ESSC11001 *Physical Activity, Fitness and Health*
Term 1 - 2022

Profile information current as at 20/04/2024 05:37 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 - 2022

- Cairns
- Mackay City
- 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

Feedback

Students would like to spend more time talking about the lab workbook and going through more examples.

Recommendation

It is recommended that the Unit Coordinators will review the schedule for the On Campus Activity/Residential Schools.

Feedback from Have Your Say

Feedback

Students have asked of the possibility of two workbooks would be feasible. One based on the labs. The other based on case studies and questions from lectures.

Recommendation

It is recommended that the Unit Coordinators will review the content and look to create a feasible option with the lab workbook assessment item.

Feedback from Self Reflection

Feedback

Having two Unit Coordinators for the 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

It is recommended that the assigning of an additional lecturer to co-deliver this unit continues. 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

— N/A Level | • Introductory Level | • Intermediate Level | • Graduate Level | ◦ Professional Level | ◦ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Online Quiz(zes) - 40%	•	•			

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
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 7th Edition (APA 7th edition)
For further information, see the Assessment Tasks.

Teaching Contacts

Sam Fien Unit Coordinator
s.fien@cqu.edu.au

Schedule

Week 1 - 07 Mar 2022

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 - 14 Mar 2022

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

Week 3 - 21 Mar 2022

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

Week 4 - 28 Mar 2022

Module/Topic	Chapter	Events and Submissions/Topic
Exercise training methodology	Readings available on ESSC11001 Moodle page	**Quiz 1** *Opens* Week 4 Tuesday (29 Mar. 2022) 9:00 am AEST *Closes* Week 4 Thursday (31 Mar. 2022) 5:00 pm AEST

Week 5 - 04 Apr 2022

Module/Topic	Chapter	Events and Submissions/Topic

Cardiorespiratory training and adaptations	Readings available on ESSC11001 Moodle page	

Vacation Week - 11 Apr 2022

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

Week 6 - 18 Apr 2022

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

Week 7 - 25 Apr 2022

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

Week 8 - 02 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Training for other elements of fitness	Readings available on ESSC11001 Moodle page	

Week 9 - 09 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Exercise and lifestyle-related diseases	Readings available on ESSC11001 Moodle page	**Quiz 2** *Opens* Week 9 Tuesday (10 May 2022) 9:00 am AEST *Closes* Week 9 Thursday (12 May 2022) 5:00 pm AEST

Week 10 - 16 May 2022

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

Week 11 - 23 May 2022

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

Week 12 - 30 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Review	No readings	**Written Assessment (Laboratory Workbook)** Due: Week 12 Monday (30 May 2022) 5:00 pm AEST

Review/Exam Week - 06 Jun 2022

Module/Topic	Chapter	Events and Submissions/Topic
		Quiz 3 *Opens* Review/Exam Week Tuesday (7 Jun. 2022) 9:00 am AEST *Closes* Review/Exam Week Thursday (9 Jun. 2022) 5:00 pm AEST

Exam Week - 13 Jun 2022

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

On-campus laboratory activity
Students enrolled "on-campus" (Rockhampton, Mackay, and Cairns)
Attendance and active participation in practical activities (on-campus activity) is required for the successful completion of this unit.
You will be required to attend ONE of the following options, depending on your enrolment type and you will register online via CQU timetabling.
Please refer to the published CQUniversity Timetable for confirmation of dates, times, and locations:

Students enrolled as either "ROK, CNS or MKY":
For on-campus students, you must attend **ONE** of the following options:
Rockhampton on-campus students (ROK)
Weeks 2, 3, 4, 5, 6, & 10, Tuesday 1-4pm. Activities will take place in Building 81 on the Rockhampton North Campus. Attendance for all of the weeks stated is compulsory.
Cairns on-campus students (CNS)
Weeks 2, 3, 4, 5, 6, & 10, Tuesday 1-4pm. Activities will take place at the Exercise and Sport Science Laboratories, located at Cairns Basketball (289 Aumuller St, Manunda, QLD 4870). Attendance for all of the weeks stated is compulsory.
Mackay on-campus students (MKY)
Weeks 2, 3, 4, 5, 6, & 10, Tuesday 1-4pm. Activities will take place at the Exercise and Sport Sciences Laboratories (Building 4/G.21), located on Mackay City Campus (Sydney St). Attendance for all of the weeks stated is compulsory.

Students enrolled in "MIX":
For mixed-mode students, you must attend **ONE** of the following options:
Rockhampton residential school
A two-day on-campus activity session will be held in Week 9, Saturday and Sunday 14 - 15 May, 2022 at the Rockhampton North Campus, from 8:00 am - 5:00 pm, for MIX enrolled students. Attendance on both days of the residential school is compulsory. All students will be required to meet inside Building 81 on the basketball court (Rockhampton North Campus) at 8:00 am sharp on Saturday 14 May.
Cairns residential school
A two-day on-campus activity session will be held in Week 9, Monday and Tuesday 9-10 May, 2022 at the Mackay City Campus, from 8:00 am - 5:00 pm, for MIX enrolled students. Attendance on both days of the on-campus activity is compulsory. All students will be required to meet inside the biomechanics laboratory (Building 4/G.21) on the Cairns Basketball - 289 Aumuller St, Manunda at 8:00 am sharp on Monday 9 May.
Mackay residential school
A two-day on-campus activity session will be held in Week 9, Monday and Tuesday 9-10 May, 2022 at the Mackay City Campus, from 8:00 am - 5:00 pm, for MIX enrolled students. Attendance on both days of the on-campus activity is compulsory. All students will be required to meet inside the biomechanics laboratory (Building 4/G.21) on the Mackay City Campus at 8:00 am sharp on Monday 9 May.
Additional information regarding the residential school, such as accommodation options, campus map, an overview of the 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 to the quiz 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 (29 Mar. 2022) 9:00 am AEST.
- Close date: Week 4 Thursday (31 Mar. 2022) 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 (10 May 2022) 9:00 am AEST.
- Close date: Week 9 Thursday (12 May 2022) 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 (7 Jun. 2022) 9:00 am AEST.
- Close date: Review/Exam Week Thursday (9 Jun. 2022) 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 7th Edition (APA 7th 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 Written Assessment (Laboratory Workbook)

Assessment Type
Written Assessment

Task Description
The Laboratory Workbook provided on the Moodle page for ESSC11001 is the written assessment which is 60% of your final grade, to which there are two (2) parts to the assessment:
Part A links to the knowledge demonstrated, skills, and data related to your attendance and participation in the on-campus activity (weekly labs for on-campus students or residential school for mixed-mode students).
Part B includes short answer written responses relating to theoretical content that is delivered throughout this unit and content related to the on-campus activity.
The written assessment should be completed individually.

Assessment Due Date
Week 12 Monday (30 May 2022) 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

Your laboratory workbook mark will be returned via the ESSC11001 Moodle page on the certification of grades (8th July, 2022)

Weighting
60%

Assessment Criteria
Grades for this assessment will be based on the correctness of written responses based on unit content and using data collected during the laboratory sessions. The written assessment (Part A and B) 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
- Functional assessments
- Physical activity and health guidelines, applications, interventions, and best practice
- The structure and role of healthcare systems in Australia

Laboratory Workbook (Part A and Part B)
- Must be submitted as one typed document using the Word template provided on the ESSC11001 Moodle page.
- 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 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
You are to submit your laboratory workbook via the ESSC11001 Moodle page in word format using the template provided (.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/residential school 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 7th Edition (APA 7th 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