

LAUREA UNIVERSITY OF APPLIED SCIENCES

Degree Programme in Health Promotion, Family Health Care, in English (Laurea Otaniemi, sote), SYG312SJ

Ylemmät ammattikorkeakoulututkinnot

1. The structure of the Curriculum

The aim of the Master's Degree is to develop and deepen the expertise in Health and Health Promotion. The expertise and competences in innovative multi-professional cooperation and networks at regional, national and international level will be deepened. New knowledge and skills of Health Science will be implemented through the research and development projects, leadership and management in designing services and entrepreneurship in order to support designing of new eHealth Services. The aim of the Master's Degree is to deepen the students' competence in promoting the welfare and health of clients and families, to deepen the competence in innovative research methods. Gaining the competence is based on Learning by Developing method (LbD). The Curriculum focuses on core competences (EU/Level 7).

The Thesis is a process that connects the themes of the education to the whole. Active and cooperative working methods are emphasized in the learning. A part of the studies consists of elective studies according to one's own personal learning curriculum. (Decree 423/2005)

Degree Programme of Health Promotion has been structured on the basis of LbD model and it gives framework for the process of research and development project. The purpose of the learning in Degree Programme of Health Promotion is to produce new and innovative competencies through the dimensions of investigative approach, partnership, creativity, authenticity and experiencing.

2. Themes of The Curriculum

2.1 Theme 1: Health and Health Promotion 15 cr

Study unit 1 Scientific Approaches in Health Promotion 5 cr

Objectives

The student internalize and is able to analyse scientific approaches in health and health promotion. The student will be able to analyze health strategies and models in promotion. The student grasps the meaning of the research from the perspective of health impact and effectiveness in health care and social services.

Contents Scientific approaches in Health and Health Promotion

Health strategies and models

Health Programmes in Health Promotion

Effectiveness of Health Promotion

Health Impact assessment (HIA)

Study unit 2 Ethics in Health Promotion 5 cr

Objective

The student will deepen his/her ethical thinking and reflection in ethical issues in health and health promotion. The

student deepens her/his competencies in investigating ethical and scientific approaches and knowledge in health and health promotion.

Contents:

Ethical and moral questions in health and health promotion

Ethical reflection

Study unit 3 User-driven eServices 5 cr

Objectives

The student is able to develop new virtual wellbeing services. The student will internalize deep understanding of user-driven approach. He/she is able to use social media and media communication from clients' perspective.

Contents Virtual eServices

Holistic and User-driven methods

Social media

Media communication, processes and environments

2.2 Theme 2: Leadership and Management in Designing eHealth Services 15 cr

Objectives

The student will deepen his/her analysis of own thinking, knowledge and mental models through self-discipline, implementation skills, self-management and teamwork in personal, organisational and social levels.

Study unit 1 Innovative Leadership and Management 5 cr

Objective

The student will deepen leadership and management competencies in reflecting his/her learning as a dialog. The student is able to use creativity and open mind in order to produce ideas and innovations.

Contents

Innovation process as an open innovation

Empowering and participative leadership

Leadership in networks

Future orientated tools for quality of the leadership and management

Promoting work-related wellbeing

Study unit 2 Service Design in eHealth 5 cr

Objective

The student is able to enhance and support clients', families' and communities wellbeing and quality of life by developing new user-driven eServices in social and health care context.

Content

Service innovations

Service Design

Digital services

Service innovations and business management

ICT-based products and services

Study unit 3 Health Informatics 5 cr

Objective

The student is able to use and analyse health data and personal health records. The student knows and internalizes legal aspects and issues in decision making and documentation of client's wellbeing and health.

Contents

Legislation

eHealth infrastructure and architecture

Digital Agenda in Europe

eData, eView

eDecision making process

2.3 Theme 3: Entrepreneurship in Health and Social Welfare 10 cr

Objectives

The student is able to grasp the meaning of entrepreneurship in Health and Social Welfare. He /she is actively seeking new possibilities and new business opportunities. The student is deepening his/her competences in value creation and networking.

Study unit 1 Change Management

Objective

The student is able to deepen and analyze changes and challenges in the social and health care context.

Contents

Change as a concept

Change as a theory and a process from the personal, organisational and social perspectives

Change Management

Participative methods

Study unit 2 Customers and Consumers

Objective

The student is able to analyse the needs, expectations and values of the clients and groups in social and health care context. He/she is able to grasp the meaning of clients' understanding in value co creation. The student knows the role of the client as a consumer. The student will learn how the practices of everyday life should be the basis of new service design.

Contents

Value co creation

Customers as partners and enablers for new service and product development

Private-public partnership

Business plan models

2.4 Theme 4: Innovative Research and Development Methods 15 cr

Study unit 1 Action research and Learning by Developing –Model 5 cr

Objective

The student will deepen his/her methodological knowledge, action based research applied in LbD model and methods of inquiry.

The student is able to apply action research as methodological background in his/her thesis work. The student is able to use and apply new approaches during his/her studies.

The student is able to study and analyse written, academic English, in order to be able to apply the relevant features into practice when writing for academic purposes. The aim is also to learn to assess critically one's own writing and the production process of different types of texts e.g. causal analysis texts and argumentative essays.

Contents

Orientation to research and development

Knowledge base in Research and Development

Action research applied in LbD model

Future research approaches

Academic writing

Study unit 2 Future orientated Methods 5 cr

Objective

The student is able to apply competences in research and development methods in his/her thesis work and in the context of LivingLabs and learning environments. The student is able to use different types of methods of data collection and methods of analysis during his/her thesis process.

Contents

Living Lab methodology

Methods of inquiry

Quantitative Methods

(e.g. SPSS)

Qualitative Methods

(e.g. narratives as methods of data collection, participative observation and ethnographic research, methods of analysis)

Academic writing

Study unit 3 Ethics in Research and Development process 5 cr

Objective

The student internalizes and reflects ethical issues in research and applies ethical issues in his/her thesis.

Contents

Ethics in Research

Laws and guidelines

Informants/Participants Rights

Informed consent

2.5 Theme 5: Thesis 30 cr

The student deepens his / her competence in planning, implementing and evaluating research and development project as the thesis work. The student's innovative process is reflected as continues evaluation of the situations, generating innovative ideas and carrying out an implementation projects on individual, team, organization, network and societal levels.

Study unit 1 Planning the thesis 5 cr

Objective

The student will learn to apply evidence based knowledge in planning the thesis. The student will produce a thesis plan.

Contents

Thesis Idea and Plan

Thesis Seminar

Study unit 2 Publishing the thesis 15 cr

Objective

The student carries out the thesis process based on evidence and the written plan.

The student is capable of acquiring reliable knowledge and is able to publish the thesis. The student is able to argument his/ her thesis.

Contents

The process of Research and Development and Innovation (RDI)

Publishing the thesis

Study unit 3 Maturity test 5 cr

Objective

The student is able to show his/ her mastery in academic writing and is able to self evaluate the findings and the whole research process.

Contents

Maturity test (an exam or an article or a Media Document)

2.6 Theme 6: Elective studies 5 cr

Objective

The student is able to choose elective studies that support and deepen his/her own learning in Health and Health Promotion.

Contents

Based on student's own personal curriculum

		1. year	2. year
OP	STUDIES	50	40
G065	HEALTH AND HEALTH PROMOTION		
G8152	Scientific Approaches in Health Promotion	5	
G8153	Ethics in Health Promotion	1	4
G8154	User-driven eServices	5	
G066	LEADERSHIP AND MANAGEMENT IN DESIGNING EHEALTH SERVICES		
G8155	Innovative Leadership and Management	5	
G8156	Service Design in eHealth	5	
G8157	Health Informatics	1	4
G067	ENTREPREUNERSHIP		
G8197	Change Management	5	
G8158	Customers and Consumers	1	4
G068	INNOVATIVE RESEARCH METHODS		
G8159	Action Research and Learning by Developing	5	
G8160	Future orientated methods	5	
G8161	Ethics in Research and Development Process	5	
G069	THESIS		
00633	Thesis	20	10
G070	ELECTIVE STUDIES		
		50	40

G065 HEALTH AND HEALTH PROMOTION, 15 cr

G8152 Scientific Approaches in Health Promotion, 5 cr

The student is able to:

The student internalize and is able to analyse scientific approaches in health and health promotion. The student will be able to analyze health strategies and models in promotion. The student grasps the meaning of the research from the perspective of health impact and effectiveness in health care and social services.

Contents of the study unit:

Scientific approaches in Health and Health Promotion

Health strategies and models

Health Programmes in Health Promotion

Effectiveness of Health Promotion

Health Impact assessment (HIA)

Study unit description:

The Student will deepen her/his competencies in the context of the health. Health as a phenomenon and as a concept is a focus in learning and in gaining new knowing and knowledge. New knowledge of Health Science will be studied through the research. Learning will be based on student's own goals and will be documented through the portfolio.

G8153 Ethics in Health Promotion, 5 cr

The student is able to:

The student will deepen his/her ethical thinking and reflection in ethical issues in health and health promotion. The student deepens her/his competencies in investigating ethical and scientific approaches and knowledge in health and health promotion.

Contents of the study unit:

Ethical and moral questions in health and health promotion

Ethical reflection

Study unit description:

Based on curriculum description.

G8154 User-driven eServices, 5 cr

The student is able to:

The student is able to develop new virtual wellbeing services. The student will internalize deep understanding of user-driven approach. He/she is able to use social media and media communication from clients' perspective.

Contents of the study unit:

Virtual eServices

Holistic and User-driven methods

Social media

Media communication, processes and environments

G066 LEADERSHIP AND MANAGEMENT IN DESIGNING EHEALTH SERVICES, 15 cr

Description:

The student will deepen his/her analysis of own thinking, knowledge and mental models through self-discipline, implementation skills, self-management and teamwork in personal, organisational and social levels.

G8155 Innovative Leadership and Management, 5 cr

The student is able to:

The student will deepen leadership and management competencies in reflecting his/her learning as a dialog. The student is able to use creativity and open mind in order to produce ideas and innovations.

Contents of the study unit:

Innovation process as an open innovation

Empowering and participative leadership

Leadership in networks

Future orientated tools for quality of the leadership and management

Promoting work-related wellbeing

Study unit description:

The student will deepen competencies in innovative and participative leadership and management. Innovating, idea gathering and commitment are in the main role in studying leadership and management, and from the perspectives of future orientation, change and work-related wellbeing as well. Own thinking, knowledge and actions will be deepened through analysis and reflection. Leadership and management will be studied in personal, team, organisational and network levels.

G8156 Service Design in eHealth, 5 cr

The student is able to:

The student is able to enhance and support clients', families' and communities wellbeing and quality of life by developing new user-driven eServices in social and health care context.

Contents of the study unit:

Service innovations

Service Design

Digital services

Service innovations and business management

ICT-based products and services

Study unit description:

Based on the curriculum description.

G8157 Health Informatics, 5 cr

The student is able to:

The student is able to enhance and support clients', families' and communities wellbeing and quality of life by developing new user-driven eServices in social and health care context.

The student is able to use and analyse health data and personal health records. The student knows and internalizes legal aspects and issues in decision making and documentation of client's wellbeing and health.

Contents of the study unit:

Legislation

eHealth infrastructure and architecture

Digital Agenda in Europe

eData, eView

eDecision making process

Study unit description:

Based on the curriculum description.

G067 ENTREPREUNERSHIP, 10 cr

Description:

The student is able to grasp the meaning of entrepreneurship in Health and Social Welfare. He /she is actively seeking new possibilities and new business opportunities. The student is deepening his/her competences in value creation and networking.

G8197 Change Management, 5 cr

G8158 Customers and Consumers, 5 cr

The student is able to:

The student is able to analyse the needs, expectations and values of the clients and groups in social and health care context. He/she is able to grasp the meaning of clients' understanding in value co creation. The student knows the role of the client as a consumer. The student will learn how the practices of everyday life should be the basis of new service design.

Contents of the study unit:

Value co creation

Customers as partners and enablers for new service and product development

Private-public partnership

Business plan models

Study unit description:

Based on the curriculum description.

G068 INNOVATIVE RESEARCH METHODS, 15 cr

G8159 Action Research and Learning by Developing, 5 cr

The student is able to:

The student will deepen his/her methodological knowledge, action based research applied in LbD model and methods of inquiry.

The student is able to apply action research as methodological background in his/her thesis work. The student is able to use and apply new approaches during his/her studies.

The student is able to study and analyse written, academic English, in order to be able to apply the relevant features into practice when writing for academic purposes. The aim is also to learn to assess critically one's own writing and the production process of different types of texts e.g. causal analysis texts and argumentative essays.

Contents of the study unit:

Orientation to research and development

Knowledge base in Research and Development

Action research applied in LbD model

Future research approaches

Academic writing

Study unit description:

The student will deepen his/her methodological knowledge, action research and methods of inquiry. New and innovative research methods will be studied and applied in RDI projects.

G8160 Future orientated methods, 5 cr

The student is able to:

The student is able to apply competences in research and development methods in his/her thesis work and in the context of LivingLabs and learning environments. The student is able to use different types of methods of data collection and methods of analysis during his/her thesis process.

Contents of the study unit:

Living Lab methodology

Methods of inquiry

Quantitative Methods (e.g. SPSS)

Qualitative Methods (e.g. narratives as methods of data collection, participative observation and ethnographic research, methods of analysis)

Academic writing

Study unit description:

Based on the curriculum description.

G8161 Ethics in Research and Development Process, 5 cr

The student is able to:

The student internalizes and reflects ethical issues in research and applies ethical issues in his/her thesis.

Contents of the study unit:

Ethics in Research

Laws and guidelines

Informants/Participants Rights

Informed consent

Study unit description:

Based on the curriculum description.

G069 THESIS, 30 cr

Description:

The student deepens his / her competence in planning, implementing and evaluating research and development project as the thesis work. The student's innovative process is reflected as continues evaluation of the situations, generating innovative ideas and carrying out an implementation projects on individual, team, organization, network and societal levels.

00633 Thesis, 30 cr

Study unit description:

A 30-credit thesis is an essential part of the Master's degree. It is a project promoting the health and welfare of families and its purpose is to develop working life. Innovative action and service models as well as work and assessment methods are created together with the clients and other partners. Development, research and assessment of action are combined in the development project and action research approach is appropriate for this. New learning environments enable the student's, work community's and network's learning process as well as its development as part of the development projects of the university of applied sciences. Researching and developing action is essential for the student's developing competence. The development project is articulated with the learning process of the whole work community or network. It is possible to carry it out in one's own work community or in another work organization such as a project organization, public or private sector or association. When connected to the working life through networking, the development can arise from the need of citizens or regions and

their analysis. This way individual learning, structuring new information and new action models are produced together in the project.

Through the development project of the Master's degree the student and the whole work community interact actively and the action for promoting family health and welfare is developed in the real working life. At the same time the student's learning and information is transferred to the work community.

The thesis is a learning process, which undergoes the following stages:

- Analysis stage, characterised by familiarisation with the phenomena at hand, by information gathering and processing, and justification of the topic choice. The topic must be closely linked to developing the student's personal competence, work, career or work community, and it must aim to produce new knowledge for broader use in the field. The topic of the thesis can arise from various sources, including for instance Laurea's R&D programmes and different organisations.

G070 ELECTIVE STUDIES, 5 cr

Description:

The student is able to choose elective studies that support and deepen his/her own learning in Health and Health Promotion.