

# Faculty of Sport and Health Sciences





**Sarianna Sipilä**  
*Dean*



**Taija Juutinen**  
*Vice Dean,  
Education*



**Taina Rantanen**  
*Vice Deand,  
Reseach*

# Faculty of Sport and Health Sciences



**Biology of Physical Activity**  
Neil Cronin  
Professor



**Psychology of Physical Activity,  
Health and Well-being**  
Keegan Knittle  
Ass. professor



**Responsible Management and  
Business of Sport**  
Hanna-Mari Vehmas  
Senior Lecturer



JYVÄSKYLÄN YLIOPISTO  
UNIVERSITY OF JYVÄSKYLÄ

# Welcome to the Faculty of Sport and Health Sciences!

International Coordinator Iida Kultamaa (HelpJYU [contact form](#))

28.8.2025

# LET'S GET TO KNOW EACH OTHER!

- 1) What's your name?
  - 2) Where are you from?
- + Bonus question: what made you choose University of Jyväskylä and/or Finland as your exchange destination/place of study?





# Presentation outline

1. Contact details
2. Faculty of Sport and Health Sciences
3. Study planning
4. Basics of course registration in Sisu
5. Learning Agreement
6. Studying and individual arrangements
7. Contact details – once again!
8. Questions?

Sporticus and Liikunnan Riemu at 14-15

# 1. Contact details

- [HelpJYU contact form](#) – your question goes directly to the right person when you select the faculty that your contact concerns
- **International Coordinator Iida Kultamaa**
  - Preferably use the [HelpJYU contact form](#)
  - [faculties-international@jyu.fi](mailto:faculties-international@jyu.fi)
    - Shared inbox → include "LTK" or "Sport" in the subject line
    - **Please don't use other email addresses when contacting Iida**
    - If you want to book an appointment for study counseling, please contact me in advance via [HelpJYU contact form](#) (select the Faculty of Sport and Health Sciences in the field for faculty)



## 2. Faculty of Sport and Health Sciences

- The only university-level institution in Sport Sciences in Finland
- Faculty status 1968
- Almost 1400 degree students in total
- Annual student intake: 170
  - About 35 of them in the international Master's Degree Programmes
- Usually 40-50 exchange students (in and out) during each academic year
- 200 employees in total (170 teachers and researchers)



# We train physical education teachers for Finnish schools

We've trained physical education teachers for Finnish schools for 60 years, from 1963 onward.

Around 80 new physical education teachers graduate each year.



# Health and exercise for all

## MISSION

We are changing the world with cutting-edge research in sports and health sciences and by training the experts of the future, ensuring a high-level learning experience and wide-ranging employment opportunities.

## VISION

We are an internationally significant scientific community promoting physical activity, functional capacity and well-being. The faculty provides research-based instruction to ensure our students have a superior and seamless learning experience. Community and well-being are central to what we do.



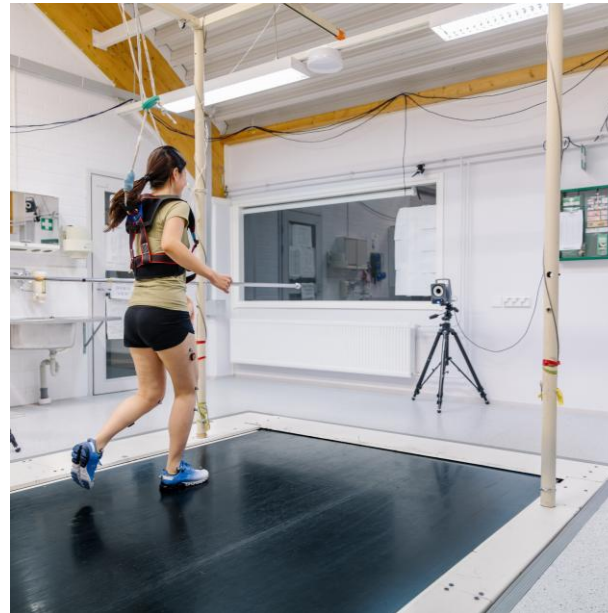


# We operate in three locations

Liikunta Building • Sports and Health Laboratory • Vuokatti



**Liikunta Building**  
Keskussairaalantie 4, Jyväskylä



**Sports and Health Laboratory**  
Rautpohjankatu 8, Jyväskylä



**Sports Technology Unit**  
Kidekuja 2, Vuokatti



## Multidisciplinary research areas

**Physical  
activity  
competency**

**Exercise,  
sport and  
performance**

**Active aging**

**Movement in  
a changing  
world**

# University of Jyväskylä Sports and Health Laboratory

A unique laboratory for researching human performance and functional capacity—from the cellular level to the whole body.

Finland's most versatile and extensive research infrastructure.

In addition, we develop equipment ourselves.



# International Master's Degree Programmes (MDP)



**Biology of Physical Activity**



**Responsible Management and  
Business of Sport**  
(Joint programme with the School of  
Business and Economics, JSBE)



**Psychology of Physical Activity,  
Health and Well-being**

### 3. Study planning

- Courses for exchange students at the Faculty of Sport and Health Sciences
- Courses from other faculties
- Courses during autumn semester
- YLIY010 and YLIY011 Optional Sport Courses, 2 ECTS
- Massive Open Online Courses (MOOCs) on Planetary Well-being



# Courses for exchange students at the Faculty of Sport and Health Sciences



- Only courses mentioned on the [university website](#) are *usually* available for exchange students
- Due to small group sizes and prerequisites, it is sometimes not possible to accept all interested students to courses
- For the Master's level courses, students need to have background studies in the area (except for RESPO courses). Also, prior negotiation with the teacher is often required!
- Sometimes course timetables may overlap → you may need to select one course over another
- If new courses become available for exchange students, you will be informed by email
- A course may consist of several parts, e.g. seminar AND written assignment AND book exam; all parts need to be completed in order to get the credits. Otherwise, the course will appear as *partially completed* on your transcript of records.

# Courses from other faculties



- You may take courses from other faculties if
  - your home university allows it
  - the course that you would like to take is marked as **open for ALL** (should be accessible via the study plan template in Sisu)
  - you fulfill the course specific prerequisites
- Due to limited resources, most courses are available only for the exchange students of the faculty in question
- Course offerings from other faculties: <https://www.jyu.fi/en/for-students/courses-for-exchange-students>
- There is no requirement on how many courses you should choose from Faculty of Sport and Health Sciences
- Unsure if you can take a certain course from another faculty? Contact the International Coordinator of the faculty in question:
  - [HelpJYU contact form](#) – your question goes directly to the right person when you select the faculty that your contact concerns
  - [Contact information of faculty-level International Coordinators](#)

# Courses during autumn semester 1/3



- **LPSV006 Applied Sport Psychology** → there's a limited group size of only 20 students, and JYU's degree students are given priority. Please note that in the worst case there may not be any spots for exchange students.
- **LLTS010 Physical Activity Assessment** → it will be confirmed at the beginning of September whether there will be spots for exchange students on the course. In case there will be a few spots, please note that **only Master's level students who had the course in their original study plan in the application phase can be accepted.**
- **TTIP1006 Assessment and promotion of functional capacity** → there are two completion methods for the course:
  - 1) lectures and exam = **3 ECTS**
  - 2) lectures and exam (3 ECTS) + demonstrations and exercise reports (2 ECTS) = **5 ECTS**→ If you want to complete the course for **5 ECTS** and participate in demonstrations, please note that **there's only one demo group that is taught in English**, and JYU's degree students are given priority → make sure that you register for the correct group

# Courses during autumn semester 2/3



- PsyAct Master-level courses are not part of the regular course offer for exchange students, but these are available this autumn semester:
  - **LPSS1004 Advanced Knowledge of Exercise Psychology** → 5 spots for exchange students
  - **LPSS1005 Advanced Social and Emotional Interactions in Sport and Exercise** → 5 spots for exchange students
- Contact Iida ([HelpJYU / faculties-international@jyu.fi](mailto:HelpJYU/faculties-international@jyu.fi)) if interested – don't contact teachers directly!
- **Students will be selected for LPSS1004 and LPSS1005 according to the following ranking:**
  - Master-level or 3-4th year Bachelor student with courses on sports psychology / psychology in general
  - Master-level student
  - 3-4th year Bachelor student
- RESS (RESPO) courses in general can accommodate plenty of students, however RESS1160 (Planning and Implementation of Sport Events) used to have an absolute maximum of 35 students (RESPO majors + exchange students + students from other majors) → this autumn semester, there are 45 seats in total

# Courses during autumn semester 3/3



- Demo groups of the below courses have only a limited number of spots for exchange students (5-8 spots):
    - **LBIA003 Measurement of neuromuscular function and performance**
    - **LBIA004 Measurement of cardiorespiratory function and fitness**
  - 24 August was the deadline to inform me if you are interested in the demos:
    - **LBIA003 demo group participants: Terawaki, Debeaufort, Öztürk, Lacombe, Piniés Prat**
    - **Preliminary LBIA004 demo group participants: Vanderbeke, Duforez, Rinsema, Bilsen, Debeaufort, Lacombe (registration period ends 23.9., after which you will be informed if you've been accepted)**
- You will be informed if there will be a few more spots (1-3) in the demo groups. Lectures can accommodate more students.

# YLIY010 and YLIY011

## Optional Sport Courses, 2 ECTS

- [Course information](#) > Sisu will be updated with new sessions during the semester
- You can take only one of these courses **per semester** (only 2 ECTS for autumn semester)
- Students need to register in Sisu for each individual sport session
- Get a blue participation card for the course from the University Sports Office (L171)
- The full participation card needs to be submitted back to the University Sports Office to receive the credits for the course
- [umove@jyu.fi](mailto:umove@jyu.fi) → the courses are not organized by our faculty, so please contact this address with any questions



# Massive Open Online Courses (MOOCs) on Planetary Well-being



- [Planetary Well-being online studies](#) at the Open University of the University of Jyväskylä are available free of charge to everyone → simply enroll and study at your own pace!
- [Introduction to Planetary Well-Being](#) (1 ECTS)
  - The course explores the global environmental crises of climate change and biodiversity loss, their causes and historical development pathways.
- [Systems and Planetary Well-Being](#) (1 ECTS)
  - The course explores the properties and interactions of natural and social systems from a systemic perspective, emphasizing sustainability issues.
- [Good Life and Planetary Well-Being](#) (1 ECTS)
  - This course introduces ethical perspectives on environmental and sustainability issues and considers the good life in the context of planetary well-being.
- [Pathways to Planetary Well-Being](#) (1 ECTS)
  - The course introduces the changes in social systems that are required for solving environmental problems and achieving sustainability.



## 4. Basics of course registration in Sisu

- [Instructions on how to register for courses](#)
- [Quick guide to course registration](#)
- [Video instructions on how to register for courses](#) (for exchange students)
- [Registering for exams](#)
- [Sisu FAQ](#)



# How to register for courses

1. Log in to [Sisu](#) with your university user account and password
2. Create a study plan template in the '**Structure of Studies**' tab
3. Add courses you want to register for to your study plan
4. Choose **completion method** for each course
5. Register for the courses in the '**Registration**' tab or '**Study Calendar**'
6. Check your registration status after the registration period has ended



# Frequently asked questions

## *Why can't I find the course I want to take in Sisu?*

- **Exchange students:** Check if the course is listed in the **exchange students' course list on the website**. If it's not, the course may not be available for exchange students. If you are unsure, please contact the International Coordinator (Iida) via [HelpJYU](#)
- It is possible that the course details have not yet been confirmed, and the **course will become available later in the autumn semester or spring semester**



# Frequently asked questions



## *Why doesn't Sisu let me enroll for some courses?*

- You do not have the study right for the course
- The registration period has not yet started, or it has already ended
  - The registration period for many courses of the 2nd period starts later in the semester, so check the registration period from Sisu
- There is only a limited number of seats on the course
- The course runs until January or until the end of the academic year (31.7.), if it's an independent course, and your exchange student study right ends in December
  - Contact the International Coordinator of your home faculty/department so that they can manually add you to the course in Sisu



# Frequently asked questions

## *Why does Sisu tell me that I do not meet the requirements for the course?*

- Some courses have set **selection criteria**, for example that you have to be a degree student of the faculty or that you need to have completed a certain course.
- **Exchange students:** If you cannot register for a course that should be open for exchange students based on the exchange student study module in Sisu and/or the course list for exchange students on the faculty website, please contact the International Coordinator of your faculty.



# Frequently asked questions

*What should I do if I have two or more courses that overlap?*

- If the overlap is for **one or two occasions only**, please check the attendance policy of the course from Sisu or from the course teacher. For demonstrations or labs, the attendance policy is often stricter than for lecture courses.
- If you have two courses that **overlap each week**, you will need to drop one of the courses and choose another course instead
- Please note that in some courses there might be lecture recordings available, in which case the overlap is not a problem. You need to ask the course teacher if there will be recordings or not.



# Frequently asked questions

## *How do I cancel or discontinue my registration?*

- If the registration period has ended, but the course has a set a **cancellation period**, you can cancel your registration
  - To cancel, click the 'Cancel registration' button at the bottom of the course's info box in the study calendar. Open the course info box on the right side of the calendar page by clicking the arrow button to reveal further course info. Scroll down to the 'Cancel registration' button.
- If the cancellation period is not set or it has passed, you can **discontinue** the course
  - Discontinuation means that you cannot re-register for the course yourself!
- **If the course has already started, remember to notify the teacher of your cancellation/discontinuation!**



# Problems with Sisu 1/3

- **Exchange students:** If you were rejected automatically from a course (where you should be able to register) or cannot register for some other reason  
→ contact us ([HelpJYU](#) / [faculties-international@jyu.fi](mailto:faculties-international@jyu.fi)) and we'll check the issue – this happens every semester, no panic! 😊
- If it's an independent course that has a year long registration period (1.8.2025-31.7.2026), exchange students may not be able to register because of their only a semester-long study right  
→ again, contact us!



# Problems with Sisu 2/3 – teaching continuing till Spring?



- Remember to check the teaching times (yellow) on Sisu and trust those instead of the lecture dates given in the course title
  - Eg. from last year: Basics of Epidemiology ended on 10th Dec, not on 28th Feb
- **Exchange students:** Sometimes there might be a retake exam offered in January but the course can be finished in autumn semester – just pass the first exam 😊

| Teaching                                                          |                                   |                                                  |
|-------------------------------------------------------------------|-----------------------------------|--------------------------------------------------|
| Lectures 13.11.2024–28.2.2025                                     |                                   |                                                  |
| Basic information   Registration <b>Groups and teaching times</b> |                                   |                                                  |
| LUENNOT                                                           |                                   |                                                  |
| Lectures                                                          |                                   |                                                  |
| Time: ke 13.11.2024 14.15–15.45                                   | Location: Liikuntarakennus, L 303 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |
| Time: to 14.11.2024 10.15–11.45                                   | Location: Liikuntarakennus, L 303 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |
| Time: ti 19.11.2024 12.15–13.45                                   | Location: Liikuntarakennus, L 303 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |
| Time: ti 26.11.2024 14.15–15.45                                   | Location: Liikuntarakennus, L 302 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |
| Time: ke 4.12.2024 10.15–11.45                                    | Location: Liikuntarakennus, L 303 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |
| Time: ti 10.12.2024 14.15–15.45                                   | Location: Liikuntarakennus, L 302 | Teacher: Kaisa Koivunen<br>Mikaela Bonsdorff von |

# Problems with Sisu 3/3



- "No upcoming teaching" → the teaching schedule has not yet been published on Sisu. Please wait and check Sisu again later.
- **Exchange students:** Taking courses outside of the regular exchange offer
  - Eg. courses from other faculties which aren't open to everyone
  - Use the **free edit mode** in Sisu to include these courses in the study plan. This was covered in Sisu intro session on Tuesday → check the recording
  - You usually need to be manually approved to the course because you don't meet the Sisu target group
- Technical issues with Sisu: use [contact form](#) on HelpJYU service desk
- **Degree students:** If your question concerns study planning, guidance, or other non-technical matters, please contact the educational coordinator of your degree programme



# 5. Learning Agreement



- **Approved Learning Agreement is not a guarantee that you will be accepted to the courses of your choosing**
  - Did you notice the disclaimer in the original LA pdf → "Please note that an accepted Learning Agreement is not a guarantee of a successful course registration. Some courses have limited seats and prerequisites which will be checked upon course registration."
- Erasmus students:
  - International Coordinators don't receive an email notification when a new Digital Learning Agreement (DLA) is waiting for signature in the system
    - notify us ([HelpJYU/ faculties-international@jyu.fi](mailto:HelpJYU/faculties-international@jyu.fi)) when you need a signature to your DLA! New DLAs are only checked periodically.
  - Before modifying your DLA, please wait for confirmations of successful course enrolments
    - Saves time when you need to make only one modification to the DLA instead of several rounds of modifying and signing documents
  - If you wish to make changes to your Learning Agreement, contact your home university's coordinator first. If your home university's coordinator approves them, make the necessary changes to your DLA according to their instructions.

# 6. Studying and individual arrangements



- The most common individual arrangements are the following:
  - extra time for exams +20 min / exam hour
  - extended deadline for submitting assignments
  - extended loan period for course books
  - access credentials for Celia's audiobook service
- If you need individual arrangements, please contact your unit's educational coordinator or [Heta Orrain](#), Student Well-being Specialist. You can also contact and ask more: [opintojarjestelyt@jyu.fi](mailto:opintojarjestelyt@jyu.fi). **A medical certificate or an expert's opinion is required to justify the arrangements.**
- Get a recommendation for individual study arrangements at DROP IN events (without an appointment) at Student Life premises (**Library Lähde, B214**) on **Monday 15.9.2025 at 12.15-16.00**
  - Other possible times are:
    - > Monday 6.10.2025 at 12.15-16.00
    - > Monday 3.11.2025 at 12.15-16.00
    - > Monday 1.12.2025 at 12.15-16.00



## 7. Contact details – once again!

- [HelpJYU contact form](#) – your question goes directly to the right person when you select the faculty which your contact concerns
- International Coordinator lida Kultamaa
  - Preferably use the [HelpJYU contact form](#)
  - [faculties-international@jyu.fi](mailto:faculties-international@jyu.fi)
    - Shared inbox → include "LTK" or "Sport" in the subject line
    - **Please don't use other email addresses when contacting lida**
  - If you want to book an appointment for study counseling, please contact me in advance via [HelpJYU contact form](#) (select the Faculty of Sport and Health Sciences in the field for faculty)





8. Questions?



# Liikunnan Riemu ry and Sporticus Welcoming Session 14-15 at L303

- **LIKUNNAN RIEMU RY** → the official sports club of University of Jyväskylä
- **SPORTICUS** → subject association for the students of the Faculty of Sport and Health Sciences



Liikunnan Riemu ry

# About us

- The official sports club of University of Jyväskylä
- The aim is to offer students an affordable way to continue their own sport
- 23 divisions, 15 sports, ~500 members
- Both competitive and recreational divisions
- Events, matches



- 
- The background image shows two athletes in mid-air, jumping on a snowy bridge. They are wearing black tracksuits with "LIKUNNAN RIEMU" printed on the back. The athlete on the left is wearing a blue headband and white sneakers, while the one on the right is wearing a blue beanie and white sneakers. The bridge has a metal railing and is surrounded by a snowy landscape with trees in the background.
- Downhill Skating
  - American Football
    - Darts
  - Recreational Outdoor Activities (orienteering, xc-skiing, running)
    - Futsal
  - Aesthetic Group Gymnastics

- Ice Hockey
- Basketball
- Volleyball
- Floorball
- Figure Skating
  - Dance
- Water Polo
- Powerlifting
- Football

# How to join

- Contact the division, contact information on the website
- If you don't know who to contact, you can always contact the board members
- Membership 15 €/year
- Attending to events is open for everyone



# Upcoming events

## **4.9. Riemu draft – meet all divisions**

15-17 @Kampuksen kenttä, free

## **11.9. Frost fest – ice hockey game event**

18:30 @LähiTapiola Areena, free but book tickets in advance, check @frostfest on Instagram

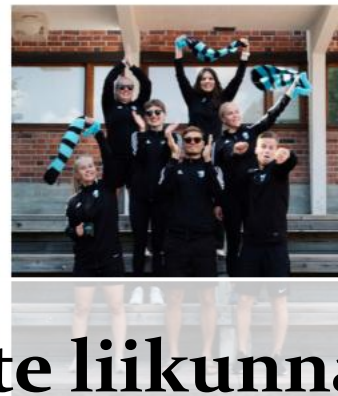
+ Matches and events every month



# Riemu's season ticket

- Free entry to all home games
- Discounts at restaurants, bars and other partners' services
- Price 35 €
- Available at Riemu events





Instagram @liikunnanriemu Website liikunnanriemu.net

