

COURSE CONTENT: ADVANCED

When the Finnish curriculum for vocational education changed 1.1.2018, the opportunities to have esport as freely selectable courses also changed. Instead, esport at the vocational institute Prakticum will be a 20 credits local exam.

Björn Nylund, sport coordinator at Yrkesinstitutet Prakticum

Karl Ögland, remedial teacher at Yrkesinstitutet Prakticum



TABLE OF CONTENTS

COURSE: PHYSICAL ACTIVITY	4
Objective (high level)	4
Content.....	4
Method and assessment	4
Very well approved (5).....	5
Well approved (3)	5
Approved (1).....	5
COURSE: TRAINING LEARNING	6
Objective (high level)	6
Content.....	6
Lecture	6
Very well approved (5).....	7
Well approved (3)	7
Approved (1).....	7
COURSE PLAN: NUTRITION	8
Objective (high level)	8
Content.....	8
Method and assessment	8
Literature	8
Very well approved (5).....	9
Well approved (3)	9
Approved (1).....	9
COURSE PLAN: SPORTS SPECIFIC ISSUES	10
Objective (high level)	10
Content.....	10
Method and assessment	10
Very well approved (5).....	11
Well approved (3)	11
Approved (1).....	11

COURSE: PERSONAL DEVELOPMENT	12
Objective (high level)	12
Content.....	12
Method and assessment	12
Very well approved (5).....	13
Well approved (3).....	13
Approved (1).....	13
COURSE PLAN: BASIS OF BUSINESS	14
Objective (high level)	14
Content.....	14
Method and assessment	14
Very well approved (5).....	15
Well approved (3).....	15
Approved (1).....	15
COURSE PLAN: THE BASIS OF MARKETING.....	16
Objective (high level)	16
Content.....	16
Method and assessment	16
Literature	17
Very well approved (5).....	17
Well approved (3).....	17
Approved (1).....	17

COURSE: PHYSICAL ACTIVITY

Scope: 5 credits

Lessons: 90 x 45 min

Degree: Esport profiling

Objective (high level)

The student can

- prepare for themselves a training plan that promotes a healthy way of life, work ability and exercise and can follow the plan
- promote and maintain his / her study, function and work ability in his / her own sport
- promote the well-being of the own sports team
- work in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.

Content

Fitness and strength training in different forms

- exercise routine
 - Warm up
 - Workout
 - Stretching
- Relaxation

Method and assessment

- Lectures
- Compilation of different plans and diaries
- Personal trainer

VERY WELL APPROVED (5)

The student can

- prepare for themselves a training plan that promotes a healthy way of life, work ability and exercise and can follow the plan
- promote and maintain his / her study, function and work ability in his / her own sport
- promote the well-being of the own sports team
- work in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participate actively

WELL APPROVED (3)

The student

- Have an idea of how your own exercise plan should look and ask for help to implement it, as well as promote a healthy way of life, work ability and exercise, and can follow the plan
- can maintain his / her study, function and work ability in his or her own sport
- Is actively involved in the well-being of the own sports team
- work in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participate actively

APPROVED (1)

The student can

- with supervision draw up an exercise plan that promotes healthy living, work ability and exercise, and can follow the schedule with supervision
- with supervision maintain his working and working ability in his own sport
- Be part of the well-being of the own sports team
- Handle in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participate actively

COURSE: TRAINING LEARNING

Scope: 1.5 kp

Lessons: 27 x 45 min

Degree: Esport profiling

Objective (high level)

Can use

- knowledge that promotes the implementation of training and training
- Knowledge that promotes health and recovery
- take care of various technical + IT tools in training planning
- the knowledge of the various sporting characteristics of the training plan and the implementation of the completed program.

Content

The athlete's different characteristics

Principles of development

- exercise
- periodization of the training
- the importance of the right diet
- the importance of sleep and rest

Weight training

Skill training

Speed training

Cardio

Endurance training

Mental training

Maintenance of diary

- exercise diary
- diet diary
- sleep diary

Method and assessment

Lecture

- Supervised literature studies
- Field trips
- Compilation of different plans and diaries

VERY WELL APPROVED (5)

To student

- Is able to plan and carry out his training activities according to a pre-defined plan.
- Plan and follow a plan for diet, recovery and rest
- uses technical aids to support training and recovery

WELL APPROVED (3)

To student

- Is able to plan and draw up a plan for their training activities.
- Be able to make a plan for diet, recovery and rest
- Can use technical aids to support training and recovery

APPROVED (1)

To student

- can make a general plan for their training activities.
- Know the general principles of diet, recovery and rest
- know technical assistance and can use them

COURSE PLAN: NUTRITION

Scope: 1.5 credits

Lessons: 27 x 45 min

Degree: Esport profiling

Objective (high level)

Students apply their knowledge of nutrition, diet and nutrition as part of a comprehensive training program.

Content

- The importance of the diet for the athlete
 - Growth
 - development
 - Nutrition
 - Exercise
- The structure of the diet
- The athlete's dietary palette
- The athlete in the grocery store
- Meal and rheumatism in practice
- Food and drink in connection with competitions
- Nutrition and the body
 - food diary

Method and assessment

Lectures and practical supervision as well as self-study.

LITERATURE

Nuor urheilijan ravitsemus by Olli Illander

Liikunta ja ravitsemus of the Federation of Nutritionists.

VERY WELL APPROVED (5)

Attendance, prepare food diary, outstanding knowledge in the field of nutrition.

WELL APPROVED (3)

Attendance, prepare food diary, good knowledge in the field of nutrition.

APPROVED (1)

Attendance and make up a food diary.

COURSE PLAN: SPORTS SPECIFIC ISSUES

Scope: 3 credits

Lessons: 54 x 45 min

Degree: Esport profiling

Objective (high level)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can self-study in the different areas through literature, online studies and study visits.
- Understands the importance of the various special areas for the sport.

Content

Lecture series where invited experts lecture on their field of specialization. Based on experts' lectures, teachers continue to work on different themes, among other things

- Doping
- Sports medicine (sports injuries)
- Rehabilitation after injury
- Sport taping
- Mental training
- The athlete's legal status
- Different test methods and test equipment
- Teamwork and communication

Method and assessment

In addition to lecturing specialists, the course is conducted as

- Study
- Literature studies
- Written information
- Slides
- Own work (theoretical and practical)

VERY WELL APPROVED (5)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can self-study in the different areas through literature, online studies and study visits.
- Understands the importance of the various special areas for the sport.

WELL APPROVED (3)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can deepen in the different areas through literature, network studies and study visits.
- Understands the importance of the various special areas for the sport.

APPROVED (1)

- Get acquainted with the basics of the special areas discussed in the lecture series and can, with supervision, use parts of the knowledge in their own education.
- Can study with insight into the different areas through literature, online studies and study visits.
- Get acquainted with the different areas of specialization and familiarizing themselves with their importance to the sport.

COURSE: PERSONAL DEVELOPMENT

Scope: 5 credits

Lessons: 90 x 45 min

Degree: Esport profiling

Objective (high level)

Student

- Strongly develops their skills based on their sports and their conditions.
- On their own, can develop their skills, how to practice and how to put up their personal training in their branch.
- Understands the connection between success and goal awareness (structure in everyday life, regular routines, sleep, diet and exercise)
- Can act as a team player in different situations and different teams (individual team players)

Content

- At least one occasion per year the individual athlete, alone and / or in team, must be evaluated by a specialist from his / her sport.
- Mental training
- Exercise and exercise time in his sport / branch
- Critical reflection and self-evaluation

Method and assessment

- Lecture
- Supervised literature studies
- Study
- Written information
- Slides
- Own work (theoretical and practical)

VERY WELL APPROVED (5)

To student

- Is able to plan and carry out his training activities according to a pre-defined plan.
- Plan and follow a plan for diet, recovery and rest
- Uses technical aids to support training and recovery
- Participate actively

WELL APPROVED (3)

To student

- Is able to set up a plan for their training activities and follow it.
- Be able to make a plan for diet, recovery and rest
- Can use technical aids to support training and recovery
- Participate actively

APPROVED (1)

To student

- Can do a general plan for their training activities and follow it.
- Know the general principles of diet, recovery and rest
- Know technical assistance and can use them
- Participate actively

COURSE PLAN: BASIS OF BUSINESS

Scope: 2 credits

Lessons: 36 x 45 min

Degree: Esport profiling

Objective (high level)

To student

- Independently establish a strategic portfolio for the ME brand and follow it.
- Set up a household budget and follow it.
- Explain the principle how to report their income in the tax declaration.
- Perform easier accounting
- Know the difference between contract and contract and can follow them.

Content

In this course, students acquire knowledge of

- contracts and contracts
- daily routines
- household
- how do you report income
- sponsors
- prizes
- sale
- how to pay taxes
- how do you pay salary
- easier accounting
- manners
 - How do I behave when I represent someone else, such as a sponsor, a team, a club

Method and assessment

- Lecture
- Supervised literature studies
- Study visits
- Conclusion of strategic marketing plan

VERY WELL APPROVED (5)

To student

- Independently establish a strategic portfolio for the JAG brand and follow it.
- Set up a household budget and follow it.
- Explain the principle how to report their income in the tax declaration.
- Perform easier accounting
- Know the difference between contract and contract and can follow them.
- Is present and actively participating

WELL APPROVED (3)

To student

- Can establish a strategic portfolio for the JAG brand and follow it.
- Asks for help to set up a household budget and follow it
- Know how to report their income in the tax declaration.
- Perform easier accounting
- Know what agreements and contracts are and can follow them
- Is present and actively participating

APPROVED (1)

To student

- Conduct a strategic portfolio for the JAG brand and follow it with guidance.
- Set up the household budget with supervision
- Knowing that they report their income in the tax return.
- Understands what contracts and agreements are for something and can follow them
- Are present and participating

COURSE PLAN: THE BASIS OF MARKETING

Scope: 2 credits

Lessons: 36 x 45 min

Degree: Esport profiling

Objective (high level)

That student can

- Independently establish a strategic portfolio for the ME brand and follow it.
- Independently chart the market and its competitors
- Explain the principle of goal setting and goal follow-up.
- Independently make a clear social media strategy.

Content

- Why should the sponsors spend money on you? What can you offer them? You must be "SOMEONE" on social media and preferably be a brand so you can control yourself, otherwise someone else will check you.
- How do I create the trademark ME
 - Who am I and where am I going?
- Objectives and goal follow-up
 - Clear strategy how to promote yourself.
 - Objectives
 - Plan
 - Implementation
 - Monitoring
 - How does the market look and what are my competitors?
- Clear social media strategy, which platforms and how often you update
 - Wikipedia
 - Twitter
 - Instagram
 - Facebook
 - Snapchat
 - YouTube
 - Twitch

Method and assessment

- Lecture
- Practical exercises
- Study visits
- Business Model Canvas
- Conclusion of strategic marketing plan

LITERATURE

Isabella Löwengrip "From Blogger to Entrepreneur" <https://youtu.be/KrPtaxU7qEc>

VERY WELL APPROVED (5)

That student can

- Independently establish a strategic portfolio for the ME brand and follow it.
- Independently chart the market and its competitors
- Explain the principle of goal setting and goal follow-up.
- Independently make a clear social media strategy.
- Is present and actively participating

WELL APPROVED (3)

That student can

- Establish a strategic portfolio for the ME brand and follow it.
- Know how to chart the market and its competitors.
- Understands the principle of goal setting and goal follow-up.
- Can make a social media strategy.
- Is present and actively participating

APPROVED (1)

To student

- With supervision, establishes a strategic portfolio for the ME brand and follows it.
- Understands that you map the market and the competitors
- Know what purpose and goal follow-up is for something
- Tutoring can make a social media strategy.
- Are present and participating