

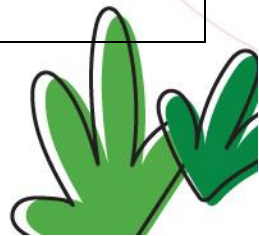


ERASMUS+ VITALITY TRAINING PROGRAMME (Saimaa Vocational College Sampo, Finland)

Course Outline

- **Theme 1: What is Positive Health?**
 - Session 1: Who is healthy?
 - Session 2: The origin of functional capacity
- **Suggested Training Time: Hours 18 altogether**

Topic and Training Objectives	Training and Learning Activities	Resources	Assessment Methods	Notes
<p>Session 1: Who is healthy?</p> <p>Objectives:</p> <p>By the end of this session students should be able to:</p> <ul style="list-style-type: none"> • explain the basics of Positive Health 	<p>Introduction: When we talk about health, we often talk about health problems, diseases and how to treat them. From the concept of 'Positive Health' the student will learn to look at health from a broader perspective. The focus is not on diseases or conditions, but on the person himself. The focus is on the client's resilience, the things that give meaning to their lives and their ability and possibilities to make choices about their own health. The definition of Positive Health is as follows: "Health as the ability to adapt and self-manage in the face of social, physical and emotional challenges in life."</p> <p>Activity 1: Mentimeter</p> <ul style="list-style-type: none"> • What does health mean to you? • How can you influence your own healthy? • Challenges the student to explore their own perspectives to health • Gives an overview of what will be discussed during theme 1. 	<p>Mentimeter (student answer by themselves with they mobilephone)</p>	<ul style="list-style-type: none"> • <i>group discussions about the results</i> 	<p>Theme: 1 What is vitality?</p> <p>Timing session: 5 hours Activity 1-2 2hours Activity 3-5 3 hours</p>



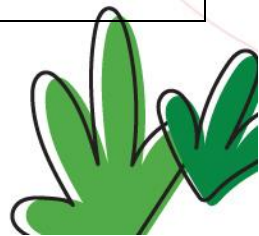


	<ul style="list-style-type: none">Shows to what extent the student is familiar with Positive Health. <p>Activity 2: Making a Mindmap about Positive Health (group assignment)</p> <ul style="list-style-type: none">What do you think about Positive Health? What comes to mind? <p>Activity 3: Six dimensions of Positive Health, “Spiderweb”</p> <ul style="list-style-type: none">The definition of Positive Health is: ‘Health as the ability to adapt and to be in charge of your own affairs in the light of the social, physical and emotional challenges in life.’Positive Health is elaborated in six dimensions and shown in a spider-web diagram: • Bodily functions • Mental wellbeing • Meaningfulness • Quality of life • Participation • Daily functioningDiscussion on the six dimensions of Positive Health <p>Activity 4: Case Matti Suur-Hamari, Paralympic Snowboard champion</p> <ul style="list-style-type: none">watching a video of Matti Suur-HamariGroup discussion and short presentation about this case, is Matti Suur-Hamari healthy according to positive health? <p>Activity 5: Health apps and positive health</p> <ul style="list-style-type: none">Exploring health apps in your AppstoreDiscussing existing health apps related to the six dimensions of positive health.	<p>PowerPoint: Six dimensions of Positive Health “Spider web”</p> <p>https://www.iph.nl/en/</p> <p>Case Matti Suurhamari: https://www.youtube.com/watch?v=mtHdlSReg64</p>		
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<p>Session 2: The origin of functional capacity</p> <p>Objectives:</p> <p>By the end of this session students should be able to:</p> <ul style="list-style-type: none">• explain the concept of functional capacity• explore the functional capacity within the international classification of functioning, disability and health (ICF)• use the TOIMIA functioning measures database and use some of the measure tools of functioning	<p>Introduction:</p> <p>Functioning refers to people's physical, psychological and social capacity to cope with the day-to-day activities they find meaningful and necessary – work, studies, leisure time and hobbies, self-care and care for others – in the environment in which they live.</p> <p>Activity 1: Team work: Case Pekka Hyysalo:</p> <ul style="list-style-type: none">• watching the video of Pekka Hyysalo• Discussion about Pekka Hyysalo; his functional capacity during the rehabilitation progress<ul style="list-style-type: none">○ His physical, mental, social functional capacity○ What were the key aspects in his story of rehabilitation?○ Is he healthy according to "Spider Web"?○ discussion about the case altogether <p>Activity 2: International classification of functioning, disability and health (ICF)</p> <ul style="list-style-type: none">• Orientation with the video• E-learning material (self study material and test your knowledge)	<p>Pekka Hyysalo's story: https://www.youtube.com/watch?v=7ZkNABCyMYk</p> <p>Functioning (THL) https://thl.fi/en/web/functioning/what-is-functioning-</p> <p>ICF: https://www.youtube.com/watch?v=uoElc4wBal0</p> <p>www.icf-elearning.com</p>		<p>Theme: What is the vitality?</p> <p>Timing session: 8 hours (including self study time)</p> <p>Activity 1: 2 hours Activity 2: 1 hour+2 hour self study</p> <p>Activity3:2 hours, including 1 hour self study teamwork</p>
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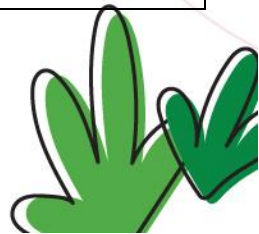
	<p>Activity 3: Teamwork: use of TOIMIA functioning measures database</p> <ul style="list-style-type: none">• Explore the TOIMIA functioning measures database• Find some new measurement tool for analysing functional capacity• Try one new measurement tool to your team• Discuss; how did you find the measurement tool, where and with who you could use this tool, how could you use these results in your work?	<p>TOIMIA: https://thl.fi/en/web/functioning/toimia-functioning-measures-database</p>		
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- **Theme 2: Applying positive health in action-based methods**
 - Session 1: Me and of action-based methods and nature
 - Session 2: Theory base of art and culture promoting people's health and well-being
 - Session 3: Theory base of health benefits of forests
 - Session 4: Using action-based methods with different clients and groups to promote their well-being
 - Session 5: Using art, culture and nature with different clients and groups to promote their well-being
 - Session 6: Project
- This whole theme 2 will be executed within small student teams, 4-5 people per team. In the beginning of this course, the students will be shared to small student teams.

Topic and Training Objectives	Training and Learning Activities	Resources	Assessment Methods	Notes
<p>Session 1: Me and action-based methods and nature</p> <p>Objectives:</p> <p>By the end of this session students should be able to:</p> <ul style="list-style-type: none">• assess their own attitude towards	<p>Introduction: When meeting and specially nursing other humans, the provider must know themselves. This session will challenge students to assess their own attitude towards using action-based methods and nature.</p> <p>Activity 1: Individual questionnaire</p> <ul style="list-style-type: none">• How do you use action-based methods in your own life?• How do you use nature in your own life?• Have you used action-based methods or nature with clients before?	Questionnaire		<p>Timing session: 2 hours</p>



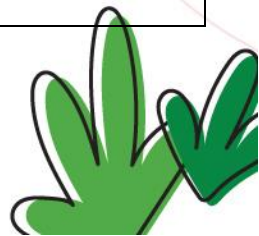


<p>action-based methods and nature</p>	<ul style="list-style-type: none">• How do you feel about using action-based methods and nature with clients?• What would you like to learn in this training programme? <p>Activity 2: Team work</p> <ul style="list-style-type: none">• Students will discuss their own attitudes towards action-based methods and nature• Students will discuss their own experiences using action-based methods and nature with clients – what did they find easy and meaningful and what challenges they might have experienced• Students will create their own learning goals for this training programme			
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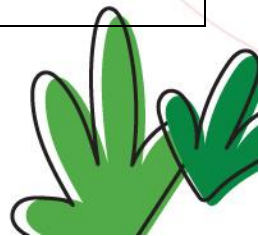


<p>Session 2: Theory base of art and culture promoting people's health and well-being</p> <p>Objectives:</p> <p>By the end of this session students should be able to:</p> <ul style="list-style-type: none">• explain the health benefits of art and culture for clients	<p>Activity 1: Read the article: "Näkökulmia taiteen ja kulttuurin terveysvaikutuksista"(Perpectives on the health effects of art and culture)</p> <p>Activity 2: Questionnaire</p> <ul style="list-style-type: none">• Students will answer questionnaire in online learning environment Moodle	<p>https://www.sitra.fi/artikkelit/nakokulmia-taiteen-ja-kulttuurin-terveysvaikutuksiin/</p> <p>Moodle</p>		<p>Timing session: 1 hour</p>
<p>Session 3: Theory base of health benefits of forests</p> <p>Objectives:</p>	<p>Activity 1: Read the article: Mitä tiedetään metsän terveyshyödyistä ? (what is known about the health benefits of forests?)</p> <p>Activity 2: Team work: Health benefits of forests</p> <ul style="list-style-type: none">• Discussion about the findings of this article• Teams will create a poster about health benefits of forests• The posters will be presented to others and they will be placed to seen for everyone (e.g lobby-area, cafeteria)	<p>https://www.duo.fi/duo14421</p>		<p>Timing session: 3 hours</p>





<p>By the end of this session students should be able to:</p> <ul style="list-style-type: none">• explain the health benefits of forests				
<p>Session 4 – 5 : Using action-based methods, art, culture and nature with different clients and groups to promote their well-being</p> <p>Objectives: By the end of this session the students should</p> <ul style="list-style-type: none">• be familiar with different kind of action-based methods• have tried coaching action-based methods within their own student groups	<p>Activity 1: Team work</p> <ul style="list-style-type: none">• Search the internet for different kinds of action-based methods• Search the internet for art and culture methods• Search the internet for nature-based methods• Search the internet for these methods suitable for<ul style="list-style-type: none">○ Children○ Adults○ Disabled people○ Elderly people <p>Activity 2: Team work</p> <ul style="list-style-type: none">• Choose a client group for action-based, art and culture or nature-based method for your own interest• Make a plan for how you will use the method for your group• Make a written plan about applying this method using current form<ul style="list-style-type: none">○ Goals for this session for clients○ Goals for this session for students○ Starting○ Action○ Ending the session• Try out your plan with your own student colleagues	<p>www.vahvike.fi</p> <p>www.ryhmarenki.fi</p> <p>www.voitas.fi</p> <p>https://lastenkulttuuri.fi/materiaalit/menetelmaoppaat/</p>		<p>Timing session: 6 - 8 hours</p>





<p>Session 6: Project</p> <p>Objectives: By the end of this session students have applied some action based, art and culture or nature-based methods to clients</p>	<p>Activity 1: Team work</p> <ul style="list-style-type: none">- Student teams chooses their client group, which they will provide the action based, art and culture or nature-based method- Student teams finds and contacts their clients (for example: day care, housing and support services for disabled or elderly people...)- Student teams will do a written plan for method of their interest<ul style="list-style-type: none">o Goals for this session for students and for participating clientso Startingo Actiono Ending the sessiono The plan includes the timing, need for materials or place, responsibilities etc.- Student teams will put into practice this method with their clients<ul style="list-style-type: none">o They will document their practice- Student teams will do self-evaluation about their project <p>Activity 2: Team work</p> <ul style="list-style-type: none">- Student teams will present about their project for other student teams			<p>Timing session:</p> <p>Activity 1: 12 hours</p> <p>Activity 2: 2 hours</p>





	<ul style="list-style-type: none">- Discussion about these projects; what went well, what did we learn and what would you do otherwise?			
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