



LAHTI HARBOUR AND SIBELIUS HALL



LAHTI CITY CENTRE



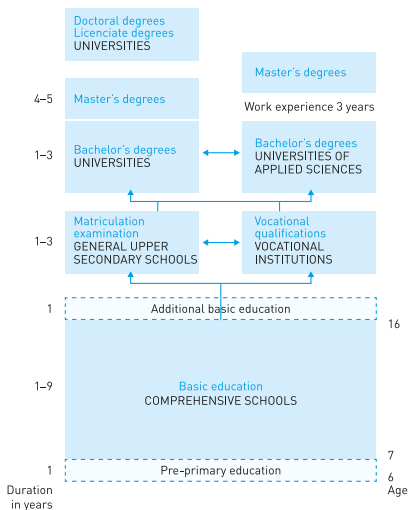
SPORTS CENTRE

THIS IS FINLAND

- Population: 5.3 million inhabitants
- Area: 338.145 km² (130.588 mi²)
- Capital: Helsinki
- Currency: Euro (EUR)
- Official languages: Finnish (90%), Swedish (6%)
- Religion: 80% belong to the Evangelical Lutheran Church of Finland

→ www.visitfinland.com/en/

FINNISH EDUCATION SYSTEM



THIS IS LAHTI

- Location: in Southern Finland, 100 kilometers from Helsinki
- Getting to: one hour drive from Helsinki-Vantaa Airport
- Population: Lahti Region has 220,000 inhabitants, of whom 100,000 live in Lahti

→ www.lahdenseutu.net/en/living/

LAHTI UNIVERSITY OF APPLIED SCIENCES (LUAS)

LUAS is a large, multidisciplinary institution of higher education. It is a centre of expertise that trains professionals in response to labour market needs and conducts R&D which support Lahti area regional development in particular.

LUAS offers education in the fields of social and health care, engineering and technology, business, design and communication, fine arts, tourism and hospitality management and music. There are over 5000 students who study in twenty Bachelor-level degree programmes with over forty specialization lines. The full time teaching staff is approximately 250. LUAS also offers Master-level post-graduate studies designed to respond to the needs of working life. The studies are suitable for mature and part time students.

→ www.lamk.fi/english

THE FACULTY OF SOCIAL AND HEALTH CARE

The faculty of Social and Health Care focuses on educating students for providing care, well-being and rehabilitation. The fields of study for undergraduate programmes at the faculty are:

- Nursing (210 ECTS)
- Public health nursing (240 ECTS)
- Physiotherapy (210 ECTS)
- Social services (210 ECTS)
- Master Degrees (90 ECTS)

→ www.lamk.fi/english/socialandhealth

The key competence areas of the Faculty of Social and Health care are family welfare, entrepreneurship, elderly people welfare and work community management.

The research, development and innovation in the faculty are centered around our key themes. Our aim is to influence and promote welfare on regional, national and international levels while basing our work on co-operation with working life and projects in connected fields.

International activities

International activities are an integral part of professional competence in social and health care. The international competences of students are developed and supported e.g. via student and teacher exchanges and educational development networks (ENPHE, Feset, Nord Plus, Erasmus, Florence net). Students are encouraged to complete part of their degree either as an exchange student in one of our numerous partner institutes or by seeking a practical placement (as part of the degree) abroad. We offer exchange students both supervised practical placements and theoretical studies in English.

→ www.lamk.fi/english/socialandhealth/guide

CONTACT INFO

Johanna Tarvainen,
International Coordinator
johanna.tarvainen@lamk.fi

LAHTI UNIVERSITY
OF APPLIED SCIENCES
Faculty of Social and Health Care
Hoitajankatu 3
FI-15850 Lahti, Finland
→ www.lamk.fi/english/socialandhealth





DEGREE PROGRAMME IN PHYSIOTHERAPY

DEGREE | Bachelor of Health Care **TITLE** | Physiotherapist
CREDIT REQUIREMENT | 210 ECTS **DURATION** | 3.5 years

“THE PHYSIOTHERAPIST – AN EXPERT IN MOBILITY AND FUNCTIONAL CAPACITY”

The basis of the training in physiotherapy is physiotherapy science, whose central point of interest is human functional capacity and mobility and their relationship to an individual’s activity and participation. Additionally, a physiotherapist’s job involves preventive work. A physiotherapist is responsible for planning, implementing, assessing and developing the work on her/his own or as a part of a multiprofessional team.

The studies are organized into modules so that the first year is dedicated to the basic elements of physiotherapeutic expertise. The second and third years are aimed at expanding and implementing the skills needed in physiotherapy and extending them to broader competences. The competence aims of the degree programme are: physiotherapeutic examination and clinical reasoning, teaching and counseling skills, ther-

apy skills, co-operation and social competences, IT skills and communication skills. In addition to the school environment, the studies take place in real regional, national and international working life projects and in authentic client interaction situations. Special attention is paid to developing the international and multicultural competences of physiotherapy students. The studies include study materials in foreign languages, lectures given by foreign experts and international intensive courses. Students are encouraged to complete part of their degree as exchange students or to find international practical placements and participate in international projects in co-operation with representatives of the working life. The degree programme in physiotherapy participates in international co-operation networks of physiotherapy e.g. European Network of Physiotherapy in Higher Education (ENPHE) and Nordiske Uddannelser for Fysioterapeuter (NUF)].

The thesis is closely connected to research, development and innovation and its key competence themes are: ageing, family welfare, entrepreneurship and management. Important local partners in physiotherapy include public as well as private and third-sector service providers in social and health care.

Our faculty is partnered with several institutes of higher education on a national and international level, The international partner institutes are primarily located in Europe and Asia. Our projects focus e.g. on the development of physiotherapy and education in physiotherapy, as well as on entrepreneurship. In teaching, we use the International Classification of Functioning, Disability and Health (ICF). Our professional competence requirements are ranked as level six in the European Qualifications Framework (EQF).

DEGREE PROGRAMME IN PHYSIOTHERAPY (210 ECTS) Physiotherapist	
<ul style="list-style-type: none"> Basic and professional studies (135 ECTS) Practical placement (45 ECTS) Elective studies (15 ECTS) Thesis (15 ECTS) 	Study themes: <ul style="list-style-type: none"> 1st year: towards an expertise in physiotherapy 2nd year: physiotherapy practise 3rd year: the working culture of physiotherapy 4th year: developing physiotherapy practise

1 ST YEAR:	2 ND YEAR:	3 RD YEAR:	4 TH YEAR:
<ul style="list-style-type: none"> Building expertise in physiotherapy The basics of musculoskeletal system neurological physiotherapy Orientation to therapeutic assessment Assessing and assisting physical functional capacity Including practical placement (5 ECTS) 	<ul style="list-style-type: none"> Building expertise in physiotherapy II Physiotherapeutic examination, assessment, counselling and therapy practices Physiotherapeutic examination, assessment, counselling and therapy practices II Including practical placement (9 ECTS) 	<ul style="list-style-type: none"> Building expertise in physiotherapy III Physiotherapeutic examination, assessment, counselling and therapy practices III Adapting physiotherapy in different periods of life Advanced clinical reasoning in physiotherapy and rehabilitation Including practical placement (23 ECTS) 	<ul style="list-style-type: none"> Research and development skills Bachelor thesis Elective studies Including practical placement (8 ECTS)