

# SPORTS-ORIENTED LOWER SECONDARY SCHOOLS IN TURKU REGION

2024



Turun seudun  
**URHEILUKAUPUNGIN URHEILUKAUPUNGIN URHEILUKAUPUNGIN**



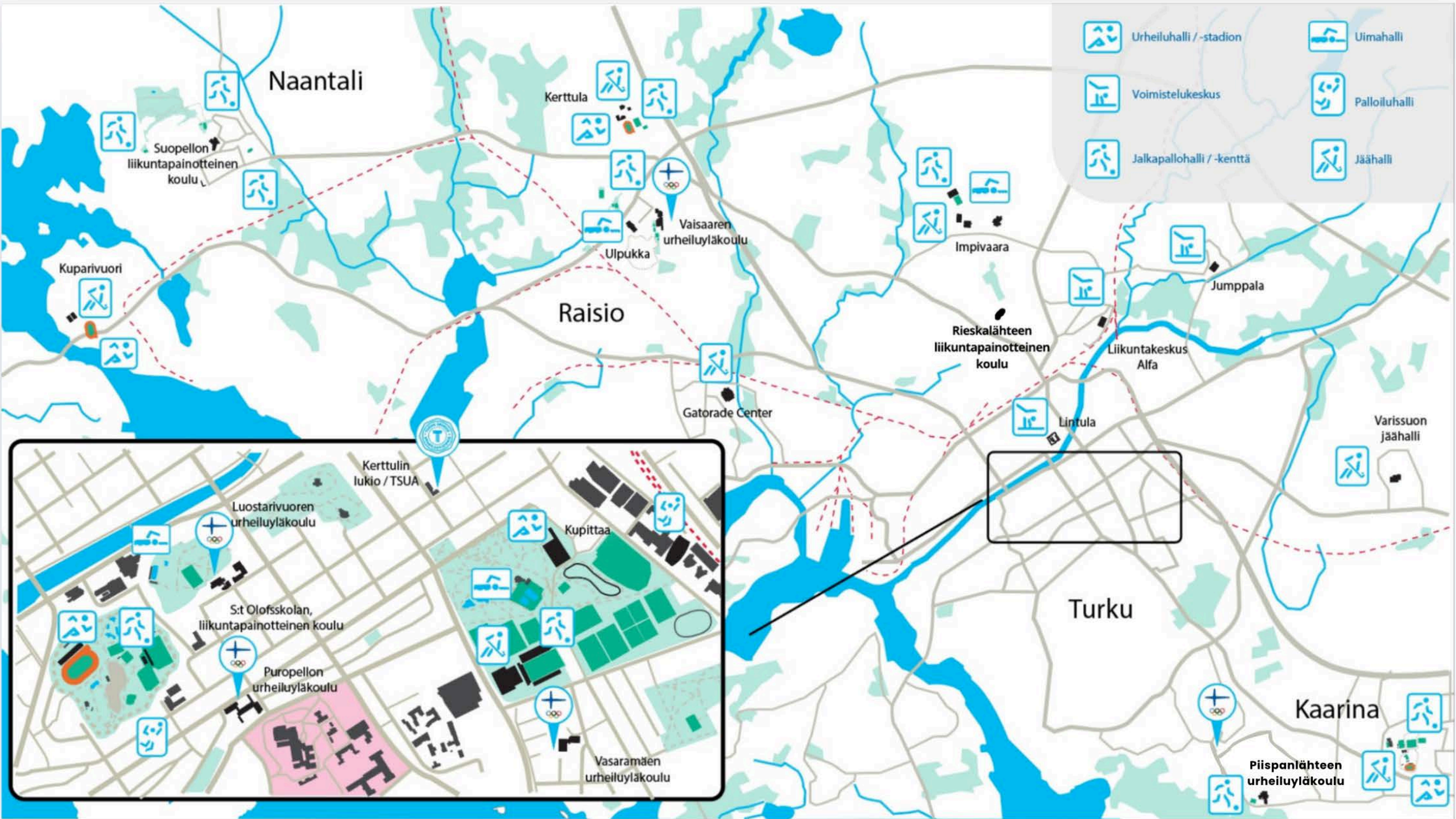
## GENERAL INFORMATION

In many sports, the years of investment begin at the lower secondary school age, which is when the amount of training and competitions often increases. The task of the school, sports club, sports association, sports academy and other operators is to support the young person in combining studies and sports and thus growing into a balanced and healthy athlete.

In sports-orientated lower secondary schools, training in school time is an integral part of the practice of sports. The aim of the Grow Up to Be an Athlete (Kasva urheilijaksi) general training is to help the pupil to understand and develop important diverse physical activity skills and characteristics and to understand the significance of independent training.

The aim of the sports-orientated lower secondary school activities is to enable the recommended total number of 20 hours of physical activity, training and sports. In close cooperation with sports clubs and the Turku Region Sports Academy (Turun Seudun Urheilukaupungin), the sports-orientated lower secondary schools and lower secondary schools with a physical education programme provide approximately 6-10 hours of physical activity and training in connection with the school week.

Sports-orientated lower secondary school activities can be implemented through various timetable solutions. In Turku, the focus has been on Tuesday and Thursday mornings, as well as Tuesday afternoons. Depending on the school, general training is available for athletes of all sports as well as training window for club training or independent training. **In order to participate sports club training during school days, applicant needs to contact their own sports club during the application process.**



Naantali

Kerttula

Vaisaaren urheiluyliopisto

Raisio

Gatorade Center

Rieskalähteen liikuntapainotteinen koulu

Liikuntakeskus Alfa

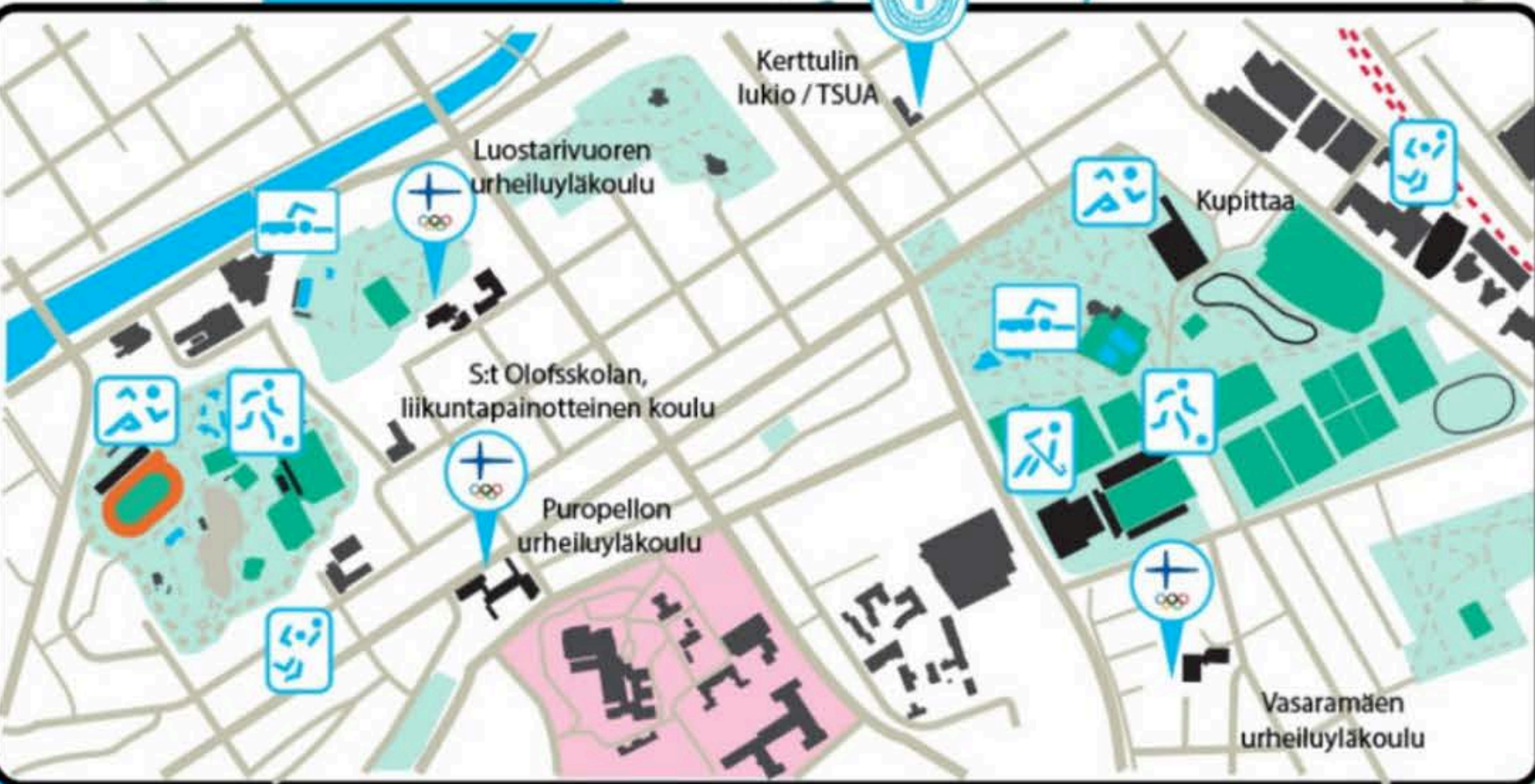
Lintula

Jumpkala

Turku

Kaarina

Piispanlähteen urheiluyliopisto



Kerttulin lukio / TSUA

Luostarivuoren urheiluyliopisto

S:t Olofsskolan liikuntapainotteinen koulu

Puropellon urheiluyliopisto

Vasaramäen urheiluyliopisto

Kupittaa

# TERMINOLOGY

<b>Training window</b>	A time period left blank in the school's timetable, in which the athlete can participate in club or academy exercises or practise independently
<b>Grow Up to Be an Athlete (Kasva urheilijaksi)</b>	Lower secondary school activities aimed at supporting the healthy growth of young athletes as human beings and athletes
<b>Gro Up to Be an Athlete (Kasva urheilijaksi) general training</b>	The aim of general training is to develop the basic physical activity skills of young athletes and to increase the amount of versatile physical activity
<b>Physical Coach</b>	Coach specialising in physical characteristics and basic physical activity skills
<b>PE-classes</b>	Physical exercise class according to the curriculum
<b>Suitability test (Soveltuvuuskoe)</b>	National entrance examination for lower secondary schools ( <a href="http://www.soveltuvuuskoe.fi">www.soveltuvuuskoe.fi</a> in Finnish only)
<b>Sports-Orientated Lower Secondary School</b>	<u>A sports-orientated lower secondary school</u> operating according to the sports-orientated lower secondary school guidelines set by the Finnish Olympic Committee (page 8)
<b>Lower Secondary School with a Physical Exercise Program</b>	<u>A lower secondary school</u> with a physical education programme operating according to the lower secondary school with a physical education programme guidelines set by the Finnish Olympic Committee (page 7)



# URHEILUOPPILAITOS

Vasaramäen koulu

**Vasaramäki Sports-Orientated Lower Secondary School** has four programmes: football, floorball, dance/gymnastics and general training. In connection with the school day, about 6-10 hours of exercise and physical activity is accumulated during the school week, which consists of club training, PE-classes and general training for each athlete.

On the general training lessons at Vasaramäki, the pupils have versatile exercise training in varying surroundings – in the seventh grade once a week and in classes 8-9 twice a week. In addition to the school's sports teachers, general training is taught by physical coaches from the Turku Region Sports Academy.

A total of 48 pupils are selected each year for two sports classes. The selection of pupils for the sports class is based on a national suitability test (Soveltuvuuskoee). Sports-specific tests are also arranged for pupils applying for specific sports programmes.

[Vasaramäki School website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10	General training 7lk	Training window		Training window	PE-class 7lk
10-12	General training 8-9lk		PE-class 8lk		General training 8-9lk
12-14			PE-class 9lk		
14-16					



# URHEILUOPPILAITOS

Luostarivuoren koulu

**Luostarivuori Sports-Oriented Lower Secondary School** has three different programmes: swimming, track and field, basketball and general training. It is possible for sports class pupils to practise and exercise in connection with the school day for a total of 6-10 hours, depending on the grade.

General training classes follow the content policy guidelines of the Finnish Olympic Committee, emphasising basic characteristics and skills. The implementation of general training and PE-lessons is the responsibility of both the PE-teachers and the physical coaches of the Turku Region Sports Academy.

28 pupils are selected for the Luostarivuori sports class each year. The selection of pupils is made through a national suitability test (Soveltuvuuskoee). When applying for the basketball, track and field or swimming programmes, sport-specific tests are also included.

[Luostarivuori School website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10	General training / club training		General training / club training 8-9lk	Training window	
10-12	General training 8-9lk		PE-class 7lk		PE-class 8lk
12-14					PE-class 9lk
14-16		Training window			



# URHEILUOPPILAITOS

Puropellon koulu

**Puropelto Sports School** has three sports programmes: ice hockey, artistic gymnastics and aesthetic group gymnastics. Sports class pupils can train and exercise in connection with school days for 6-10 hours.

At Puropelto School, students study according to the five-period system. In periods 1-4, sports class students have long training windows on Tuesday and Thursday mornings. In addition, the pupils have the opportunity to exercise during school PE- classes and optional PE-classes.

25 athletes are selected for the Puropelto sports class each year. The selection of pupils is made through a national suitability test (Soveltuvuuskoe). Sports-specific tests are also also arranged for pupils applying for specific sports programmes.

[Puropelto School website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10		Training window		Training window	
10-12			PE-classes for sports classes vary according to the period system		
12-14					
14-16		Training window			



# URHEILUOPPILAITOS

Vaisaaren koulu

**Vaisaari sports classes** offer teaching for athletes of various sports. Depending on the grade, the school allows athletes of different sports 6-10 hours of exercise and exercise time in connection with the school week.

At the Vaisaari, the comprehensive development of athletes is supported not only by training time windows and PE-lessons but also by general coaching in accordance with the guidelines of the Finnish Olympic Committee and by offering an optional Grow Up to Be an Athlete -programme.

In addition to PE-teachers, the realisation of the lessons is the responsibility of the physical coaches of the Turku Region Sports Academy.

24 pupils are selected for the Vaisaari sports class each year. The selection of pupils for the sports class is based on a national suitability test (Soveltuvuuskoee).

[Vaisaari School website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10		General training 7lk General training / club training 8-9lk		Training window	PE-class 8-9lk
10-12			PE-class 9lk		
12-14	Grow Up to Be an Athlete 7lk				
14-16	Grow Up to Be an Athlete 8lk	Training window			





# URHEILUOPPILAITOS

Piispanlähteen koulu

Four programmes are available in the **Piispanlähde lower secondary school** physical education programme: football, basketball, synchronised skating and general training.

The school week of a physical education class student enables 6–9 hours of practical training and physical activity in connection with school days. The contents of physical education classes emphasise general physical characteristics.

24 pupils are selected each year for the physical exercise class of Piispanlähde. Selections are made on the basis of a national suitability test (Soveltuvuuskoee) and sports-specific tests.

[Piispanlähde School website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10		General training/ club training		Training window	PE-class 7lk
10-12	PE-class 8lk	General training 7lk			
12-14	PE-class 9lk				
14-16		Training window			

# LIIKUNTAPAINOTTEINEN YLÄKOULU

## Rieskalähteen koulu

Athletes of various sports study in the **Rieskalähde lower secondary school** exercise programme. The pupils are divided into two classes for studying, but the training window is the same for everyone in sports classes.

The school makes it possible for pupils in sports classes to exercise and train about 6–8 hours during the school week. The contents of physical education classes emphasise general physical characteristics and basic motor skills.

Every year, 24 pupils are selected for the Suopelto sports class. The selection of pupils for the sports class is based on a national suitability test (Soveltuvuuskoe).

[Rieskalähde school website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10		General training/ club training		Training window	
10-12			PE-class 71k		
12-14					
14-16					

# LIIKUNTAPAINOTTEINEN YLÄKOULU

## Suopellon koulu

Athletes of various sports study in the **Suopelto lower secondary school** exercise programme. The school makes it possible for pupils in sports classes to exercise and train about 3-8 hours during the school week.

The contents of physical education classes emphasise versatility and basic motor skills.

Every year, 24 pupils are selected for the Suopelto sports class. The selection of pupils for the sports class is based on a national suitability test (Soveltuvuuskoe).

[Suopelto school website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10			Optional exercise 9k	Optional exercise 8k	
10-12	Optional exercise 8k	PE-class 7k		PE-class 7k	
12-14		PE-class 8k	PE-class 7k	PE-class 9k	
14-16					

# EN IDROTTSINRIKTAD HÖGSTADIESKOLA

## S:t Olofsskolan

Athletes of various sports study in the **St Olofsskolan lower secondary school** exercise programme. The school makes it possible for pupils in sports classes to exercise and train about 5–8 hours during the school week.

The contents of physical education classes and general training emphasise general skills and basic physical characteristics.

A total of 16 pupils are selected each year for the sports class in St Olofsskolan. The choices will be made on the basis of a national suitability test (Soveltuvuuskoe) and sports-specific tests.

[St Olofsskolan website](#)



The timetable is indicative and changes are possible.

	ma	ti	ke	to	pe
8-10		General training / club training		General training / club training	
10-12					PE-class 9Ik
12-14					PE-class 7-8Ik
14-16					

# HOW TO APPLY

All application instructions can be found on the schools' website.

A national suitability test (Soveltuvuuskoe) recommended by the Finnish Olympic Committee is used to select pupils to a sports-oriented lower secondary school. The test measures the athletes' key skills and characteristics. The suitability test consists of six sections, which you can access at [www.soveltuvuuskoe.fi](http://www.soveltuvuuskoe.fi). (In Turku region school specific tests are not part of the suitability test.)

In addition, athletes applying for a specific sports programme will participate in the sports-specific section, which will complement the suitability test.

No separate invitation is sent for the suitability test or any sports-specific test. For more detailed information about the application process and the school introduction events, visit the schools' website. Further information from school heads and sports and PE-class managers.



# CONTACT DETAILS



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Turku Region Sports Academy

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School-club co-operation, Grow Up to Be an Athlete (Kasva urheilijaksi)  
general training



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Suitability test and basics of sports-class student admission





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[www.urheiluakatemia.fi](http://www.urheiluakatemia.fi)

