



ESSC12001 *Exercise and Sport Physiology*

Term 1 - 2021

Profile information current as at 24/04/2024 01:23 pm

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 - 2021

- 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. **On-campus Activity**

Weighting: Pass/Fail

3. **Written Assessment**

Weighting: 40%

4. **Examination**

Weighting: 40%

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 Unit evaluation and student communication

Feedback

Delivery of content in the first six weeks of term and using shortened videos split into topics enhanced student learning.

Recommendation

Continue with the approach to deliver the theoretical content in the first six weeks of term and use of topics with shortened videos in each lecture.

Feedback from Unit evaluation

Feedback

Incorporate more real-world examples encompassing physiological concepts related to the unit material.

Recommendation

Use of various current, real-world cases in exercise and sport will be explored to further enhance student learning of relevant physiological concepts.

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%	•	•	
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: 8th (2014)

Authors: William Mcardle, Frank Katch, and Victor Katch

Lippincott Williams and Wilkins

Philadelphia , PA , USA

ISBN: 9781451191554

Binding: Hardcover

[View textbooks at the CQUniversity Bookshop](#)

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Computer
- MS Office
- Calculator

Referencing Style

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

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Aaron Scanlan Unit Coordinator

a.scanlan@cqu.edu.au

Schedule

Week 1 - Module 1 - 08 Mar 2021

Module/Topic	Chapter	Events and Submissions/Topic
Module 1: Introduction and pre-exercise health screening Topic 1. Unit introduction and requirements Topic 2. What is exercise and sport physiology? Topic 3. Risks of exercise Topic 4. Pre-exercise health screening	Readings provided on unit Moodle site.	Online Test 1 opens at 11:00 am AEST on Friday 12 March 2021

Week 2 - Module 2 - 15 Mar 2021

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

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

McArdle, Katch, & Katch. (2015). *Exercise Physiology: Nutrition, Energy and Human Performance* (8th ed.). New York, NY: Lippincott Williams & Wilkins. **Chapter 5** (pp. 117-131), **Chapter 6** (pp. 133-159), and **Chapter 8** (pp. 179-189).

Online Test 2 opens at 11:00 am AEST on Friday 19 March 2021

Week 3 - Module 3 - 22 Mar 2021

Module/Topic

Chapter

Events and Submissions/Topic

Module 3: Pulmonary and cardiovascular responses to exercise

- Topic 1. Pulmonary system recap
- Topic 2. Pulmonary system responses to exercise
- Topic 3. Acid-base regulation
- Topic 4. Cardiovascular system recap
- Topic 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. **Chapter 12** (pp. 253-267), **Chapter 13** (pp. 269-283), **Chapter 14** (pp. 285-290, 298-301), **Chapter 15** (pp. 303-323), **Chapter 16** (pp. 325-339), and **Chapter 17** (pp. 341-353).

Online Test 3 opens at 11:00 am AEST on Friday 26 March 2021

Week 4 - Module 4 - 29 Mar 2021

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 system responses to exercise

McArdle, Katch, & Katch. (2015). *Exercise Physiology: Nutrition, Energy and Human Performance* (8th ed.). New York, NY: Lippincott Williams & Wilkins. **Chapter 18** (pp. 355-362 & 366-381), **Chapter 19** (pp. 383-384 & 389-405), **Chapter 20** (pp. 407-430 & 440-453), and **Chapter 22** (pp. 538-541).

Online Test 4 opens at 11:00 am AEST on Friday 2 April 2021

Week 5 - Module 5 - 05 Apr 2021

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. **Chapter 7** (pp. 161-175), **Chapter 14** (pp. 291-293), **Chapter 21** (pp. 461-486 & 490-491), and **Chapter 22** (pp. 528-537).

Online Test 5 opens at 11:00 am AEST on Friday 9 April 2021

Break week - 12 Apr 2021

Module/Topic

Chapter

Events and Submissions/Topic

No lecture

Week 6 - Module 6 - 19 Apr 2021

Module/Topic

Chapter

Events and Submissions/Topic

Module 6: Environmental and lifespan exercise responses

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

McArdle, Katch, & Katch. (2015). *Exercise Physiology: Nutrition, Energy and Human Performance* (8th ed.). New York, NY: Lippincott Williams & Wilkins. **Chapter 21** (pp. 491-497), **Chapter 24** (pp. 597-613), **Chapter 25** (pp. 615-621 & 626-641), and **Chapter 31** (pp. 848-859).

Online Test 6 opens at 11:00 am AEST on Friday 23 April 2021

Practical block 1 for all CB85 (Physiotherapy) students at the Rockhampton North campus from 9:00 am 23 April to 3:00 pm 24 April 2021 AEST

Week 7 - Practical blocks - 26 Apr 2021

Module/Topic

Chapter

Events and Submissions/Topic

No lecture

Practical block 2 for students enrolled in Cairns at the exercise and sport sciences laboratories located at the Cairns basketball stadium from 9:00 am 28 April to 3:00 pm 29 April 2021 AEST

Week 8 - Practical blocks - 03 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Practical block 3 for students enrolled in Mackay at the Mackay City campus from 9:00 am 5 May to 3:00 pm 6 May 2021 AEST

Week 9 - Practical blocks - 10 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Practical block 4 for mixed-mode and Rockhampton CG85 (Exercise and Sport Sciences), CC13 (Education), and CG93 (Medical Science) students at the Rockhampton North campus from 9:00 am 11 May to 3:00 pm 12 May 2021 AEST Attendance and participation at practical block Due: Week 9 Friday (14 May 2021) 5:00 pm AEST

Week 10 - Review - 17 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
Review lecture 1. Summary of major topics 2. Review of practice exam questions 3. Issues and tips for Practical Workbooks 4. Exam preparation and tips 5. Unit recap and questions		

Week 11 - Self-directed study - 24 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Online Tests Due: Week 11 Friday (28 May 2021) 5:00 pm AEST

Week 12 - Self-directed study - 31 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Practical Workbook Due: Week 12 Friday (4 June 2021) 5:00 pm AEST

Review/Exam Week - 07 Jun 2021

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 14 Jun 2021

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

This unit includes compulsory on-campus practical activities. You must attend the practical block specific to your enrolment and course as outlined below. 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 an alternative practical block.

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

You are required to attend the practical block scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences Laboratories) on Friday 23 April and Saturday 24 April. Please see the [CQUniversity Handbook](#) and the ESSC12001 Moodle site for up-to-date information.

Students enrolled on-campus in Cairns (CNS) in any course

You are required to attend the practical block scheduled on the Cairns campus (Exercise and Sport Sciences Laboratories located at the Cairns Basketball Association Headquarters) on Wednesday 28 April and Thursday 29 April, 2021. Please see the [CQUniversity Handbook](#) and the unit Moodle site for up-to-date information.

Students enrolled on-campus in Mackay (MKY) in any course

You are required to attend the practical block scheduled on the Mackay City Campus (Bld 4, Exercise and Sport Sciences Laboratories) on Wednesday 5 May and Thursday 6 May, 2021. Please see the [CQUniversity Handbook](#) and the unit Moodle site for up-to-date information.

Students enrolled in CG85 (Exercise and Sport Sciences), CC13 (Education), and CG93 (Medical Science) via Mixed Mode (MIX) or on-campus in Rockhampton

You are required to attend the practical block scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences Laboratories) on Tuesday 11 May and Wednesday 12 May, 2021. Please see the [CQUniversity Handbook](#) and the unit Moodle site for up-to-date information.

Assessment Tasks

1 Online Tests

Assessment Type

Online Test

Task Description

You will be required to complete six 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 18 randomly-selected questions from a wider bank of questions. Questions will be equally distributed across all topics in each module.

Each Online Test will open immediately following the scheduled finish time for the lecture in the corresponding module (11:00 am on Friday) and all Online Tests will close at the same time (Week 11, Friday 5:00 pm, 28 May 2021 AEST). You will have a 25-minute time limit to complete each Online Test upon commencing. Questions will be in multiple-choice and fill-in-the-blank formats.

You must log onto Moodle after each Online Test is opened and complete all Online Tests before the closing time. 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 Online Tests 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 Online Tests 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 11 Friday (28 May 2021) 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 11 Friday (28 May 2021)

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 their closure.

Weighting

20%

Assessment Criteria

Each Online Test will have an equal contribution to your overall unit grade. Together, the six Online Tests will comprise 20% of your overall grade.

There will be 18 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 fill-in-the-blank responses, 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 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

Submission

Online

Submission Instructions

Attempting and submitting each Online Test is performed via the unit Moodle site. You are required to complete each Online Test within the specified times that they are open. Online Tests should be completed on a computer, as attempting Online Tests on a smartphone can result in your session being ended in the event of a phone call or notification.

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 Attendance and participation at practical block

Assessment Type

On-campus Activity

Task Description

This assessment involves compulsory attendance and participation in the on-campus practical activities involved in the unit. You are required to attend and participate in one of the scheduled practical blocks. Different blocks are available depending on your mode of enrolment (i.e. ROK, MKY, CNS, MIX) and course of study. Further details regarding these blocks can be found in the Term Specific Information section of this Unit Profile, on the unit Moodle site, or via the [CQUniversity Handbook](#).

Assessment Due Date

Week 9 Friday (14 May 2021) 5:00 pm AEST

You will successfully complete this assessment item following attendance and participation at your designated practical block.

Return Date to Students

Week 9 Friday (14 May 2021)

You will immediately pass this assessment following attendance and participation at your designated practical block.

Weighting

Pass/Fail

Assessment Criteria

Attendance at an on-campus practical block with sufficient participation will result in a passing grade for this assessment. Failure to attend and adequately participate in a practical block may result in a fail grade for this

assessment item, and being unable to pass this unit. Attendance at all practical activities will be assessed through signed 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 part of the practical block and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made in consultation with the Unit Coordinator.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

Submission

Offline

Submission Instructions

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

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

3 Practical Workbook

Assessment Type

Written Assessment

Task Description

When completing the practical activities during a practical block in this unit, you will be required to complete a series of tasks involving physiological measurement.

You will need to document the completion of practical activities through filling out a Practical Workbook available on the unit Moodle site.

The Practical Workbook will require you to physically complete the practical activities, record collected data for various tasks, perform calculations with collected data, interpret and critically analyse your findings, and answer relevant questions.

Assessment Due Date

Week 12 Friday (4 June 2021) 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).

Return Date to Students

Exam Week Friday (18 June 2021)

Grades and feedback for the Practical Workbook will be made available on the unit Moodle site no later than the set return date.

Weighting

40%

Assessment Criteria

The Practical 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 the different activities completed for 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 Practical Workbook will be graded out of 400 marks equally divided into the following practical 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 7th Edition \(APA 7th edition\)](#)
- [Vancouver](#)

Submission

Online

Submission Instructions

You are required to submit a completed copy of the Practical Workbook as a .doc or .docx file on the unit Moodle site. You may also submit supplementary documents showing your mathematical working for relevant practical tasks as .xls, .xlsx, or image files. 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

Examination

Outline

Complete an invigilated examination.

Date

During the examination period at a CQUniversity examination centre.

Weighting

40%

Length

180 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