



ERASMUS+ EXCHANGE STUDENTS 2020/2021

12TH EUDAPA, EUROPEAN UNIVERSITY DIPLOMA IN ADAPTED PHYSICAL ACTIVITY, 30 ECTS

SPRING TERM 2021, JANUARY 25TH – MAY 3RD, 2021.

Passion for APA, Adapted Physical Activity?

Around 20% of the population belongs to the target group of APA and the amount is continuously growing. At the same time the need for the APA professionals and sport services are increasing.

Intensive EUDAPA studies will take place at Haaga-Helia's Vierumäki Campus at Finnish Sport Institute and Olympic Training Centre. Vierumäki Campus is located 130 km north from Helsinki and all exchange students have a possibility to live on the campus area.

EUDAPA -studies have practical and international approach and the programme is based on well-known pedagogical methods like 'learning by doing', 'problem based learning' and 'project based learning'.

More than 20 international experts will present the last trends and practises in APA. The learning projects (n=7-10) are planned and lead by students themselves and typical projects are f.ex. 'Inclusive winter-week in Lapland' or 'Sports holidays for individuals with psychiatric disorders'.

The total number of the students will be about 20 coming mainly from Haaga-Helia UAS Erasmus+ partner institutes. The Free mover students without ERASMUS+ funding have to pay the study fee, 4750 euros/ 30 ECTS

What is Adapted physical activity?

Physical activity for people who due to a disability – sensory, physical or intellectual disability - a chronic disease or some other reason for lowered functional capacity - f.ex. alcoholic, drugs, high age - or social situation, like immigrants, prisoners etc. have difficulties in participating in mainstream sport activity generally available as at sports clubs, commercial gyms etc. and whose physical activity needs adaptation and special ability from the instructor or teacher. This description is modified by J. Vilhu from the 'Adapted Physical Activity 2000' -committee report.





STUDY CONTENTS (30 ECTS)

APA Common studies, 15 ECTS (obligatory for all EUDAPA students)

Common studies include themes: theoretical background of adapted physical activity, history and organizations of APA, disabilities and chronic diseases, rehabilitation, adaptation skills, inclusion, interaction, equality / equity, networking, creativity.

More detailed learning objectives: <https://goo.gl/fdc8zp>

APA Optional studies, 15 ECTS (student chooses one of the three learning environments)

APA Health and physical activity (15 ECTS)

The learning environment of health and physical activity is established by actors, who implement health (and fitness) physical activity at private-, municipal- or third sector (=associations). Themes included are: identity, service chains, customer-based services and know-how in operational environments

APA Sports services (15 ECTS)

Sports services include the development, productification and commercialization of customer-based sports services and sports travel in the private, municipal and third sector. Themes included are: customer-based services, legislation, ecology, productification and product development

APA Competitive and elite sports (15 ECTS)

The learning environment of competitive and elite sports is established by actors, who implement and develop competitive and elite sports in sports associations, regional and/or district sports organizations, sports clubs, central sports organizations and educational and sports centers. Themes included are: training of an athlete, know-how in operational environment, education.

More detailed learning objectives: <https://goo.gl/Ntzblj>

APPLICATION INFORMATION:

You need to make two applications:

1. ERASMUS+ Exchange student application to Haaga-Helia University of Applied Sciences, before October 16th, 2020. <https://goo.gl/RASCPV>
2. EUDAPA application for 12th EUDAPA programme 2021

Closer info and application template on EUDAPA website: <http://www.haaga-helia.fi/en/education/non-degree-programmes-0/eudapa?userLang=fi>