

Opasraportti

Degree Programme in Health Sciences, BHSc (2020 - 2021)

University's new study guide for academic year 2020-2021 is published at <https://opas.peppi oulu.fi>

The study guide includes information on degrees, curriculums, courses and course timetables. Course registrations are still done in Oodi.

If you have questions on information in the study guide, please contact the study field's Academic Affairs Service Team <https://www oulu.fi/forstudents/faculty-study-affairs>

DEGREE PROGRAMME IN HEALTH SCIENCES

BACHELOR OF HEALTH SCIENCES, 180 ECTS cr, 2020 – 2021

Description

Bachelor's Degree in Health Sciences is a wide-ranging degree that introduces the student to research, theoretical foundation, academic thinking and professional working life in the field of health sciences. The content of the degree is focused on theoretical approach to evidence-based practices in health care, leadership and education, and to their connection to working life. The degree provides the student with abilities to apply the knowledge in practical working life within health care and international collaboration, and provides the student with eligibility to continue their studies for a Master's degree.

Studies in the Bachelor's Degree in Health Sciences (180 ECTS credits) consist of the following: general studies, language and communication studies, basic studies and intermediate studies in health sciences, minor subject studies and optional studies.

Learning outcomes

The aim of the studies leading to the Bachelor's Degree in Health Sciences (BHSc) is that the student will acquire extensive scientific knowledge and skills required in the tasks of an expert in the field of health care. For the Bachelor of Health Sciences degree, competence consists of the following areas:

Comprehensive and in-depth health science knowledge:

- The student is able to explain the key concepts, research areas and significance of nursing science and health management in evidence-based healthcare.
- The student is able to follow and vision the development of health care and health sciences nationally and internationally.
- The student is able to utilize scientific and critical thinking, scientific methods and practices.

Collaboration, communication and technology skills:

- The student is able to use technology creatively to acquire, produce and evaluate knowledge.
- In addition to one's mother tongue the student is able to independently communicate in second national language of Finland and at least in one foreign language.

Analytical thinking and problem-solving skills:

- As an expert of one's own field the student is able to work collaboratively in different kinds of groups in the field of social and health care.
- The student is capable of critical and creative applying of acquired information in the work and in problem solving in one's field of expertise.
- The student is able to work in the field of digitizing health care.

Management, leadership and entrepreneurship:

- The student is able to analyze the significance of self-management in study and working life and to work in groups and projects in a responsible way.
- The student will recognize the importance and potential of entrepreneurship in the health sector.

Flexibility and ethicality:

- The student is able to make decisions and act independently according to the ethical principles and values of health sciences.
- The student is able to operate flexibly in accordance with the principles of sustainable development in the field of changing health care.

Continuous learning:

- The student the knowledge and skills required for further education and continuous learning.

The Bachelor's Degree in Health Sciences (BHSc) widely prepares student for advanced Master's studies in major.

Tutkintorakenteet

Degree Programme in Health Sciences, BHSc

Tutkintorakenteen tila: published

Lukuvuosi: 2020-21

Lukuvuoden alkamispäivämäärä: 01.08.2020

General Studies (vähintään 15 op)

This ePSP structure is only meant for students who have been granted their study right according to curriculum 2020-2021.

General Studies (15 ECTS cr in total in curriculum 2020-2021) consist of study and career consultation studies 2 ECTS cr and language and communication studies 13 ECTS cr.

A500092: General studies, 0 op

Compulsory

- 352010Y: Academic Study and Study Planning, 1 op
- 352011Y: Academic Study and Career Planning, 1 op
- 901040Y: Second Official Language (Swedish), Written Skills, 1 op
- 901041Y: Second Official Language (Swedish), Oral Skills, 2 op
- 902008Y: Academic English, 3 op
- 900106Y: Finnish Communication for Health Sciences, 3 op
- 900107Y: Scientific Finnish for Health Sciences, 2 op
- 352012Y: Introduction to Literature Retrieval, 1 op
- 352013Y: Systematic Literature Retrieval, 1 op

Basic Studies in Health Sciences (vähintään 25 op)

This ePSP structure is only meant for students who have been granted their study right according to curriculum 2020-2021.

A551101: Preliminary Studies of Health Sciences, 25 op

Basic Studies in Health Sciences

- 351208P: Human Health and Well-Being, Part 1, 2 op
- 351209P: Human Health and Well-Being, Part 2, 3 op
- 351210P: Ethics and Values as the Basis of the Health Care System, 5 op
- 351211P: Health Promotion and Health Coaching, 5 op
- 351212P: Finnish Social and Health Care System, 5 op
- 351213P: Health Care System in Multicultural Societies, 5 op

Intermediate Studies in Health Sciences (vähintään 65 op)

This ePSP structure is only meant for students who have been granted their study right according to curriculum 2020-2021.

Intermediate Studies in Health Sciences (65 ECTS cr in total in curriculum 2020-2021) consist of Health Science Studies 50 ECTS cr and Research Methodology Studies 15 ECTS cr. Bachelor Thesis in curriculum 2020-2021 is 10 ECTS cr.

A551102: Subject Studies of Health Sciences, 35 - 65 op

Subject Studies in Health Sciences

- 351214A: Health Sciences in Society and Effect of It on Social Influence, 5 op
- 351215A: Evidence Based Practice, Research and Development, 5 op
- 351216A: Multiprofessional Expertice, 5 op
- 351217A: Introduction to Innovations and Entrepreneurship, 5 op
- 351218A: Education and Teaching in Health Care, 5 op
- 351219A: Management in Health Care, 5 op
- 351220A: Technological Solutions and Digitalisation in Health Care, 5 op
- 351221A: Training in Work-Based Learning, 5 op
- 351222A: Bachelor's Thesis, 10 op
- 352514A: Maturity test, 0 op
- 352254A: Introduction to Research Methodology and Philosophy of Sciences, 5 op
- 352253A: Research Methodos in Health Science, 5 op
- 352255A: Development of Science - Research Retrieval and Synthesis, 5 op

Minor Subject Studies (vähintään 50 op)

This ePSP structure is only meant for students who have been granted their study right according to curriculum 2020-2021.

Minor Subject Studies (50 ECTS cr in total) offered by the University of Oulu or some other university. Minor Subject Studies must include a study module of at least 25 ECTS credits. For example the following minor study modules, when offered, may be included in Minor Subject Studies:

A540317 Multidisciplinary and Customer-oriented Rehabilitation 30 ECTS cr

A551112 FutureDigitalHealth - Digital Social and Healthcare Services 25 ECTS cr

A540315 Basic Studies in Management of Health and Well-being Promotion 25 ECTS cr

Optional Studies (vähintään 25 op)

This ePSP structure is only meant for students who have been granted their study rights according to curriculum 2020-2021.

Optional Studies are studies completed at the University of Oulu or other universities according to ePSP. For example the following studies, arranged by the Research Unit of Nursing Science and Health Management, may be included in Optional Studies:

352256P Cultural Competence in Social and Health Care Systems 5 ECTS cr

352257P Communication and Interaction in Cultural Diverse Work and Learning Environment 5 ECTS cr

Opintojaksojen kuvaukset

Tutkintorakenteisiin kuuluvien opintokohteiden kuvaukset

A500092: General studies, 0 op

Opiskelumuoto: Other Entity

Laji: Study module

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

Compulsory

352010Y: Academic Study and Study Planning, 1 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

ECTS Credits:

1 ECTS credits / 27 hours of work

Language of instruction:

Finnish

Timing:

1st autumn semester, 2nd period. In academic year 2020-2021, 1st and 2nd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- integrate into university and multi-disciplinary scientific community and the student group of one's discipline
- learn to plan and schedule one's studies which are included in the Bachelor's degree
- learn to plan one's studies as a part of a lifelong learning process.

Contents:

The University of Oulu and the Research Unit of Nursing Science and Health Management as a learning environment. Student's status, rights, and obligations. Student organizations. Presentation of degree programmes, planning of studies, study techniques, assessment, tutorials with senior tutor.

Mode of delivery:

Blended teaching (web-based teaching + classroom teaching)

Learning activities and teaching methods:

Info-meetings, small group mentoring and participation in and planning of events of research unit 25 h (requires presence in Oulu). Tutorials with senior tutor 2 h (time-based distance learning).

Target group:

1st year undergraduate students of Health Sciences

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Material distributed by teacher, on lessons and Teams/Moodle.

Assessment methods and criteria:

Continuous assessment. Active participation in events, contact and distance learning (at least 80 %), preparing of the Personal Study Plan (e-PSP) and its evaluation.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass/fail

Person responsible:

University lecturer, University teacher, Doctoral candidate.

Working life cooperation:

No working life cooperation.

352011Y: Academic Study and Career Planning, 1 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

1 ECTS credits / 27 hours of work

Language of instruction:

Finnish

Timing:

3rd spring semester, 3rd period

Learning outcomes:

Upon completion of the course, the student will be able to:

- integrate into university and multi-disciplinary scientific community and the student group of one's discipline
- learn to plan one's studies and career, and to evaluate one's expertise and actions as a learner concerning one's career plans
- receive a clear conception of the studies as a part of a lifelong learning process.

Contents:

Presentation of degree programmes, planning of studies, study techniques, assessment, tutorials with senior tutor. Student's status, rights, and obligations. Student organizations. Planning of own career - goals, recognition of one's strengths/weaknesses, development and orientation of working life skills with help of studies.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

Tutorials with senior tutor 3 h (time-based distance learning). Info-meetings, small group mentoring and participation in and planning of events of research unit 25h (time-based distance learning). Independent studying and planning of one's studies 12 h (time and place independent distance learning).

Target group:

3rd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Material distributed by teacher, on lessons and Moodle.

Assessment methods and criteria:

Continuous assessment. Active participation in events and distance learning (at least 80 %), preparing of the Personal Study Plan (e-PSP).

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass/fail

Person responsible:

University lecturer, University teacher, Doctoral candidate.

Working life cooperation:

Visit to a social welfare and health care organization.

901040Y: Second Official Language (Swedish), Written Skills, 1 op

Voimassaolo: 01.08.2014 -

Opiskelumuoto: Language and Communication Studies

Laji: Course

Vastuuyksikkö: Languages and Communication

Opintokohteen kielet: Swedish

Leikkaavuudet:

ay901040Y Second Official Language (Swedish), Written Skills (OPEN UNI) 1.0 op

Proficiency level:

This course is only for Finnish speaking students with CEFR-level A2 in Swedish language. We don't offer Beginners courses in Swedish.

901041Y: Second Official Language (Swedish), Oral Skills, 2 op

Voimassaolo: 01.08.2014 -

Opiskelumuoto: Language and Communication Studies

Laji: Course

Vastuuyksikkö: Languages and Communication

Opintokohteen kielet: Swedish

Leikkaavuudet:

ay901041Y Second Official Language (Swedish), Oral Skills (OPEN UNI) 2.0 op

Proficiency level:

See 901040Y, Second Official Language (Swedish), Written Skills.

902008Y: Academic English, 3 op

Voimassaolo: 01.08.1995 -

Opiskelumuoto: Language and Communication Studies

Laji: Course

Vastuuyksikkö: Languages and Communication

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Leikkaavuudet:

ay902008Y Academic English (OPEN UNI) 3.0 op

Proficiency level:

CEFR B2/C1

Status:

Compulsory course.

Required proficiency level:

Students are expected to have had English as their A1 or A2 language at school or have acquired equivalent skills.

ECTS Credits:

3 cr

Language of instruction:

English

Timing:

1st year autumn term.

Learning outcomes:

Having completed the course, students will be able to

- understand and summarize academic/scientific texts in their own field within health sciences
- use appropriate academic/scientific vocabulary of their own field in writing short text types (bio, cover letter, questionnaire, survey, summary/abstract),
- use English to communicate knowledge and express opinion in conversations related to their profession,
- respond appropriately and convincingly to the contribution of other speakers in a professional or academic conversation, meeting and/or conference,
- give a presentation on a professional or academic topic related to their field.

Contents:

The course material is a selection of relevant academic and professional literature. Based on this, the English language practice tasks have been designed to support the communicative and professional development of students of health science education, health science administration and management.

Mode of delivery:

Blended learning (web-based teaching, contact teaching), independent studies. Learning environment: Moodle.

Learning activities and teaching methods:

Reading journal articles, composing glossaries on self-chosen articles, presenting and discussing them; academic writing with a special focus on short text types in the field of Health Sciences (e.g. summary/ abstract, CV, cover letter); presentation skills and giving a field-related presentation. During the course, you will develop your speaking skills necessary in professional conversations, job interviews, meetings and/or conferences, etc.

Contact teaching: 12 lesson hrs:

- kickoff session: 4 lesson hrs
- presentation sessions: 2 x 4 lesson hrs

Online teaching and learning: 63 hrs

- online tutorials for the presentation teams: 1 lesson hr/ team
- online lectures: 6 lesson hrs: 3 x 2 lesson hrs
- completion of home assignments online: 30 hrs
(learning journal and glossary, CV and cover letter and other assignments to be specified)
- reading and presenting self-selected literature: 16 hrs
- writing task: summary 10 hrs.

All course work is completed online in Moodle.

Target group:

Students in the degree programmes of health sciences.

Prerequisites and co-requisites:

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Recommended optional programme components:

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Recommended or required reading:

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Assessment methods and criteria:

The course requirements include active participation in classroom and online lectures and tutorial (24 lesson hrs) and completion of home assignments: learning journal and glossary, CV, cover letter and other assignments to be specified (30 hrs), reading and presenting self-selected literature (16 hrs) and writing task: summary (10 hrs). All course work is completed online.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

pass/fail

Person responsible:

Satu Rusko

Working life cooperation:

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Other information:

In line with the recognition of prior learning regulations in place at the university (see: <http://www oulu fi /kielikoulutus/ahot>), other language courses completed in a higher educational institution will be accepted provided they cover the relevant field and level of communication (B2 on the CEFR scale). Students who completed their upper secondary or higher education in an English language programme/country, and/or IB-diploma, or passed the English language exemption test (reading comprehension and written / oral production, see: <https://www oulu fi /opiskelijalle/>)) will be exempted from the course in accordance with the recognition of prior learning process. (See: AHOT <http://www oulu fi /kielikoulutus/ahot>)

900106Y: Finnish Communication for Health Sciences, 3 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Language and Communication Studies

Laji: Course

Vastuuyksikkö: Languages and Communication

Arvostelu: 1 - 5, pass, fail

Opettajat: Jukka Käräjäoja

Opintokohteen kielet: Finnish

ECTS Credits:

3 ECTS credits / 80 hours of work

Language of instruction:

Finnish

Timing:

1st spring semester, 3rd period

Learning outcomes:

Upon completion of the course, the student will be able to:

- use and interpret scientific sources
- analyze one's communication skills and reflect them to the needs of multi-professional working life
- set and achieve goals in individual and group communicative live and on-line situations
- apply learned skills when planning communication
- give, receive and utilize feedback.

Contents:

Choosing and using sources, references, distance communication, working life skills, customer contacts, distance working, web conferencing, convincing and goal-oriented communication, grammar and style of correct professional text, demonstrative skills, feedback.

Mode of delivery:

Blended teaching: classroom teaching + Zoom + Moodle environment.

Learning activities and teaching methods:

Group teaching in classroom or by webinar media 6 hours, individual and group on-line work 74 hours.

Target group:

1st year Health Sciences students.

Recommended or required reading:

Material distributed by teacher, on lessons and Moodle.

Assessment methods and criteria:

Participation in contact and distance learning, independent work and completing assigned tasks.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass/fail

Person responsible:

Jukka Käräjäoja

Other information:

Can be recognized on the basis of a previous university degree.

900107Y: Scientific Finnish for Health Sciences, 2 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Language and Communication Studies

Laji: Course

Vastuuyksikkö: Languages and Communication

Arvostelu: 1 - 5, pass, fail

Opettajat: Jukka Käräjäoja

Opintokohteen kielet: Finnish

ECTS Credits:

2 ECTS credits / 53 hours of work

Language of instruction:

Finnish

Timing:

3rd spring semester, 4th period

Learning outcomes:

Upon completion of the course, the student will be able to:

- recognize the topic, scope and gap of research in the field of Health Sciences
- verbalize the research gap, scope and questions of one's thesis
- realize the structure and function of the introductory chapter of the thesis
- renew one's writing practices to conform with scientific process
- apply good scientific practices to one's thesis
- popularize the topic of one's thesis.

Contents:

Writing and research processes, a structure of thesis, main chapters and their functions, introduction and abstract, sources and misconduct, popularization and publishing.

Mode of delivery:

Blended teaching: classroom teaching + Zoom + Moodle environment.

Learning activities and teaching methods:

Group teaching in classroom or by webinar media 4 hours, individual and group on-line work 49 hours.

Target group:

3rd year students of Health Sciences doing their Bachelor's Thesis.

Recommended or required reading:

Material distributed by teacher, on lessons and Moodle.

- Hakala, J. T. (2008). Uusi graduopas: melkein maisterin entistä ehompi niksikirja. Helsinki: Gaudeamus.
- Karjalainen, S. & Saxén, L. (2002). Vilppi tieteellisessä tutkimuksessa. Teoksessa Karjalainen, S., Launis, V., Pelkonen, R. & Pietarinen, J. (toim.) Tutkijan eettiset valinnat. Helsinki: Gaudeamus. 221–245.
- Kniivilä, S., Lindblom-Ylänne, S. & Mäntynen, A. (2007). Tiede ja teksti. Tehoa ja taitoa tutkielman kirjoittamiseen. Helsinki: WSOY.
- Mäntylä, K., Rekauf, M. & Toomar, J. (2014) Graka kaulassa – gradun ja kandin tekijän selviytymisopas. Helsinki: Finnlectura
- Svinhufvud, K. (2007). Kokonaisvaltainen kirjoittaminen. Helsinki: Tammi.
- Svinhufvud, K. (2010 tai myöhempi painos). Gradutakuu. Helsinki: Tammi.
- Viskari, S. (2002). Tieteellisen kirjoittamisen perusteet. Opas kirjoittamiseen ja seminaarityöskentelyyn. Tampere: Tampereen Yliopistopaino Oy.

Assessment methods and criteria:

Participation in contact and distance learning, independent work and completing assigned tasks.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass/fail

Person responsible:

Jukka Käräjäoja

352012Y: Introduction to Literature Retrieval, 1 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Grekula, Sirpa Birgitta

Opintokohteen kielet: Finnish

ECTS Credits:

1 ECTS credits

Language of instruction:

Finnish

Timing:

1st year autumn term, 2nd period.

Learning outcomes:

Upon completion of the course, the student is familiar with key library services and is able to find necessary books and articles.

The student can use the most important databases of the discipline and basic literature retrieval methods, and knows how to evaluate search results.

Contents:

Library services and online library catalogue.

Analyzing research topic and defining search words. Basic literature retrieval methods.

Most important databases and publication types of the discipline, e-book collections.

Mode of delivery:

Distance education

Learning activities and teaching methods:

Distance education in Moodle learning environment.

Target group:

Bachelor students in health sciences

Recommended optional programme components:

352013Y Systematic Literature Retrieval

Recommended or required reading:

Online material

Assessment methods and criteria:

Completing assignments in the learning environment during the time limit.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Sirpa Grekula

352013Y: Systematic Literature Retrieval, 1 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

1 ECTS credits

Language of instruction:

Finnish

Timing:

3rd year spring term, 3rd period.

Learning outcomes:

Upon completion of the course, the student can conduct a systematic literature retrieval, and knows how to evaluate search results and information sources.

The student can use the reference management tool.

Contents:

Systematic literature retrieval in databases of the discipline using various search techniques.

Evidence-based information resources and grey literature.

Primary publication channels of the discipline, evaluation of the reliability of information sources and reference management tool.

Mode of delivery:

Blended teaching

Learning activities and teaching methods:

Distance education in Moodle learning environment, small group teaching in Oulu.

Target group:

Candidate students in health sciences

Prerequisites and co-requisites:

The required prerequisite is the completion of the following courses prior to enrolling for the course:
352012Y Introduction to Literature Retrieval

Recommended optional programme components:

352012Y Introduction to Literature Retrieval

Recommended or required reading:

Online material

Assessment methods and criteria:

Completing assignments in the learning environment during the time limit.

Participating in small group teaching.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Sirpa Grekula

A551101: Preliminary Studies of Health Sciences, 25 op

Opiskelumuoto: Basic Studies

Laji: Study module

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ayA551101 Preliminary Studies of Health Sciences (OPEN UNI) 25.0 op

Ei opintojaksokuvauksia.

Basic Studies in Health Sciences

351208P: Human Health and Well-Being, Part 1, 2 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351208P Human Health and Well-Being, Part 1 (OPEN UNI) 2.0 op

ECTS Credits:

2 ECTS credits / 54 hours of work

Language of instruction:

Finnish

Timing:

1st autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- recognize the basis of lifespan thinking and the most common national diseases
- explain the Finnish population
- recognize the concepts of health and well-being
- name the main causes of differences in human health
- discuss the state of health and well-being of the Finnish population and the associated risk factors
- find and identify various digital applications for maintaining health and well-being.

Contents:

Life-cycle thinking, Finnish national diseases, human health and well-being and digitalisation in health care.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

Starting webinar/ starting seminar 2 h and ending webinar/ending seminar 8 h (time-based distance teaching). In addition, the course includes independent and collaborative work in an online learning environment 44h (time-independent distance teaching).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Kestilä L, Karvonen S (toim.). 2019. Suomalaisten hyvinvointi 2018. <http://urn.fi/URN:ISBN:978-952-343-256-7>
- Publications of National Institutes of Health and Welfare.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact teaching and/or distance teaching and successful completion of assigned tasks. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Lecturer / University teacher

Working life cooperation:

The course does not include working life cooperation.

Other information:

The course is offered also through the Open University of Oulu as a peek course in Health sciences i.e. for high school students in 2020-2021. A maximum of 20 peers are enrolled in the academic year 2020-2021.

351209P: Human Health and Well-Being, Part 2, 3 op**Voimassaolo:** 01.08.2020 -**Opiskelumuoto:** Basic Studies**Laji:** Course**Vastuuyksikkö:** Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** Finnish**Leikkaavuudet:**

ay351209P Human Health and Well-Being, Part 2 (OPEN UNI) 3.0 op

ECTS Credits:

3 ECTS credits / 81 hours of work

Language of instruction:

Finnish

Timing:

1st autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- be prepared for searching research, brainstorming and data collection of health and wellbeing related research.
- be prepared to do a written assignment and to give an oral presentation of a completed assignment
- form an understanding of how health and well-being can be monitored, searched and reported.
- evaluate the reliability of the information collected.

Contents:

Studying human health and well-being, lifespan thinking, Finnish national diseases, human health and well-being, digitalisation in health care, evidence-based practice to support human health and well-being, trustworthy sources of information on health.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

The course includes independent and collaborative learning in an online learning environment, communal assignment and self and peer assessment 73 h (time-independent distance teaching). Webinar/seminar 8 h (time-based distance teaching).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course 351208P Human health and well-being, part 1, should be completed simultaneously or should be completed earlier.

Recommended or required reading:

- Kestilä L, Karvonen S (toim.). 2019. Suomalaisten hyvinvointi 2018. (online)
- Publications of National Institutes of Health and Welfare.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

Collaborative assignment and presentation in webinar/seminar. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Lecturer / University Teacher

Working life cooperation:

The course does not include working life cooperation.

351210P: Ethics and Values as the Basis of the Health Care System, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351210P Ethics and Values as the Basis of the Health Care System (OPEN UNI) 5.0 op

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

1st autumn semester, 2nd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- define basic concepts of ethics and understand their significance in the field of health
- explain various aspects of ethics and the most common moral theories
- identify and define ethical principles, values, and laws that guide health care activities and the role of the client
- evaluate and analyze the realization of values and challenges as well as the importance of ethical principles and recommendations in health care contexts
- identify key principles of research ethics.

Contents:

Key concepts of ethics, moral theories, underlying values and laws governing health sector, fundamental ethical principles in the health sector, professional ethics in health, ethical issues and how to deal with them, good scientific practice and research ethics.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods as contact teaching or webinar participation 15 h (time-based distance teaching). In addition, the course includes independent and /or collaborative work in an online learning environment, independent and communal assignments, learning diary and self and peer assessment 120 h (time-independent distance teaching).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Etiikka hoitotyössä. Leino-Kilpi H, Välimäki M. Sanoma Pro, Helsinki. 2014.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active online work, online assignments and learning diary. The assessment of the course focuses on the evaluation of the learning diary. Additionally, passing the course successfully requires active participation in discussions in the Moodle learning environment, teamwork, and participation in the webinar at the end of the course. The assessment criteria are based on the learning outcomes of the course. The knowledge-based assessment matrix of the course can be found in Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

University lecturer/ University teacher

Working life cooperation:

The course contains a work-based learning assignment.

351211P: Health Promotion and Health Coaching, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351211P Health Promotion and Health Coaching (OPEN UNI) 5.0 op

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

1st spring semester, 4th period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- define key concepts, principles, values, and approaches to well-being and health promotion
- analyze national and global health programs
- justify the particular challenges and health equity of promoting the well-being and health of the population in their area
- explain the meaning of the principles of sustainable development and interprofessional work for the individuals, families, communities and environment health promotion
- discuss concepts, theories, processes, and documentation of health coaching
- construe national and international guidelines and regulations related to the prevention and treatment of communicable diseases
- use evidence-based, human-oriented and effective health promotion methods and health technology to promote the well-being of the population.

Contents:

Concepts, principles, values, and approaches to health promotion, national and global health programs, health coaching and wellness technology, health challenges and disparities in the Finnish population, promoting the health of individuals, communities and the environment through multidisciplinary action, influencing health promotion methods, infectious disease prevention and Finnish vaccination program.

Mode of delivery:

Web-based teaching. The course is conducted in co-operation with the Oulu University of Applied Sciences.

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods and by webinar 20 h (time-based distance teaching). In addition, the course includes independent and collaborative work in an online learning environment, independent and communal assignments and self, peer and teacher assessment 115 h (time-independent distance teaching).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in distance teaching, independent work, successful completion of assigned tasks and communal assignment. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Professor / University lecturer / University Teacher.

Working life cooperation:

The course includes expert lectures.

351212P: Finnish Social and Health Care System, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351212P Finnish Social and Health Care System (OPEN UNI) 5.0 op

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

1st spring semester, 3rd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- describe the goals and future prospects of Finnish social and health policy
- describe and analyze the goals and values of Finnish social, health and wellbeing policy
- describe the roles and responsibilities of key authorities and actors in the social and health care system
- define the principles governing the legislation governing social and health services and professionals
- analyze and evaluate client/patient status and rights in the social and health care system.

Contents:

Objectives of Finnish social, health and wellbeing policy, social and health service system, social and health care organizations, service providers and authorities, health services, social service and rehabilitation, political and administrative guidance on social and health care, legislation and strategies governing social and health services, status and rights of the patient and professionals in the social and health service system.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods as contact teaching or webinar 20 h (time-based distance teaching). In addition, the course includes independent and/or collaborative work in an online learning environment, independent and communal assignments and self and peer assessment 115 h (time-independent distance teaching).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Keskimäki I, Tynkkynen LK, Reissell E, Koivusalo M, Syrjä V, Vuorenkoski L, Rechel B, Karanikolos M. 2019. Finland: Health system review. *Health Systems in Transition* 21(2):1–166. (online)
- Kestilä L, Karvonen S (toim.). 2019. *Suomalaisten hyvinvointi 2018*. (online)
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

Visiting at least one public, private or other organization providing social and/or health services in the immediate area (e.g. hospital, wellness center, third sector service provider).

351213P: Health Care System in Multicultural Societies, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351213P Health Care System in Multicultural Societies (OPEN UNI) 5.0 op

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

1st spring semester, 4th period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- recognize the importance of international mobility and globalization in social and health care.
- identify concepts related to international mobility, globalization, and cultural competence.
- identify the effects of legislation on cultural knowledge.
- identify internationally influential health organizations and explains their policies.
- analyze the significance of international and cultural competence in social and health care.
- explain the effects of cultural diversity on social and health care and to follow international developments.
- explain cultural differences and is able to cooperate with people of different cultures.

Contents:

Key concepts related to internationalization and cultural competence, international mobility, the model of cultural competence, multiculturalism and ethics in health care, cultural differences, legislation and future perspectives on cultural and multiculturalism.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

The course includes compulsory webinar 5 h (time-based distance teaching). In addition, the course includes independent and collaborative learning in an online learning environment, independent and communal tasks 126 h (time-independent distance teaching). Common academic year closing conference 4 h (requires presence in Oulu).

Target group:

1st year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact and distance learning, independent work and successful completion of assigned tasks. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

University lecturer/ University teacher

Working life cooperation:

The course does not contain working life cooperation.

Opiskelumuoto: Intermediate Studies

Laji: Study module

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Pirjo Kaakinen

Opintokohteen kielet: Finnish

Leikkaavuudet:

ayA551102 Subject Studies in Health Sciences (OPEN UNI) 35.0 op

Ei opintojaksokuvauksia.

Subject Studies in Health Sciences

351214A: Health Sciences in Society and Effect of It on Social Influence, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- Analyze the boundary conditions set by economic relations in health promotion/nursing care
- Understand the social, cultural, economic, historical and regional determinants of illness and health
- Critically examine the social debate on health
- Understand the potential of health sciences to influence society.

Contents:

Health and wellbeing in modern society, health as a social and cultural construct. Economic, historical, and regional factors in explaining health inequalities. Health sciences and societal empowerment. Following the social debate and writing opinion piece.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods as contact teaching in the classroom or by webinar media 20 h (time-based distance learning). In addition, the course includes independent and/or collaborative work in a web-based learning environment 115 h (time and place independent distance learning).

Target group:

2nd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS or prior to enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer / University teacher

351215A: Evidence Based Practice, Research and Development, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd autumn semester, 2nd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- identify evidence-based approaches to social and health care
- tell the history and development of evidence-based activities
- explain the process of evidence-based action
- justify the importance of evidence-based information to support the development of health care and nursing
- categorize the roles and responsibilities of different experts in developing and implementing evidence-based activities.

Contents:

Evidence-based activity in social and health care, evolution of evidence-based activity in Finland and worldwide, evidence-based activity structures, process and evaluation, evidence-based decision making, evidence-based nursing development, organizational evidence-based activity, key evidence-based information publications and databases (e.g. NRF (Nursing Research Foundation), Käypähoito, Evidence-Based Nursing), expertise model.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

Webinars 4 x 3 h (time-based distance teaching), includes starting info, expert lectures, and the final webinar. Independent and collaborative learning in an online learning environment, independent and / or collaborative assignments, preparation for the exam 120 h (time-independent distance teaching). Online exam 3 h (time-based distance teaching).

Target group:

2nd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr before enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Korhonen A, Jylhä V, Korhonen T, Holopainen A. 2018. Näyttöön perustuva toiminta –tarpeesta tuloksiin. Hotus/Skhole, Hoitotyön tutkimussäätiö.
- Other current educational and research literature and scientific articles.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in webinars, independent work and successful completion of assigned tasks and exam. The grade in the course is based on the exam score. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer/University teacher

Working life cooperation:

The course does not contain working life cooperation.

351216A: Multiprofessional Expertise, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd spring semester, 3rd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- categorize the roles, job descriptions and key areas of expertise of the various social and health professions in different settings
- define the concept of interprofessional and related concepts
- assess the importance of interprofessional cooperation in the field of health care
- explain the goals, conditions, opportunities, and challenges of interprofessional activities
- authorize customer-/ patient- /person-centred practice as part of interprofessional collaboration
- evaluate and develop interprofessional cooperation in the field of health care education and settings.

Contents:

Occupational groups operating in social and health care environments; definition and forms of interprofessionalism; interprofessional expertise and competence in the field of social and health care; customer-/patient-/person-centred practice in interprofessional collaboration; development and promotion of interprofessional cooperation.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

Webinars 4 x 3 h (time-based distance teaching), includes starting info and expert lectures. In addition, the course includes independent and/or collaborative work in guided online learning environment, independent

and work-oriented learning assignment that will be evaluated and presented in a Webinar or on an online learning environment 120 h (time-independent distance teaching). Self and peer assessment 3 h (time-independent distance teaching).

Target group:

2nd year undergraduate students of Health Sciences

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS or prior to enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Mönkkönen K, Kekoni T & Pehkonen A. 2019. Moniammatillinen yhteistyö. Vaikuttava vuorovaikutus sosiaali- ja terveysalalla.
- In addition current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks. The grade of the course is based on the evaluation of a learning assignment. The assessment matrix based on learning has been compiled on Moodle. The assessment criteria are based on the learning outcomes of the course.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

The course contains work oriented learning assignment and working life visit.

351217A: Introduction to Innovations and Entrepreneurship, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd spring semester, 3rd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- recognize the importance of entrepreneurship and career opportunities in the social and health sector
- understand the concept of innovation and the principles of innovation
- identifies a problem or challenge in the social and health field
- creatively apply the innovation process to solve an identified problem or challenge
- present the innovation to different target groups
- recognize meeting practices and know-how to act in different roles in meetings
- make a meeting memo.

Contents:

Entrepreneurship as an activity and a career option, career stories; Meetings and meeting practices to support the innovation process; Innovation in the social and health field, Innovation process (design sprint, pitching), development of health innovation.

Mode of delivery:

Web-based learning; problem based and flipped learning.

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods in distance learning, which includes independent work in a guided online learning environment, independent pre-assignments, project report, and self, peer and teacher assessment 95 h (time-independent distance teaching). In addition, the course includes independent work-based observation and community-based work, which requires group members to work simultaneously, either physically or remotely 40 h (time-based distance teaching).

Target group:

2nd year undergraduate students of Health Sciences.

In the 2020-2021 academic year, the course is offered as an optional course to all Bachelor and Master students in Health Sciences, in the fall semester, the 2nd period.

Prerequisites and co-requisites:

None

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Knapp, J., Zeratsky, J., & Kowitz, B. (2016). *Sprint: How to solve big problems and test new ideas in just five days*. Simon and Schuster.

Other literature as applicable.

Beyond Big and Little: The Four C Model of Creativity by James C. Kaufman & Donald A.

Beghetto. <https://pdfs.semanticscholar.org/f4fc/c5125a4eb702cdff0af421e500433fbe9a16.pdf>

Cracking Creativity: The Secrets of Creative Genius by Michael Michalko

Creative Confidence — Unleashing the Creative Potential Within Us All by Kelley, T. & Kelley

Creativity Workout: 62 Exercises to Unlock Your Most Creative Ideas by Edward de Bono

Other current learning material, research literature and scientific articles related to the topic.

The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in community work, independent work and successful completion of pre-assignments. At the end of the course, a group work/community project report is returned and evaluated numerically. The grade is based on the evaluation of the project report. The assessment matrix based on learning has been compiled on Moodle.

The assessment criteria are based on the learning outcomes of the course.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer/ University teacher

Working life cooperation:

The course contains a work-based learning assignment and workplace visits.

Other information:

In the academic year 2020-2021, the course will be offered as an optional course to all students of Health Sciences in cooperation with the OPITO!! -student entrepreneurial environments project.

351218A: Education and Teaching in Health Care, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd spring semester, 4th period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- explain the main features of the Finnish education system for social and health care (ISCED) and the National Board of Education
- summarize key objectives and strategies of the Ministry of Education and Culture, and identify international activities and partners
- identify the qualifications produced by the social and health education system and their structures training
- understand the skills and qualifications of social and health teachers.

Contents:

The Finnish social and health care education system and its objectives, goals and different educational policy programs, legislation governing higher education, internationalization of Finnish higher education institutions, building of qualifications of different occupational groups in social and health care, organization of social and health teacher training and teaching monitoring.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

Webinar participation, visiting health education organization and watching lesson 16 h (time-based distance teaching). Independent and collaborative learning in an online learning environment, independent and collaborative assignments 115 h (time-independent distance teaching). Conference 4 h, closing event for all degree programs (teaching in Oulu).

Target group:

2nd year undergraduate students of Health Sciences

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr prior to enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current educational and research literature and scientific articles. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous peer, self and teacher assessment. Active participation in contact and distance learning, active independent work and successful completion of assigned tasks. The grade of the course is based on the assignment/assignments. The knowledge-based assessment matrix of the course can be found in Moodle. The assessment criteria are based on the learning outcomes of the course. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

The course includes visits to health schools.

351219A: Management in Health Care, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

2nd spring semester, 4th period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- define and implement basic concepts of health management and leadership
- describe and evaluate the multidisciplinary field of work and work responsibilities in health management
- analyze and discuss the current challenges of health leadership in a work-oriented way.

Contents:

Theoretical and practical basics of health management, duties of health leader, different job descriptions and management environments.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

Webinars 2 h + 2 h and working life visit in small groups 3 h (time-based distance teaching). Independent and collaborative work in an online learning environment 50 h and independent and community assignments and online assignments 75 h (time-independent distance learning and time-based distance learning). Self and peer assessment 3 h (time-independent distance teaching).

Target group:

2nd year undergraduate students of Health Sciences

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr prior to enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

The course uses continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks. Self and peer assessment. The grade in the course is based on the independent written assignment and its presentation. The knowledge-based assessment matrix of the course can be found in Moodle. The assessment criteria are based on the learning outcomes of the course. The working life visit must be successfully completed.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer/University teacher

Working life cooperation:

The course includes a working life visit.

351220A: Technological Solutions and Digitalisation in Health Care, 5 op**Voimassaolo:** 01.08.2020 -**Opiskelumuoto:** Intermediate Studies**Laji:** Course**Vastuuyksikkö:** Health Sciences**Opintokohteen kielet:** Finnish**ECTS Credits:**

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish / English

Timing:

3rd autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- identify current and future trends in health care information and communication technologies
- describe key ICT terms and solutions in healthcare and name corresponding applications in healthcare
- identify the needs and opportunities for digitalization in healthcare
- identify the role of the customer in the digitalization of social and healthcare
- analyze the effects and impact of digitalization on the customer base and availability of services
- identify challenges and opportunities for healthcare digitalization from a management perspective.

Contents:

Digital services, the impact of digitalization in healthcare on customer relationships (customer involvement and self-care). Digitalization and wellness technology, applications, products, services and equipment, robotics, artificial intelligence. National health information systems in Finland. Digital competence in social and healthcare. Future social and healthcare leadership, evidence-based assessment of digital applications, digital applications as management support.

Mode of delivery:

Web-based learning. This course is conducted in co-operation with Oulu University of Applied Sciences.

Learning activities and teaching methods:

The course will be implemented through active and collaborative teaching methods as contact teaching or by webinar 20 h (time-based distance teaching). In addition, the course includes independent and/or collaborative work in a guided online learning environment 115 h (time-independent distance learning)

Target group:

3rd year undergraduate students of Health Sciences. International exchange students.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr before enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on the Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer/University teacher

351221A: Training in Work-Based Learning, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

3rd autumn semester, 2nd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- define their learning objectives and evaluate their achievement during and at the end of the training, both orally and in writing
- adhere to internship guidelines, work community rules, and ethical principles in the work-related learning environments
- apply the knowledge and skills they have learned to work and develop in their field
- apply evidence-based knowledge in their own practice
- develop their expertise in expertise
- recognizes the challenges of continuous monitoring of personal development and future development.

Contents:

Setting learning objectives, professional skills, ethical behavior, workplace visits, and study visits, applying for and apprenticeships, drafting an internship plan, tailor-made internship in a social or health care organization or third sector, final report.

Mode of delivery:

Working-life visits and internships at selected organizations.

Learning activities and teaching methods:

Training info 2 h, webinars 4 h, end webinar 2 h (time-based distance teaching). Visiting and familiarization visits in various health settings 6 h (time-based distance teaching). Applying for an internship and agreeing on internships with the internship organization 20 h. Internship and assessment 70 h (time and place-based teaching). During the course, the student writes a learning diary and draws up a personalized training plan in collaboration with the training organization 31h (time-independent distance teaching).

Target group:

3rd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr and second-year intermediate studies in health sciences 30 ECTS cr before enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

Current learning material, research literature, and scientific articles related to the topic. The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Planning, conducting and evaluating the internship with the mentor. Approved completion of the training plan and learning diary. The assessment criteria are based on the learning outcomes of the course. The knowledge-based assessment matrix of the course can be found in Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

University lecturer/University teacher

Working life cooperation:

Working life visits. Work-based internship is conducted in the student's chosen organization.

351222A: Bachelor's Thesis, 10 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

10 ECTS credits / 270 hours of work

Language of instruction:

Finnish

Timing:

3rd spring semester, 3th and 4th period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- produce a Bachelor thesis based on scientific literature and/or empirical data following principles of scientific writing and research and demonstrating one's skills in scientific communication
- know how to use the most important reference databases and basic principles of information retrieval in health sciences, and has learned to evaluate retrieved results and sources
- explain and discuss one's Bachelor thesis and to produce a scientific presentation or/and poster
- to evaluate and give feedback on the peer candidate's thesis at different stages
- understand the process of scientific research and its steps
- to critically evaluate the reliability of one's own research, the data used and the source literature
- understand the basics of scientific communication.

Contents:

Planning, implementation, evaluation, and presentation of a research process. Writing of a Bachelor thesis based on scientific literature and/or empirical data in accordance with scientific principles.

Mode of delivery:

Group supervision and seminar.

Learning activities and teaching methods:

The bachelor's thesis is prepared on the subject according to the student's major subject. The student can choose a topic for her/his Bachelor thesis which enables practical collaboration with external organization, company (e.g. the thesis can be customized to suit client's needs). However, the topic has to be in line with the research projects of the research unit. Tutoring in small groups 6 h and peer evaluation 4 h (time-based distance teaching), retrieving of literature and writing of Bachelor thesis 240 h, preparation for the maturity test 12 h (time-independent distance teaching). Participation and presentation of the thesis in seminar day 8 h (requires presence in Oulu).

Target group:

3rd year undergraduate students of Health Sciences

Prerequisites and co-requisites:

The required prerequisite is the completion of
 A551101 Basic studies in Health sciences 25 ECTS cr
 352254A Development of Science – Research Retrieval and Synthesis 5 ECTS cr
 352253A Research Methods in Health Sciences 5 ECTS cr
 352255A Development of Science – Research Retrieval and Synthesis 5 ECTS cr

Recommended optional programme components:

352514A Written maturity test, Bachelor thesis 0 ECTS cr

Recommended or required reading:

- Stolt M, Axelin A & Suhonen R (2016) Kirjallisuuskatsaus hoitotieteessä. Hoitotieteen laitoksen julkaisuja, sarja A:73. Turun yliopisto.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

Independent studying, tutoring, and seminar in small groups, peer evaluation, writing, presenting and discussing the Bachelor thesis. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

University lecturer, University teacher, Doctoral candidate.

Working life cooperation:

Research topic with working life relevance.

Other information:

In accordance with the Government Decree on University Degrees (794/2004) issued by the Council of State, the student must demonstrate that he/she has attained the objectives set for the degree, studies and thesis, and the language proficiency. The student must write a maturity essay that demonstrates conversance with the topic of the thesis and skills in the use of Finnish or Swedish. See 352514A Maturity test.

352514A: Maturity test, 0 op

Voimassaolo: 01.08.2016 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Moona Huhtakangas, Heli-Maria Kuivila

Opintokohteen kielet: Finnish

ECTS Credits:

0 ECTS cr

Language of instruction:

As a rule, the maturity essay is written in Finnish or Swedish. See University of Oulu guidelines for maturity test: <https://www.oulu.fi/forstudents/node/60474>

Timing:

Maturity test is written in connection with study unit 351222A Bachelor's thesis.

Learning outcomes:

In accordance with the Government Decree on University Degrees (794/2004) issued by the Council of State, the student must demonstrate that he/she has attained the objectives set for the degree, studies and thesis, and the language proficiency. The student must write a maturity essay, which demonstrates conversance with the topic of the thesis and skills in the use of Finnish or Swedish.

Contents:

Maturity test connected to the field of student's Bachelor's thesis.

Mode of delivery:

Web-based learning

Learning activities and teaching methods:

As a rule, the maturity exam is taken as an e-exam in Examinarium. The student agrees on taking the maturity test with their thesis supervisor.

Target group:

Undergraduate health science students

Prerequisites and co-requisites:

Bachelor's thesis. The student must complete written maturity test in connection with 351222A Bachelor thesis 6 10 ECTS cr, for which completion of A551101 Basic studies in Health sciences 25 ECTS cr; 352254A Introduction to Research Methodology and Philosophy of Sciences 5 ECTS cr, 352253A Research Methods in Health Science 5 ECTS cr and 352255A Development of Science – Research Retrieval and Synthesis 5 ECTS cr is required as prerequisite.

Recommended optional programme components:

351222A Bachelor's Thesis, 10 ECTS cr

Assessment methods and criteria:

The assessment of the course is based on the learning outcomes of the course. The more detailed assessment criteria are available on Moodle and on the [University of Oulu maturity test guidelines](#). Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

Pass / Fail

Person responsible:

Supervisor of the Bachelor's thesis and teacher of the university's Languages and Communications of the Oulu Extension School.

Working life cooperation:

The course does not contain working life cooperation.

Other information:

An abstract of the Bachelor thesis can be accepted as the maturity test of the Bachelor's degree if the student has demonstrated the required language skills in the use of Finnish or Swedish as a part of his/her previous higher education degree. See [maturity test guidelines](#).

This course description applies to students who have been granted their study right according to the Degree Programme in Health Sciences 2020-2021 curriculum.

Students who have been granted their study right according to the curriculum 2018-2019: During the transition period of this Bachelor's Degree Programme (academic years 2018-2019, 2019-2020, 2020-2021), changes in mode of delivery, learning activities and teaching methods are possible.

352254A: Introduction to Research Methodology and Philosophy of Sciences, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

3rd autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- describe what science is and its functions
- describe the stages of scientific development and the breakdown of disciplines
- define the characteristics and importance of scientific knowledge
- describe the key philosophical underpinnings of quantitative and qualitative research as well as key research methods
- describe the different stages of the research process.

Contents:

Definition and tasks of science and scientific knowledge, philosophical traditions behind science and research methods, history and development of health sciences, acquisition and analysis of quantitative and qualitative research, research process, research reliability, scientific institutions, scientific dissertation, basic research.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

The course is implemented by activating teaching methods that are agreed upon at the beginning of the course.

Webinars 16 h (time-based distance teaching), independent and collaborative learning in an online learning environment, independent and/or communal assignments 116 h and online exam 3 h (time-independent distance teaching).

Target group:

3rd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS or prior to enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Eriksson, K., Isola, A., Kyngäs, H., Leino-Kilpi, H., Lindström, U. Å., Paavilainen, E., Pietilä, A-M., Salanterä, S., Vehviläinen-Julkunen, K. & Åstedt-Kurki, P. 2016. Hoitotiede. Sanoma Pro Oy. Helsinki.
- Sirkka Hirsjärvi, Pirkko Remes, Paula Sajavaara. Tutki ja kirjoita. 2012 Kustannusosakeyhtiö Tammi.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. Active participation in contact or distance learning, independent work and successful completion of assigned tasks and exam. The grade of the course is based on the exam. The assessment criteria are based on the learning outcomes of the course. The assessment matrix based on learning has been compiled on Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

The course does not contain working life cooperation.

352253A: Research Methods in Health Science, 5 op

Voimassaolo: 01.01.2017 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay352253A Research Methods in Health Science 5.0 op

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish

Timing:

3rd autumn semester, 1st period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- name and describe the characteristics of scientific research
- recognize and evaluate the requirements for good scientific writing
- describe the steps of the scientific research process
- formulate research aims, objectives and research questions
- describe valid methods for data collection and data analysis and selection of research sample /informants
- describe and evaluate basic ethical issues related to research and researchers
- evaluate the reliability and validity of qualitative and quantitative studies
- apply information and communication technology in his/her research methodology studies.

Contents:

Qualitative and quantitative research, methods of collecting and analyzing data, assessment of reliability, ethical principles, writing of a research plan and a research report, scientific writing.

Mode of delivery:

Web-based teaching; Google classroom.

Learning activities and teaching methods:

Independent familiarization of online materials 80 h. Literature retrieval and reading 30 h. Exercises /examination 25 h. Total 135 h (time-independent distance teaching).

Target group:

3rd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr before enrolling for the course.

Recommended optional programme components:

The course is an independent entity and does not require additional studies carried out at the same time.

Recommended or required reading:

- Polit DF & Beck CT. 2011. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia (parts of the publication).
- Denzin, Norman K. & Lincoln, Yvonna S. (eds.) 2011. The sage Handbook of Qualitative Research. 4th ed. Thousand Oaks, CA:SAGE. (Parts of the publication including at least part III Strategies of Inquiry ja IV Methods of Collecting and Analyzing Empirical Materials).
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

Active and independent work in a guided online learning environment and online assignments/examination. The grade of the course is based on the assignment/ exam. The assessment criteria are based on the learning outcomes of the course. The knowledge-based assessment matrix of the course can be found in Moodle.

Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

The course contains assignments with working life cooperation.

Other information:

This course description only applies to students who have been granted their study right according to the Degree Programme in Health Sciences 2020-2021 curriculum.

Students who have been granted their study right according to the curriculum 2018-2019: During the transition period of this Bachelor's Degree Programme (academic years 2018-2019, 2019-2020, 2020-2021), changes in mode of delivery, learning activities and teaching methods are possible. Please contact the person responsible or your tutor teacher.

352255A: Development of Science - Research Retrieval and Synthesis, 5 op

Voimassaolo: 01.08.2020 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Health Sciences

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits / 135 hours of work

Language of instruction:

Finnish / English

Timing:

3rd autumn semester, 2nd period.

Learning outcomes:

Upon completion of the course, the student will be able to:

- independently retrieve information from various databases
- critically evaluate the reliability and quality of the information they are seeking
- review scientific writing from a process perspective
- justify the need for research in their own discipline
- plan a research process on a topic of your choice
- write scientific synthesis.

Contents:

Searching for scientific information from various databases, assessing the reliability and quality of scientific articles, practicing scientific writing, planning, and scheduling the research process.

Mode of delivery:

Web-based teaching

Learning activities and teaching methods:

Independent and collaborative work in an online learning environment. Reflection on self-study and learning diary. Creating an idea paper. Total 135 h (time-independent distance teaching).

Module I: Searching for scientific information in various databases 27 h.

Module II: Reliability and Quality Assessment of Scientific Articles 13,5 h.

Module III: Scientific Writing Practice 40,5 h.

Module IV: Planning and Scheduling the Research Process 13,5 h.

Module V: Creating Ideas Paper for Your Bachelor's Thesis 27 h.

Working in each module: Reflection on self-study and learning diary 13,5 h.

Target group:

3rd year undergraduate students of Health Sciences.

Prerequisites and co-requisites:

The required prerequisite is the completion of A551101 Basic studies in Health sciences 25 ECTS cr, 352254A Introduction to Research Methodology and Philosophy of Sciences 5 ECTS cr and 352253A Research Methods in Health Science 5 ECTS cr before enrolling for the course.

Recommended optional programme components:

Idea paper to be prepared during the course is related to the student's bachelor's thesis (351222A, 10 ECTS cr).

Recommended or required reading:

- Polit DF & Beck CT (2011) Nursing research: generating and assessing evidence for nursing practice. 9. ed.
- Other current learning material, research literature and scientific articles related to the topic.
- The study material related to the course will be confirmed at the beginning of the course.

Assessment methods and criteria:

This course utilizes continuous assessment. For each module and learning diary, students receive points according to separate instructions. The overall grade for the course is based on these total points. Active participation in contact and / or distance teaching, independent work and successful completion of assigned tasks. Self and peer assessment. The assessment criteria are based on the learning outcomes of the course. The knowledge-based assessment matrix of the course can be found in Moodle. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / Fail

Person responsible:

University lecturer / University teacher

Working life cooperation:

The course does not contain working life cooperation.