



# ESSC11003 Skill Acquisition and Movement

## Term 2 - 2019

Profile information current as at 11/04/2024 09:24 am

All details in this unit profile for ESSC11003 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 provides an introduction to motor control and learning, with a particular focus on the theories and application of skill acquisition. Throughout this unit, you will explore concepts related to the classification and assessment of motor skills, stages of motor learning and concepts related to skill acquisition. A particular focus of this unit will be on motor learning and skill development, relevant to the role of a teacher, coach or exercise and sport scientist.

#### Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 10

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 2 - 2019

- 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: 30%

#### 2. **Portfolio**

Weighting: 40%

#### 3. **On-campus Activity**

Weighting: 30%

### 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 Student feedback via 'Have your say' survey

##### Feedback

Students commented that lectures were a little long and drawn out. This led to some students not having a clear understanding of the content.

##### Recommendation

It is recommended that the structure of lectures be revised, and/or lecture recordings separated into smaller sections.

#### Feedback from Student feedback via 'Have your say' survey

##### Feedback

Students experienced difficulties linking theoretical content to practical application, particularly mixed mode students.

##### Recommendation

It is recommended that the unit coordinator develops 'at-home' practical activities which could be completed in conjunction with each topic throughout the term, in addition to residential school activities.

#### Feedback from Self reflection

##### Feedback

Some residential school/laboratory activities were rushed through, and there was little time for discussion at the conclusion of practical sessions.

##### Recommendation

It is recommended that additional discussion time at the end of each practical topic for group discussion with teaching staff. Zoom links between campuses for on campus students to allow group discussion and engagement.

## Unit Learning Outcomes

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

1. Classify motor skills based on specific characteristics
2. Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
3. Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
4. Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts
5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

The Unit Learning Outcomes are aligned with Graduate Outcomes published by the external accreditation body (ESSA).

## 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) - 30%	•	•			

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
2 - Portfolio - 40%			•	•	
3 - On-campus Activity - 30%	•	•	•		•

## 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) - 30%		•	•	•		•				
2 - Portfolio - 40%	•	•	•	•		•				
3 - On-campus Activity - 30%	•	•	•	•	•	•		•		

## Textbooks and Resources

### Textbooks

ESSC11003

#### Prescribed

##### **Motor Learning and Control : Concepts and Applications**

Edition: 11th (2016)

Authors: Magill , R

McGraw Hill

Maidenhead , Berkshire , UK

ISBN: 9781259823992

Binding: Hardcover

ESSC11003

#### Supplementary

##### **Dynamics of Skill Acquisition: A constraints-led approach**

(2008)

Authors: Keith Davids, Chris Button and Simon Bennett

Human Kinetics

ISBN: 9780736036863

Binding: Hardcover

#### Additional Textbook Information

Previous editions of these texts are suitable.

Paper copies of the newest edition are available at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

#### **You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Adobe Acrobat Pro
- Microsoft Office (Word, Excel and PowerPoint)
- Video Recording Device (Camcorder, Digital Camera, Smartphone, etc.)

## 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

**Nathan Elsworthy** Unit Coordinator

[n.elsworthy@cqu.edu.au](mailto:n.elsworthy@cqu.edu.au)

## Schedule

### **Week 1 - 15 Jul 2019**

Module/Topic	Chapter	Events and Submissions/Topic
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Introduction to motor skills, skill classification	Magill (Chapter 1, 2)
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### Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Stages of motor learning	Magill (Chapter 12)	

### Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Practice variability	Magill (Chapter 16)	

### Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Amount and distribution of practice	Magill (Chapter 17)	

### Week 5 - 12 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Theories of motor learning	Magill (Chapter 5)	<b>Online Quiz 1</b> Open: Week 5 Monday (12 Aug. 2019) 9:00 am AEST Closes: Week 5 Friday (16 Aug. 2019) 5:00 pm AEST

### Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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### Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Augmented feedback	Magill (Chapter 15)	

### Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Demonstration and verbal instructions	Magill (Chapter 14)	

### Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Neural contributions to movement	Magill (Chapter 4, 6)	<b>MIX Enrolments</b> - Residential School (Rockhampton) 14-15 September

### Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Constraints approach to skill acquisition	Online Reading	<b>Online Quiz 2</b> Open: Week 9 Monday (16 Sep. 2019) 9:00 am AEST Closes: Week 9 Friday (20 Sep. 2019) 5:00 pm AEST <b>CNS Enrolments</b> - On-Campus Activity (Cairns) 16-17 September <b>MIX Enrolments</b> - On-Campus Activity (Mackay) 19-20 September

### Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Growth and maturation	Online Reading	

### Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Expertise and talent ID	Online Reading	<b>Laboratory Workbook</b> Due: Week 11 Friday (4 Oct 2019) 5:00 pm AEST

## Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review		<b>Skill Training Program</b> Due: Week 12 Friday (11 Oct 2019) 5:00 pm AEST

## Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Online Quiz 3</b> <u>Open:</u> Review/Exam Week Monday (14 Oct. 2019) 9:00 am AEST <u>Closes:</u> Review/Exam Week Wednesday (16 Oct. 2019) 5:00 pm AEST

## Exam Week - 21 Oct 2019

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

This unit includes compulsory on-campus laboratory activities. You **MUST** attend the session specific to your enrolment as outlined below:

### Rockhampton (ROK) on-campus enrolments

You are required to attend the practical sessions scheduled at the Rockhampton North Campus (Bld 81), during Weeks 1-4, 9 & 10.

### Mackay (MKY) on-campus enrolments

You are required to attend the practical sessions scheduled at the Mackay City Campus (Bld 4/G.21) during Weeks 1-4, 9 & 10.

### Cairns (CNS) on-campus enrolments

You are required to attend the 2-day practical block session scheduled at the Exercise and Sport Sciences Laboratories located at the Cairns Basketball Association Headquarters (289 Aumuller St, Manunda QLD 4870) from 8:30am Monday 16 September to 5:00pm Tuesday 17 September.

### Mixed Mode (MIX) enrolments

You are required to attend ONE of the following options:

- The 2-day residential school scheduled at the Rockhampton North Campus (Bld 81), from 8:30am Saturday 14 September to 5:00pm Sunday 15 September (not available for ROK enrolled students).
- The 2-day practical block session scheduled at the Mackay City Campus (Bld 4/G.21), from 8:30am Thursday 19 September to 5:00pm Friday 20 September (capacity restricted to 15 students; not available for MKY enrolled students).

If you prefer to attend an alternate session to that specified above, please contact the Unit Coordinator to discuss attendance at a different offering.

## Assessment Tasks

### 1 Online Quizzes

#### Assessment Type

Online Quiz(zes)

#### Task Description

You will be required to complete three (3) online quizzes throughout the term. Quiz 1 will assess knowledge on content covered in Weeks 1-4 (inclusive), Quiz 2 will assess knowledge on content covered in Weeks 5-8 (inclusive), and Quiz 3 will assess knowledge on content covered in Weeks 9-12 (inclusive). Each quiz will consist of 20 randomly-selected questions from a wider bank of questions. Questions will be equally distributed across all content.

You will have a 30-minute time limit to complete each online quiz upon commencing. Questions will be multiple choice. You must log onto Moodle when each online quiz is open and complete the quiz before the closing date. You can only attempt each online quiz once and each online quiz must be completed in a single session. 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 cannot save your answers and return to the online quiz at a later time. In the absence

of an approved extension, there will be no late submissions allowed for any of the online quizzes.

**Number of Quizzes**

3

**Frequency of Quizzes**

Other

**Assessment Due Date**

Quiz 1 will open at 9:00 am Monday 12 August, and close Friday 16 August at 5:00 pm AEST. Quiz 2 will open at 9:00 am Monday 16 September, and close Friday 20 September at 5:00 pm AEST. Quiz 3 will open at 9:00 am Monday October 14 and close Wednesday 16 October at 5:00 pm AEST.

**Return Date to Students**

Marks for each quiz will be available upon completion of the quiz via Moodle. Feedback on specific questions will be available once the quiz closes.

**Weighting**

30%

**Assessment Criteria**

Each quiz will have an equal contribution to your overall unit grade. Together the three (3) online quizzes will comprise of 30% of your overall grade. There will be 20 questions per online quiz, with each question allocated 1 mark. Each question will be graded as correct or incorrect. For multiple choice questions, there will be only 1 correct response. In the absence of an approved extension, no attempts after the due date will be permitted and a score of zero will be awarded.

**Referencing Style**

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

**Submission**

Online

**Submission Instructions**

Attempting and submitting each online quiz is performed via the unit Moodle site.

**Learning Outcomes Assessed**

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning

**Graduate Attributes**

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

## 2 Skill Training Program

**Assessment Type**

Portfolio

**Task Description**

For this assessment, you will develop a skill training program with the aim to improve skill performance. Firstly, you are required to select a movement-based skill, one of which you have no prior training or experience (a list of suggestions will be provided on Moodle), and examine your performance (pre-test). You will then design and complete a training program in order to train yourself in the performance of the skill. Upon completion of the training program, you will assess your performance again (post-test), and again after a two week wash out period (retention test). You will summarise your training program and performance changes in the form of a written report.

For the portfolio submission, you are required to submit the following documents by the due date (Week 12 Friday 11 Oct. 2019, at 5:00 pm AEST) to the Moodle assignment submission link:

- Test performance video, at each time point (i.e. pre-test, post-test and retention test). These can be submitted as three separate videos (some basic tips are detailed at the bottom of this section).



- Written report.

#### Test performance video

- You are required to measure performance prior to the training program (pre-test), following the training program (post-test), and two weeks following completion of the training program (retention test).
- Three (3) video recordings of your skill performance at various stages in relation to your training program are required. These videos will complement the written report.
- As a guide, you should have your pre-test completed by Week 6 to enable completion of the post-test and retention test, and compiling of your written report. Regular reminders will be communicated in lectures and via Moodle regarding this timeline.
- Video should be submitted in any of the following formats: .mp4 (preferred format), .avi, .wmv, or .mov.

#### Written report

- Upon completion of the training program, you are required to submit a written report detailing critical aspects of the training program, testing procedures, and scientific justification/discussion of these. Your report must consist of the following sections;
- Introduction. Provide a brief description of the skill, classify using a classification system/taxonomy.
- Testing methods. Provide a methodological outline of the testing methods used to assess the skill performance. You may use a diagram to assist in the explanation if you wish.
- Detailed training program. Provide an overview of the training program. At a minimum, this training program must include at least 10 sessions. Beyond this you can schedule the program as you see fit (according to literature related to skill acquisition theories), provided it can be completed within the allocated time frame during the term. As a guide, this program should be approximately 2 weeks in length. Information included in this section should be detailed so that the training program can be replicated.
- Testing results. Provide a summary of testing results. Present outcomes of your testing results and training success in figures, tables and/or written form. Examples will be provide on Moodle and outlined during lectures.
- Discussion. Summarise the critical features of your training program. Here you are required to justify the schedule of the training program, changes in performance, and link to the related scientific literature. How does your training program reflect motor learning/skill acquisition principles.
- Submission of a Word (.doc or .docx) file is required to be uploaded to the correct Moodle assignment submission link (Skill training project) by the due date.
- This assessment should be approximately 1500 words in length

Further information regarding the requirements of this assessment will be available on Moodle throughout the Term.

#### **Assessment Due Date**

Week 12 Friday (11 Oct 2019) 5:00 pm AEST

Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Submissions made after 5:00 pm (AEST) Thursday 31 October 2019 (without an approved extension) will not be formally marked as maximum late penalties will have occurred and a grade of zero (0) will be automatically applied.

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

Exam Week Friday (25 Oct 2019)

Grades for the workbook will be made available via the unit Moodle site no later than the set return date.

#### **Weighting**

40%

#### **Assessment Criteria**

The portfolio is designed to evaluate your ability to assess skill performance, and develop a training program to improve performance of a new skill using theories of motor learning. Marks will be allocated to different sections of the portfolio according to a marking rubric which will be available on Moodle. Generally, this assessment will be marked according to the following criteria:

- Introduction and classification of skill
- Skill performance assessment methods
- Submission of video recordings
- Summary of the training program
- Presentation of results
- Discussion of results, learning and training program, in relation to the scientific literature
- Overall writing skill, presentation and appropriate referencing.

## Referencing Style

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

## Submission

Online

## Submission Instructions

Please see Task Description section above for specific submission information.

## Learning Outcomes Assessed

- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts

## Graduate Attributes

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

# 3 Laboratory Workbook

## Assessment Type

On-campus Activity

## Task Description

When attending the laboratory sessions during a Residential School/Laboratory block session of this unit, you will be required to complete a series of tasks involving measurement and evaluation of skill performance. You will need to complete the tasks by filling out a laboratory workbook document made available via the unit Moodle site.

You will be required to complete the laboratory tasks, record data, perform calculations with collected data, interpret and critically analyse your findings. Related questions will also be included which you will need to answer in your workbook.

In order to complete this assessment, you MUST attend all activities completed during the laboratory sessions.

Attendance will be taken at each session. If you do not attend, and adequately participate in the laboratory session you will not be able to submit this assessment.

## Assessment Due Date

Week 11 Friday (4 Oct 2019) 5:00 pm AEST

Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Submissions made after 5:00 pm (AEST) Thursday 24 October 2019 (without an approved extension) will not be formally marked as maximum late penalties will have occurred and a grade of zero (0) will be automatically applied.

## Return Date to Students

Review/Exam Week Friday (18 Oct 2019)

Grades for the workbook will be made available via the unit Moodle site no later than the set return date.

## Weighting

30%

## Minimum mark or grade

50%

## Assessment Criteria

This assessment involves compulsory attendance and active participation in the on-campus laboratory activities of the unit. You are required to attend (and actively participate in) ONE of the timetabled on-campus laboratory activity sessions. Different sessions are available depending on your mode of enrolment (i.e. ROK, MKY, CNS, MIX). Further details regarding these sessions can be found in the Term Specific Information section of this Unit Profile, on the ESSC11003 Moodle site and via the CQUniversity Handbook. No additional sessions will be available beyond the due date, unless acceptable reasons (with supporting documentation) are provided to warrant an adjustment to the assessment. Please see the CQUniversity Assessment Policy and Procedures (Higher Education Coursework) for further information.

A series of practical laboratory-based tasks will be completed during the on-campus laboratory activity sessions and you are expected to attend and participate in all tasks.

A Laboratory Workbook will be provided to students on the ESSC11003 Moodle site prior to the on-campus activity which contains questions and data tables pertaining to each practical laboratory-based tasks.

To complete this assessment item you must:

- Sign the attendance sheet. Please note there will be multiple attendance sheets to sign throughout the activity sessions.
- Bring a printed copy of the Laboratory Workbook to the on-campus laboratory activity sessions.
- Complete the Laboratory Workbook while undertaking the on-campus laboratory activities.
- Submit the completed Laboratory Workbook as a Microsoft Word (.doc or .docx) document via Moodle using the correct assessment submission link by the due date. All answers must be typed or using graphical software (i.e. Microsoft Excel) where required. Handwritten responses will not be marked.

### **Referencing Style**

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

### **Submission**

Offline Online

### **Submission Instructions**

Submissions will only be accepted if you attended (and actively participated) in the laboratory session.

### **Learning Outcomes Assessed**

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

### **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