

Competence objectives

Bachelor of Health Care degree is of European and Finnish level 6 ([National reference framework](#)).

Competence area	Competence at level 6
Knowledge	Has a good command of comprehensive and advanced knowledge of his/her field, involving a critical understanding and appraisal of theories, key concepts, methods and principles. Understands the extent and boundaries of professional functions and/or disciplines.
Skills and application	Has advanced cognitive and practical skills, demonstrating mastery of the issues and the ability to apply knowledge and find creative solutions and applications required in a specialised professional, scientific or artistic field to solve complex or unpredictable problems.
Responsibility, Management and Entrepreneurship	Works independently in expert tasks of the field and in international co-operation or as an entrepreneur. Manages complex professional activities or projects. Can make decisions in unpredictable operating environments.
Evaluation	In addition to evaluating and developing his/her own competence, he/she takes responsibility for the development of individuals and groups.
Self-development and Lifelong Learning	Has the ability for lifelong learning. Considers communal and ethical aspects when dealing with different people in learning and working communities and other groups and networks. Communicates to a good standard verbally and in writing in his/her mother tongue both to audiences in the field and outside it. Communicates and interacts in the second national language and is capable of international communication and interaction in his/her field in at least one foreign language.

Competencies

The competence profile of a Bachelor of Health Care consists of general and degree-specific competencies. For the general competencies, Savonia University of Applied Sciences follows the recommendations of Arene (the Rectors' Conference of Finnish Universities of Applied Sciences).

Generic competences	Description of the competence at level 6
Learning to learn	The graduating student recognises the strengths and development areas of their competence and learning methods, and they utilise the opportunities communities and digitalisation provide in their learning. • Assesses and develops their competence and learning methods in different learning environments. • Is able to acquire, critically assess and appropriately apply the national and international knowledge base and practices of their field. • Also takes responsibility for group learning and sharing what has been learned.
Operating in a workplace	The graduating student has versatile working life skills and is able to operate in work communities of their field. • Is able to work constructively in a work community and promotes their own and their work community's well-being. • Is able to act professionally in communication and interaction situations at a workplace. • Utilises the opportunities offered by technology and digitalisation in their work. • Understands the complexity of changing working life and their own resilience in changing working life situations. • Has capabilities for an entrepreneurial approach.
Ethics	The graduating student adheres to the ethical principles and values of their field of profession, taking the principles of equality and non-discrimination into account. • Is able to take responsibility for their own actions and their consequences and reflects on them in accordance with the ethical principles and values of their field. • Takes others into account and promotes equality and non-discrimination. • Take into account the realisation of diversity and accessibility in their actions. • Understands the principles of responsible conduct of research and adheres to them. • Is able to influence society based on ethical values.

Sustainable development	The graduating student is familiar with the principles of sustainable development, promotes their implementation and acts responsibly as a professional and a member of society. • Is able to use information related to their field in finding, implementing and establishing sustainable solutions and operating models. • Understands sustainability challenges, their interdependencies and the various aspects of issues and problems.
Internationality and multiculturalism	The graduating student is able to operate in multicultural and international operating environments and networks. • Is familiar with the impacts of their cultural background on their activities and is able to develop operating methods that take multiculturalism into account in their work community. • Is able to monitor and utilise the international development of their field in their work. • Is able to communicate internationally in their work tasks.
Proactive development	The graduating student is able to develop solutions that anticipate the future of their own field, applying existing knowledge and research and development methods. • Solves problem situations creatively and reforms operating methods together with others. • Is able to work in projects in cooperation with actors of different fields. • Is able to apply existing knowledge in the field in development and utilises re-search and development methods. • Is able to seek customer-oriented, sustainable and economically viable solutions, anticipating the future of their field.

Specified competences of a Bachelor of Health Care degree, Physiotherapy	Description of the competence
Research and development	- is able to assess functional capacity of the client - is able to develop an appropriate and individualized physiotherapy treatment plan - is able to consider the resources of the healthcare system and society in the physiotherapy process - is able to utilize and apply assessment methods in physiotherapy, such as interviewing, observation, manual examination, and assessment - is able to document relevant findings of the client's functional capacity and disability in the medical record
Guidance and counselling	- is able to plan, implement and evaluate guidance and counselling that promotes functional ability and health in a client- and group-oriented manner - is able to work in multidisciplinary cooperation with other professionals in rehabilitation, considering the client's close people and stakeholders - is able to use appropriate and client-oriented manual, verbal, digital guidance and counseling methods - is able to appropriately use existing guidance and counseling materials and create new ones as needed.
Therapeutic	- is able to carry out physiotherapy using different methods of physiotherapy such as therapeutic exercise, manual therapy, physical therapy, guidance and counselling - is able to apply evidence-based knowledge in a client-centered way when planning and implementing physiotherapy
Working community	- is able to take into account the operational structures of wellbeing services and decisions affecting them in physiotherapy - is able to take into account the need for change in physiotherapy services - is able to analyse and react to national and international changes as a physiotherapy professional
Technological	- is able to use technology to increase customer's autonomy, self-reliance and inclusion - is able to use and apply technology in physiotherapy for different client groups such as the older adults, special groups and people with disabilities
Accessibility	- is able to enhance accessibility in the physical environment, community, and society.
Ethical	- is able to work in accordance with rehabilitations values and ethical principles in his or her work - is able to work in accordance with employment legislation and ethical guidelines and assess their application in physiotherapy - is capable of working without breaching human rights - is able to work as a representative of his or her client and the rehabilitation community in various teams - is able to assess and enhances his or her own work practice and taking responsibility for the outcomes. - has professional physiotherapy identity and is able to evaluate his or her skills - is capable of building, sharing and utilising expertise and partnerships in multi-professional teams and networks