

CURRICULUM

Master of Health Care, Master of Social Services, Active Ageing

Degree

The ageing of the Finnish population shows in the increase in the expected duration of life and in the increase in the share of older population. An ageing society is a global phenomenon that challenges current service structures and operational models in the society. Ageing is a unique process and the needs of each older individual vary. A broad knowledge and a vision of the meaning of ageing for the whole population both at individual level, communal level and societal level is needed. It is also essential to engage older people in participating and in influencing on e.g. the contents and practical implementation of services. According to current legislation, particular attention in the organisation of services needs to be paid to services promoting rehabilitation and services provided at home.

The Master's degree education in active ageing provided at Karelia University of Applied Sciences provides an opportunity to become an expert in ageing-related issues. Competence in ageing is one of the strategic focus areas of Karelia UAS and thus, we have been focusing on ageing-related issues both in our education and in our research and development work for already many years.

Degree Title

Master of Health Care (Physiotherapy)
Master of Health Care (Nursing)
Master of Social Services
Master of Health Care (Public Health Nursing)

Extent 90 cr./2.5 years

Typical Tasks for Graduates

After graduating, you can find employment from the public, private or third sector and work in various types of expert, development and management tasks related to the support for the rehabilitation and well-being of older people.

The job titles after the graduation could include: director of elderly care, clinical specialist, project manager, project coordinator, planning officer, head nurse, executive director, organisational secretary, or professional teacher (requires separate pedagogical studies to be completed as well).

Implementation of Studies

As a graduate, you will be a competent professional in ageing-related issues in the field of social services and health care. You will have abilities to work in multiprofessional work communities supporting the rehabilitation and well-being of older people as well as in demanding development and management tasks. You will also be capable of working in projects or as an entrepreneur. In addition, you will have a wide-ranging knowledge of ageing and the ability to develop, assess, modernise and manage services. You will also be able to contribute to the health and well-being of older people as well as to their functional capability and opportunity to participate.

The objectives and contents of the education are connected to your own work and to the development of your expertise. The studies include both development of work communities and regional development work. The degree programme is implemented via blended learning so that you can study alongside with your work. However, a valid employment is not a prerequisite for studying.

The education consists of 1-5 contact teaching days per month, guided distance studies, and independent learning. Virtual learning environments are in key role in the implementation of education and approximately 60% of the studies are possible to be carried out in form of independent distance learning using virtual learning environments. The entire education includes approximately 30 contact teaching days, which are usually organised in form of two-day sessions. The Master's degree provides you with a similar eligibility for public posts as other Master's degrees.

Structure and Content of Studies

Your studies include common studies (85 cr.) and optional studies (5 cr.) The aim of common studies is to deepen your competence in rehabilitation and in ageing-related issues. During the studies, you will learn to manage the wide theoretical basis of ageing and rehabilitation, and understand the phenomena related to the processes of change and the development of these processes. The common studies also include a 30-credit thesis, which will be realised in cooperation with the commissioning organisation.

The contents of studies include professional development, prerequisites for the activity of older people, rehabilitation skills for the future, changing competence in ageing, active ageing approach, research methods, investigative development processes, project development, financial management, management of human resources, and international comparison of the competence in ageing and management. Optional studies can include any master-level studies matching with the aims set in your individual study plan.

ACTIVE AGEING



Master of Health Care (Physiotherapy)

Master of Health Care (Nursing)

Master of Social Services, Master of Health Care (Public Health Nursing)

90 cr / 2,5 years

Competence in Ageing | Rehabilitation Competence | Ethical Competence | Innovation Competence | International Competence | Learning Skills | Working Community Competence

3 rd year	EXPERT PRACTITIONER			
Thesis, implementation				20 cr
Optional Studies				5 cr
Professional Development 3				1 cr
2 nd year	RESEARCHING DEVELOPER OF PROFESSIONAL PRACTICE			
Thesis, planning				7 cr
Research Methods				5 cr
Financial Management				5 cr
Professional Development 2				1 cr
Competence in Ageing and Management, International Comparison				5 cr
Competence in Ageing and Project Development				5 cr
1 st year	DEVELOPER OF PROFESSIONAL PRACTICE			
Changing Competence in Ageing				5 cr
Rehabilitation Skills for the Future				5 op
Prerequisites for the Activity of Older People				5 cr
Orientative Studies				2 cr
Professional Development 1				1 cr
Thesis, idea development				3 cr
Active Ageing Approach				5 cr
Management of Human Resources				5 cr
Investigative Development Process				5 cr

Competence Requirements

Competence	Competence Description
	Master of Health Care (Physiotherapy), Master of Health Care (Nursing), Master of Social Services, Master of Health Care (Public Health Nursing)
Competence in Ageing	<ul style="list-style-type: none"> – understands ageing as a multidimensional, social phenomenon and as an individual process – understands the wide-ranging nature of issues related to ageing and consequent challenges for multidisciplinary cooperation – is able to work in multidisciplinary work communities supporting the rehabilitation and well-being of older people and in demanding development tasks – is able to promote the well-being, health and functional capacity of older people as well as their opportunities to participate – is able to support older people's opportunities to participate in the development of services and activities
Rehabilitation Competence	<ul style="list-style-type: none"> – understands rehabilitation as a multidimensional, social phenomenon and service system as well as a target-oriented multidisciplinary activity and as an individual process – knows the main rehabilitation theories, concept systems, models and methods – is able to take both national and international programmes and the legislation directing rehabilitation activities into account in his/her actions and use evidence-based information as a basis for his/her actions – knows the possibilities of well-being technologies in the promotion of rehabilitation and understands the importance of accessibility
Ethical Competence	<ul style="list-style-type: none"> - is able to assume responsibility for his/her community and the consequences of its actions. - is able to apply the code of professional ethics of his/her field as an expert and developer of professional practice. - is able to make decisions and take into account various individual and collective perspectives. - is able to promote and implement equality principles at work. - is able to promote the principles of sustainable development and social responsibility. - is able to lead and manage a business with a social impact based on ethical principles.

Innovation Competence	<ul style="list-style-type: none"> - is able to produce new information and renew working methods by innovatively combining knowledge from various fields. - is able to manage projects. - is able to manage research, development and innovation projects and use different research and development methods. - is able to develop a customer-oriented, sustainable and profitable business.
International Competence	<ul style="list-style-type: none"> - is able to communicate internationally in professional and development assignments. - is able to operate in various international environments. - is able to anticipate the opportunities and effects of internationalisation at work.
Learning Skills	<ul style="list-style-type: none"> - is able to assess and develop one's competences and learning methods. - is able to retrieve, process and analyse information critically. - can assume responsibility for team learning and knowledge sharing.
Working Community Competence	<ul style="list-style-type: none"> - is able to function as a member of a work community and contribute to its well-being. - is able to function in various communication and interaction situations at work. - is able to use information and communication technology in the tasks of one's field. - is able to create business contacts and to work in professional networks. - is able to make decisions in new and unforeseeable situations. - is able to manage and supervise work and to work independently in expert positions. - has entrepreneurial skills and abilities.