the student's professional growth, graduation and employment. The individual goals of the mentoring program arise from the personal needs of the mentee.

The mentoring program consists of two-way mentoring meetings between the mentor and the mentee, as well as joint group meetings and self-study materials in Moodle. The content of mentoring meetings can be related to, for example, career planning, challenges in working life, challenges in the final stages of study, self-development or deepening expertise. The initial group meeting reviews the goals and rules of mentoring, draws up a mentoring agreement, shares experiences of the mentoring process and develops interaction skills.

STU010HH1AE Studies and Entrepreneurship: 1 op

Osaamistavoitteet

Tämän opintojakson suorittanut tai vastaavan osaamisen hankkinut opiskelija

- tunnistaa Haaga-Helian yrittäjyyden opintotarjonnan, opinnäytetyön ja työharjoittelun tarjoamat mahdollisuudet oman yritystoiminnan edistämiseen ja kehittämiseen.
- tunnistaa Haaga-Helian verkostojen tarjoamat yrittäjyyden opinto-, coaching- sekä verkostoitumismahdollisuudet.
- tunnistaa ja löytää sekä sisäiset että ulkoiset yrittäjyyden neuvontapalvelut.
- hahmottaa yrittäjyyden ja opiskelun taloudelliset tukimuodot sekä näiden vaikutukset toisiinsa.
- tekee listauksen itseä kiinnostavista yrittäjyyden kursseista tai kokonaisuuksista sekä niiden mahdollisesta vaikutuksesta omiin uratoiveisiin.

Sisältö

Opintojaksolle opiskellaan seuraavat teemat. Niistä tehdään harjoitustehtäviä Moodlessa.

- laajennettu käsitys yrittäjyydestä.
- yrittäjyyden opiskelun taloudelliset tukimuodot.
- yrittäjyyden neuvontapalvelut.

- yrittäjyyden opiskelu Haaga-Heliassa (ml. verkostot).
- tee oma yhteenvetosi.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Ei lähtötasoa.

STU011HH1AE Employment in Finland: 1 op**Osaamistavoitteet**

- Opiskelija oppii tuntemaan suomalaisia työmarkkinoita ja työkulttuuria
- Opiskelija tietää miten työtä tai harjoittelupaikkaa haetaan
- Opiskelija kehittää omia työnhakutaitojaan
- Opiskelija kehittää omia verkostoitumistaitojaan

Sisältö

- Työmarkkinat Suomessa ja tulevaisuudessa tarvittava osaaminen
- Työnhaku
- Verkostojen rakentaminen
- CV ja työhakemus
- Sosiaalinen media työnhaussa
- CV työpaja
- Tehtävä, valitse yksi: yritysvierailu, rekrytointitapahtuma TAI asiantuntijahaastattelu. Tehtävästä kirjoitetaan lyhyt raportti.
- Päätösseminaari

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

HUOM: tämä opintojakso ei ole Master -tasoinen eli sitä ei voi liittää osaksi master (yamk) -tutkintoa. Master opiskelijat ovat kuitenkin tervetulleita.

Lisätiedot

Kurssille osallistuu asiantuntijoita työelämästä ja / tai yritysten HR-toiminnoista.

COADEGREEKEYS Key Competencies in Sports Coaching and Management Studies: 40 op**Osaamistavoitteet**

Degree-specific Key Competencies are compulsory for all students studying in the degree.

SPO001LI1AE Psychology and Coaching: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to create motivating learning environment.
- Knows how to build genuine and healthy coach-athlete relationship/partnership.
- Understands the role of coaches and other stakeholders (E.g. parents) in shaping the sport environment and knows how to interact effectively with them.
- Knows how to utilize positive youth development principles (PYD) to contribute children and youth psycho-social development.

Arviointikriteerit

Arvosana 1

The student is able to:

Demonstrate an understanding of how to create healthy motivational climate by using motivational theories, positive youth development principles and coach-athlete relationship model.

Arvosana 3

The student is able to:

Examine how to create healthy motivational climate by using motivational theories, positive youth development principles and coach-athlete relationship model. Relate the new knowledge to previous understanding.

Arvosana 5

The student is able to:

Discuss how to create healthy motivational climate by applying motivational theories, utilizing positive youth development principles and building successful Coach athlete relationship. Relate the new knowledge to previous understanding, combine information to reconstruct future actions based on the new knowledge.

SPO002LI1AE Strength and Conditioning: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows and understands evidence-based strength and conditioning science and its application to enhance sport performance.
- Knows and understands growth and maturation, injury prevention, biomechanics and exercise physiology in relation to coaching sport performance.
- Is able to develop short term plans and demonstrate effective and safe practical activities.
- Is able to construct an evidence based progressive long term strength and conditioning plan.

Arviointikriteerit**Arvosana 1**

The student is able to:

Demonstrate an understanding of the theoretical principles of evidence-based strength and conditioning science and its application to enhance sport performance.

Demonstrates an ability to build short- and long-term plans.

Arvosana 3

The student is able to:

Examine the theoretical principles of evidence-based strength and conditioning science and its application to enhance sport performance in specific coaching context, relate the new knowledge to previous understanding.

Construct short term conditioning plans and age/stage-appropriate S&C coaching curricula.

Arvosana 5

The student is able to:

Discuss and combine the theoretical principles of evidence-based strength and conditioning science and its application to enhance sport performance in specific coaching context.

Relate the new knowledge to previous understanding and reconstruct future actions based on the

new knowledge.

Construct and analyze effective short conditioning plans and age/stage-appropriate S&C coaching curricula.

SPO003LI1AE Skill Acquisition and Learning in Coaching: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:

- Demonstrates knowledge and comprehension of key terms and concepts in skill acquisition and a range of motor learning theories (i.e. constraints-led approach, periodization of skill training, nonlinear pedagogy, stages of skill mastery, etc.).
- Integrates relevant and explicit evidence of critical thinking into short/long-term training program design.
- Demonstrates an ability to use examples of skill acquisition research and motor learning concepts to formulate an argument in response to a specific coaching context.

Arviointikriteerit

Arvosana 1

The student is able to:

Describe the fundamentals of skill acquisition and motor learning concepts and transfer the theoretical concepts in practice.

Arvosana 3

The student is able to:

Classify and compare the theoretical concepts of skill acquisition and motor learning in practice and training session design.

Relate the new knowledge to previous understanding.

Arvosana 5

The student is able to:

Critically reflect on skill acquisition and motor learning concepts.

Apply the theoretical concepts in practice and progressively enhance training session design.

Relate the new knowledge to previous understanding and reconstruct future actions based on the new knowledge.

SPO004LI1AE Sport Analysis and Athlete Development: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:

- Demonstrate an understanding of bio-psycho-social concepts, theories and research in order to consider ways in which sport identifies, selects and develops athletes.
- Analyze their sport and athlete in order to develop better coaching practices to enhance sport performance.

Arviointikriteerit

Arvosana 1

The student is able to:

Demonstrate an understanding of bio-psycho-social concepts effecting the athlete development.

Produce an evidence-based analysis of their sport.

Arvosana 3

The student is able to:

Examine and reflect bio-psycho-social concepts effecting the athlete development.

Produce evidence-based analysis of their sport with insight and personal thought.

Arvosana 5

The student is able to:

Discuss and reflect bio-psycho-social concepts effecting the athlete development.

Produce critical and evidence-based analysis of their sport in order to reflect athletes or teams performance.

SPO005LI1AE Coaching Practice 1: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to plan, implement and evaluate effective evidence-based strength and conditioning training sessions.
- Develop an understanding of the theoretical and practical underpinnings of delivering strength and conditioning sessions and apply this knowledge by leading and supporting practical situations with athletes.
- Knows how to plan, implement and evaluate effective evidence-based athlete assessment and testing sessions.

Arviointikriteerit**Arvosana 1**

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing sessions.

Work and coach collaboratively.

Arvosana 3

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing sessions.

Apply appropriate means and methods to achieve desired training effects.

Work and coach collaboratively with others.

Create an effective learning environment.

Arvosana 5

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing sessions.

Critically analyze and justify the means, methods and effectiveness of the training.

Work and coach effectively with others.

Create an effective learning environment using variety of methods.

SPO006LI1AE Coaching Practice 2: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:

- Knows how to plan, deliver and evaluate effective sports coaching session that are aligned with the principles of motor learning and skill acquisition.
- Develops an understanding of the theoretical and practical underpinnings of delivering sports coaching sessions and apply this knowledge by leading and supporting practical situations with peers.
- Identifies effective coaching solutions to adequately adjust the content of the training session to enhance the learning quality.

Arviointikriteerit**Arvosana 1**

The student is able to:

Plan and carry out a sports coaching session aligned with session's intention.

Outline future steps to further enhance the quality of the specific training session in terms of the design and coaching effectiveness.

Arvosana 3

After having completed this course of attained an equivalent competence level, the student:

Plan and carry out a sports coaching session aligned with theoretical constructs of effective coaching and drill design to facilitate desired learning outcomes.

Identify the future steps to further enhance the quality of the specific training session in terms of the task design and coaching effectiveness.

Arvosana 5

After having completed this course of attained an equivalent competence level, the student:

Effectively plan and lead a sports coaching session aligned with theoretical constructs of effective coaching and drill design to facilitate desired learning outcomes.

Critically reflect on the future steps to further enhance the quality of the specific training session in terms of task design and coaching effectiveness.

SPO007LI1AE Organizational Structures in Sport: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Recognizes common structures of Sport Organizations nationally, internationally and their financing principles
- Recognizes basic leadership traits in Sport Organizations and evaluate them constructively
- Develops an understanding of socially responsible Management in Sport.

Arviointikriteerit**Arvosana 1**

The student is able to:

Demonstrate an understanding of sport organization structure and financial principles. Identify leadership traits and trends.

Arvosana 3

The student is able to:

Examine sport organization structure and financial principles. R

recognize characteristic features of sport leadership traits and trends.
Contribute his/her effort to facilitate and enhance peer learning.

Arvosana 5

The student is able to:

Discuss comprehensively sport organization structure and financial principles.

Reflect on leadership traits and trends and point out development areas in an organization.

Contribute his/her effort to facilitate and enhance peer learning to form holistic view of sport organization structures.

SPO008LI1AE Establishing Coaching Philosophy: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to produce an initial personal coaching philosophy and style including evidence based research, personal values, experiences and purpose for coaching.
- Knows how previous experiences, personal values and beliefs make up and may affect coaching philosophy in practice.
- Is introduced with the holistic coaching profile in assessing one's competencies and development needs in coaching.

Arviointikriteerit**Arvosana 1**

The student is able to:

Establish an initial personal coaching philosophy and style.

Recognize the fundamental principles of pedagogy and a variety of learning theories in relation to coaching philosophy. Identify established codes of conduct and legal requirements in coaching.

Arvosana 3

The student is able to:

Establish their own coaching philosophy with reflecting on the previous experiences and feedback.

Select appropriate learning theories in relation to coaching philosophy to enhance learning.

Arvosana 5

The student is able to:

Establish their own coaching philosophy with reflecting his or her personal values and development needs as a coach.

Take responsibility for the development plan and application of strategies for further self-development as a part of an ongoing profiling process.

COAPROF Professional Competencies: 85 op**COAMAJOR Major: 70 op****COAOWNPROF Sports Coaching and Management: 70 op**

SPO001AS2AE Successful Team Culture: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to reflect on the relations between team values and a suitable team culture
- Knows how to evaluate team development process
- Knows how to identify the different stages of group development and various group roles
- Is able to reflect his/her own behavior as a part of the team

Arviointikriteerit**Arvosana 1**

The student is able to:

Recognize the relations between team values and a suitable team culture. Describe the basics of team development process and different stages of group development. Identify one's own group role.

Arvosana 3

The student is able to:

Describe and evaluate the relations between team values and a suitable team culture. Evaluate team development process and different stages of group development. Identify various group roles. Actively influence the process of developing team culture.

Arvosana 5

The student is able to:

Analyze the relations between team values and a suitable team culture, team development process and different stages of group development. Identify and analyze various group roles and one's own strengths and areas of development in interpersonal communication situations. Actively influence and lead the process of developing team culture.

SPO010AS3AE Creating Successful Team Culture: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to create cohesive and united team
- Knows how to select and apply appropriate strategies to create team values
- Knows how to measure different stages of group development and various group roles
- Knows how to select, apply and analyze appropriate strategies to facilitate the team to reflect and enhance a suitable team culture

Arviointikriteerit**Arvosana 1**

The student is able to:

Plan appropriate process and strategies for group development. Facilitate the team to reflect and enhance group values and a suitable team culture.

Arvosana 3

The student is able to:

Implement appropriate strategies for group development process. Facilitate the team purposeful and effective to reflect and enhance group values and a suitable team culture. Measure different stages of group development and various group roles.

Arvosana 5

The student is able to:

Analyze group development process and produce evidence based development plan and strategies for further group-development process.

SPO006AS3AE Holistic Athlete Development 1: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Is able to set up vision and relevant strategy that supports the fulfillment of the vision created for the athlete or team.
- Is able to conduct holistic athlete profiling and goal setting for individuals and/or teams
- Is able to design and construct an integrated evidence-based periodised training programme, demonstrating an appreciation of the individual, relevant sporting demands and integration of all development areas to support the personal development and performance improvement.

Arviointikriteerit**Arvosana 1**

The student is able to:

Construct an evidence-based annual plan including physical, psychological, technical & tactical development areas to develop athletes with following up student's vision. To create an athlete profile and set goals.

Arvosana 3

The student is able to:

Construct an evidence-based annual plan including physical, psychological, technical & tactical development areas to develop athletes with following up student's vision. Select and justify the approach to profiling, goal setting and annual planning. Demonstrates an understanding of integration of all development areas in the plan.

Arvosana 5

The student is able to:

Construct an evidence-based annual plan including physical, psychological, technical & tactical development areas to develop athletes with following up student's vision. Select and justify the approach to profiling, goal setting and annual planning. Demonstrates an understanding of integration of all development areas in the plan with multiple research sources.

SPO009AS3AE Holistic Athlete Development 2: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

Knows elements which supports or enables holistic athlete development and increased sporting performance; the underpinning science of sport psychology, sport nutrition, recovery and monitoring.

Arviointikriteerit**Arvosana 1**

The student is able to:

Demonstrate an understanding of the elements which supports or enables holistic athlete development and increased sporting performance; the underpinning science of sport psychology, sport nutrition, recovery and monitoring.

Arvosana 3

The student is able to:

Examine the elements which supports or enables holistic athlete development and increased sporting performance; the underpinning science of sport psychology, sport nutrition, recovery and monitoring. Relate the new knowledge to previous understanding.

Arvosana 5

The student is able to:

Discuss the elements which supports or enables holistic athlete development and increased sporting performance; the underpinning science of sport psychology, sport nutrition, recovery and monitoring. Relate the new knowledge to previous understanding, combine information to reconstruct future actions based on the new knowledge.

SPO007AS3AE Coaching Process 1: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Build positive, ethical and individualised working relationships with participants. Lead and facilitate positive change and development in participant.
- Developing athlete outcomes of four C's. (Competence, Confidence, Connection, Character)
- Manage the competitive environment effectively to maximize enjoyment, learning and performance. Deal with stakeholders in a responsible manner.
- Demonstrates the application of the scientific theory of sport psychology, recovery, monitoring and sport nutrition to the coaching process.
- Critically review his/her own coaching process, practices and training methods in relation to the needs of an athlete(s) for performance improvement.

Arviointikriteerit**Arvosana 1**

The student is able to:

Take part in a seasonal coaching process and identify variables effecting on athlete/team development and performance. Reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition in practical coaching context.

Arvosana 3

The student is able to:

Assess own actions and role in developing athlete/team competitive environment and identify positive change and development factors. Describe and reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition into practical coaching context and demonstrates a competence to transfer the theoretical constructs into practice.

Arvosana 5

The student is able to:

Critically assess own actions and role in developing athlete/team competitive environment and

identify positive change and development factors. Apply and reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition in practical coaching context. Demonstrates competence of transferring the theoretical constructs into practice in a holistic way to develop the athlete/team. Reconstruct future actions based on experience.

SPO008AS3AE Coaching Process 2: 5 op

Osaamistavoitteet

Learning outcomes are connected with Coaching process 1

After having completed this course of attained an equivalent competence level, the student:

- Build positive, ethical and individualised working relationships with participants. Lead and facilitate positive change and development in participant.
- Developing athlete outcomes of four C's. (Competence, Confidence, Connection, Character)
- Manage the competitive environment effectively to maximize enjoyment, learning and performance. Deal with stakeholders in a responsible manner.
- Demonstrates the application of the scientific theory of sport psychology, recovery, monitoring and sport nutrition to the coaching process.
- Critically review his/her own coaching process, practices and training methods in relation to the needs of an athlete(s) for performance improvement.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Coaching process 2 is connected with Coaching process 1 and learning outcomes are the same.

Arviointikriteerit

Arvosana 1

The student is able to:

Take part in a seasonal coaching process and identify variables effecting on athlete/team development and performance. Reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition in practical coaching context.

Arvosana 3

The student is able to:

Assess own actions and role in developing athlete/team competitive environment and identify positive change and development factors. Describe and reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition into practical coaching context and demonstrates a competence to transfer the theoretical constructs into practice.

Arvosana 5

The student is able to:

Critically assess own actions and role in developing athlete/team competitive environment and identify positive change and development factors. Apply and reflect on the application of theory of training and performance monitoring, recovery, psychological skills and sport nutrition in practical coaching context. Demonstrates competence of transferring the theoretical constructs into practice in a holistic way to develop the athlete/team. Reconstruct future actions based on experience.

SPO004AS2AE Advanced Coaching Practise 1: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:
Develops an advanced knowledge of concepts within strength and conditioning and athlete assessment. Promote critical evaluation of current research topics/trends and training methods and further refine and develop coaching practice.

Arviointikriteerit**Arvosana 1**

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing session. Work and coach collaboratively. Reflect their own actions as a coach and relate between past experiences, skills, knowledge and understanding of the situation.

Arvosana 3

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing session. Apply appropriate means and methods to achieve desired training effects. Work and coach collaboratively with others. Create an effective learning environment. Reflect their own actions as a coach and explore and explain the experience with significant factors within the situation and how they are important to understanding what happened.

Arvosana 5

The student is able to:

Plan, implement and evaluate an evidence-based strength and conditioning or testing session. Critically analyze and justify the means, methods and effectiveness of the training. Work and coach effectively with others. Create an effective learning environment using variety of methods. Reflect their coaching by reframing or reconstructing future practice with deeper understanding, summary of the learning and justified action plan.

SPO011AS3AE Advanced Coaching Practise 2: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Understands the interconnection between the vision (technical/tactical and strategic constructs) and the single training session
- Is capable of integrating the principles of the skill acquisition principles (i.e. nonlinear pedagogy, constraints-led approach, etc.) into the practice session of the specific sport
- Possesses competencies to run a practice that facilitates learning and can adjust its components to enhance the effectiveness

Arviointikriteerit**Arvosana 1**

The student is able to:

Identify the connection between the own vision of the sport and drill design and organize a practice session based on the principles of skill acquisition research literature.

Arvosana 3

The student is able to:

Posses competencies to plan and integrate own vision of the sport into drill design based on the principles of skill acquisition research literature, lead the practice session and reflect on the content

of it afterwards.

Arvosana 5

The student is able to:

Critically evaluate how own vision of the sport could be integrated into the drill design based on the principles of skill acquisition research literature, and effectively lead the practice according to the ongoing evaluation of the effectiveness of the athlete's emergent learning within the drills.

SPO012AS3AE Organizational Management and Development: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:

- Is able to evaluate sport organizations current state.
- Is able to plan strategic development process for the sport organization.
- Is able to implement strategic development process for the sport organization.

Arviointikriteerit

Arvosana 1

The student is able to:

Identify current state of the sport organization.

Plan strategic process and set development goals for the organization.

Arvosana 3

The student is able to:

Assess current state of the sport organization.

Plan a strategic process, which involves the stakeholders.

Evaluate the process and set achievable goals to develop sport organization.

Arvosana 5

The student is able to:

Analyze current state of the sport organization.

Plan and facilitate a strategic development process, which involves stakeholders.

Evaluate the process and set justified goals to develop sport organization.

Implement, lead and manage the development process in practice.

SPO005AS2AE Coach Development: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:

- Knows how to facilitate effective coach education sessions and is competent to use LEARNS - principles in the education sessions.
- Is competent to use different learner-centered teaching methods, reflect learning and give meaningful feedback to the learners.
- Is able to use different methods for virtual facilitation and digital learning tools.

Arviointikriteerit

Arvosana 1

The student is able to:

Identify principles of learner centered education session, plan and facilitate outcome based education session and identify key elements of learner-centered learning.

Arvosana 3

The student is able to:

Organize and facilitate a learner-centered learning process with multiple education sessions, use variety of learner-centered methods, develop education sessions and create a personal development plan.

Arvosana 5

The student is able to:

Organize and facilitate a learner-centered learning process with multiple education sessions, use variety of learner-centered methods in different learning environments and provide feedback to enhance learning, support learners self-reflection, plan and facilitate outcome based education process with purposeful learning tasks.

SPO013AS3AE Developing Coaching Philosophy: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

- Knows how to self-develop own actions with reflecting on personal coaching philosophy
- Knows how personal values and beliefs make up and may affect coaching philosophy in practice
- Knows how communities of practice produce new ideas and ways to develop coaching in practice
- Recognize the need for further growth based on learning, evidence and experience

Arviointikriteerit**Arvosana 1**

The student is able to:

Identify and reflect on assumptions and practices as a coach demonstrating the ability to conduct informed analysis and a willingness to apply the principle of continuous improvement to own coaching. Identify own learning needs.

Recognize the importance of communities of practice to provide new ideas and ways to develop as a coach.

Produce an initial personal coaching philosophy and style including basic knowledge from evidence-based research, personal values, experiences and purpose for coaching.

Arvosana 3

The student is able to:

Identify own learning needs and take responsibility for the development and application of strategies for further self-development, as part of an on-going profiling process.

Identify and assess multiple communities of practice with a shared interest.

Network and build a communities of practice for long- term development.

Produce an initial personal coaching philosophy and style including relevant knowledge from evidence-based research, personal values, experiences and purpose for coaching.

Arvosana 5

The student is able to:

Take a critical approach to objectively identify own learning needs, take responsibility for the

development and application of strategies for further self-development, as part of an on-going profiling process.

Participate communities of practice in order to share practice experiences, develop and discuss areas of interests and build a sense of community. Produce an initial personal coaching philosophy and style including advanced knowledge from evidence-based research, personal values, theory in use- experiences and purpose for coaching.

SPO006AS2AE Personal Growth 1: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:
Knows how to engage in activities to support the development of professional practice through reflection of development as a person, student and coach.

Arviointikriteerit

Arvosana 1

The student is able to:

Identify prevailing personal experiences, beliefs, values and assumptions within his or her behavior to establish a suitable mindset for development as a person.

Recognize the basics of student-centered learning methods and theories and their relevance in one's personal development.

Recognize a basic understanding and appreciation of reflective practice to begin the process of self-evaluation.

Identify and assess different tools for life management.

Arvosana 3

The student is able to:

Reflect on prevailing personal experiences, beliefs, values and assumptions within his or her behavior to establish a suitable mindset for development as a person.

Active participate and commit student-centered learning methods and increase the engagement in learning.

Select and establish useful tools and strategies for life management.

Arvosana 5

The student is able to:

Reflect on and challenge prevailing personal experiences, beliefs, values and assumptions within his or her behavior to establish a suitable mindset for development as a person.

Enhance the learning experience at group level.

Demonstrate an ability to manage time effectively.

Based on the analysis and assessment set up a relevant strategy that supports his or her short and long term development needs.

SPO014AS3AE Personal Growth 2: 5 op

Osaamistavoitteet

After having completed this course of attained an equivalent competence level, the student:
Knows how to engage in activities to support the development of professional practice through reflection of development as a person, student and coach.

Arviointikriteerit**Arvosana 1**

The student is able to:

Set specific, attainable and timebound personal standards of personally, academically and physically development based on provided feedback and self-evaluation.

Select and build routines and strategies to enhance his or her own overall wellbeing, leadership behavior and growth as a person.

Arvosana 3

The student is able to:

Monitor development routines to support his or her overall wellbeing and growth as a person.

Make good in-action and post-action decisions based on his/her life-values to increase the changes of overall wellbeing, leadership behavior and growth as a person.

Arvosana 5

The student is able to:

Reflect on, analyze and evaluate own overall wellbeing and academically performance.

Demonstrate an ability to recognize his or her own resources and prioritize actions in order to enhance his or her own overall wellbeing, leadership behavior and growth as a person.

SPO015AS3AE Professional Growth: 5 op**Osaamistavoitteet**

After having completed this course of attained an equivalent competence level, the student:

Knows how to engage in activities to support the development of professional practice through reflection of development as a person, student and coach.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Prior requirements:

- SPO006AS2AE Personal Growth 1
- SPO014AS3AE Personal Growth 2

Arviointikriteerit**Arvosana 1**

The student is able to:

Implement an initial personal coaching philosophy in action.

Participate communities of practice in order to share practice experiences, develop and discuss areas of interests and build a sense of community.

Recognize the attitudes, behaviors and understanding of key stakeholders.

Recognize the possibilities of non-formal learning situations and networking as a part of life-long learning.

Arvosana 3

The student is able to:

Influence the attitudes, behaviors and understanding of key stakeholders (e.g athletes, parents, managers) through the meaningful presentation of ideas based on an initial coaching philosophy.

Arvosana 5

The student is able to:

Select and maintain communities of practice and mentor-coach relationships to enhance the social support required to make critical changes and decisions in practice.

To lead and influence the attitudes, behaviors and understanding of key stakeholders (e.g athletes, parents, managers) through the meaningful presentation of ideas based on an initial coaching philosophy.

Engage in different non-formal learning situations and communities of practice with colleagues and relevant stakeholders.

COAMINOR Complementary Professional Competencies: 15 op

Osaamistavoitteet

The student can choose studies that deepen their own expertise. Courses can be chosen from their own degree or other degrees in Haaga-Helia. The student may choose one or several minor packages, additional major studies or individual courses from the common course offering.

The student can choose maximum 15 ECTS of level 4 Complementary Professional Competence courses. Level 4 studies include Haaga-Helia's studies marked as level 4 or studies from other than Haaga-Helia's fields of education.

Discuss level 4 studies with your guidance counselor.

SPO005AS4A Pelicans turnaukset: 5 op

SPO006AS4AE Orientation to Finland: 1 op

Osaamistavoitteet

The aim of the Orientation to Finland course is to get you familiar with the Finnish culture and society. After the course, the student will have better cultural awareness and knowledge for living and studying in Finland.

Sisältö

Finland in a nutshell (geography, weather, population etc., Finnish cities and towns, regions and differences inside the country)

Finnish lifestyle, customs and manners (what type of people Finns are etc. concept of times, travelling)

Finnish nature, food and gastronomy

Finnish education system

The Finnish sports and physical activity sector (associations, companies, systems)

Helsinki tour (museums, attractions etc.)

SPO007AS4AE Communication Skills: 5 op

Osaamistavoitteet

- to develop verbal and non-verbal communication skills
- to learn to analyse your own and others' communication, interaction and self-expression by getting to know basic theories of interaction and communication
- to improve active listening skills
- to improve feedback and discussion skills

- to improve verbal motivation skills
- to learn basics of public speaking
- to be inspired to learn about tactfulness and diplomacy in communication

Sisältö

1. The Act of Introduction (Theory, practical exercises)
 - How to introduce yourself and your colleagues in a professional manner
2. Theory of Communication and Interaction (Lecture, discussion)
 - Major communication/interaction styles.
3. Non-verbal Communication (Lecture on theory, practical exercises)
4. Assertion; Empathy, Tact (Lecture and discussion)
5. Informative Presentation
 - Students introduce one Communication culture they are familiar with
6. Speech assignment
 - Instructions: structure, language, performance skills and non-verbal communication, energy, contact with the audience, and ethics of public speaking
7. Active Listening (Theory, practical exercises including speech exercises)
8. Constructive Feedback
(Instructions and discussion, practical exercises after each speech)
9. Inspirational/motivational speech in class
(Speech assignments and active listening, feedback sessions and discussion)
10. Talking to media (Discussion, theory, practical exercises)
11. "Small talk" as a special skill (Practical exercises)
 - Practical exercise in "Farewell Cocktail Party" -situation
 - Small speeches as we toast to our achievements during DP studies)
12. Written self-reflection assignment (min. two pages)

SPO009AS4AE Hockey Chalk Talk 1: 5 op**Osaamistavoitteet**

The learning outcomes can be found in the section Evaluation criteria. The course is assessed on a scale of 1-5.

Sisältö

- The student is able to create and account for a logical way of playing for his team based on his own vision, knowledge and experience
- The student understands and is able to justify the effects and consequences of different game tactics on game events
- The student can analyze game situations

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

The course is a logical follow-up for Sport Analysis -course.

Lisätiedot

The course will be offered to all students representing team sports.

Arviointikriteerit**Arvosana 1**

- Actively participates in class discussions.
- The student recognizes and understands the various tactical elements of the game.
- The student is able to produce a quantitative data analysis on a team's performance including identified variables effecting the outcome.

Arvosana 3

- The student can discuss the themes of the lesson with reasoned opinions.
- The student is capable of utilizing game tactical elements and thus improving a team's performance.
- The student is able to produce a quantitative data analysis on a team's performance including identified variables within a sport and quantify critical events.

Arvosana 5

- Based on the lesson discussions, the student is able to develop new perspectives related to the theme of the lesson.
- The student is able to apply game tactical elements to create a collective way of playing.
- The student is able to produce a quantitative data analysis on a team's performance including identified key performance indicators within a sport and quantify them in a consistent and reliable manner.
- The student can also justify the choice of variables for quantitative data analysis.

SPO010AS4AE Hockey Chalk Talk 2: 5 op**Osaamistavoitteet**

- The student is able to identify a player's ability as a (hockey) player by observing his / her performance either during the game or later on a videotape. The student is able to analyze the player's physical, technical, mental and hockey sense abilities and identify the strengths and weaknesses of an individual player
- The student is able to create a video-based qualitative analysis based on key performance indicators in which he describes the team's way of playing and identifies the strengths and weaknesses associated with it.
- The student masters the creation of video-based game feedback from their own team's game, where they focus on the technical and tactical aspects central to their own team's play.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

The course is a logical follow-up for Sport Analysis -course

Lisätiedot

The course will be offered to all students representing team sports.

COAWORKPLA Work Placement: 30 op**Osaamistavoitteet**

The total scope of the work placement is 30 ECTS. Work placement consists of basic and specialisation work placement as defined by the degree.

PLA010HH2AE Work Placement: 30 op**COATHESIS Thesis: 15 op****Osaamistavoitteet**

The thesis is carried out according to the Haaga-Helia guidelines.

THE7HH801 Thesis Phase 1: 5 op

Osaamistavoitteet

Upon completion of the module, the student is able to

- Know different stages of the thesis process
- Know the aim of her/his thesis
- Search for information in a variety of reliable sources.
- Define the key concepts of her/his thesis.
- Create a realistic schedule for her/his thesis
- Know requirements and the basic structure of the thesis.
- plan a research-based development project outline.

Sisältö

- Thesis at Haaga-Helia
- Thesis process and progress in Wihi
- Student's role and responsibilities during the thesis process
- Confidentiality in theses
- Content and extent of the thesis
- Content and extent of a research-based development project
- Source information search, reliable information and critical evaluation of them.
- Formal referencing
- Selection criteria for research and innovation methods
- Thesis reporting according to Haaga-Helia reporting guidelines
- Self management during the thesis process.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Studies specified by the degree.

Arviointikriteerit

Arvosana 1

[See thesis assessment criteria in haaga-helia.fi](#)

Arvosana 3

[See thesis assessment criteria in haaga-helia.fi](#)

Arvosana 5

[See thesis assessment criteria in haaga-helia.fi](#)

Hyväksytty, hylätty

During the thesis process, progress is graded as pass/fail according to degree-specific objectives. After the thesis evaluation process is completed, H for "pass" is replaced by the thesis grade.

To pass the module all assignments (incl. research based development project outline = thesis outline) must be submitted and approved.

Research based development project outline is uploaded in Wihi and a thesis supervisor has approved it.

THE7HH802 Thesis Phase 2: 5 op

Osaamistavoitteet

The student knows how to use relevant source material, apply suitable methods and follow reporting guidelines.

Sisältö

2/3 completed thesis, according to programme-specific guidelines and principles

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Thesis phase 1 completed

Arviointikriteerit**Arvosana 1**

See thesis assessment criteria in MyNet

Arvosana 3

See thesis assessment criteria in MyNet

Arvosana 5

See thesis assessment criteria in MyNet

Hyväksytty, hylätty

During the thesis process, progress is graded as pass/fail according to programme-specific objectives.

After the thesis evaluation process is completed, H for "pass" is replaced by the thesis grade.

THE7HH803 Thesis Phase 3: 5 op**Osaamistavoitteet**

The student finishes the thesis according to the Haaga-Helia guidelines and thesis schedule.

Sisältö

- finalizing the thesis
- publishing the thesis

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

Thesis phases 1/3 and 2/3 completed. Phase 3/3 cannot be approved before the maturity exam and plagiarism check have been passed.

Arviointikriteerit**Arvosana 1**

See thesis assessment criteria in MyNet

Arvosana 3

See thesis assessment criteria in MyNet

Arvosana 5

See thesis assessment criteria in MyNet

Hyväksytty, hylätty

See thesis assessment criteria in MyNet

THE7HH804 Maturity Test: 0 op

Osaamistavoitteet

The maturity examination is a learning experience which aims at helping the student polish his/her communication skills. Also, the aim is to present the proficiency of the student as well as the contents of the thesis.

The maturity test demonstrates the student's familiarity and expertise in the subject field of the thesis as well as language competency in Finnish or Swedish, as required in Finnish legislation (A1129/2014, § 8).

The language required for the maturity test is determined by the language the student studied as first language/mother tongue during secondary level education. The maturity test also serves as a demonstration of spoken and written competence in the language in question. The language of the maturity exam is also marked in the degree certificate.

Sisältö

In Haaga-Helia, the maturity test can take one of three forms, as agreed with the thesis advisor: an essay, an item for a staff newsletter or a media release. The maturity test is not the same as an exam answer.

Lähtötaso ja sidonnaisuudet muihin opintojaksoihin

The thesis is completed.

Lisätiedot

See instructions in MyNet