



# ESSC11001 *Physical Activity, Fitness and Health*

## Term 1 - 2020

Profile information current as at 04/05/2024 01:34 am

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

In this unit, you will discuss the aetiology of lifestyle-related diseases with a focus on physical activity and exercise as a prevention and treatment strategy. You will gain a basic understanding of the physiological effects of physical activity and exercise, and be able to identify interventions to improve physical activity and reduce sedentary behavior at the individual, community, and population level. You will gain fundamental knowledge and skills associated with measurement of physical activity, health and exercise, and apply this knowledge for the purpose of health-related research/study and exercise prescription.

### 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 - 2020

- Cairns
- Mackay
- Mixed Mode
- 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 Quiz(zes)**

Weighting: 40%

#### 2. **Written 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

The level of support that was offered to students via email and the forums, as well as the positive teaching styles, were highlighted as a positive aspect of this unit.

##### Recommendation

It is recommended that the Unit Coordinator and other teaching staff continue to engage and assist students in this unit. As this is a first year unit, many students require guidance, and this should be offered to students throughout the term via forums, email, phone calls where necessary, and by delivering engaging and informative lectures and labs/residential schools.

#### Feedback from Have your say survey

##### Feedback

It has been suggested that the lab workbook and lab manual be combined, to allow easier cross referencing between the two documents. Formatting of the lab workbook has also been highlighted as troublesome.

##### Recommendation

Combining the theoretical lab manual and the lab workbook (questions) should be investigated. Consideration should be given to the total length of a single document, and whether it is beneficial to break the different labs up into smaller documents. The formatting of the lab workbook template (font sizes, font type, etc) should be checked for consistency so that students completing the workbook in Microsoft Word do not spend time fixing formatting errors.

#### Feedback from Self reflection

##### Feedback

The addition of a second lecturer assisting the Unit Coordinator in delivery of lectures was beneficial and allowed streamlining when updating lecture and lab content, as well as being a point of contact for students on a different campus.

##### Recommendation

Continue assigning an additional lecturer to co-deliver this unit, with the potential to co-coordinate. This would enable students to have additional support across the term and on different campuses/study modes (mixed-mode).

## Unit Learning Outcomes

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

1. Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
2. Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes
3. Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
4. Apply the elements of exercise prescription and delivery principles
5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Online Quiz(zes) - 40%	•	•			
2 - Written Assessment - 60%	•	•	•	•	
3 - On-campus Activity - 0%			•	•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
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 Quiz(zes) - 40%		•	•	•		•		•		
2 - Written 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)
- Computer - ability to access study materials, including instructional videos and scan and upload assessment.
- Microsoft Office or equivalent (wordprocessing)
- Printer for printing assessment

## 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)

**Sam Fien** Unit Coordinator

[s.fien@cqu.edu.au](mailto:s.fien@cqu.edu.au)

## Schedule

### Week 1 - 09 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Physical activity, fitness and health, and the Australian healthcare system	Readings available on ESSC11001 Moodle page	

### Week 2 - 16 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Pre-screening assessment and body composition	Readings available on ESSC11001 Moodle page	

### Week 3 - 23 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Exercise guidelines, behaviour change, and cardiorespiratory assessment	Readings available on ESSC11001 Moodle page	

### Week 4 - 30 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Training methodology	Readings available on ESSC11001 Moodle page	<b>Quiz 1</b> <i>Opens</i> Week 4 Tuesday (31 Mar. 2020) 9:00 am AEST <i>Closes</i> Week 4 Thursday (2 Apr. 2020) 5:00 pm AEST

**Week 5 - 06 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Cardiorespiratory training and adaptations	Readings available on ESSC11001 Moodle page	

**Vacation Week - 13 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
No lecture	No readings	

**Week 6 - 20 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Strength training and adaptations	Readings available on ESSC11001 Moodle page	

**Week 7 - 27 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Exercise prescription and delivery	Readings available on ESSC11001 Moodle page	

**Week 8 - 04 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Training for other elements of fitness	Readings available on ESSC11001 Moodle page	<b>Mixed-mode students only:</b> Compulsory residential school held at Rockhampton North Campus. End of Week 8, Saturday and Sunday (9 and 10 May 2020) 8:15 am - 4:00 pm AEST.

**Week 9 - 11 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Exercise and lifestyle-related diseases	Readings available on ESSC11001 Moodle page	<b>Quiz 2</b> <i>Opens</i> Week 9 Tuesday (12 May 2020) 9:00 am AEST <i>Closes</i> Week 9 Thursday (14 May 2020) 5:00 pm AEST

**Week 10 - 18 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Lifetime fitness	Readings available on ESSC11001 Moodle page	

**Week 11 - 25 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Public health and community programs	Readings available on ESSC11001 Moodle page	

**Week 12 - 01 Jun 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Review	No readings	<b>Laboratory Workbook</b> Due: Week 12 Friday (5 June 2020) 5:00 pm AEST

**Review/Exam Week - 08 Jun 2020**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Quiz 3</b> <i>Opens</i> Review/Exam Week Tuesday (9 Jun. 2020) 9:00 am AEST <i>Closes</i> Review/Exam Week Thursday (11 Jun. 2020) 5:00 pm AEST

**Exam Week - 15 Jun 2020**

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

### On-campus laboratory activity

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

For on-campus students there are six 3-hour laboratory sessions, to be held throughout the term. Please check the CQUniversity Handbook or the ESSC11001 Moodle page for campus specific dates and times.

*Attendance to all laboratory sessions is compulsory.*

Student enrolled "mixed-mode"

Mixed-mode students are required to attend a two (2) day residential school as a part of this unit to complete their laboratory sessions in the form of a residential school. The residential school for this unit will be held at the Rockhampton North Campus from 8:15am - 4:00pm on Saturday 9th May and Sunday 10th May, 2020 (End of Week 8).

*Attendance at the residential school laboratory sessions is compulsory.*

All students should meet inside Building 81 on the basketball court (Rockhampton North Campus) at 8.15am sharp on the Saturday morning. As a group, we will then head to our classroom/s.

Additional information regarding residential school, such as accommodation options, campus map, overview of daily schedule, etc. is available on the ESSC11001 Moodle page.

## Assessment Tasks

### 1 Online Quiz(zes)

#### Assessment Type

Online Quiz(zes)

#### Task Description

The Online Quiz will comprise three (3) separate online quizzes consisting of multiple choice questions.

Each Online Quiz is to be completed on your own using multiple resources to help answer the questions. It is your responsibility to log on to Moodle and complete each online quiz during the time each quiz is available. In the absence of an approved extension there will be no late submissions allowed for any of the online quizzes that make up this assessment item. Online Quiz 1 will contain 20 questions and you will have 25 minutes to complete, whilst online Quiz 2 and 3 will each contain 30 questions and you will have 40 minutes to complete. Online quizzes should be completed on a computer, as attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification. You can only attempt each online quiz once and it must be completed in a single session. You cannot save your answers and return at a later time.

#### Online Quiz 1 (10% of final grade)

Online Quiz 1 will be held in Week 4 and will assess content from Weeks 1 – 3 (inclusive). Online Quiz 1 questions will be related to lectures and compulsory readings associated with Weeks 1 – 3 (inclusive).

- Open date: Week 4 Tuesday (31 Mar. 2020) 9:00 am AEST.
- Close date: Week 4 Thursday (2 Apr. 2020) 5:00 pm AEST.

#### Online Quiz 2 (15% of final grade)

Online Quiz 2 will be held in Week 9 and will assess content from Weeks 4 – 7 (inclusive). Online Quiz 2 questions will be related to lectures and compulsory readings associated with Weeks 4 – 7 (inclusive).

- Open date: Week 9 Tuesday (12 May 2020) 9:00 am AEST.
- Close date: Week 9 Thursday (14 May 2020) 5:00 pm AEST.

#### Online Quiz 3 (15% of final grade)

Online Quiz 3 will be held in Review/Exam Week and will assess content from Weeks 8 – 11 (inclusive). Online Quiz 3 questions will be related to lectures and compulsory readings associated with Weeks 8 – 11 (inclusive).

- Open date: Review/Exam Week Tuesday (9 Jun. 2020) 9:00 am AEST.
- Close date: Review/Exam Week Thursday (11 Jun. 2020) 5:00 pm AEST.

#### Number of Quizzes

3

#### Frequency of Quizzes

Other

#### Assessment Due Date

The due date for each quiz is specified in the Task Description above.

### **Return Date to Students**

Marks will be made available immediately after you have completed each online quiz. The answers to each question will become available following the closure of each quiz.

### **Weighting**

40%

### **Assessment Criteria**

Questions will be graded as correct/incorrect via the Moodle online quiz system, and tabulated to give you your mark for each online quiz. All questions are weighted equally across all online quizzes.

### **Referencing Style**

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

### **Submission**

Online

### **Submission Instructions**

Quizzes will be accessed and completed through the ESSC11001 Moodle page and you are required to complete each quiz within the specified times that each quiz is open. Quizzes should be completed on a computer, as attempting a quiz on a smartphone can result in your session being ended in the event of a phone call or notification. In the absence of an approved extension, you will not be allowed to attempt a quiz once it is closed and you will receive a zero for that quiz.

### **Learning Outcomes Assessed**

- Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
- Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes

### **Graduate Attributes**

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

## **2 Laboratory Workbook**

### **Assessment Type**

Written Assessment

### **Task Description**

Your laboratory workbook will be completed as a result of your attendance and participation in the laboratory sessions (on-campus students) or residential school (mixed-mode students). This workbook will enable you 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 this unit, and should be completed individually.

### **Assessment Due Date**

Week 12 Friday (5 June 2020) 5:00 pm AEST

In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with the CQUniversity Assessment Policy and Procedure (Higher Education Coursework)

### **Return Date to Students**

Exam Week Friday (19 June 2020)

Your laboratory workbook mark will be 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 the correctness of answers using data collected during the laboratory sessions, as well as written responses based on unit content. The laboratory workbook will consist of questions pertaining to the following areas of physical activity, fitness and health:

- 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

The laboratory workbook must be submitted as a typed document and any section of the workbook that contains copies of handwritten notes will not be marked. Answers should be correctly referenced where appropriate, and a reference list should be included at the end of the workbook.

### Referencing Style

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

### Submission

Online

### Submission Instructions

You are to submit your laboratory workbook via the ESSC11001 Moodle page in word format (.doc or .docx), all answers should be typed. Handwritten responses will receive a mark of zero (0).

### Learning Outcomes Assessed

- Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
- Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes
- Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
- Apply the elements of exercise prescription and delivery principles

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice
- Social Innovation

## 3 On-campus laboratory activity

### Assessment Type

On-campus Activity

### Task Description

It is compulsory to attend and actively participate in your designated laboratory sessions 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 for on-campus students or at the residential school for mixed-mode students. Please refer to your timetable for times and locations.

### Return Date to Students

Attendance will be taken during all laboratory sessions and students will be immediately awarded a Pass or Fail grade following complete attendance or failure to attend all sessions, respectively.

### Weighting

Pass/Fail

### Minimum mark or grade

PASS

### Assessment Criteria

Attendance at all designated laboratory sessions with sufficient participation will result in a passing grade for this assessment. Failure to attend and adequately participate may result in a fail grade for this assessment item, and being

unable to pass this unit. Attendance at each laboratory session will be facilitated by staff members managing the sessions, and you will be required to sign an attendance form for each activity and complete specific sections of your laboratory workbook. Failure to sign this form and complete sections of your workbook will result in an "absent" being recorded. If you miss a laboratory session without an approved reason, there will NOT be an opportunity to simply 'catch up' at any time. The Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment. This section of the policy is relevant in cases where you fail to attend a required laboratory session within this unit. If you do not attend and provide a valid reason, with supporting documentation, then an attempt to make alternate arrangements will be made (for example a 'catch up' session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

### **Referencing Style**

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

### **Submission**

Offline

### **Submission Instructions**

You are required to mark your attendance at each laboratory sessions and have your workbook checked by a member of staff to ensure you have completed the appropriate section of your workbook for that laboratory session.

### **Learning Outcomes Assessed**

- Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
- Apply the elements of exercise prescription and delivery principles
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

### **Graduate Attributes**

- Communication
- Information Literacy
- Team Work
- Cross Cultural 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