

SPRING TERM 2023, JANUARY 30TH – APRIL 30TH, 2023

# EUROPEAN UNIVERSITY DIPLOMA IN ADAPTED PHYSICAL ACTIVITY (EUDAPA), 30 ECTS

ERASMUS+ EXCHANGE STUDENTS 2022/2023

## What is Adapted Physical Activity (APA)?

The target group of APA is around 20% of the population and this share is increasing continuously. Consequently, the demand for APA professionals and sport services is constantly growing, too.

Adapted physical activity is targeted to people having difficulties in participating in mainstream sport activities generally available at sport clubs, commercial gyms etc. Organizing physical activity to this group calls for special abilities and adaptation skills from the instructors or teachers. The target group of APA may have a disability (sensory, physical or intellectual), a chronic disease or some other reason for lowered functional capacity (alcohol or drug use, old age etc). Also, APA may be necessary to overcome challenges caused by social status (immigrants, prisoners etc).

## Passion for Adapted Physical Activity (APA)?

The intensive 3-month EUDAPA studies will take place at Haaga-Helia Vierumäki Campus located 130 km north from Helsinki and all exchange students have a possibility to live on the campus area. Students are to cover all their living costs and travel expenses during their stay in Finland.

EUDAPA -studies are based on well-known pedagogical methods like problem-based and project based learning when applying theories into practice. The programme has been arranged yearly since 2020.

A number of Finnish and international experts will present the last trends and practices in APA. The learning projects are planned and lead by the EUDAPA students themselves. The topics vary, an example of a prior learning project theme is 'Sport holidays for individuals with psychiatric disorders'.

There will be around 20 students coming mainly from Haaga-Helia UAS ERASMUS+ partner institutes. The teaching language is English. Tuition fee for the free mover students (students without ERASMUS+ funding) is 4750 e/ spring 2023 semester.



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## EUDAPA - STUDY CONTENTS (30 ECTS)



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

Common studies include the following 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://opinto-opas.haaga-helia.fi/course\\_unit/VAL4SL421](https://opinto-opas.haaga-helia.fi/course_unit/VAL4SL421)

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

#### APA Health-enhancing 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 organizations. Themes included are identity, service chains, customer-based services and know-how in operational environments. More detailed learning objectives: [https://opinto-opas.haaga-helia.fi/course\\_unit/VAL4SL424](https://opinto-opas.haaga-helia.fi/course_unit/VAL4SL424)

#### APA Services and Physical Activity (15 ECTS)

This theme includes the development, productization and commercialization of customer-oriented sport services and sport travel in the private, municipal and third sectors. Legislation and ecological concerns are covered, too. More detailed learning objectives: [https://opinto-opas.haaga-helia.fi/course\\_unit/VAL4SL426](https://opinto-opas.haaga-helia.fi/course_unit/VAL4SL426)

### 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://opinto-opas.haaga-helia.fi/course\\_unit/VAL4SL422](https://opinto-opas.haaga-helia.fi/course_unit/VAL4SL422)

### Application Information

You are to make two applications:

1. ERASMUS+ Exchange student application to Haaga-Helia University of Applied Sciences Between the 26th of September and the 9th of October 2022 <https://www.haaga-helia.fi/en/how-apply-student-exchange-haaga-helia>

2. If you get approved to ERASMUS+ Exchange you will get a link to the second application for the 14th EUDAPA programme 2023.

NB: If you are not eligible for ERASMUS+ Exchange and still want to apply as a free mover student, please contact [noora.viljanen@haaga-helia.fi](mailto:noora.viljanen@haaga-helia.fi) to get application instructions.

For more detailed information on EUDAPA please visit <https://www.haaga-helia.fi/en/eudapa-european-university-diploma-adapted-physical-activity>

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