Welcome to the Faculty of Sport and Health Sciences

Sanna Väisänen
International Coordinator
Faculty facts and figures

The only university-level institution in sport sciences in Finland

- Annual student intake (total): 170
- 20-30 of them in the international Master’s programmes
- Usually 40-50 exchange students during each academic year
- 1300 students in total
- 200 employees
The Faculty of Sport and Health Sciences

• Sport Sciences
  / Sport Pedagogy, Sport and Exercise Psychology, Adapted Physical Activity, Social Sciences of Sport
  / Biomechanics, Exercise Physiology, Science of Sport Coaching and Fitness Testing

• Health Sciences
  / Gerontology and public health
  / Physiotherapy
  / Sports and Exercise medicine
  / Health Promotion
  / Health Education
International Master’s Degree Programmes

- Sport and Exercise Promotion (SportPro):
  - Specialisation in Sport Psychology or Sport Management
  - No intake for 2019

- Biology of Physical Activity (MasterBPA)
  - Specialisation in Exercise Physiology, Biomechanics or Science of Sport Coaching and Fitness Testing
  - Next application deadline: 10 January 2019
Study Planning 1/4

• "Academic freedom" in Finnish universities: you can quite freely choose courses and decide about the timing of your exams, for example. Responsibility comes with the freedom!

• Available courses listed in the Study Guide -> the other courses of the faculty are NOT open for exchange students!

• Note: changes are possible. Always check Korppi for the changes and updates to the course information.

• Registration in Korppi system, except for the independent study courses: email to the teacher and/or international coordinator.
Study Planning 2/4

- Requested amount of ECTS credits to be discussed with your HOME university
- Learning Agreements signed by the International Coordinator
- Individual counselling times can be reserved
- Due to small group sizes and prerequisites, it is sometimes not possible to accept all interested students to courses.
Study Planning 3/4

• For the Master’s programmes’ courses, students need to have background studies in the area. Also, prior negotiation with the teacher is often required!
  / prior acceptance needed especially for the Biology of Physical Activity, Physiotherapy and Sport Medicine courses

• 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

• Independent study courses: contact the teacher or the international coordinator to get the details
Study Planning 4/4

- Active participation is requested in PE practicum courses in order to get credits
- 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 or in Facebook
- Stay informed about possible changes and updates
  - Email
  - Korppi
  - Facebook
Book exams

• Reading set literature for a course and taking a written exam
• Exams once a month, on a general examination day
• Registration in Korppi, deadline one week before the exam date at 12.00 (noon).
• Read the instructions about the exam sessions in the Study Guide
• If you do not have many classes going on at some point of the semester -> good time to take book exams
• E-exam possibility for some exams
Courses during spring semester 2019

Physical Education
- LPE0581 PE Practicum: Skiing (2 ECTS) Thu 31 Jan
- LPE0584 PE Practicum: Skating (2 ECTS) February
- LPE0576 Apparatus Gymnastics (2 ECTS) Wed 6 Feb
- ELIA004 Adapted Physical Activity (1-4 ECTS) Mon 4 Mar

Health Sciences
- KTEY013 Assessing Functional Capacity (3 ECTS) Thu 24 Jan
- LLTS009 Health Science and Technology (3 ECTS) Tue 15 Jan
- TGEA007 Physical Activity and Ageing (2 ECTS) Book exam
- FTES1003 Applications of Exercise Physiology in Physiotherapy
  Science (2 ECTS) Book exam
- FTES1001 Scientific Basis and Evidence of Therapeutic Exercise
  (4 ECTS) To be confirmed
- TERA204 Physical Activity, Sport, Health and Health Promotion
  – International Perspectives (4 ECTS) Summer School (20-24 May)
Courses during spring semester 2019

Social Sciences of Sport

- LYTP1001 Sport and Media (4 ECTS)  Thu 24 Jan
- LYTS536 Public and Voluntary Sectors in Sport (4 ECTS)  Thu 24 Jan
- LYTA1002 Sport, Globalisation and Multiculturalism (3 ECTS)  Tue 12 Mar
- LYTA509 Sport Marketing (2 or 4 ECTS)  Summer School (10-14 June)
- LYTA508 Organization and Role of Sport in the EU and its Member States (2 or 4 ECTS)  Summer School (27-31 May)
Courses during spring semester 2019

Sport and Exercise Psychology

- **LPSS018**  Group Dynamics (4 ECTS)  Book exam
- **SEPS1003**  Promotion of Physical Activity and Health Behaviour (3-5 ECTS)  6 Feb
- **SEPS1016**  Current Issues in Sport and Exercise Promotion (1-5 ECTS)  Independent study
- **LPSV006**  Applied Sport Psychology (1-2 ECTS)  to be confirmed
Summer School in Human Sciences

- 20 May – 14 June 2019 (you can choose one or more weeks)
- One-week intensive courses in various fields of science, students coming from all over the world
- Free of charge for the students of JYU and for the partner university students
- Free-time programme organized for the participants
- Programme completely in English
- Application deadline: 1 March 2019

- [https://opiskelu.jyu.fi/en/study/studies/hsss](https://opiskelu.jyu.fi/en/study/studies/hsss)
YLIY010 and YLIY011 Optional Sport Courses, 2 ECTS credits

- No registration for the course BUT students need to register in the Korppi for each individual sport session
- Students need to get a blue participation card for the course from the University Sports Office (L176)
- The full participation card needs to be submitted back to the University Sports Office in order to receive the credits for the course.

• yo-liikunta@jyu.fi
Courses of other faculties

- Remember to check the requirements and prerequisites before registering
Practical details

• Liikunta building is open normally on weekdays 8:00 – 20:00
• Instructions for academic essays on the website of the faculty
• Course books in the main library (building B)
• Computer class for students: L 128
• Student lounge ”OT”: L 143
• Remember to keep your email address updated in Korppi and join the Facebook group!
International Coordinator

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Kiitos!