



ESSC11001 *Physical Activity, Fitness and Health*

Term 1 - 2017

Profile information current as at 03/05/2024 03:32 pm

All details in this unit profile for ESSC11001 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

This unit is designed so that students should be able to discuss the aetiology of lifestyle-related diseases with a focus on physical activity and exercise as a prevention and treatment strategy. It provides a basic understanding of the physiological effects of physical activity and exercise. It presents information relating to the holistic benefits of physical activity. It provides fundamental knowledge and skills associated with measurement of physical activity and exercise for the purpose of health-related research/study, the factors that influence the physical activity habits of individuals and whole populations, and the modification of physical activity habits of individuals and whole populations.

Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 1 - 2017

- Distance
- Mackay
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are:

Click here to see your [Residential School Timetable](#).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online Test**

Weighting: 40%

2. **Practical Assessment**

Weighting: 60%

3. **On-campus Activity**

Weighting: Pass/Fail

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Course evaluation responses.

Feedback

Narrow the focus of the provided online resources supporting the lecture content.

Recommendation

More structured online resources from a narrower range of sources will be collated and made available to students to supplement the lecture content.

Action

Online resources and readings were reduced, however, some readings each week are required to supplement lectures and laboratories. This

Feedback from Course evaluation responses.

Feedback

Residential school was close to the end of term, leaving less time to complete associated assessment.

Recommendation

The feasibility and logistics of alternative residential school dates earlier in term will be examined.

Action

In 2016, the residential school was held at the beginning of Week 4, rather near the end of term. The feasibility of holding two residential schools Rockhampton and Mackay on different dates is being investigated for 2018, this is so students have the option of attending the residential that aligns with their other commitments.

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Examine the relationships between physical activity, sedentary behaviours and lifestyle-related diseases
2. Apply the fundamental knowledge and skills of measurement of physical activity and exercise
3. Understand the elements of fitness and exercise prescription principles

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Test - 40%	•	•	•
2 - Practical Assessment - 60%	•	•	•
3 - On-campus Activity - 0%		•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication	•		
2 - Problem Solving			•
3 - Critical Thinking		•	•
4 - Information Literacy		•	•
5 - Team Work		•	
6 - Information Technology Competence	•	•	
7 - Cross Cultural Competence			
8 - Ethical practice		•	
9 - Social Innovation			
10 - Aboriginal and Torres Strait Islander Cultures			

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Test - 40%		•	•	•		•				
2 - Practical Assessment - 60%	•	•	•	•	•	•		•		
3 - On-campus Activity - 0%	•	•	•	•	•	•		•		

Textbooks and Resources

Textbooks

There are no required textbooks.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Joshua Guy Unit Coordinator

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Schedule

Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Physical Activity, Fitness and Health		

Week 2 - 13 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Adopting a Healthy Lifestyle: Exercise guidelines and behaviour change		

Week 3 - 20 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Adopting a Healthy Lifestyle: Nutrition for wellness		

Week 4 - 27 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Adopting a Healthy Lifestyle: Weight control and body composition		

Week 5 - 03 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Training methodology		

Vacation Week - 10 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 17 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Cardiorespiratory function		

Week 7 - 24 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Cardiorespiratory training and adaptations		Online Test 1 available to complete during this week. The test will be made available from 6:00am on Monday 24th of April until 5:00pm on Tuesday 2nd of May (AEST).

Week 8 - 01 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Muscular function		

Week 9 - 08 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Strength training and adaptations		

Week 10 - 15 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Physical Fitness: Training for other elements of fitness		

Week 11 - 22 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Health Maintenance: Exercise and lifestyle-related diseases		

Week 12 - 29 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Health Maintenance: Lifetime fitness		

Review/Exam Week - 05 Jun 2017

Module/Topic	Chapter	Events and Submissions/Topic
		Online Test 2 available to complete during this week. The test will be made available from 6:00am on Tuesday 6th of June until 5:00pm on Monday 12th of June (AEST).
		Practical Assessment (laboratory workbook) Due: Review/Exam Week Friday (9 June 2017) 5:00 pm AEST

Exam Week - 12 Jun 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Term Specific Information

1. Residential School 2017

Students are required (**compulsory**) to attend a two (2) day residential school as a part of this course. The residential school for this course will be held on Tuesday 28th March 2017 - Wednesday 29th March 2017. All students should meet out the front of Building 81 (Rockhampton Campus) at 8.15am sharp on the Tuesday morning. As a group, we will then head to our classroom/s. Additional information regarding residential school, such as accommodation options, overview of daily schedule etc is available on the ESSC11001 Moodle page.

Assessment Tasks

1 Online Tests

Assessment Type

Online Test

Task Description

Two online tests will be made available for completion across term. Both tests will contain multiple-choice questions based on course content from lectures and course readings. Test 1 will cover material from lectures 1-6, while Test 2 will cover material from lectures 7-12.

Assessment Due Date

Test 1 will be made available during week 7 and Test 2 during the first week of the exam period.

Return Date to Students

The test results will be made available in Moodle upon completion.

Weighting

40%

Assessment Criteria

A selection of 50 randomly-generated questions equally distributed across lectures (8-9 questions from each lecture) will be provided in each test. Each test will be graded using the overall test score (out of 50 marks). Marks will be made available immediately after you have completed each test.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Submission Instructions

Tests will be accessed and completed through the course Moodle site.

Learning Outcomes Assessed

- Examine the relationships between physical activity, sedentary behaviours and lifestyle-related diseases
- Apply the fundamental knowledge and skills of measurement of physical activity and exercise
- Understand the elements of fitness and exercise prescription principles

Graduate Attributes

- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

2 Practical Assessment (laboratory workbook)

Assessment Type

Practical Assessment

Task Description

Attendance at laboratory sessions will involve different learning components, including equipment use, skill demonstration, data acquisition, interpretation of results and theoretical reasoning. A laboratory workbook will be completed for all laboratory sessions to demonstrate knowledge and skills related to each laboratory component.

Assessment Due Date

Review/Exam Week Friday (9 June 2017) 5:00 pm AEST

Please upload via Moodle in word or PDF format

Return Date to Students

The results for the laboratory workbook will be made available to students within 2 weeks of the due date.

Weighting

60%

Assessment Criteria

Grades for this assessment will be based on marks attained in each of the laboratory sessions. Specifically, the following laboratory sessions will be graded:

1. Health Screening and Anthropometry
2. Energy Balance, Nutrition and Weight Management
3. Indirect Cardiorespiratory Assessment
4. Cardiorespiratory Training and Monitoring
5. Strength Assessment, Training and Monitoring
6. Muscular Endurance, Flexibility, Speed, Agility and Balance

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Submission Instructions

The completed laboratory workbook must be submitted on the course Moodle site.

Learning Outcomes Assessed

- Examine the relationships between physical activity, sedentary behaviours and lifestyle-related diseases
- Apply the fundamental knowledge and skills of measurement of physical activity and exercise
- Understand the elements of fitness and exercise prescription principles

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Ethical practice

3 On-campus Activity

Assessment Type

On-campus Activity

Task Description

It is compulsory to attend and participate in all laboratory sessions in this course. Laboratory sessions will be held during specified weeks across term for on-campus students and during a 2-day residential school for distance students.

Assessment Due Date

Attendance at laboratory sessions will be completed across specified weeks of term or at residential school.

Return Date to Students

Inadequate attendance and/or participation will be made available during and following each laboratory session.

Weighting

Pass/Fail

Minimum mark or grade

Pass

Assessment Criteria

Attendance at all laboratory sessions with sufficient participation will result in a passing grade for this assessment.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Offline

Learning Outcomes Assessed

- Apply the fundamental knowledge and skills of measurement of physical activity and exercise

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem