

TUTKINTOTODISTUS

Nro 1600634

Sosiaali-, terveys- ja liikunta-ala

Mia Maria Majamaa
150694-280T

on suorittanut ammattikorkeakouluopinnoista annetun lain (932/2014) mukaisen
sosiaali- ja terveysalan ammattikorkeakoulututkinnon (210 op)
vanhustyön tutkinto-ohjelmassa

Tutkinto oikeuttaa käyttämään opetus- ja kulttuuriministeriön vahvistamaa tutkintonimikettä

Geronomi (AMK).

Suoritetut opinnot arvosanoineen ilmenevät tämän todistuksen liitteestä.

Helsingissä 24. toukokuuta 2019



Riitta Konkola
rehtori

Tämä todistus on allekirjoitettu sähköisesti.
Dokumentin tunniste:
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Opiskelija Mia Maria Majamaa
150694-280T
1600634

Valmistunut 24.05.2019

Ohjelma Vanhustyön tutkinto-ohjelma

Laajuus

210 op

Suoritettu

210 op

| Opinnot | Laajuus | Arviointi |
|--|---------|-----------------------|
| Gerontologinen osaaminen | 30 op | |
| Oppimisen valmiudet | 5 op | H Hyväksytty |
| Ikääntyminen | 5 op | 1 Tyydyttävä |
| Fyysinen vanheneminen | 5 op | 4 Erittäin hyvä |
| Asiantuntijaviestintä ja tietotekniikka | 5 op | 2 Erittäin tyydyttävä |
| Vanhustyön ammatillisuus | 5 op | 2 Erittäin tyydyttävä |
| Lääketieteellisen osaamisen perusteet | 5 op | H Hyväksytty |
| Vanhuspalvelujen perusteet | 30 op | |
| Kuntoutuminen monialaisena yhteistoimintana | 5 op | 4 Erittäin hyvä |
| Vanhuspolitiikka, palvelut ja lainsäädäntö | 5 op | 3 Hyvä |
| Kehittämis- ja tutkimustoiminnan perusteet | 5 op | 1 Tyydyttävä |
| Ikääkään ihmisen toimintakyvyn tukeminen | 15 op | 3 Hyvä |
| Hyvä ikääntyminen | 30 op | |
| Gerontologinen kuntoutus ja geronteknologia | 5 op | 4 Erittäin hyvä |
| Muistisairaana ihmisen päivittäisen toimintakyvyn tukeminen | 5 op | 4 Erittäin hyvä |
| Farmakologia ja lääkehoito | 5 op | 4 Erittäin hyvä |
| Gerontologinen hoiva- ja hoitotyö | 15 op | 4 Erittäin hyvä |
| Kotona asumisen tukeminen | 30 op | |
| Hyvinvoinnin ja terveyden edistäminen | 10 op | 3 Hyvä |
| Hyvinvointialan yrittäjäyys, johtaminen ja palvelujen tuottaminen | 5 op | 3 Hyvä |
| Ikäihminen kotiympäristössä | 15 op | 4 Erittäin hyvä |
| Vanhustyön kehittäminen | 30 op | |
| Innovaatioprojekti | 10 op | 4 Erittäin hyvä |
| Kehittämis- ja tutkimustoiminnan syventävät opinnot | 5 op | H Hyväksytty |
| Mielenterveys, päihdetyö ja vammaisuus vanhustyössä | 5 op | 2 Erittäin tyydyttävä |
| Opinnäytetyön suunnittelu | 5 op | H Hyväksytty |
| Työelämän ruotsi | 5 op | 1 Tyydyttävä |
| Moniammatillinen vanhustyö ja valinnainen opintokokonaisuus | 30 op | |
| Palveluohjaus ja vahvistava asiakastyö | 10 op | H Hyväksytty |
| Opinnäytetyön toteutus | 5 op | H Hyväksytty |
| Vanheneminen ja ravitsemus | 3 op s1 | 4 Erittäin hyvä |
| Psyykinen hyvinvointi vanhuudessa | 4 op s2 | 5 Kiitettävä |
| Ikäikään ihmisten liikunta | 3 op s3 | 3 Hyvä |
| Syrjäytymisen ehkäisy | 5 op s4 | 3 Hyvä |
| Geronomin ammatillisuuden syventäminen | 30 op | |
| Vanhustyön johtamisen ja kehittämisen harjoittelu | 15 op | H Hyväksytty |
| Johtaminen ja vanhuspalvelujen laatu | 5 op | 3 Hyvä |
| Geronomi ikäihmisten toimintaympäristöjen kehittäjänä | 5 op | 3 Hyvä |
| Opinnäytetyön raportointi ja julkistaminen | 5 op | H Hyväksytty |

Opinnäytetyö

Arviointi

Arviointipäivämäärä

"Huonosti liikkuva tykkää, että on kaveri". Selvitys Vantaan kaupungin Menokaveri-toiminnasta asiakkaiden kokemana

2

9.5.2019

Sisältyvyydet

s1 = 15.7.2017, Jyväskylän yliopisto

s2 = 4.6.2017, Jyväskylän yliopisto

s3 = 2.9.2018, Jyväskylän yliopisto

Opiskelija Mia Maria Majamaa
150694-280T
1600634

Valmistunut 24.05.2019

Ohjelma Vanhustyön tutkinto-ohjelma

Laaajuus

210 op

Suoritettu

210 op

s4 = 1.7.2018 , Kaakkois-Suomen Ammattikorkeakoulu (Xamk)

Opiskelija on saanut suomenkielisen koulusivistyksen ja hän on suorittanut opinnäytetyöhön sisältyvän kypsyysnäytteen suomen kielellä. Opiskelija on osoittanut sellaista ruotsin kielen suullista ja kirjallista taitoa, joka vastaa julkisyhteisöjen henkilöstöltä vaadittavasta kielitaidosta annetun lain 424/2003, 6 § mukaista toisen kotimaisen kielen taitoa kaksikielisessä viranomaisessa arvosanalla tyydyttävä (arviointiasteikko: hyvä/tyydyttävä). Opiskelija on saavuttanut englannin kielessä sellaisen suullisen ja kirjallisen taidon, joka ammatin harjoittamisen ja ammatillisen kehityksen kannalta on tarpeellinen (Asetus 352/2003, 8 §).

Koulutus täyttää sosiaalihuollon ammattihenkilöitä koskevan lain (817/2015) koulutukselle asettamat vaatimukset.

Koulutuksen opetuskieli on ollut suomi.

Opetussuunnitelmaan on kuulunut harjoittelua 75 opintopistettä.

Helsinki 24.05.2019


Mari Heitto
tutkintovastaava



| | | |
|-----------|---|-----------------------------|
| Student | Mia Maria Majamaa 150694-280T 1600634 | Graduated 24.05.2019 |
| Programme | Vanhustyön tutkinto-ohjelma, Degree Programme in Elderly Care | Credits Completed 210 cr |

| Studies | Credits | Assessment |
|---|--------------|---------------------|
| Gerontological Competence | 30 cr | |
| Introduction to Studying | 5 cr | H Pass |
| Basics of Ageing | 5 cr | 1 Satisfactory |
| Physical Ageing | 5 cr | 4 Very good |
| Professional Communication and IT Skills | 5 cr | 2 Very satisfactory |
| Professionalism in Elderly Care | 5 cr | 2 Very satisfactory |
| Basics of Medical Competence | 5 cr | H Pass |
| Basics of Elderly Services | 30 cr | |
| Rehabilitation as Multidisciplinary Collaboration | 5 cr | 4 Very good |
| Ageing policy, Legislation and Services | 5 cr | 3 Good |
| Basics of Research and Development | 5 cr | 1 Satisfactory |
| Promoting the Functional Capacity of the Elderly | 15 cr | 3 Good |
| Good Ageing | 30 cr | |
| Gerontological Rehabilitation and Gerotechnology | 5 cr | 4 Very good |
| Promoting of the Daily Functioning of People with Memory Disorders | 5 cr | 4 Very good |
| Pharmacology and Medication | 5 cr | 4 Very good |
| Gerontological Care and Nursing | 15 cr | 4 Very good |
| Support for Living at Home | 30 cr | |
| Promoting Wellbeing and Health | 10 cr | 3 Good |
| Entrepreneurship in Welfare, Leadership and Service Production | 5 cr | 3 Good |
| Old People at Home | 15 cr | 4 Very good |
| Development of Elderly Care | 30 cr | |
| Innovation Project | 10 cr | 4 Very good |
| Advanced Research and Development | 5 cr | H Pass |
| Mental Health, Alcohol and Drugs Intervention, Disabilities in Elderly Care | 5 cr | 2 Very satisfactory |
| Planning of the Bachelor's Thesis | 5 cr | H Pass |
| Swedish at Work | 5 cr | 1 Satisfactory |
| Multi-professional Elderly Care and Elective Module | 30 cr | |
| Case Management and Empowering Client Work | 10 cr | H Pass |
| Implementing the Bachelor's Thesis | 5 cr | H Pass |
| Ageing and Nutrition | 3 cr s1 | 4 Very good |
| Mental Health in Ageing | 4 cr s2 | 5 Excellent |
| Physical education in ageing | 3 cr s3 | 3 Good |
| Preempt Alienation | 5 cr s4 | 3 Good |
| Professionalism in Elderly Care | 30 cr | |
| Work placement: Leading and Developing Elderly Care | 15 cr | H Pass |
| Management and Quality Assurance in Elderly Care | 5 cr | 3 Good |
| The Professional as a Social Advocate for the Old People | 5 cr | 3 Good |
| Reporting and Publication of the Bachelor's Thesis | 5 cr | H Pass |

| Thesis | Assessment | Assessment date |
|---|------------|-----------------|
| Voluntary Service to Support Elderly People's Independent Mobility - Customer's Perspective | 2 | 9.5.2019 |

Inclusions

s1 = 15.7.2017 , University of Jyväskylä

| | | | |
|-----------|---|----------------------|------------------|
| Student | Mia Maria Majamaa 150694-280T 1600634 | Graduated 24.05.2019 | |
| Programme | Vanhustyön tutkinto-ohjelma, Degree Programme in Elderly Care | Credits Completed | 210 cr 210 cr |

s2 = 4.6.2017 , University of Jyväskylä

s3 = 2.9.2018 , University of Jyväskylä

s4 = 1.7.2018 , South-Eastern Finland University of Applied Sciences (Xamk)

The student has completed their school education in the Finnish language and taken the maturity test included in the final project in the Finnish language. The student has acquired such oral and written Swedish skills that are required of public office holders in a bilingual position that requires a higher education degree (Act 424/2003, 6 §). The student's language skills are satisfactory (possible grades: good/satisfactory). The student has acquired such oral and written English skills that are necessary for practising their profession and for further professional development (Decree 352/2003, 8 §).

The studies fulfill the requirements stated in the legislation concerning social welfare professionals (Act 817/2015).

The language of instruction for the degree was Finnish.

75 ECTS credits of practical training are included in the curriculum.

Helsinki 24.05.2019

Mari Heitto
Head of Degree Programme



The purpose of the Diploma Supplement is to provide sufficient independent data to improve the international 'transparency' and fair academic and professional recognition of qualifications (diplomas, degrees, certificates, etc.) It is designed to provide a description of the nature, level, context, content and status of the studies that were pursued and successfully completed by the individual named on the original qualification to which this supplement is appended. It is free from any value judgements, equivalence statements or suggestions about recognition. This Diploma Supplement model was developed by the European Commission, Council of Europe and UNESCO.

1 INFORMATION IDENTIFYING THE HOLDER OF THE QUALIFICATION

- | | | |
|-----|-------------------------------|--|
| 1.1 | Family name(s) | Majamaa |
| 1.2 | Given name(s) | Mia Maria |
| 1.3 | Date of birth | 15.6.1994 |
| 1.4 | Student identification number | OID: 1.2.246.562.24.72234870380 1600634 |

2 INFORMATION IDENTIFYING THE QUALIFICATION

- | | | |
|-----|--|---|
| 2.1 | Name of qualification and title conferred | Sosiaali- ja terveystieteiden ammattikorkeakoulututkinto / Bachelor of Social Services and Health Care Geronomi (AMK), Bachelor of Social Services and Health Care |
| 2.2 | Main field(s) of study for the qualification | Health and Welfare Vanhustyön tutkinto-ohjelma, Degree Programme in Elderly Care |
| 2.3 | Name and status of awarding institution | Metropolia Ammattikorkeakoulu (Metropolia University of Applied Sciences), state recognised university of applied sciences. |
| 2.4 | Name and status of institution administering studies | Not applicable |
| 2.5 | Language(s) of instruction/examination | Finnish |

3 INFORMATION ON THE LEVEL OF THE QUALIFICATION

- | | | |
|-----|---|--|
| 3.1 | Level of qualification | See 8. First-cycle higher education degree (bachelor level) |
| 3.2 | Official duration of programme in credits and years | The degree consists of 210 credits (3.5 years of full time study). Finnish credits are fully compatible with the ECTS. |
| 3.3 | Access requirement(s) | See 8. There is numerus clausus, i.e. restricted entry, to all fields of study. |

4 INFORMATION ON THE CONTENTS AND RESULTS GAINED

- | | | |
|-----|-----------------------------|--|
| 4.1 | Mode of study | Full-time |
| 4.2 | Programme learning outcomes | See Transcript of Records. Structure of studies leading to a first-cycle university of applied sciences degree: The studies consist of core, professional, elective studies, work placement, Bachelor's Thesis and the maturity test. The general aim of studies leading to a first-cycle university of applied sciences degree is to provide the student with: 1) extensive practical basic skills and knowledge and theoretical foundations of these to provide proficiency to operate in expert positions in the field 2) prerequisites for keeping up with and promoting developments in the field 3) a capability for continuous learning 4) sufficient communication and language skills 5) a capability to engage in international activities within the field. |

- | | | |
|-----|---|---|
| 4.3 | Programme details (e.g. modules or units studied, and individual grades/marks/credits obtained) | See transcript of records |
| 4.4 | Grading scheme and, if available, grade distribution guidance | 5 = Excellent 4 = Very good 3 = Good 2 = Very Satisfactory 1 = Satisfactory H = Pass |
| 4.5 | Overall classification of the qualification | Not applicable |

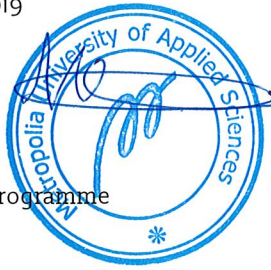
5 INFORMATION ON THE FUNCTION OF THE QUALIFICATION

- | | | |
|-----|----------------------------------|---|
| 5.1 | Access to further study | Eligible for second-cycle higher education studies. The admissions decisions are made in the receiving higher education institution. |
| 5.2 | Access to a regulated profession | <p>The profession of Elderly Care Professional is regulated by national legislation. After the successful completion of the study programme, the holder of the Sosiaali- ja terveystieteiden tutkinto, Geronomi (AMK), obtains his/her licence to practise as a Elderly Care Professional (full registration), which is granted by the National Supervisory Authority for Welfare and Health (Sosiaali- ja terveystieteiden lupa- ja valvontavirasto, Valvira).</p> <p>The degree falls under the Article 11 of the Directive 2005/36/EC of the European Parliament and of the Council on the recognition of professional qualifications, level d or e (d= lower university degree, Bachelor's degree, e= Master's degree, licentiate degree, doctoral degree).</p> |

6 ADDITIONAL INFORMATION

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|-----|-----------------------------|--|
| 6.1 | Additional information | Not applicable |
| 6.2 | Further information sources | <p>Metropolia Ammattikorkeakoulu (Metropolia University of Applied Sciences), Student and Admission Services PL 4000 FI - 00079 Metropolia Tel. +358 9 7424 5000 Fax +358 9 7424 5005 www.metropolia.fi</p> <p>www.minedu.fi, The Ministry of Education and Culture www.oph.fi/recognition, www.oph.fi/qualificationsframework www.karvi.fi, The Finnish Education Evaluation Centre</p> |

7 CERTIFICATION OF THE SUPPLEMENT

- | | | |
|-----|------------------------|--|
| 7.1 | Date | Helsinki 24.05.2019 |
| 7.2 | Signature |  Mari Heitto |
| 7.3 | Capacity | Head of Degree Programme |
| 7.4 | Official stamp or seal |  |

8 INFORMATION ON THE NATIONAL HIGHER EDUCATION SYSTEM

The description of the higher education system has been prepared by the Finnish National Agency for Education.

The Finnish education system consists of pre-primary and basic education, general and vocational education and higher education. The compulsory schooling consists of one-year pre-primary education for 6-year-olds and nine-year basic education for children aged 7-16.

Post-compulsory education consists of general and vocational upper secondary education that lead to the national Matriculation Examination (ylioppilastutkinto/studentexamen), vocational upper secondary qualification (ammattillinen perustutkinto/yrkesinriktad grundexamen), further vocational qualification (ammattitutkinto, yrkesexamen) and specialist vocational qualification (erikoisammattitutkinto/specialyrkesexamen).

Higher education system in Finland

The Finnish higher education system comprises universities (yliopisto/universitet) and universities of applied sciences (ammattikorkeakoulu, AMK/yrkeshögskola, YH). The universities engage both in education and research and have the right to award doctorates. The universities of applied sciences are multi-field institutions of professional higher education. Universities of applied sciences engage in applied research and development.

First and second cycle higher education studies are measured in credits (opintopiste/studiepoäng). Study courses are quantified according to the work load required. One year of full-time study is equivalent to 1600 hours of student work on average and is defined as 60 credits. The credit system complies with the European Credit Transfer and Accumulation System (ECTS).

Higher education qualifications in Finland are referenced at levels 6, 7 and 8 both in the National Qualifications Framework as well as in the European Qualifications Framework.

University degrees

The Government Decree on University Degrees and Specialisation Studies (794/2004 including amendments) defines the objectives, extent and overall structure of degrees. The universities decide on the detailed contents and structure of the degrees they award. They also decide on their curricula and forms of instruction.

First-cycle university degree

The first cycle university degree consists of at least 180 credits (three years of full-time study). The degree is called kandidaatti/kandidat in all fields of study except for Law (oikeusnotaari/rättsnotarie) and Pharmacy (farmaseutti/farmaceut). The determined English translation for all of these degrees is Bachelor's degree, the most common degree titles being Bachelor of Arts and Bachelor of Science.

Studies leading to the degree provide the student with: (1) knowledge of the fundamentals of the major and minor subjects or corresponding study entities or studies included in the degree programme and the prerequisites for following developments in the field, (2) knowledge and skills needed for scientific thinking and the use of scientific methods or knowledge and skills needed for artistic work, (3) knowledge and skills needed for studies leading to a higher university degree and for life-long learning, (4) a capacity for applying the acquired knowledge and skills to work and in international co-operation, and (5) adequate language and communication skills for working in one's own field and for international work and co-operation.

Studies leading to the degree may include: basic and intermediate studies; language and communication studies, interdisciplinary programmes, and other studies and work practice for professional development. The degree includes a Bachelor's thesis (6 – 10 credits).

The Second-cycle university degree

The second cycle university degree consists of at least 120 credits (two years of full-time study). The degree is usually called maisteri/magister. Other second cycle degree titles are diplomi-insinööriin tutkinto/diplomingenjöröexamen (Technology), proviisorin tutkinto/provisorexamen (Pharmacy), arkkitehdin tutkinto/arkitektexamen (Architecture) and maisema-arkkitehdin tutkinto/landskapsarkitektexamen (Landscape Architecture). The determined English translation for all these degrees is Master's degree, the most common degree titles being Master of Arts and Master of Science. The second cycle university degree title in the fields of Medicine, Veterinary Medicine and Dentistry is lisensiaatti/licentiat, the English title being Licentiate. The admission requirement for the second cycle university degree is a first cycle degree.

In the fields of Medicine and Dentistry the university may arrange the education leading to the second cycle university degree without including a first cycle university degree in the education. In Medicine, the degree consists of 360 credits (six years of full-time study) and in Dentistry the degree consists of 330 credits (five and a half years of full-time study).

Studies leading to the second cycle university degree provide the student with: (1) good overall knowledge of the major subject or a corresponding entity and conversance with the fundamentals of the minor subject or good knowledge of the advanced studies included in the degree programme; (2) knowledge and skills needed to apply scientific knowledge and scientific methods or knowledge and skills needed for independent and demanding artistic work; (3) knowledge and skills needed for independently operating as an expert and developer of the field and for international co-operation; (4) knowledge and skills needed for scientific or artistic postgraduate education and for life-long learning; and (5) good language and communication skills for working in one's own field and for international work and co-operation.

The studies leading to the second cycle university degree may include: basic and intermediate studies and advanced studies, language and communication studies; interdisciplinary studies, other studies, and internship improving expertise. The degree includes a Master's thesis (20 – 40 credits).

Doctoral degrees

The aim of doctoral studies is to provide student with an in-depth knowledge of their field of research and capabilities to produce novel scientific knowledge independently.

The degree of *lisensiaatti/licentiat* (Licentiate) may be taken before the Doctor's degree and in general it takes two years of full-time study to complete.

The Doctor's degree takes approximately four years to complete after a second cycle degree and two years when completed after a Licentiate's degree. A student who has been admitted to studies leading to Doctor's degree must complete a given amount of studies, show independent and critical thinking in their field of research and write a Doctor's dissertation and defend it in public.

University of applied Sciences degrees

The universities of applied sciences Act (932/2014 including amendments) defines the objectives, extent and overall structure of universities of applied sciences degrees. The universities of applied sciences decide on the detailed contents and structure of the degrees they award. They also decide on their curricula and forms of instruction.

First-cycle university of applied sciences degrees

The first cycle university of applied sciences degree consists of 180, 210, 240 or 270 credits (three to four and a half years of full-time study) depending on the field of study. The first cycle university of applied sciences degree is called *ammattikorkeakoulututkinto/yrkeshögskoleexamen*. The determined English translation for the degree is Bachelor's degree. The degree titles indicate the field of study, e.g. Bachelor of Engineering and Bachelor of Health Care.

Studies leading to the degree provide the student with: (1) broad overall knowledge and skills with relevant theoretical background for working as expert of the field, (2) knowledge and skills needed for following and advancing developments in the field, (3) knowledge and skills needed for professional development and life-long learning, and (4) adequate language and communication skills for working in one's own field and for international work and co-operation.

The first-cycle university of applied sciences degree comprises basic and professional studies, elective studies, a practical training period and a final project.

The second cycle university of applied sciences degrees

The second cycle university of applied sciences degree consists of 60 or 90 credits (a year or a year and a half of full-time study). The Master of Police Services degree consists of 120 credits. The degree is called *ylempi ammattikorkeakoulututkinto/högre yrkeshögskoleexamen*. The determined English translation for the degree is Master's degree. The degree titles indicate the field of study, e.g. Master of Culture and Arts or Master of Business Administration.

Studies leading to the degree provide the student with: (1) broad and advanced knowledge and skills for developing the professional field as well as the theoretical skills for working in demanding expert and leadership positions in the field, (2) profound understanding of the field, its relation to working life and society at large as well as the knowledge and skills needed for following and analysing both theoretical and professional developments in the field, (3) capacity for life-long learning and continuous development of one's own expertise, and (4) good language and communication skills for working in one's own field and for international work and co-operation.

The second cycle university of applied sciences degree comprises advanced professional studies, elective studies, and a final project.

Professional specialisation programmes

Universities and universities of applied sciences offer professional specialisation programmes for those who have completed a degree and have already entered working life. Professional specialisation programmes aim to promote professional development and specialisation by means of providing education based on the research.

Provisions on the joint objectives and minimum scope of professional specialisation programmes are issued by government decree. The minimum scope of professional specialisation studies is 30 credits.