



ESSC12001 *Exercise and Sport Physiology*

Term 1 - 2019

Profile information current as at 24/04/2024 12:07 am

All details in this unit profile for ESSC12001 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 examines responses and adaptations of various physiological body systems to exercise. Specifically, you will learn the physiological mechanisms underpinning acute and chronic changes in the metabolic, pulmonary, cardiovascular, endocrine, and neuromuscular systems as a response to exercise. Furthermore, you will learn how physiological function relating to exercise changes across the lifespan and in different environments. You will also develop practical skills in conducting and interpreting laboratory and field tests assessing physiological function, fitness, and performance.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites For CG85 Bachelor of Exercise and Sport Sciences students: BMSC11001 Human Body Systems 1 AND BMSC11002 Human Body Systems 2 AND ESSC11001 Physical Activity, Fitness and Health For CG93 Bachelor of Medical Science students: BMSC11001 Human Body Systems 1 AND BMSC11002 Human Body Systems 2 For CB85 Bachelor of Physiotherapy students: BMSC11007 Medical Anatomy and Physiology 1 AND BMSC11008 Medical Anatomy and Physiology 2 For CC13 Bachelor of Education (Secondary) students: ESSC11001 Physical Activity, Fitness and Health AND ESSC11003 Skill Acquisition and Movement

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 - 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 Test**

Weighting: 20%

2. **Written Assessment**

Weighting: 40%

3. **Examination**

Weighting: 40%

4. **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 Student feedback via unit evaluations, email, and face-to-face communication.

Feedback

This term, I had to restructure the lecture schedule so that the majority of content was covered in the first 5 weeks of term. Students overwhelmingly praised this approach as it gave added flexibility in their study across term.

Recommendation

Continue to deliver the lecture content in the front-end of term to provide added flexibility in learning the key theoretical concepts across the remainder of term.

Feedback from Student feedback via email and face-to-face communication.

Feedback

Having 5 online tests, with each focused on a specific module (as opposed to 2 larger online tests covering multiple modules) was well-received by students and resulted in improved student performance.

Recommendation

Continue to implement 5 online tests, with each covering a designated module.

Feedback from Student feedback via unit evaluations and personal reflection.

Feedback

The hormonal responses to exercise were discussed in a segregated manner, making it difficult to link the various hormonal responses collectively.

Recommendation

Content on the hormonal responses to exercise will be delivered in an integrated manner to enable an improved understanding of how different hormonal responses interact with one another.

Unit Learning Outcomes

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

1. Explain the individual and integrated changes that occur in different physiological body systems in response to acute and chronic exercise
2. Describe how physiological responses relating to exercise change across the lifespan and in different environments
3. Collect and interpret physiological measurements obtained during laboratory and field exercise tests.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Test - 20%	•	•	

Assessment Tasks	Learning Outcomes		
	1	2	3
2 - Written Assessment - 40%			•
3 - Examination - 40%	•	•	
4 - 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 - 20%	•	•	•	•		•				
2 - Written Assessment - 40%	•	•	•	•	•	•		•		
3 - Examination - 40%	•	•	•	•		•				
4 - On-campus Activity - 0%	•				•		•	•		

Textbooks and Resources

Textbooks

ESSC12001

Prescribed

Exercise Physiology

Edition: 8 (2014)

Authors: William McArdle, Frank Katch, and Victor Katch

Lippincott Williams and Wilkins

Philadelphia, PA, USA

ISBN: 9781451191554

Binding: Hardcover

Additional Textbook Information

Copies can be purchased from 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)

Referencing Style

All submissions for this unit must use the referencing styles below:

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

For further information, see the Assessment Tasks.

Teaching Contacts

Aaron Scanlan Unit Coordinator

a.scanlan@cqu.edu.au

Schedule

Week 1 - 11 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 1: Introduction and pre-exercise health screening 1. Unit introduction and requirements 2. What is Exercise and Sport Physiology? 3. Risks of exercise 4. Pre-exercise health screening	Readings provided on unit Moodle site.	Online test 1 Opens: Week 1 Monday (11 March 2019) 9:00 am AEST

Week 2 - 18 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Module 2: Exercise metabolism

1. Energy transfer during exercise
2. Anaerobic energy systems
3. Aerobic energy systems
4. Macronutrient energy release
5. Measurement of energy use

McArdle, Katch, & Katch. (2015). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). New York, NY: Lippincott Williams & Wilkins. Chapters 5, 6, and 8.

Online test 2 Opens: Week 2 Monday (18 March 2019) 9:00 am AEST

Week 3 - 25 Mar 2019**Module/Topic****Chapter****Events and Submissions/Topic****Module 3: Pulmonary and cardiovascular responses to exercise**

1. Pulmonary system recap
2. Pulmonary system responses to exercise
3. Acid-base regulation
4. Cardiovascular system recap
5. Cardiovascular system responses to exercise

McArdle, Katch, & Katch. (2015). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). New York, NY: Lippincott Williams & Wilkins. Chapters 12-17.

Online test 3 Opens: Week 3 Monday (25 March 2019) 9:00 am AEST

Week 4 - 01 Apr 2019**Module/Topic****Chapter****Events and Submissions/Topic****Module 4: Endocrine and neuromuscular responses to exercise**

1. Endocrine system recap
2. Endocrine system responses to exercise
3. Neuromuscular system recap
4. Neuromuscular responses to exercise

McArdle, Katch, & Katch. (2015). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). New York, NY: Lippincott Williams & Wilkins. Chapters 18-20.

Online test 4 Opens: Week 4 Monday (1 April 2019) 9:00 am AEST

Week 5 - 08 Apr 2019**Module/Topic****Chapter****Events and Submissions/Topic****Module 5: Training thresholds, principles, and adaptations**

1. Oxygen uptake kinetics
2. Performance thresholds
3. Exercise training principles
4. Adaptations to exercise training

McArdle, Katch, & Katch. (2015). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). New York, NY: Lippincott Williams & Wilkins. Chapters 9-11, 21, and 22.

Online test 5 Opens: Week 5 Monday (8 April 2019) 9:00 am AEST

Vacation Week - 15 Apr 2019**Module/Topic****Chapter****Events and Submissions/Topic**

No lecture

Week 6 - 22 Apr 2019**Module/Topic****Chapter****Events and Submissions/Topic****Module 6: Exercise responses in different environments and across the lifespan**

1. Exercise responses to altitude
2. Thermoregulation in the body
3. Exercise responses to heat and cold
4. Physiological considerations in children
5. Physiological changes with age
6. Physiological considerations across sexes

McArdle, Katch, & Katch. (2015). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). New York, NY: Lippincott Williams & Wilkins. Chapters 24, 25, and 31.

Online test 6 Opens: Week 6 Monday (22 April 2019) 9:00 am AEST

Residential school/laboratory block to complete laboratory sessions

Students enrolled via Mixed Mode (MIX) and Rockhampton (ROK) in CB85 (Physiotherapy) must attend a 2-day residential school/laboratory session block at the Rockhampton North campus on 27-28 April, 2019
Note: All other students enrolled via Rockhampton (ROK) in any course can attend any of the residential school/laboratory block offerings at the Rockhampton North campus

Week 7 - 29 Apr 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Residential school to complete laboratory sessions Students enrolled via Mixed Mode (MIX) in CG93 (Medical Science) must attend a 2-day residential school at the Rockhampton North campus on 30 April-1 May, 2019

Week 8 - 06 May 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Residential school/laboratory block to complete laboratory sessions Students enrolled via Mixed Mode (MIX) in CG85 (Exercise and Sport Sciences) must attend a 2-day residential school at the Rockhampton North campus on 8-9 May, 2019 Students enrolled via Cairns (CNS) in any course must attend a 2-day laboratory session block at the Exercise and Sport Sciences labs in Cairns on 9-10 May

Week 9 - 13 May 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Laboratory block to complete laboratory sessions Students enrolled via Mackay (MKY) in any course must attend a 2-day laboratory session block at the Mackay City Campus on 14-15 May Attendance and Participation in Laboratory Sessions Due: Week 9 Friday (17 May 2019) 5:00 pm AEST

Week 10 - 20 May 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review lecture 1 1. Recap on major topics 2. Review of practice exam questions 3. Issues and tips for laboratory workbooks 4. Questions from students		

Week 11 - 27 May 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review lecture 2 1. Exam preparation 2. Exam tips 3. Recap of unit 4. Questions from students		

Week 12 - 03 Jun 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Online Tests Due: Week 12 Friday (7 June 2019) 5:00 pm AEST Laboratory Workbook Due: Week 12 Friday (7 June 2019) 5:00 pm AEST

Review/Exam Week - 10 Jun 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 17 Jun 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 and course as outlined below:

Students enrolled in CB85 (Physiotherapy) via Mixed Mode (MIX) and Rockhampton (ROK)

You are required to attend the 2-day residential school/laboratory session block scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences Labs) on Saturday 27 April and Sunday 28 April, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled in CG93 (Medical Science) and CC13 (Education) via Mixed Mode (MIX)

You are required to attend the 2-day residential school scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences Labs) on Tuesday 30 April and Wednesday 1 May, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled in CG85 (Exercise and Sport Sciences) via Mixed Mode (MIX)

You are required to attend the 2-day residential school scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences labs) on Wednesday 8 May and Thursday 9 May, 2019. Please see the [CQUni Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled via Cairns (CNS) in any course

You are required to attend the 2-day laboratory session block scheduled on the Cairns campus (Exercise and Sport Sciences labs located at the Cairns Basketball Association Headquarters) on Thursday 9 May and Friday 10 May, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled via Mackay (MKY) in any course

You are required to attend the 2-day laboratory session block scheduled on the Mackay City Campus (Bld 4, Exercise and Sport Sciences labs) on Tuesday 14 May and Wednesday 15 May, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled via Rockhampton (ROK) in any course except CB85

You are required to attend any one of the residential schools/laboratory session blocks scheduled on the Rockhampton North campus (Bld 81, Exercise and Sport Sciences labs) across term. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

If you prefer to attend an alternate session to that specified for your enrolment and course, please contact the Unit Coordinator to discuss attendance at a different offering.

Assessment Tasks

1 Online Tests

Assessment Type

Online Test

Task Description

You will be required to complete six (6) online tests, with a separate test developed for each module. Online test 1 will assess knowledge on content covered in Module 1; Online test 2 will assess knowledge on content covered in Module 2; Online test 3 will assess knowledge on content covered in Module 3; Online test 4 will assess knowledge on content covered in Module 4; Online test 5 will assess knowledge on content covered in Module 5; and Online test 6 will assess knowledge and content covered in Module 6. Each online test will consist of 20 randomly-selected questions from a wider bank of questions. Questions will be equally distributed across all topics in each module.

Each test will open at the beginning of their respective Module week and all tests will close on the same date (7 June, 2019). You will have a 25-minute time limit to complete each online test upon commencing. Questions will be multiple choice and fill-in-the-blanks.

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. 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. 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.

Assessment Due Date

Week 12 Friday (7 June 2019) 5:00 pm AEST

In the absence of an approved extension, no attempts after the due date will be permitted and a score of zero will be awarded.

Return Date to Students

Week 12 Friday (7 June 2019)

You will receive the overall result for each online test upon completion; however, you will see detailed feedback regarding the correct answers for each question in each online test upon test closure.

Weighting

20%

Assessment Criteria

Each online test will have an equal contribution to your overall unit grade. Together, the six (6) online tests will comprise 20% of your overall grade.

There will be 20 questions per online test, with each question allocated 1 mark. Each question in each online test will be graded as correct or incorrect.

For questions with text-based responses ("fill-in-the-blank") you should take care to ensure accurate spelling (Australian English) and correct grammar are used given answers are spelling and grammar sensitive.

Referencing Style

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

Submission

Online

Submission Instructions

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

Learning Outcomes Assessed

- Explain the individual and integrated changes that occur in different physiological body systems in response to acute and chronic exercise
- Describe how physiological responses relating to exercise change across the lifespan and in different environments

Graduate Attributes

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

2 Laboratory Workbook

Assessment Type

Written Assessment

Task Description

When attending the laboratory sessions during a residential school/laboratory session block for this unit, you will be required to complete a series of tasks involving physiological measurement.

You will need to document the completion of laboratory tasks through filling out a laboratory workbook document made available via the unit Moodle site.

The laboratory workbook will require you to physically complete the laboratory tasks, record collected data for various tasks, perform calculations with the collected data, interpret and critically analyse your findings, and answer relevant review/research questions.

Assessment Due Date

Week 12 Friday (7 June 2019) 5:00 pm AEST

In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework). Submissions made after 5PM AEST Thursday 27 June, 2019 will not be formally marked as maximum late penalties will have occurred and a grade of 0 will be automatically applied.

Return Date to Students

Exam Week Friday (21 June 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 laboratory workbook is designed to evaluate your ability to use relevant equipment, collect physiological and performance data, and apply knowledge to interpret findings. Marks will be allocated to tasks completed in each laboratory session for any of the following: accurate recording of collected data, presentation of graphical information, analyses using collected data, use of correct terminology, correct responses to questions, correct written interpretation of results, and referencing. The laboratory workbook will be graded out of 400 marks equally divided into the following laboratory sessions:

1. Health screening and anthropometry (80 marks)
2. Exercise intensity, efficiency, and substrate utilisation (80 marks)
3. Spirometry and electrocardiography (80 marks)
4. High-performance testing for anaerobic and aerobic fitness (80 marks)
5. Thermoregulatory responses to exercise (80 marks)

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit a completed copy of the Laboratory Workbook as a .doc or .docx file via the unit Moodle site. All submissions are to be completed individually.

Learning Outcomes Assessed

- Collect and interpret physiological measurements obtained during laboratory and field exercise tests.

Graduate Attributes

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

3 Attendance and Participation in Laboratory Sessions

Assessment Type

On-campus Activity

Task Description

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 session blocks or residential schools. Different sessions are available depending on your mode of enrolment (i.e. ROK, MKY, CNS, MIX) and course of study. Further details regarding these sessions can be found in the Term Specific Information section of the ESSC12001 Unit Profile, on the ESSC12001 Moodle site and via the [CQUniversity Handbook](#).

Assessment Due Date

Week 9 Friday (17 May 2019) 5:00 pm AEST

You will successfully complete this task following attendance and participation at your designated laboratory sessions.

Return Date to Students

Week 9 Friday (17 May 2019)

You will immediately pass this assessment following attendance and participation at your designated laboratory sessions.

Weighting

Pass/Fail

Minimum mark or grade

You must pass this assessment item to pass the unit.

Assessment Criteria

Attendance at the on-campus 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 the on-campus activities will be assessed through signed laboratory attendance sheets and facilitated by staff members managing the sessions.

If you miss a 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. If you do not attend one of the on-campus laboratory sessions, 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 \(APA 6th edition\)](#)
- [Vancouver](#)

Submission

Offline

Submission Instructions

Attendance and participation will involve physical completion of laboratory activities. No documentation is required to be submitted. You will be required to sign attendance sheets as proof-of-attendance for laboratory sessions.

Learning Outcomes Assessed

- Collect and interpret physiological measurements obtained during laboratory and field exercise tests.

Graduate Attributes

- Communication
- Team Work
- Cross Cultural Competence
- Ethical practice

Examination

Outline

Complete an invigilated examination.

Date

During the examination period at a CQUniversity examination centre.

Weighting

40%

Length

120 minutes

Exam Conditions

Closed Book.

Materials

Dictionary - non-electronic, concise, direct translation only (dictionary must not contain any notes or comments).

Calculator - non-programmable, no text retrieval, silent only

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