

Opasraportti

Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (2013 - 2014)

MASTER'S DEGREE PROGRAMME IN HEALTH AND WELLBEING IN THE CIRCUMPOLAR AREA (MCH) - CURRICULUM 2013-2015

Master's degree programme in health and wellbeing in the circumpolar area is an international two-year programme of 120 ECTS focusing on the specific features, questions and challenges related to the health and wellbeing in the circumpolar area. The programme is established and managed by a network of international partner universities. The programme has developed under the auspices of University of Arctic's Thematic Networks and Barents Cross Border University. The MCH graduates will be awarded a Master of Health Sciences from the University of Oulu.

MCH is established and managed in collaboration by the partner universities.

1. University of Oulu, Finland
- Centre for Arctic Medicine, University of Oulu
- Institute of Health Sciences, University of Oulu

- Thule Institute, University of Oulu
2. Center for Health Education, Greenland
3. Luleå University of Technology, Sweden
4. Northern State Medical University, Russia
5. Northern (Arctic) Federal University, Russia
6. University of Lapland, Finland
7. University of Manitoba, Canada

MCH graduates will be able to work as independent professionals in administrative and managerial positions within health care services and in health promotion, education, development, planning and research.

The learning outcomes of the Program are:

- Student will be able to apply critical and scientific approach to his or her professional work;
- Student will be able to define and explain the special characters of living in a northern environment/ circumpolar conditions;
- Student is able to describe the experience of health, wellbeing, cultural transitions and illnesses of northern residents living in northern cultures;
- Student will be able to detect, assess and to respond interactively to the special needs of people living in the circumpolar region regarding prevention, care and rehabilitation;
- Student identifies, analyses and is able to explain special characters of diseases and health care systems/ health and wellbeing services in northern regions;
- Student will be able to present interventions to maintain and improve health and wellbeing in the northern environment.

Curriculum outline (two-year programme 120 ECTS / 60 NA):

**MASTER´S DEGREE PROGRAMME IN HEALTH AND WELLBEING
IN THE CIRCUMPOLAR AREA (MCH)**
Intermediate studies (60 ECTS)

353001A Introduction to Health and Wellbeing 4.0 ECTS

353002A Health, Security and Wellbeing in the North 6.0 ECTS

353003A Health Impacts of Climate Change 4.0 ECTS

353005A Comparative Approach to Health and Wellbeing among Northern Populations 6.0 ECTS

040200Y Basics in eHealth 5.0 ECTS

353006A Health Promotion 7.5 ECTS

350006Y Informatics of Health Sciences 4.0 ECTS

351008P Research Methods (basic) 2.0 ECTS

352107A Research Methodology I 6.0 ECTS

353203S Research Methodology II 10.0 ECTS

354202A Research Ethics in Health Sciences 5.0 ECTS

353007A Intermediate Seminar 0.5 ECTS

Advanced studies (60 ECTS)

353009S Optional studies 25.0 ECTS
- contains courses according to student´s personal study plan

353216S-01 Master´s thesis 30.0 ECTS

353216S-02 Thesis seminars 5.0 ECTS

353205S Maturity test 0 ECTS

The MCH programme consists of compulsory on-line and on-site courses, optional courses (25 ECTS, e.g. on-line courses, on-site courses, field placement), and a Master's thesis. Compulsory courses are organized by the MCH partner universities. Optional courses enable students to focus their studies according their personal study plan (PSP) at the beginning of studies, and it will be updated regularly.

Concerning studies/courses completed at other universities, including open universities of other universities: students must make a separate application to get credit for previous studies. Students must make the following available to Doctoral Trainee Ulla Timlin at the Institute of Health Sciences:

- original study attainment
- description of course of study
- an account of what course the application concerns

A decision on whether the student is given credit for a course of study is made by the professor teaching the main subject or the teacher in charge of the course of study.

Students may select courses from sources such as the health science university network [TerveysNet](#) or the national [JOOPAS web service](#) maintained by universities according to instructions. Students can also choose courses from the selection of the [UniPID \(Finnish University Partnership for International Development\) network](#).

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MCH schedule 2013-15

1st academic year (60.0 ECTS)

1st semester (autumn 2013)

Intermediate studies

353001A Introduction to Health and Wellbeing 4.0 ECTS

353003A Health impacts of climate change 4.0 ECTS

353005A Comparative approach to welfare and social work and health among northern populations: European and Canadian perspectives 6.0 ECTS

353002A Health, Security and Wellbeing in the North 6.0 ECTS

350006Y Informatics of Health Sciences 4.0 ECTS

351008P Research Methods (basic) 2.0 ECTS

353203S Research Methodology II, part 1 4.0 ECTS

2nd semester (spring 2014)

Intermediate studies

353006A Health Promotion 7.5 ECTS

040200Y Basics in eHealth 5.0 ECTS

352107A Research Methodology I 6.0 ECTS

353203S Research Methodology II, part 2 6.0 ECTS

354202A Research Ethics in Health Sciences 5.0 ECTS

353007A Intermediate Seminar 0.5 ECTS

2nd academic year (60.0 ECTS)

3rd semester (autumn 2014)

Advanced studies

353216S-01 Master thesis 10.0 ECTS

353216S-02 Thesis seminars 3.0 ECTS

353009S Optional studies 17.0 ECTS

4th semester (spring 2015)

Advanced studies

353216S-01 Master thesis 20.0 ECTS

353216S-02 Thesis seminars 2.0 ECTS

353205S Maturity test 0 ECTS

353009S Optional studies 8.0 ECTS

INTERMEDIATE STUDIES (60 ECTS)

353001A Introduction to Health and Wellbeing

(The description of study course can be found from WebOodi > study units.)

353002A Health, security and wellbeing in the North

(The description of study course can be found from WebOodi > study units.)

353003A Health impacts of climate change

(The description of study course can be found from WebOodi > study units.)

351008P Research Methods (basic)

(The description of study course can be found from WebOodi > study units.)

352107A Research Methodology I

(The description of study course can be found from WebOodi > study units.)

353203S Research Methodology II

(The description of study course can be found from WebOodi > study units.)

354202A Research Ethics in Health Sciences

(The description of study course can be found from WebOodi > study units.)

350006Y Informatics of Health Sciences

(The description of study course can be found from WebOodi > study units.)

041201A Basics in eHealth

(The description of study course can be found from WebOodi > study units.)

353007A Intermediate Seminar

(The description of study course can be found from WebOodi > study units.)

353005A Comparative approach to welfare, social work and health among Northern populations: European and Canadian perspectives

ECTS: 6

Time: Fall semester

Assessment: grading 1-5

1. The first assignment in the course is: A 15 to 20 minute presentation and with a written outline about what the student has learned from course readings and other assigned material on northern worldviews, cultures and perspectives of northern peoples and how these shape health and well-being. This assignment will be disseminated to the instructor and the other students in the course after 75% of the class sessions are completed. The assignment will be worth 50% of the student's grade.

2. A paper that makes use of the literature from course reading and the student's own disciplinary orientation and practice field, to highlight how health and well-being in northern areas could be enhanced given the current reality of social, economic, cultural and geographical features. The student will use her or his own national or local context to illustrate, however, if that is not possible, the Canadian north could offer an alternative example. This assignment will be worth 50% of the student's grade.

Course description: This course highlights health and well-being-focused human service work among Northern populations. It is meant to be completed in one term. The ways in which northern culture, traditional belief systems, environmental and lifestyle challenges and changes, economic well-being and livelihood affect health and well-being, with illustrations from the Canadian north, are explored. Existing social and health care services, their challenges and possibilities in remote and/or northern areas are also dealt with in the course. Students will learn about unique ways of life among northern people in Canada and Scandinavia, mutual help networks and the context of life in these regions which affect health, well-being and the shape of social and health-related services.

Learning outcomes:

- 1) To identify indigenous and northern Canadian and Scandinavian views and experiences in health and mental health;
- 2) To articulate how culture, traditional beliefs and northern lifestyles determine health understanding and practices in everyday life among northern people;
- 3) To illustrate how self-care, health care seeking and life conditions related to social, economic, environmental, and geographical factors in northern areas contribute to and constrain health and well-being; and
- 4) To connect learning based on the three above objectives to students' own disciplinary and practice orientations in their own national and/or local contexts.

Teaching methods: on-line course

Language: English

Literature:- As given in the course material

Requirements: - Reading assignments along with reviewing the powerpoints and videos are expected as these will be useful in completing the two assignments. Please refer to the readings you have used in the written assignment in particular.

Responsible: Faculty of Social Work, University of Manitoba, Canada. Faculty of Social Work, University of Lapland, Finland

Contact persons: Tuula Heinonen and Deana Halonen, email: tuula.heinonn@ad.umanitoba.ca, deana.halonen@ad.umanitoba.ca, and Tarja Orjasniemi, University of Lapland, email: tarja.orjasniemi@ulapland.fi

353006A Health promotion

ECTS: 7.5

Time: Spring semester

Assessment: In order to be awarded a grade in the subject, students shall:

- Account for theoretical perspectives on health promotion through independent written assignments and oral group presentations (objective 1) (assessment 1)
- Using multimodal method, in pairs or group, discuss the conditions and possibilities for health promotion throughout life, which includes children and young people at school, adults at various work places and within health care and elderly care (objective 2) (assessment 2)
- Describe the implementation and critically assess any health promotion activities that have been carried out within the students' own disciplines, through writing an independent report and giving an oral seminar presentation (objective 3) (assessment 3)

Grading scale: U (Fail) G (Pass) VG (Pass with credit). The grading criteria are specified in the module handbook.

When the set assessment opportunity has passed, students have the right to a maximum of four resits. If special circumstances exist, further resits may be offered. The University College Regulation HSVFS 1999:1 contains more information on special circumstances.

Course description: This module contains a deepening of the theoretical perspectives on health promotion, encompassing

- people of different ages and life situations
- health promotion for children and young people at school
- adults at various work places and within health care and elderly care
- health promotion activities from an individual, group and/or organizational perspective
- PAAR (Participatory Appreciative Action Research)
- Multimodal working method
- Ethical, cultural and societal aspects of health promotion in practice

Learning outcomes: On completion of this module and on the basis of scientific evidence, students should be able to:

1. Account for and discuss the theoretical perspectives on health promotion
2. Discuss the conditions and possibilities for health promotion throughout life, which includes children and young people at school, adults at various work places and within health care and elderly care
3. Plan, apply and critically assess health promotion activities within their own disciplines from an individual, group and/or organizational perspective, which includes ethical, cultural and societal aspects

Teaching methods: Students' own independent and active work constitutes the basis for the module, encompassing literature review, independent tasks and group tasks. The module is based on a pedagogic outlook where the focus is on interpersonal meetings and exchange. Actively participating in the course is necessary, therefore. The group work further aims to develop skills that can only be advanced through the interaction and exchange of experiences with others. The focus is on planning, applying and critically analyzing health promotion activities within students' own professions from an individual, group and organizational perspective. The tool PAAR (Participatory Appreciative Action Research) is used as a method for reflection in practice and practice-focused research. The module further covers ethical, cultural and societal aspects of health promotion in practice.

Language: English

Literature: may be modified up until three weeks before the start of the module)

Bergmark, U. & Kostenius, C. (2009). 'Listen to me when I have something to say', Students' participation in research for sustainable school improvement, *Improving Schools*

Gard, G. (2002). Work motivation – a brief review of theories underpinning health promotion. *Physical Therapy Reviews*, 7,167-72.

Gard, G. & Larsson, A. (2003). Focus on motivation in the work rehabilitation planning process. *Journal of Occupational Rehabilitation*, 13, 3

Gard, G. & Sandberg, A.K. (1998). Motivating factors for return to work. *Physiotherapy Research International*, 3, 2

Ghay, T., Melander-Wikman, A., Kisare, M., Chambers, P., Bergmark, U., Kostenius, C., Lillyman, S. (2008). Participatory and appreciative action and reflection (PAAR) – Democratizing reflective practices, *Reflective Practice*, 9 (4), 361-397

Kostenius, C. (2008). Giving Voice and Space to Children in Health Promotion [Ge röst åt och utrymme för barn i hälsopromotion], Doctoral thesis, Department of Health Science, Luleå University of Technology

Kostenius, C. & Nyström, L. (2008). Health promotion with children in the classroom. In A. Ahonen, El Alerby, OM. Johansen, R. Rajala, I. Ryzhkova, E. Sohlman, H. Villanen (eds.) Crystals of schoolchildren's well-being. Cross-border training material for promoting well-being through school education. Rovaniemi: University of Lapland, 67-80

Melander-Wikman, A. (2009). Mobil informations- och kommunikationsteknik (IKT): en väg till ökad rörelsefrihet för äldre? *Fysioterapi*, 9, 44-52

Melander-Wikman, A. (2007). Empowerment in Living Practice. Mobile ICT a tool for empowerment of elderly people in home health care. Licentiate thesis, Department of Health Science, Luleå University of Technology.

Plus at least three scientific articles within the students' own disciplines.

Requirements: General entry requirements for second-cycle studies. Bachelor's degree in Nursing, Physiotherapy, Occupational Therapy, Health Science or equivalent as the main subject.

Responsible: Department of Health Sciences, Luleå University of Technology, Sweden

Contact person: Professor Gunvor Gard

ADVANCED STUDIES (60 ECTS)

353216S -01 Master's Thesis (obligatory)

(The description of study course can be found from WebOodi > study units.)

353216S-02 Thesis Seminars (obligatory)

(The description of study course can be found from WebOodi > study units.)

353205S Maturity test (obligatory)

(The description of study course can be found from WebOodi > study units.)

Tutkintorakenteet

Master's degree programme in health and wellbeing in the circumpolar area (MCH)

Tutkintorakenteen tila: archived

Lukuvuosi: 2013-14

Lukuvuoden alkamispäivämäärä: 01.08.2013

Intermediate studies (vähintään 60 op)

040200Y: Basics in eHealth, 5 op

353005A: Comparative Approach to Welfare and Social Work and Health among Northern populations: European and Canadian Perspectives, 6 op

353003A: Health impacts of climate change, 4 op

353006A: Health promotion, 7,5 op
 353002A: Health, security and wellbeing in the North, 6 op
 350006Y: Informatics of health sciences, 4 op
 353007A: Intermediate Seminar, 0,5 op
 353001A: Introduction to health and wellbeing, 4 op
 354202A: Research ethics in health sciences, 5 op
 351008P: Research methods (basic), 2 op
 352107A: Research methods I, 6 op
 353203S: Research methods II, 10 op

Advanced studies (vähintään 60 op)

353216S-01: Master's Thesis, 30 op
 353009S: Optional Studies, 25 op
 353216S-02: Thesis Seminar, 5 op
 353205S: Written maturity test, 0 op

Tutkintorakenteisiin kuulumattomat opintokokonaisuudet ja -jaksot

350006Y-01: Informatics of health sciences part 1, 2,5 op
 350006Y-02: Informatics of health sciences part 2, 1,5 op
 353216S: Master's Thesis and Thesis Seminars, 32 - 35 op

Compulsory

353216S-02: Thesis Seminar, 5 op
 353216S-01: Master's Thesis, 30 op

Opintojaksojen kuvaukset

Tutkintorakenteisiin kuuluvien opintokohteiden kuvaukset

040200Y: Basics in eHealth, 5 op

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Medicine

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

353005A: Comparative Approach to Welfare and Social Work and Health among Northern populations: European and Canadian Perspectives, 6 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Assessment methods and criteria:

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

353003A: Health impacts of climate change, 4 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

4 ECTS

Language of instruction:

English

Timing:

Autumn semester

Learning outcomes:

Learning outcomes

After having completed and passed this course the student:

- understands the possible effects of climate change on human health from individual level to communities and societies, especially in the Arctic
- identifies the role in weather and climate in the changes of human exposures
- understands the potential health impacts of climate change
- identifies the future aspects of climate change and health

Contents:

After passing the course, the students will have obtained knowledge about the on-going changes in health status in the circumpolar area due to climate variability. The future aspects of the climate change are introduced.

Mode of delivery:

On-line teaching

Learning activities and teaching methods:

Written examination

Target group:

Students in Master's Programme in Health and Wellbeing in the Circumpolar Areas (MCH)

Prerequisites and co-requisites:

No

Recommended optional programme components:

No

Recommended or required reading:

Current literature, will be announced at the beginning of the course.

Assessment methods and criteria:

Participation in on-line teaching, independent work, written examination

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

Grading:

1-5 / fail

Person responsible:

University of Oulu, Finland. Professor Arja Rautio, e-mail: arja.rautio(at)oulu.fi

Working life cooperation:

No

353006A: Health promotion, 7,5 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Assessment methods and criteria:

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

353002A: Health, security and wellbeing in the North, 6 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

6 ECTS

Language of instruction:

English

Timing:

Autumn semester

Learning outcomes:

After completing the course the student understands the social, health and wellbeing aspects in connection to global change (incl. cultural biodiversity). The student understands the effects of climate change on the health and wellbeing of population/community/individual levels (e.g. infections, climate hazards, contaminants), and identities and is able to identify the adaptation mechanisms and future scenarios.

Contents:

The lectures and learning material of the course introduce the physical environment, population characteristics and social structures which are specific for the northern circumpolar areas. Students have individual and group assignments concerning the ongoing changes in the climate, the environment, the social structures and human health and well-being. The positive development of health and wellbeing in the north will require new approaches and technologies to improve living conditions and habits and health care services.

Mode of delivery:

On-line teaching

Learning activities and teaching methods:

Written examination and diary

Target group:

Students in Master's Programme in Health and Wellbeing in the Circumpolar Areas (MCH)

Prerequisites and co-requisites:

No

Recommended optional programme components:

No

Recommended or required reading:

Current literature, will be announced at the beginning of the course

Assessment methods and criteria:

Participation in on-line teaching, independent work, written examination, accepted diary

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

Grading:

1-5 /fail

Person responsible:

University of Oulu, Finland. Contact person: Arja Rautio, e-mail: arja.rautio(at)oulu.fi

Working life cooperation:

No

350006Y: Informatics of health sciences, 4 op

Opiskelumuoto: General Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Pentti Nieminen

Opintokohteen kielet: Finnish

ECTS Credits:

4 ECTS (Part I 2,5 ECTS and Part II 1,5 ECTS)

Language of instruction:

Finnish

Timing:

Part I: First year autumn term

Part II: Autumn term together with the course Bachelor thesis.

Learning outcomes:

Learning outcomes: By the end of the course the student is able to:

- use information and communications technology resources in the University of Oulu,
- use workstations available in the Medical Faculty,
- apply basic software necessary in her/his studies,
- search research articles using basic literature retrieval methods,
- use bibliographic databases available in the Medical Faculty

Contents:

Part I: Use of workstations, data security, information services, information retrieval from internet, software applied in nursing studies and library services

Part II: Electronic journals, Medline, CINAHL, Medic and RefWorks software.

Mode of delivery:

Part I: Blended teaching

Part II: Face-to-face teaching, 100% attendance is required.

Learning activities and teaching methods:

Part I: Lectures 6 hours, group lessons in computer class-room 36 h and completion of practical projects.

Part II: Individual- and group lessons 15 h (lessons of library 5 x 3 h) and individual project.

Target group:

Students of Degree program in nursing science, Teacher training program in health sciences and Degree program in health administration science.

Prerequisites and co-requisites:

None

Recommended optional programme components:

This study unit is a part of studies in research methods.

Recommended or required reading:

List given during the course.

Assessment methods and criteria:

Written essay, participation in workgroups.

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

Grading:

Pass / failed

Working life cooperation:

No

353007A: Intermediate Seminar, 0,5 op

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

0,5

Language of instruction:

English

Timing:

Spring semester (2nd semester)

Learning outcomes:

After this seminar the student

- introduces the plan for theses work and rest of the studies
- has feed-back from the teachers and other students for further working

Contents:

The seminar consists of students presentations on their theses work, which will be commented professors and other students.

Mode of delivery:

Face-to-face teaching

Learning activities and teaching methods:

On-site seminar

Target group:

Students in Master's Programme of Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

No

Recommended optional programme components:

No

Recommended or required reading:

Personal Study Plan (PSP), Instructions for Master's Thesis, Instructions for Written Assignments

Assessment methods and criteria:

Student presentations, active- participation

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

Grading:

pass/fail

Person responsible:

University of Oulu, Finland. Professor Arja Rautio, e-mail:arja.rautio(at)oulu.fi

Working life cooperation:

No

353001A: Introduction to health and wellbeing, 4 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

4

Language of instruction:

English

Timing:

Autumn semester

Learning outcomes:

After completing the course the student is able to assess him-/herself as a student and a member of science community. The student recognizes the structure and aims of health science education and is able to plan his/her own studies. The student is able to evaluate the meaning of learning outcomes and learning strategies in planning his /her own studies. The student is able to describe the ethical principles of the university studies.

Contents:

Introduction to university studies: the structure, aims and content of the education. Student services at the University of Oulu. Study methods, individual study plan and learning assessment. The membership of a science community and ethical principles of the university studies. Orientation for international students organized by the University of Oulu International Relations.

Mode of delivery:

Blended teaching

Learning activities and teaching methods:

Information sessions, student and teacher tutoring, independent studying, and workshops.

Target group:

Students in Master's Programme of Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

No

Recommended optional programme components:

No

Recommended or required reading:

[Curriculum and study guide](#), web-pages of the [Faculty of Medicine](#) and [University of Oulu](#). [Ethical Guidelines for Teachers and Students](#).

Assessment methods and criteria:

Participation in student and teacher tutoring and workshops. Individual study plan and its continuous self assessment. Individual study plan will be prepared and returned to teacher tutor.

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

Grading:

pass/fail

Person responsible:

Institute of Health Sciences, International Relations

Working life cooperation:

No

354202A: Research ethics in health sciences, 5 op

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

ECTS Credits:

5 ECTS credits

Language of instruction:

Finnish and English

Timing:

The course is arranged during autumn term. Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): 2nd semester (spring).

Learning outcomes:

After having completed the course, students are able to discuss key ethical issues related to health science research, recognise the norms of ethically sound research and are able to assess implementation of research from the point of view of research ethics.

Contents:

Good scientific practice, basic ethical requirements in research, researcher's responsibility, special ethics-related issues of health science research.

Mode of delivery:

Distance teaching

Learning activities and teaching methods:

Starting session, reading the literature and independent written essay.

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): no starting session. Instructions on-line in Optima, independent written assignment.

Target group:

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science. Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

No

Recommended optional programme components:

No

Recommended or required reading:

One of the books listed below:

1. Etiikkaa ihmistieteille. 2006. Hallamaa, J. et al. (ed.) Suomalaisen Kirjallisuuden Seura, Tutkimuseettisen

neuvottelukunnan julkaisuja, Hakapaino Oy, Helsinki. OR

2. The Handbook of Social Research Ethics. 2009. Mertens D.M. & Ginsberg, P.E. (eds.) Sage Publications, Ltd., California, USA. (as applicable).

Websites of [The National Advisory Board on Social Welfare and Health Care Ethics \(ETENE\)](#) and the [National Advisory Board on Research Ethics](#),

as well as current scientific articles in the area chosen by the student for the written assignment.

Assessment methods and criteria:

Participation in starting session, independent work and accepted completion of written assignment.

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

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): no starting session. Independent work and accepted completion of written assignment.

Grading:

Pass / fail

Person responsible:

Doctoral candidate / Lecturer. Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): postdoctoral researcher Sanna-Mari Ahonen.

Working life cooperation:

No

Other information:

The course of study is suited as part of free-choice studies for the degree of Bachelor and Master of Health Sciences.

351008P: Research methods (basic), 2 op

Opiskelumuoto: Basic Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay351008P Research methods (basic) (OPEN UNI) 2.0 op

ECTS Credits:

2 ECTS

Language of instruction:

Finnish

Timing:

1st year autumn term

Learning outcomes:

Learning outcomes: After completing the course the student is familiar with aims and principles of scientific research and she/he is able to describe the phases of research process.

Contents:

The aims and principles of scientific research, and research process.

Mode of delivery:

Distance teaching

Learning activities and teaching methods:

Independent studying

Target group:

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science.

Prerequisites and co-requisites:

No

Recommended optional programme components:

Part of the research studies

Recommended or required reading:

Polit DF & Beck CT. 2011. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia.

Part I, chapter 1,2,3; Part II chapter 4,5,6,7,8

Part III, chapter 9,10

Part IV, chapter 20,24

Part V, chapter 25

Part VI chapter 27

You can check the literature availability at [this link](#)

Assessment methods and criteria:

Literature examination.

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

Grading:

1-5 / fail

Person responsible:

Doctoral candidate

Working life cooperation:

No

Other information:

The course is substituted to those students who have accomplished the degree in social and health care at the university of applied sciences.

352107A: Research methods I, 6 op

Opiskelumuoto: Intermediate Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: Finnish

Leikkaavuudet:

ay352107A Research methods I (OPEN UNI) 6.0 op

ECTS Credits:

6 ECTS

Language of instruction:

Finnish / English

Timing:

1st year spring term

Learning outcomes:

Learning outcomes:

The student gets familiar with methodological issues and the process of scientific research.

Upon completion the student:

- is able to formulate a research problem and research purpose and design a research
- is able to review and evaluate scientific research
- is able to design qualitative and quantitative research methods
- knows the requirements of a good scientific writing
- is able to evaluate ethical considerations
- is able to evaluate the basic criteria to assess the quality of quantitative and qualitative studies

Contents:

The overview of research process, literature reviews, data collection, analysis of research data, reliability, addressing ethical issues, writing a research proposal.

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): course consists of on-line supported independent studies. Detailed course description will be given by the responsible teacher.

Mode of delivery:

Contact teaching

Learning activities and teaching methods:

Lectures and practice 30 hours, independent studying and exam 130 hours.

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): course consists of on-line supported independent studies.

Target group:

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science.

Prerequisites and co-requisites:

Please see the recommended optional programme components.

Recommended optional programme components:

Research methods (basic).

Recommended or required reading:

Polit DF & Beck CT. 2011. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia.
Topical scientific articles.

You can check the availability of literature at [this link](#)

Assessment methods and criteria:

Participation in exercises, working groups and exam.

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

Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH):
Accepted research proposal for a Master's thesis. Grading: pass/fail.

Grading:

1-5 / fail

Person responsible:

Senior lecturers. Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): postdoctoral researcher Sanna-Mari Ahonen.

Working life cooperation:

No

353203S: Research methods II, 10 op

Opiskelumuoto: Advanced Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opettajat: Satu Elo

Opintokohteen kielet: Finnish

Language of instruction:

Finnish

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): English

Timing:

Second year spring

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): 1st and 2nd semester

Learning outcomes:

Learning outcomes: Upon completion the course the student

- Is able to define in deeply the features and methodological issues in quantitative and qualitative reseach
- can choose and apply types and desings for nursing reseach in his / her own reseach
- has a good command of the reseach process
- is able to assess questions of reliability and validity and apply them in planning and implementing his / her own reseach
- can assess main questions of the ethical issues in reseach
- is able to write proposal and reseach report

Contents:

Methodological issues in quantitative and qualitative reseach, types / desings for nursing reseach, phases of reseach process, reliability and validity assessment, ethical issues. Writing a reseach proposal and reseach report. Students of the International Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): course consists of on-line supported independent studies. Detailed course description will be given by the responsible teacher. Qualitative part in the autumn semester (2013), quantitative part in the spring semester (2014).

Mode of delivery:

Contact teaching

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): on-line studies.

Learning activities and teaching methods:

Lectures and practice 50h (qualitative research, quantitative research, statistic), group-working 30h, independent studing and written essay 190h. Compulsory attendance is 80% in qualitative and quantitative lectures / exercises. Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): on-line studies, written assignments.

Target group:

Students in Degree program in nursing science, Teacher training program in health science, Degree program in health administration science, Degree program in radiography and Degree program in clinical laboratory science. Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

Please see the recommended optional programme components

Recommended optional programme components:

Research methods (basic), research methods I, Candidate's thesis. No substitution by earlier studies.

Recommended or required reading:

Polit DF & Beck CT. 2008. Nursing Research. Generating and assessing evidence for nursing practice. Lippincott Williams & Wilkins, Philadelphia (in applied parts). Janhonen & Nikkonen (eds.) Laadulliset tutkimusmenetelmät hoitotieteessä. WSOY. Helsinki (in applied parts). Current literature and scientific articles.

Assessment methods and criteria:

Participation in lectures and exercises, group work and written essay.

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

Students in the Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): participation in on-line studies, written assignments.

Grading:

1-5 / fail

Person responsible:

Senior lectures in health administration and nursing science. Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH): postdoctoral researcher Sanna-Mari Ahonen.

Working life cooperation:

No

353216S-01: Master's Thesis, 30 op

Voimassaolo: 01.08.2013 -

Opiskelumuoto: Advanced Studies

Laji: Diploma thesis

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

30

Language of instruction:

English

Timing:

3rd semester - 4th semester

Learning outcomes:

After completing the course the student is able to write the Master's thesis.

Contents:

The aim to learn skills for producing high quality research and learn to collaborate in a research group. Scientific research made by independently or part of the research group. Written Master thesis. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme.

Mode of delivery:

Blended teaching

Learning activities and teaching methods:

Individual study or pair work under supervision of 1-2 teachers. Thesis can be written also as a scientific article.

Target group:

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

Please see the recommended optional programme components

Recommended optional programme components:

Research methods (basic), Research methods I, and Research methods II

Recommended or required reading:

Instructions for Written Assignments. Research and methodology literature related to Master's thesis.

Assessment methods and criteria:

The student writes Master's thesis or does a comparable work. If the student has not written the maturity test related to the Bachelor's thesis, the written maturity test has to be written after Master's thesis. Participating in individual and group tutoring. Master thesis could be a written scientific article too.

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

Grading:

1-5 / failed

Person responsible:

University of Oulu, Finland. Professor Arja Isola, Institute of Health Sciences, arja.isola(at)oulu.fi and Professor Arja Rautio, Centre for Arctic Medicine, arja.rautio(at)oulu.fi

Working life cooperation:

No

353009S: Optional Studies, 25 op

Voimassaolo: 01.08.1950 -

Opiskelumuoto: Optional Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

Voidaan suorittaa useasti: Kyllä

Ei opintojaksokuvauksia.

353216S-02: Thesis Seminar, 5 op

Voimassaolo: 01.08.2013 -

Opiskelumuoto: Advanced Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

5Ects

Language of instruction:

English

Timing:

3rd semester -4th semester

Learning outcomes:

The students will be able to present their Master's Thesis. The students will be able to receive and give constructive feedback.

Contents:

Presentation of the progress and results of the student's Master's Thesis. Peer-support and peer-feedback to fellow students in Optima learning environment.

Mode of delivery:

On-line teaching

Learning activities and teaching methods:

On-line thesis seminar and independent working.

Target group:

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

Please see the recommended optional programme components

Recommended optional programme components:

Research methods (basic), Research methods I, and Research methods II

Recommended or required reading:

Instructions for Written Assignments. Research and methodology literature related to research proposal.

Assessment methods and criteria:

Accepted presentation of the progress of Master's Thesis. Participation in on-line discussion and feedback.

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

Grading:

pass / failed

Person responsible:

Professor Arja Rautio, postdoctoral researcher Sanna-Mari Ahonen.

Working life cooperation:

No

353205S: Written maturity test, 0 op**Opiskelumuoto:** Advanced Studies**Laji:** Course**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** Finnish**Assessment methods and criteria:**

Student writes an essay in his/her native language about the topic of the Master's thesis to show a good command of the language and the content of the thesis. The abstract of the Master's thesis can be accepted as a maturity test if the student has written a maturity test earlier in Bachelor's degree.

If the student's native language or the language of the study programme is another than Finnish or Swedish, the Faculty will define separately the requirements for the maturity test. Read more about [assessment criteria](#) at the University of Oulu webpage.

If the language of the study programme is English, the abstract of the Master's thesis can be accepted as a maturity test if the student has written a maturity test earlier in Bachelor's degree in English. Otherwise the Faculty will define separately the requirements for the maturity test.

Grading:

Pass / Fail

Person responsible:

The essay is examined first by the supervisor of the Master's thesis and then by the teacher of the university's Language Center.

Tutkintorakenteisiin kuulumattomien opintokokonaisuuksien ja -jaksojen kuvaukset**350006Y-01: Informatics of health sciences part 1, 2,5 op****Voimassaolo:** 01.08.2011 -**Opiskelumuoto:** General Studies**Laji:** Partial credit**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opettajat:** Pentti Nieminen**Opintokohteen kielet:** Finnish

Ei opintojaksokuvauksia.

350006Y-02: Informatics of health sciences part 2, 1,5 op**Voimassaolo:** 01.08.2011 -**Opiskelumuoto:** General Studies**Laji:** Partial credit**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail

Opettajat: Pentti Nieminen

Opintokohteen kielet: Finnish

Ei opintojaksokuvauksia.

353216S: Master's Thesis and Thesis Seminars, 32 - 35 op

Voimassaolo: 01.08.2010 -

Opiskelumuoto: Advanced Studies

Laji: Diploma thesis

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

32 ECTS (Master's Thesis 30 ECTS, Thesis Seminars 2 ECTS)

Language of instruction:

english

Timing:

3rd semester - 4th semester

Learning outcomes:

Learning outcomes:

- MCH graduates will be capable to act as independent professionals in multiprofessional context, e.g. in administrative and managerial positions in health care services and advisory boards, as well as in education, development, planning, and research.
- MCH graduates will have important informal skills in addition to formal qualifications (e.g. language skills, working or studying experience in another Nordic country).

Contents:

The aim to learn skills for producing high quality research and learn to collaborate in a research group. An essential part of the theses will be participation to on-line thesis seminar. Research plan, building up the argumentation, research methods and materials, composing a results and discussion will be worked and guided through Optima environment individually and in groups. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme (see <http://www oulu.fi/hoitotiede/>).

Learning activities and teaching methods:

on-line thesis seminar and independent working (3rd of 4th semester)

Assessment methods and criteria:

Master's Thesis 30 ECTS and Thesis Seminars 2 ECTS. An essential part of the theses will be participation to on-line thesis seminar. Research plan, building up the argumentation, research methods and materials, composing a results and discussion will be worked and guided through Optima environment individually and in groups. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / failed

Person responsible:

University of Oulu, Finland. Professor Arja Isola, Institute of Health Sciences, arja.isola@oulu.fi and Professor Arja Rautio, Centre for Arctic Medicine, arja.rautio@oulu.fi

Compulsory

353216S-02: Thesis Seminar, 5 op

Voimassaolo: 01.08.2013 -

Opiskelumuoto: Advanced Studies

Laji: Course

Vastuuyksikkö: Institute of Health Sciences

Arvostelu: 1 - 5, pass, fail

Opintokohteen kielet: English

ECTS Credits:

5Ects

Language of instruction:

English

Timing:

3rd semester -4th semester

Learning outcomes:

The students will be able to present their Master's Thesis. The students will be able to receive and give constructive feedback.

Contents:

Presentation of the progress and results of the student's Master's Thesis. Peer-support and peer-feedback to fellow students in Optima learning environment.

Mode of delivery:

On-line teaching

Learning activities and teaching methods:

On-line thesis seminar and independent working.

Target group:

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

Please see the recommended optional programme components

Recommended optional programme components:

Research methods (basic), Research methods I, and Research methods II

Recommended or required reading:

Instructions for Written Assignments. Research and methodology literature related to research proposal.

Assessment methods and criteria:

Accepted presentation of the progress of Master's Thesis. Participation in on-line discussion and feedback. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

pass / failed

Person responsible:

Professor Arja Rautio, postdoctoral researcher Sanna-Mari Ahonen.

Working life cooperation:

No

353216S-01: Master's Thesis, 30 op**Voimassaolo:** 01.08.2013 -**Opiskelumuoto:** Advanced Studies**Laji:** Diploma thesis**Vastuuyksikkö:** Institute of Health Sciences**Arvostelu:** 1 - 5, pass, fail**Opintokohteen kielet:** English**ECTS Credits:**

30

Language of instruction:

English

Timing:

3rd semester - 4th semester

Learning outcomes:

After completing the course the student is able to write the Master's thesis.

Contents:

The aim to learn skills for producing high quality research and learn to collaborate in a research group. Scientific research made by independently or part of the research group. Written Master thesis. Master Thesis is prepared and written according to instructions of Institute of Health Sciences and MCH programme.

Mode of delivery:

Blended teaching

Learning activities and teaching methods:

Individual study or pair work under supervision of 1-2 teachers. Thesis can be written also as a scientific article.

Target group:

Students in Master's Degree Programme in Health and Wellbeing in the Circumpolar Area (MCH)

Prerequisites and co-requisites:

Please see the recommended optional programme components

Recommended optional programme components:

Research methods (basic), Research methods I, and Research methods II

Recommended or required reading:

Instructions for Written Assignments. Research and methodology literature related to Master's thesis.

Assessment methods and criteria:

The student writes Master's thesis or does a comparable work. If the student has not written the maturity test related to the Bachelor's thesis, the written maturity test has to be written after Master's thesis. Participating in individual and group tutoring. Master thesis could be a written scientific article too. Read more about [assessment criteria](#) at the University of Oulu webpage.

Grading:

1-5 / failed

Person responsible:

University of Oulu, Finland. Professor Arja Isola, Institute of Health Sciences, arja.isola(at)oulu.fi and Professor Arja Rautio, Centre for Arctic Medicine, arja.rautio(at)oulu.fi

Working life cooperation:

No