

Thesis title  
Subtitle if applicable

First name Family name (thesis author 1)  
First name Family name (thesis author 2)

BACHELOR’S / MASTER’S THESIS

Month 2020

Degree Programme

Option (if applicable)

ABSTRACT

Tampereen ammattikorkeakoulu

Tampere University of Applied Sciences

Name of the Degree Programme

Name of the Option

AUTHOR 1 & AUTHOR 2:

Title of Thesis

Title of Thesis 2

Bachelor's thesis xxs pages, appendices x pages

Month 2020

Please start writing here.

The second paragraph starts here.

Key words: please use lower case initial letters

CONTENTS

[1 INTRODUCTION 5](#_Toc38544594)

[2 TITLE LEVEL 1 6](#_Toc38544595)

[2.1 Second-level title, which you can remove if applicable 6](#_Toc38544596)

[2.1.1 Third-level title, which you can remove if applicable 6](#_Toc38544597)

[2.1.2 Third-level title 7](#_Toc38544598)

[2.2 Second-level title, which you can remove if applicable 7](#_Toc38544599)

[2.2.1 Third-level title, which you can remove if applicable 7](#_Toc38544600)

[2.2.2 Third-level title 8](#_Toc38544601)

[2.2.3 Third-level title 8](#_Toc38544602)

[2.2.4 Third-level title 8](#_Toc38544603)

[3 TITLE LEVEL 1 9](#_Toc38544604)

[3.1 Second-level title, which you can remove if applicable 9](#_Toc38544605)

[3.1.1 Third-level title, which you can remove if applicable 9](#_Toc38544606)

[3.1.2 Third-level title 9](#_Toc38544607)

[3.1.3 Third-level title 9](#_Toc38544608)

[3.2 Second-level title, which you can remove if applicable 9](#_Toc38544609)

[3.2.1 Third-level title, which you can remove if applicable 10](#_Toc38544610)

[3.2.2 Third-level title 10](#_Toc38544611)

[4 TITLE LEVEL 1 11](#_Toc38544612)

[4.1 Second-level title, which you can remove if applicable 11](#_Toc38544613)

[4.1.1 Third-level title, which you can remove if applicable 11](#_Toc38544614)

[4.1.2 Third-level title 11](#_Toc38544615)

[4.1.3 Third-level title 11](#_Toc38544616)

[4.2 Second-level title, which you can remove if applicable 11](#_Toc38544617)

[4.2.1 Third-level title, which you can remove if applicable 12](#_Toc38544618)

[4.2.2 Third-level title 12](#_Toc38544619)

[5 DISCUSSION 13](#_Toc38544620)

[REFERENCES 14](#_Toc38544621)

[APPENDICES 15](#_Toc38544622)

[Appendix 1. Title 15](#_Toc38544623)

[Appendix 2. Title 16](#_Toc38544624)

[Appendix 3. Title 17](#_Toc38544625)

[Appendix 4. Title 18](#_Toc38544626)

[Appendix 5. Title 19](#_Toc38544627)

**GLOSSARY or ABBREVIATIONS AND TERMS (choose one or other)**

TAMK Tampere University of Applied Sciences

cr credit

Please start writing at the point where the examples above begin. Delete this page if no glossary, abbreviations or terms are needed in your thesis.

# INTRODUCTION

Please start writing here.

# TITLE LEVEL 1

## Second-level title, which you can remove if applicable

Please start writing here. (If you only want to remove the example table, click on the table and then select from the top menu Layout -> Delete Table. If you bring a ready table to the document, use the function Paste Special.)

TABLE 1. Title

|  |  |  |
| --- | --- | --- |
| Sex | % | Number |
| Female | 61 | 233 |
| Male | 39 | 145 |

Please start the second paragraph here.



PICTURE 1. Title (Source if not your own)

Please start the third paragraph here.

### Third-level title, which you can remove if applicable

Please start writing here.

### Third-level title

Please start writing here.

FIGURE . Title

Please start the second paragraph here.

## Second-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

# TITLE LEVEL 1

## Second-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

## Second-level title, which you can remove if applicable

Please start writing here.

### Third-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

# TITLE LEVEL 1

## Second-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

## Second-level title, which you can remove if applicable

Please start writing here.

### Third-level title, which you can remove if applicable

Please start writing here.

Please start the second paragraph here.

### Third-level title

Please start writing here.

Please start the second paragraph here.

# DISCUSSION

Please start writing here.

REFERENCES

Hartgrove, K., Intrevado, P. & Abel, S. R. 2008. Validation Study: Clarity Multistrip Urocheck. Journal of the American Society for Clinical Laboratory Science. Clinical Laboratory Science 21 (3), 158-161.

Hubley-Kozey, C. 2005. Training the Abdominal Musculature. Physiotherapy Canada 1, 5 – 17.

Semtu. VEMO-valuankkurit. Manual. Read 18.3.2011. <http://www.semtu.fi/?file=240>

Waste Act 3.12.1993/1072.

Reference

Reference

APPENDICES

Appendix 1. Title

Appendices are numbered consecutively in the order they are referred to in the text. The appendices must have a title and reference if not constructed by the author. If the appendix has for example three pages, you should write 1 (3) on the right top of the first page, 2 (3) on the following page, and 3 (3) on the last page.

Appendix 2. Title

Appendix 3. Title

Appendix 4. Title

Appendix 5. Title