

# MICROCREDENTIALS



South-Eastern Finland  
University of Applied Sciences

**Version: 05.10.2020**

**Joint Online Course Catalog  
Fall/Winter Term 2020/21**

## Introduction: What are microcredentials?

**Microcredentials are online courses offered by a university for both students enrolled here and students enrolled at partner universities.**

Following the idea of “virtual mobility”, microcredentials allow acquiring credit points in other countries, making international contacts, and gaining insight into student life abroad without travelling physically.

The microcredentials in this catalog are offered free of charge for students enrolled at one of the partnering universities: Boise State University in the USA, South-Eastern Finland University of Applied Sciences, Bielefeld University of Applied Sciences in Germany and Hallym University in South Korea. Students from all faculties can apply.

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## Course Overview

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**Robotic process automation – ALLE PLÄTZE BELEGT**

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Technology
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• This course is an introduction to Robotic Process Automation (RPA).</li> <li>• You will learn the basic concepts of RPA.</li> <li>• You know what benefits RPA can bring to you work processes and how to identify the processes which are best for RPA.</li> <li>• You will learn what kind of robots are available and how you can control them.</li> </ul> <p>Contents and methods:</p> <ul style="list-style-type: none"> <li>• Introduction to RPA.</li> <li>• Identifies work processes applicable to RPA.</li> <li>• Streamlining work processes with RPA.</li> <li>• Features of RPA robots.</li> <li>• Building RPA robots using UiPath Studio</li> </ul>
<b>Study Material</b>	Course material is at e-learning platforms Learn and UiPath Academy
<b>Timetable</b>	September 7, 2020 – December 31, 2020; Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Accepted / Failed Assessment type is to be announced
<b>Places available</b>	100
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Katriina Vesala: <a href="mailto:katriina.vesala@xamk.fi">katriina.vesala@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/robotic-process-automation-rpa-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/robotic-process-automation-rpa-5-ects-cr/</a> by August 19, 2020. If you cannot access this link anymore, the course is already full.

## Effectiveness of wellbeing services – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes: You understand...</p> <ul style="list-style-type: none"> <li>• The different models of providing welfare services (responsibilities, organizing and financing).</li> <li>• The main strategies directing the production of services.</li> <li>• The financial system of the welfare services.</li> <li>• What drives change in legislative foundation and service structure of the production of welfare services. .</li> <li>• How to measure effectiveness (outcomes) and economic aspects such as profitability and (cost-) effectiveness, in the developing of welfare/wellbeing services.</li> </ul> <p>Contents:</p> <ul style="list-style-type: none"> <li>• How do wellbeing services fit into the overall welfare system?</li> <li>• What are the objectives of wellbeing services in the welfare system?</li> <li>• What are the different models of the production and financing of welfare services?</li> <li>• What are the factors affecting the development of welfare services in terms of service structure, legislation and financing?</li> <li>• What are the basics for the quality management and the significance of the high-quality work in the wellbeing services?</li> <li>• What are the elements and indicators for measuring quality?</li> <li>• How is the efficiency and effectiveness of wellbeing/welfare services measured?</li> </ul>
<b>Study Material</b>	All material will be provided by the lecturer – scientific articles, other articles, videos etc.
<b>Timetable</b>	September 14, 2020 – November 30, 2020; Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Grading scale is 1-5. Assessment type is to be announced The students can: use professional vocabulary systematically, look for information in the key information sources of the field, identify interrelated tasks, use the key models, methods and techniques of professional field.
<b>Places available</b>	100
<b>Persons to contact in case of questions</b>	<u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a> . See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a> . Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a> .
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-xamk-courses/effectiveness-of-wellbeing-services-5-ects-cr-3/">https://www.xamk.fi/en/open-xamk-courses/effectiveness-of-wellbeing-services-5-ects-cr-3/</a> by September 2, 2020. If you cannot access this link anymore, the course is already full.

## Health promotion in wellbeing services – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• You can define health promotion from different perspectives.</li> <li>• You understand the factors that influence motivation formation.</li> <li>• You understand the significance of communality and co-operation in support of a lifestyle change.</li> <li>• You recognize current and new health threats and you are able to include them in the health promotion of customers.</li> <li>• You recognize the role of technology and data analytics in health promotion.</li> </ul> <p>Contents:</p> <ul style="list-style-type: none"> <li>• What are the principles of health promotion?</li> <li>• What are the different factors (determinants) affecting the wellbeing of individuals?</li> <li>• What are goals and objectives of health promotion?</li> <li>• How do you motivate to change?</li> <li>• What drives or inhibits behavioral change on an individual level?</li> <li>• How does group interaction affect outcomes?</li> <li>• What is the connection between lifestyle and health?</li> <li>• What is the role of technology and data analytics in health promotion and how can this drive change?</li> <li>• How can customers' involvement and communality be supported systematically and in a target-oriented way?</li> </ul>
<b>Study Material</b>	All material will be provided by the lecturer – scientific articles, other articles, videos etc.
<b>Timetable</b>	September 14, 2020 – November 30, 2020; Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	<p>Grading scale is 1-5.</p> <p>Assessment type is to be announced</p> <p>The students can: use the professional vocabulary and concepts of health promotion systematically, look for information in key information sources of the field, use the key models, methods, principles and nutritional recommendations in health promotion.</p>
<b>Places available</b>	100
<b>Persons to contact in case of questions</b>	<p><u>Administrative questions</u></p> <p>Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/health-promotion-in-wellbeing-services-5-ects-cr-5/">https://www.xamk.fi/en/open-amk-courses/health-promotion-in-wellbeing-services-5-ects-cr-5/</a> by September 2, 2020. If you cannot access this link anymore, the course is already full.

## Responsible tourism and digitalisation – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• Student is able to search and critically evaluate knowledge concerning the impact of digitalisation of tourism locally, regionally and globally.</li> <li>• Student is able to recognize and evaluate the positive and negative effects of digitalisation of tourism locally, regionally and globally.</li> <li>• Student is able to find and apply different ways of promoting responsible tourism with the help of digitalisation.</li> </ul> <p>Contents:</p> <ul style="list-style-type: none"> <li>• Where to find reliable information of the positive and negative effects of digitalisation of tourism locally, regionally and globally?</li> <li>• What are the positive and negative effects of digitalisation of tourism locally, regionally and globally</li> <li>• How to promote responsible tourism with the help of digitalisation?</li> </ul> <p>Methods:</p> <ul style="list-style-type: none"> <li>• Pre-task (individual) – central concepts</li> <li>• Analysis (individual) 2 cr – positive and negative effects of technology in a tourism case</li> <li>• Learn-discussion based on task 2 and peer evaluation (individual) 1 cr</li> <li>• Development assignment (can be done in pairs or small groups max 3 persons) 2 cr – analysis of a chosen function / target group / destination / phenomenon in tourism and suggestions for development of responsible tourism based on that</li> <li>• AC-guidance online; recordings in Learn (4 sessions)</li> </ul>
<b>Study Material</b>	Material from AC sessions, Material provided in Learn, Other reliable and relevant material students find
<b>Timetable</b>	September 21, 2020 – November 30, 2020; Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	<p>Grading scale is 1-5.</p> <ul style="list-style-type: none"> <li>• Assessment 1 (pre task), individual</li> <li>• Student must pass this test with 80 % correct in order to pass the course. You can re-take the test as many times as needed</li> <li>• Assessment 2 individual, grading 1-5, 1 ects</li> <li>• Assessment 3, individual, grading completed/approved, 1 ects</li> <li>• Assessment 4, individual/group, grading 1-5, 2 ects</li> </ul> <p>You can (Assessment criteria grade 3):</p> <ul style="list-style-type: none"> <li>• use professional vocabulary and concepts of responsible tourism and technology used in tourism in an expert way in different situations</li> </ul>

	<ul style="list-style-type: none"> <li>• evaluate information sources related to tourism and technology critically</li> <li>• identify and describe the problems of technology in the hospitality field</li> <li>• evaluate the use of technology in customer, user and target group situations in terms of responsibility</li> <li>• choose appropriate models, methods, software and techniques according to the purpose and justify these choices</li> <li>• apply critically the ethical principles of tourism in different situations connected to technology</li> </ul>
<b>Places available</b>	100
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Johanna Heinonen: <a href="mailto:johanna.heinonen@xamk.fi">johanna.heinonen@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/responsible-tourism-and-digitalisation-5-ects-cr-3/">https://www.xamk.fi/en/open-amk-courses/responsible-tourism-and-digitalisation-5-ects-cr-3/</a> by September 9, 2020. If you cannot access this link anymore, the course is already full.



## Customer experience management – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Business and Culture
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>Customer experience is an integrated customer assessment of all aspects of its interaction with the company based on his emotional perception and rational analysis. Customer Experience Management (CEM) is becoming an increasingly important factor in a company's long-term success, having a direct impact on brand perception, customer loyalty, and retaining customers.</li> </ul> <p>Contents and methods:</p> <p>By the end of this course, students should be able to:</p> <ul style="list-style-type: none"> <li>Know and apply the most important tools and techniques used to create compelling customer experiences like Design Thinking Method</li> <li>Know and be able to use in creating customer experiences the latest research on consumer behavior, human decision making</li> <li>Know the difference between B2C and B2B settings and its implication for CEM</li> <li>Know and apply the strategy of CEM in marketing and management in general</li> <li>Know how to analyze and create the customer journey map</li> </ul>
<b>Study Material</b>	Study material pages are designed to help you find the valuable learning material.
<b>Timetable</b>	September 21, 2020 – December 13, 2020; Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Learning assignments. No exam. Grading scale: Accepted/Not accepted
<b>Places available</b>	150
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Natalia Kushcheva: <a href="mailto:natalia.kushcheva@xamk.fi">natalia.kushcheva@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/customer-experience-management-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/customer-experience-management-5-ects-cr/</a> by September 6, 2020. If you cannot access this link anymore, the course is already full.

## Cognitive functions in neurological diseases

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <p>The goals of the course are to learn</p> <ul style="list-style-type: none"> <li>• basic knowledge of brain function</li> <li>• understand cognitive function and various neuropsychological symptoms</li> <li>• neuropsychological symptoms associated with the most common neurological diseases, for example stroke, multiple sclerosis and Parkinson disease</li> <li>• brain health aspects</li> </ul> <p>Contents:</p> <p>The course studies the structure and the function of the brain and what cognitive function means. The course studies neuropsychological symptoms and what neuropsychological symptoms are associated with the most common neurological diseases. You will also learn how to keep brain healthy and active. The course material includes presentations, slides and internet material.</p>
<b>Timetable</b>	January 6, 2020 – December 31, 2020. (Start on the 1st Tuesday of each month during the above period.) Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	passed/failed Assessment type is to be announced
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Mari Sarjanen: mari.sarjanen@xamk.fi</p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/cognitive-functions-in-neurological-diseases-nonstop-start-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/cognitive-functions-in-neurological-diseases-nonstop-start-5-ects-cr/</a> by November 30, 2020 at the latest. Enrollments will be processed approximately two weeks before next start in the period mentioned above ("Timetable"). If you cannot access this link anymore, the course is already full.

## Digitalisation in management – ALLE PLÄTZE BELEGT

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Business and Culture
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:            You can utilise the digitalisation in management, communication and the developing of the company and understand to pay attention to the usability in the change in the operation cultures and in the work processes.</p> <p>Contents and methods:            What kind of opportunities the developing which utilises a technology/ the digitalisation provides for management in your own field?            How are the changes caused by the digitalisation conducted and what it means in operation culture and in work processes?</p>
<b>Study Material</b>	Orienting lesson 3rd of September 2020 4 p.m until 5 p.m (time zone EET). Lesson will be recorded.
<b>Timetable</b>	October 10, 2020 – December 31, 2020. (Start on the first Tuesday of each month during the above period) Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Grade Scale 1-5 Assessment type is to be announced
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u>            Tarja Turtiainen: tarja.turtiainen@xamk.fi            Anu Rantanen: anu.rantanen@xamk.fi</p> <p><u>Administrative questions</u>            Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>.            Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	<p>Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/digitalisation-in-management-5-ects-cr-2/">https://www.xamk.fi/en/open-amk-courses/digitalisation-in-management-5-ects-cr-2/</a> by November 30, 2020 at the latest.  <del>Enrollments will be processed approximately two weeks before next start in the period mentioned above ("Timetable"). If you cannot access this link anymore, the course is already full.</del></p>

## Respiratory and Cardiovascular Rehabilitation – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	The course of study is suitable for physiotherapists and physiotherapy students (basic studies of respiratory and cardiovascular Physical therapy completed). The course is also suitable for professionals with skills in working life with respiratory and cardiac patients.
<b>Course Description</b>	<p>Learning outcomes: You can</p> <ul style="list-style-type: none"> <li>• apply your knowhow in respiratory and cardiovascular physiotherapy in advanced level / demanding situations.</li> <li>• take into consideration specific features of respiratory and cardiovascular diseases and benefit from multi-scientific knowledge when implementing therapy and guidance.</li> <li>• apply evidence-based methods in assessment of load level and applying respiratory and cardiovascular physiotherapy utilizing differential diagnosis and clinical reasoning.</li> <li>• show your expertise of physiotherapy in multi-professional teams.</li> <li>• utilize the knowhow of multi-professional teams in supporting a client's functions and health-promoting life style.</li> </ul> <p>Content:</p> <ul style="list-style-type: none"> <li>• How do you choose, justify, and use assessment methods for performance and load levels to support customer's targets?</li> <li>• How do you support client's ability to evaluate her/his own progress at various stages of rehabilitation?</li> <li>• How do you develop and implement the progressive and right-tier training program for respiratory and cardiovascular clients at various stages of rehabilitation by aligning it with the client's psychosocial resources?</li> <li>• How do you guide and support your customers and their close ones to make use of the potential of living and social participation?</li> <li>• How do you co-operate multi-professionally with specific issues related to respiratory and cardiovascular diseases?</li> </ul> <p>Methods:</p> <p>The course is completed in Learn as independent online studies and some peer online discussions.</p> <p>The student becomes acquainted with the learning material in Learn and completes the competence test and the given learning tasks according to separate assignments on the following themes:</p> <ol style="list-style-type: none"> <li>1. Upgrade of Respiratory and Cardiovascular physiotherapy knowledge (0.5 credits) <ul style="list-style-type: none"> <li>– The orientation section (1.) of the course includes a respiratory and cardiovascular skill test.</li> </ul> </li> <li>2. Respiratory and Cardiac rehabilitation performance testing (1,5 credits) <ul style="list-style-type: none"> <li>– The section (2.) includes 2 tasks: <ol style="list-style-type: none"> <li>A. Performance evaluation task that includes alternative questions</li> <li>B. Performance evaluation task and and peer discussion</li> </ol> </li> </ul> </li> </ol>

	<p>3. Developing a Respiratory and Cardiac rehabilitation exercise program (1,5cr)</p> <ul style="list-style-type: none"> <li>– The section (3.) includes one short essay assignment</li> </ul> <p>4. Applying Respiratory and Cardiac rehabilitation (1,5 cr)</p> <ul style="list-style-type: none"> <li>– The section (4.) includes 2 tasks:</li> </ul> <p>A: An individual task related to the application of functional capacity and training</p> <p>B: Group discussion on multiprofessionality and social participation</p>
<b>Timetable</b>	September 1, 2020 – November 15, 2020 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	<p>Assessment: Approved / rejected, passage at H3 level</p> <p>Assessment type is to be announced</p> <p>You are able to</p> <ul style="list-style-type: none"> <li>– use professional vocabulary and concepts in an expert way in different situations</li> <li>– evaluate information sources critically.</li> <li>– work as team members in working life expert duties and identify and describe the problems of the professional field.</li> <li>– evaluate operations in customer, user and target group situations.</li> <li>– choose appropriate models, methods, software and techniques according to the purpose and justify these choices.</li> <li>– promote teams' goal-oriented operation.</li> <li>– apply critically the ethical principles of the professional field in different situations.</li> </ul>
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Pia Kraft-Oksala: Pia.Kraft-Oksala@xamk.fi</p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/advanced-respiratory-and-cardiovascular-physiotherapy-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/advanced-respiratory-and-cardiovascular-physiotherapy-5-ects-cr/</a> by August 16, 2020. If you cannot access this link anymore, the course is already full.

## Diabetes Education and Counselling – ANMELDEFRIST ABGELAUFEN

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• The student can demonstrate an understanding of different definitions and the meaning of counseling, patient education, health promotion, adherence, compliance, self-management, and self-regulation</li> <li>• The student can demonstrate an understanding of the meaning of evidence based practice in patient education and counseling, also the cultural features</li> <li>• The student can analyze and evaluate health promotion, patient education and counseling in practice</li> <li>• The student can recognize and develop her/his own learning and counseling philosophy, style and competence</li> <li>• The student become familiar with evidence-based research articles of diabetes education and counseling</li> <li>• The student adopts a reflective review to the development of diabetes education and counseling</li> </ul> <p>Contents and methods:</p> <ol style="list-style-type: none"> <li>1. Evidence based diabetes education and counseling 2 cr</li> <li>2. Development of professional's own counseling skills 2 cr</li> <li>3. Research methods in diabetes education and counseling 1 cr</li> </ol> <p>Individual work at own pace and discussions. Several tests measuring competence.</p>
<b>Study Material</b>	Given at the beginning of the course
<b>Timetable</b>	October 1, 2020 – November 20, 2020 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Assessment and assessment criteria: Five multiple-choice tests and three discussion forums Grading scale: Passed/ Failed
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Arja Kiviaho-Tiippa: <a href="mailto:arja.kiviaho-tiippa@xamk.fi">arja.kiviaho-tiippa@xamk.fi</a> Anni Kemppainen: <a href="mailto:anni.kemppainen@xamk.fi">anni.kemppainen@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/diabetes-education-and-counselling-5-ects-cr-3/">https://www.xamk.fi/en/open-amk-courses/diabetes-education-and-counselling-5-ects-cr-3/</a> by September 13, 2020. If you cannot access this link anymore, the course is already full.

**Physiology and management of pain in rehabilitation – ANMELDEFRIST  
ABGELAUFEN**

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• The student understands a classification of pain based on its cause and duration.</li> <li>• The student knows different methods to measure pain in rehabilitation.</li> <li>• The student can explain the basic physiology of pain.</li> <li>• The student understands the effects of pain in humans mental functioning.</li> </ul> <p>Content:</p> <p>The course content consists of three topics related to the:</p> <ol style="list-style-type: none"> <li>1. Classification and measurement of pain (1 course credit)</li> <li>2. Physiological mechanisms of pain (2 course credits)</li> <li>3. Effects of pain on individual physical and mental functioning in rehabilitation (2 course credits)</li> </ol>
<b>Study Material</b>	Given at the beginning of the course
<b>Timetable</b>	September 1, 2020 – December 31, 2020 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Assessment and assessment criteria: Three learning tasks and multiple-choice exams. Grading scale: Passed / Failed
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Marja Turkki: <a href="mailto:marja.turkki@xamk.fi">marja.turkki@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/physiology-and-management-of-pain-in-rehabilitation-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/physiology-and-management-of-pain-in-rehabilitation-5-ects-cr/</a> by August 16, 2020. If you cannot access this link anymore, the course is already full.

## Nutrition for sports and physical activity

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>You are able to apply your knowledge of nutrition to support strength and endurance training.</li> <li>You are able to apply your knowledge of nutrition when guiding and counseling athletes and people exercising regularly.</li> </ul> <p>Contents and methods:</p> <p>The course content consists of three topics related to the:</p> <ol style="list-style-type: none"> <li>Basic knowledge of nutrition (1 course credit)</li> <li>Energy demand and consumption during exercise, energy metabolism (2 course credits)</li> <li>Nutrition, fluid balance and recovery to support endurance and strength training (2 course credits)</li> </ol> <p>Individual work at own pace. Saved virtual lessons in Learn that the student can watch them later at his/her own time.</p> <p>Real life examples – cases (athletes)</p> <p>Document for basic information and links</p>
<b>Study Material</b>	To be announced
<b>Timetable</b>	January 15, 2021 – May 15, 2021 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	<p>Assessment and assessment criteria:</p> <p>3-4 individual learning tasks. Independent assessment (tests)</p> <p>-&gt; provide immediate feedback Reflection assessment-&gt; what have you learned and how can you apply it?</p> <p>Grading scale: Passed/ Failed</p>
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Suvi Lamberg: <a href="mailto:suvi.lamberg@xamk.fi">suvi.lamberg@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/nutrition-for-sports-and-physical-activity-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/nutrition-for-sports-and-physical-activity-5-ects-cr/</a> by December 27, 2020. If you cannot access this link anymore, the course is already full.



## Foot Health Promotion

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• The student learns structure and function of the foot and good foot care habits</li> <li>• The student learns how to take care of your feet and notice which things threaten your foot health</li> <li>• The student understands that some diseases like diabetes, rheumatoid arthritis and skin diseases make your feet vulnerable</li> <li>• The student understands diabetics' foot problems, and the necessity to annual screening and risk classification at least once a year</li> </ul> <p>Contents and methods:</p> <p>The course content consists of four topics related to the:</p> <ol style="list-style-type: none"> <li>1. Anatomy and Physiology of the Foot, 1 cr</li> <li>2. Healthy Feet, Daily Foot Care and Proper Shoes, 1 cr</li> <li>3. Diabetic Foot, Rheumatoid Foot, Foot Skin Diseases, 2 cr</li> <li>4. Risk Foot Examination, Treatment, and Off-Loading, 1 cr</li> </ol> <p>Individual work at own pace and discussions. Several tests measuring competence.</p>
<b>Study Material</b>	Given at the beginning of the course
<b>Timetable</b>	January 15, 2021 – May 15, 2021 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Assessment and assessment criteria: Five multiple-choice tests and two discussion forums Grading scale: Passed/ Failed
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Arja Kiviaho-Tiippana: <a href="mailto:arja.kiviaho-tiippana@xamk.fi">arja.kiviaho-tiippana@xamk.fi</a> Marjo Heikkilä: <a href="mailto:marjo.heikkila@xamk.fi">marjo.heikkila@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/foot-health-promotion-5-ects-cr/">https://www.xamk.fi/en/open-amk-courses/foot-health-promotion-5-ects-cr/</a> by December 27, 2020. If you cannot access this link anymore, the course is already full.

## Social Rehabilitation in Child Welfare Work

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	-
<b>Course Description</b>	<p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• You know how to identify the healthy growth of a child and their growing environment in multi-professional child welfare work.</li> <li>• You can evaluate the circumstances and factors requiring change.</li> <li>• You can analyze rehabilitative child welfare work on individual, community and structural level.</li> <li>• You are able to work effectively and in a rehabilitative way in reciprocal relationships with clients and families, and in groups.</li> </ul> <p>Content: The entire course as one unit of 5 credits of social rehabilitation issues in child protection.</p> <p>Methods: Tasks with deadlines. Test measuring competence.</p>
<b>Study Material</b>	The course consists of lectures, learning tasks, group work and independent work. The course offers virtual lectures that will be saved in Learn-platform. Students will be able to listen them according to their own timetable
<b>Timetable</b>	January 15, 2021 – May 15, 2021 Asynchronous (independent learning; no live lectures)
<b>Credit Points</b>	5 ECTS credits = 2,5 US credits
<b>Assessment</b>	Grading scale: Passed / Failed Assessment type is to be announced
<b>Persons to contact in case of questions</b>	<p><u>Questions about the course content</u> Johanna Jussila: <a href="mailto:johanna.jussila@xamk.fi">johanna.jussila@xamk.fi</a></p> <p><u>Administrative questions</u> Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/social-rehabilitation-in-child-welfare-work-5-ects-cr-2/">https://www.xamk.fi/en/open-amk-courses/social-rehabilitation-in-child-welfare-work-5-ects-cr-2/</a> by December 31, 2020. If you cannot access this link anymore, the course is already full.

## Diploma of Higher Education in Tourism and Business Management in Finland

<b>Course form</b>	Online course on Moodle-based digital learning environment Learn, <a href="https://learn.xamk.fi/?lang=en">https://learn.xamk.fi/?lang=en</a> . Independent work based on given materials and assignments.
<b>University and Faculty</b>	South-Eastern Finland University of Applied Sciences (Xamk), School of Health and Wellbeing
<b>Study Type</b>	Undergraduate (Bachelor level)
<b>Prerequisites</b>	<p><b>The studies are suitable for students who</b></p> <ul style="list-style-type: none"> <li>• need deeper understanding or new competences – regardless of their prior studies.</li> <li>• want to study in a flexible way – studies are carried out online.</li> <li>• are interested in developing their own work</li> <li>• are looking for a new direction in their own professional career – whether currently between jobs or at work.</li> <li>• are looking for more extensive studies, but not the whole degree.</li> <li>• see also this introduction page</li> </ul> <p><b>Students are required to</b></p> <ul style="list-style-type: none"> <li>• be committed to these studies</li> <li>• have enough time to familiarize on materials and sources of information</li> <li>• complete all tasks and tests on time</li> <li>• to be initiative.</li> </ul>
<b>Course Description</b>	<p><a href="https://www.xamk.fi/en/open-amk-courses/diploma-of-higher-education-in-tourism-and-business-management-in-finland/">https://www.xamk.fi/en/open-amk-courses/diploma-of-higher-education-in-tourism-and-business-management-in-finland/</a></p> <p><b>Destination Finland</b> What are the key concepts of domestic and international tourism in English? Which elements of Finnish nature and culture could be used as basis of experience tourism product for international market? What are the pull factors, major tourist areas, destinations, ways of travelling and special features of tourism in Finland? What is the structure of tourism business and what are the traveler streams arriving in and leaving Finland? How do you work in an international team?</p> <p><b>Customer-oriented marketing</b> What are the objectives and role of customer-oriented marketing and relationship marketing in the operation of the organization? How does the digital economy and operational environment affect the planning of marketing? How is customer buying behavior and segmentation taken into consideration when defining the objectives and target groups? What does marketing- mix consist of and how can it be used to reach organizational goals?</p> <p><b>Tourism risk management</b> Where do you find information, models and guides about tourism risks and safety issues? What kind of risks and safety issues are involved in tourism? What are the duties and responsibilities of entrepreneurs and staff in tourism field? How do you perform a risk assessment? What kind of safety documents are required in hospitality business? How do you work responsibly and in compliance with safety norms?</p> <p><b>Intercultural competence</b></p>

	<p>What is culture? What are values, beliefs, (negative) cultural perception? How to recognize cultural differences based on comparing elements of one's own national culture to Finnish culture? How to communicate effectively in intercultural settings? What are the main features of Finnish society in terms of politics and economics including social and cultural factors?</p> <p><b>Hospitality management</b></p> <p>What is the scale of tourist movements in the 21st century? How to activate team skills by understanding the different tasks, activities and functions of your team when managing a hospitality organization? Why is there a need for sustainable tourism development? What are the topical issues, revealing the fast-changing nature of the tourism and hospitality business in terms of both demand and supply? How to be aware and understand the complexity and interconnection of the modern tourism and hospitality industry?</p> <p><b>Social media marketing</b></p> <p>How to create a social media presence for an organization using diverse platforms? How to utilize social media tools and services for insight about how consumers feel about brands and respond to social media marketing? How to develop and manage successful social media marketing efforts?</p> <p><b>Seasonality and tourism planning</b></p> <p>What kind of issues and models are there in tourism planning and development? How to cope with different kinds of private and public sector processes in regional tourism planning and development? How to utilize seasonality, nature and culture as pulling factors in the product development in a sustainable way? How are the company level and regional level targets related to each other?</p> <p><b>International human resources</b></p> <p>What are the most important HRM operations in multicultural organizations? How to recall HRM development strategies? What is included in effective HRM processes? How to plan recruitment, orientation, and training of employees in multicultural organizations?</p> <p><b>Food and wellbeing</b></p> <p>What kind of food choices promote health and wellbeing? What kind of limitations do diseases, beliefs and food trends cause for food choices and how are different diets composed? How to evaluate the nutritional quality of meals and menus?</p> <p>What opportunities does Finnish food provide for food and wellbeing tourism?</p> <p><b>International business</b></p> <p>What are the most important features in the international business environment? What are the company's opportunities and prerequisites related to international operations? What are the strategies of international operations? How to select the most appropriate operation model?</p> <p><b>Well-being tourism</b></p> <p>What is the key terminology in well-being tourism? What is Finland's well-being tourism strategy, mission and vision? What is the significance of art and culture in well-being tourism? What is the role of food in well-</p>
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	<p>being tourism? How do you utilize technology? How do you design, produce and evaluate products and services in this sector?</p> <p><b>Economics</b></p> <p>What does an economy consist of? What is the theory of enterprise from the economics viewpoint? How do economic policies affect the various sectors of society?</p>
<b>Timetable</b>	<p>January 11, 2021 – May 8, 2022</p> <p>Asynchronous (independent learning; no live lectures)</p>
<b>Credit Points</b>	60 ECTS credits = 30 US credits
<b>Places available</b>	100
<b>Persons to contact in case of questions</b>	<p><u>Administrative questions</u></p> <p>Please contact <a href="mailto:openstudies@xamk.fi">openstudies@xamk.fi</a>. See also <a href="http://www.xamk.fi/ouas">www.xamk.fi/ouas</a>. Training calendar - info and enrolment <a href="http://www.xamk.fi/openstudies">www.xamk.fi/openstudies</a>.</p>
<b>How to enroll</b>	<p>Enroll on <a href="https://www.xamk.fi/en/open-amk-courses/diploma-of-higher-education-in-tourism-and-business-management-in-finland/">https://www.xamk.fi/en/open-amk-courses/diploma-of-higher-education-in-tourism-and-business-management-in-finland/</a></p> <p>Enrolment period: November 1 – December 1, 2020. If you cannot access this link anymore, the course is already full.</p>