

ADVANCE ASSIGNMENT 2026

Degree Programme in Sports Coaching and Management, COACH

Instructions:

- Write all answers in one file. Label each Section clearly.
- If possible, save the file in pdf-format.
- Name the file: [advanceassignment_surname](#).
- Maximum total length: 4 pages (Arial 11, single spacing) + attachments.
- Attach certificates verifying your experience where required.
 - If you don't have the required experience for Sections 1 and 2, you can submit the advance assignment by completing only Section 1.

Authenticity of your answers will be verified during the online interview.

SECTION 1 - Personal Introduction & Statement of Purpose (max. 2 pages)

Write a personal introduction and explain your motivation for applying.

Include:

1. Your path to applying.
2. Your expectations for studying.
3. Your strengths as a learner and group/team member.
4. A real example from experience that influenced your motivation.

SECTION 2 - Coaching Experience (max. 1 page + attachments)

If you have coaching experience, describe:

- Team & sport
- Level
- Seasons coached
- Duration in months
- Contact person

Describe one real challenge you faced, how you approached it, and what you learned.

SECTION 3 - Athletic Career (max. 1 page + attachments)

Describe your athletic experience at U16 / Level A or above:

- Team & sport
- Level
- Seasons
- Duration in months
- Contact person

Explain what you have learned during your athletic career.

AUTHENTICITY VERIFICATION (online interview for those who are invited)

During the interview, applicants may be asked to:

- Clarify details
- Discuss example situations
- Provide additional context

Attach the advance assignment and certificates to your application by 21 of January 15:00 Finnish time (UTC/GMT +2). If you have not submitted your advance assignment by the deadline, you cannot attend the online interview.