



# ESSC11001 *Physical Activity, Fitness and Health*

## Term 1 - 2018

Profile information current as at 27/04/2024 08:33 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 - 2018

- Cairns
- 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 Have Your Say Survey

##### Feedback

Students appreciated the way that lectures were presented, the content was interesting, and although some commented there was a lot of information, the weekly readings supplemented their learning.

##### Recommendation

Continue to present lectures in an enthusiastic manner and ensure that weekly readings are relevant and up to date. It is also recommended to embed information about the weekly readings in the relevant lectures so that students can clearly relate the lecture material to the readings.

#### Feedback from Have Your Say Survey

##### Feedback

Some students commented that they were a little unsure of the requirements for the written assessment task (Lab workbook).

##### Recommendation

It is recommended that more detailed examples of workbook tasks are embedded within the relevant lectures and laboratory sessions. For example, resistance and aerobic training programs.

#### Feedback from Have Your Say Survey

##### Feedback

Students commented that some of the laboratory sessions for the on-campus and residential school were a little drawn out and others seemed rushed with too much content. However, it was also stated that the laboratory sessions were informative, and a great opportunity to verbalise some of the concepts from the lecture material and text.

##### Recommendation

The on campus and residential school laboratories will be reviewed for 2018 and adjusted where necessary to ensure they are delivered in a time efficient manner, whilst still allowing students the opportunity to learn, practice, and utilise the important skills that the residential school and laboratories teach.

## 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
<b>1 - Online Test - 40%</b>	•	•	•

Assessment Tasks	Learning Outcomes		
	1	2	3
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.**

#### Additional Textbook Information

No textbook required.

### 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  
[j.guy@cqu.edu.au](mailto:j.guy@cqu.edu.au)

## Schedule

### Week 1 - 05 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to physical activity, fitness and health	Readings available on ESSC11001 Moodle page.	

### Week 2 - 12 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Adopting a Healthy Lifestyle:</i> Australian health system and pre-screening assessment	Readings available on ESSC11001 Moodle page.	

### Week 3 - 19 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Physical Activity:</i> Exercise guidelines, behaviour change, and cardiorespiratory assessment	Readings available on ESSC11001 Moodle page.	

### Week 4 - 26 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Physical Activity:</i> Training methodology	Readings available on ESSC11001 Moodle page.	

### Week 5 - 02 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
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*Physical Activity:*  
Cardiorespiratory training and adaptations

Readings available on ESSC11001 Moodle page.

#### Vacation Week - 09 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
NO LECTURE		

#### Week 6 - 16 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Adopting a Healthy Lifestyle:</i> Exercise and lifestyle-related diseases	Readings available on ESSC11001 Moodle page.	

#### Week 7 - 23 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Adopting a Healthy Lifestyle:</i> Lifetime fitness	Readings available on ESSC11001 Moodle page.	Quiz 1 <b>Opens</b> <u>Tuesday 24/04/2018 at 9:00am AEST.</u> Quiz 1 <b>Closes</b> <u>Friday 27/04/2018 at 5:00pm AEST.</u>

#### Week 8 - 30 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Adopting a Healthy Lifestyle:</i> Public health and community programs	Readings available on ESSC11001 Moodle page.	<b>Mixed-mode students only:</b> <u>Compulsory</u> residential school held at Rockhampton North Campus. <u>Thursday 03/05/2018</u> and <u>Friday 04/05/2018</u> (8:30am - 5:00pm, both days)

#### Week 9 - 07 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Physical Activity:</i> Strength training and adaptations	Readings available on ESSC11001 Moodle page.	

#### Week 10 - 14 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Physical Activity:</i> Training for other elements of fitness	Readings available on ESSC11001 Moodle page.	

#### Week 11 - 21 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
<i>Adopting a Healthy Lifestyle:</i> Weight control and body composition	Readings available on ESSC11001 Moodle page.	

#### Week 12 - 28 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Recap	No readings	Lab Workbook <b>Due</b> <u>Friday 01/06/2018 at 5:00pm AEST.</u> <b>Practical Assessment (laboratory workbook)</b> Due: Week 12 Friday (1 June 2018) 5:00 pm AEST

#### Review/Exam Week - 04 Jun 2018

Module/Topic	Chapter	Events and Submissions/Topic

No lectures

Quiz 2 **Opens** [Wednesday 06/06/2018 at 9:00am AEST.](#)

Quiz 2 **Closes** [Friday 08/06/2018 at 5:00pm AEST.](#)

### Exam Week - 11 Jun 2018

Module/Topic

Chapter

Events and Submissions/Topic

## Term Specific Information

### Students enrolled "on-campus" (Rockhampton, Mackay, and Cairns)

On-campus students are required (compulsory) to attend all laboratory sessions as part of this unit. There are 6 x 3 hour laboratory sessions, to be held in weeks 2, 3, 4, 5, 9, and 10. Please check the online [timetable](#) or the ESSC11001 Moodle page for campus specific dates and times.

### Student enrolled "mixed-mode"

Mixed mode students are required (compulsory) to attend a two (2) day residential school as a part of this unit. The residential school for this unit will be held at the Rockhampton North Campus from 8:15am - 5:00pm on Thursday 3rd May and Friday 4th May, 2018 (Week 8).

All students should meet out the front of Building 81 (Rockhampton Campus) at 8.15am sharp on the Thursday 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 (each worth 20%). 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 7-11. You must log onto Moodle when each online test is open and complete the test before the closing date. You can only attempt each online test once and each online test must be completed in a single session, the time allocated for each test is 50 minutes. You cannot save your answers and return to the online test at a later time. In the absence of an approved extension, there will be no late submissions allowed for any of the online tests. Online tests should be completed on a computer, as attempting the test on a smartphone can result in your session being ended in the event of a phone call or notification.

#### Assessment Due Date

Quiz 1 Opens Tuesday 24/04/2018 at 9:00am AEST and closes Friday 27/04/2018 at 5:00pm AEST. Quiz 2 Opens Wednesday 06/06/2018 at 9:00am AEST and Closes Friday 08/06/2018 at 5:00pm AEST.

#### Return Date to Students

Students will be informed of their mark following the completion of each test. The answers to each question will become available following the closure of each test.

#### Weighting

40%

#### Assessment Criteria

A selection of 50 randomly-generated questions equally distributed across lectures (~7-10 questions from each lecture) will be provided in each test, each question is worth 1 mark. 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. The answers to each question will become available following the closure of each test.

#### Referencing Style

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

**Submission**

Online

**Submission Instructions**

Tests will be accessed and completed through the ESSC11001 Moodle site, and should be completed on a computer. Attempting the test on a smartphone can result in your session being ended in the event of a phone call or notification.

**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. The laboratory workbook also includes short answer written responses relating to theoretical and practical content that is delivered throughout the term.

**Assessment Due Date**

Week 12 Friday (1 June 2018) 5:00 pm AEST

Students are to submit their laboratory workbook via the ESSC11001 Moodle page in word or pdf format.

**Return Date to Students**

Exam Week Friday (15 June 2018)

Students will have their lab workbook mark returned via the ESSC11001 Moodle page within two 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, as well as written responses based on unit content. For example, the workbook has questions pertaining to the following areas:

- Health Screening and Anthropometry
- Indirect Cardiorespiratory Assessment
- Cardiorespiratory Training and Monitoring
- Strength Assessment, Training and Monitoring
- Muscular Endurance, Flexibility, Speed, Agility and Balance
- Physical activity and health guidelines, applications, interventions, and best practice
- The structure and role of healthcare systems in Australia

Answers and written responses should be correctly referenced where appropriate, and a references list should be inserted at the end of the workbook. This unit follows APA referencing guidelines.

**Referencing Style**

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

**Submission**

Online

**Submission Instructions**

Students are to submit their laboratory workbook via the ESSC11001 Moodle page in word format (.doc or .docx), all answers should be typed. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with University policy

**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 (on-campus students), or the residential school (mixed-mode students) in this unit. Laboratory sessions will be held during specified weeks across term for on-campus students and during a 2-day residential school for mixed-mode students.

#### **Assessment Due Date**

Attendance at laboratory sessions will be completed across specified weeks of term (on-campus students) or at the residential school (mixed-mode students).

#### **Return Date to Students**

#### **Weighting**

Pass/Fail

#### **Minimum mark or grade**

Pass

#### **Assessment Criteria**

Attendance at all laboratory sessions (on-campus students), or the residential school (mixed-mode students), with sufficient participation will result in a passing grade for this assessment. Inadequate attendance and/or participation will be made available during and following each laboratory session (on-campus students) or the residential school (mixed-mode students). Failure to attend and adequately participate may result in a student failing this assessment item, and being unable to pass this unit.

#### **Referencing Style**

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

#### **Submission**

Offline

#### **Submission Instructions**

Teaching staff will take attendance at laboratory sessions (on-campus students), or the residential school (mixed-mode students).

#### **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