ESSC12004 *Exercise and Sport Biomechanics*

Term 1 - 2020

Profile information current as at 05/05/2024 03:40 pm

All details in this unit profile for ESSC12004 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.

Corrections

Unit Profile Correction added on 30-03-20

Due to postponement of the laboratory sessions and residential school, Assessment 3 (On-Campus Activity) will be modified. Further detail on these changes will be made available on Moodle in due course.

Unit Profile Correction added on 30-03-20

The end of term examination has now been changed to an alternate form of assessment. Updated information will be provided via the ESSC12004 Moodle site.

General Information

Overview

This unit introduces you to basic concepts of mechanics (kinematics, kinetics, and fluid mechanics) as they relate to human movement, sports performance, and injury. In this unit, you will learn qualitative and quantitative approaches to solving biomechanical problems and analysing human movement to optimise movement patterns and performance. The theoretical content is supported with practical activities, which introduce you to basic biomechanical equipment and measurement techniques.

Details

Career Level: *Undergraduate*
Unit Level: *Level 2*
Credit Points: *6*
Student Contribution Band: *10*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites

Pre-requisites: ESSC11001 Physical Activity, Fitness and Health; 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 - 2020

- Cairns
- Mackay
- Mixed Mode
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are:
Click here to see your Residential School Timetable.

Website

This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

Regional Campuses
Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

Metropolitan Campuses
Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Written Assessment**
Weighting: 25%
2. **Presentation**
Weighting: 45%
3. **Examination**
Weighting: 30%
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 Have Your Say

Feedback

Students commented that lectures were long, and consideration should be given to the timing of content delivery (i.e. more information early so that students can work through material at their own pace). In addition, there was concerns raised about the amount of content.

Recommendation

A review of the content delivery schedule will be undertaken to determine the ability to provide more information at beginning of term. The lectures are 1 to 1.5 hrs in length which is necessary to deliver sufficient unit content and provide students with support regarding the maths content (i.e. step by step workings for calculation based questions). Staff will review how material is delivery with the potential option to provide shorter supplementary videos related to the the calculation based questions, which will likely result in adjustment to lecture lengths.

Feedback from Have Your Say/Staff Reflection

Feedback

Students struggle with the mathematics component of this unit and suggest that it be removed from the unit to focus more on application of concepts.

Recommendation

Biomechanics relies heavily on physics and maths. Thus, this introductory unit will continue to include mathematics through calculation-based examples as this supports the fundamental understanding and application of biomechanical concepts. The mathematics component on assessments has already been reduced to 25% of total marks and will remain in this unit. If further reductions are made this would hinder student learning and understanding of biomechanical concepts. Students will continue to be encouraged to seek support from teaching staff and learning resouces available on Moodle, as well as other services (i.e. ALC and Studiosity). Further resources will be developed to assist students with the mathematics.

Feedback from Have Your Say/Staff Reflection

Feedback

Students enjoyed the practical activities completed during laboratory sessions and the movement analysis assessment as it involved application of concepts to real-world scenarios.

Recommendation

Practical activities and movement analysis assessment will continue to be part of this unit. A review of practical activities will be undertaken to ensure these maximise participation of students.

Unit Learning Outcomes

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

1. Describe biomechanical principles and how they relate to human movement, sport performance, and injury
2. Apply qualitative approaches to analyse biomechanical problems
3. Apply quantitative approaches to analyse biomechanical problems
4. Conduct a biomechanical movement analysis and communicate findings
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 - Written Assessment - 25%	•	•	•		
2 - Presentation - 45%		•		•	
3 - Examination - 30%	•		•		
4 - 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 - Written Assessment - 25%	•	•	•	•						
2 - Presentation - 45%	•	•	•	•		•				
3 - Examination - 30%	•	•	•	•						
4 - On-campus Activity - 0%	•	•	•		•	•	•	•		

Textbooks and Resources

Textbooks

ESSC12004

Prescribed

Basic Biomechanics
Edition: 8th (2018)
Authors: Susan Hall
McGraw-Hill Education
New York , New York , USA
ISBN: 9781260085549
Binding: Paperback

Additional Textbook Information
An e-book version is available through McGraw-Hill
https://www.mheducation.com.au/ebook-basic-biomechanics-8e-9781307301175-aus
If preferred, paper copies can still 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)
- PC/Mac computer with Microsoft Office (or equivalent) software
- 2D motion analysis software such as Kinovea - see Moodle for other software options
- Zoom video conferencing software (can be installed via Moodle) or other video recording software

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

Crystal Kean Unit Coordinator
c.kean@cqu.edu.au

Schedule

Week 1 - 09 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Unit Overview What is Biomechanics? Introduction to Basic Biomechanics Concepts	Main Chapters: 1, 2, and 3	

Week 2 - 16 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Linear Kinematics	Main Chapters: 2 and 10	

Week 3 - 23 Mar 2020

Module/Topic	Chapter	Events and Submissions/Topic
Angular Kinematics	Main Chapters: 2 and 11	
Week 4 - 30 Mar 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Biomechanical Movement Analysis I	Online Readings	
Week 5 - 06 Apr 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Linear Kinetics I	Main Chapters: 3 and 12	
Vacation Week - 13 Apr 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Week 6 - 20 Apr 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Linear Kinetics II	Main Chapters: 3 and 12	**Application of Biomechanical Principles and Concepts** Due: Week 6 Wednesday (22 Apr 2020) 5:00 pm AEST
Week 7 - 27 Apr 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Biomechanical Movement Analysis II	Online Readings	
Week 8 - 04 May 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Angular Kinetics I	Main Chapters: 3 and 13	
Week 9 - 11 May 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Angular Kinetics II	Main Chapters: 3 and 14	
Week 10 - 18 May 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Introduction to Musculoskeletal System Mechanics I	Main Chapter: 4, 5, and 6 Supplementary Chapters: 7, 8, and 9 Online Readings	
Week 11 - 25 May 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Introduction to Musculoskeletal System Mechanics II	Main Chapter: 4, 5, and 6 Supplementary Chapters: 7, 8, and 9 Online Readings	**Biomechanical Movement Analysis** Due: Week 11 Wednesday (27 May 2020) 5:00 pm AEST
Week 12 - 01 Jun 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Fluid Mechanics	Main Chapter: 15	**On-Campus Activity** Due: Week 12 Friday (5 June 2020) 5:00 pm AEST
Review/Exam Week - 08 Jun 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Exam Week - 15 Jun 2020		
Module/Topic	**Chapter**	**Events and Submissions/Topic**

Term Specific Information

Compulsory On-campus Laboratory Activity Information
This unit includes compulsory on-campus laboratory activities. You MUST attend the session(s) specific to your enrolment as outlined below:
Students enrolled via Rockhampton (ROK)
You are required to attend the six 3-hour laboratory sessions scheduled throughout the term on the Rockhampton North Campus (Bld 81, Exercise and Sport Science Labs). Please see the CQUniversity Handbook and the ESSC12004 Moodle site for up-to-date information.
Students enrolled via Mackay (MKY)
You are required to attend the six 3-hour laboratory sessions scheduled throughout the term on the Mackay City Campus (Bld 4, Exercise and Sport Science Labs). Please see the CQUniversity Handbook and the ESSC12004 Moodle site for up-to-date information.
Students enrolled via Cairns (CNS)
You are required to attend the six 3-hour laboratory sessions scheduled throughout the term on the Cairns Campus (Exercise and Sport Science Labs located at Cairns Basketball Association Headquarters). Please see the CQUniversity Handbook and the ESSC12004 Moodle site for up-to-date information.
Students enrolled via Mixed Mode (MIX)
You are required to attend the two-day residential school scheduled for Thursday (7 May 2020) and Friday (8 May 2020) on the Rockhampton North Campus (Bld 81, Exercise and Sport Science Labs). Please see the CQUniversity Handbook and the ESSC12004 Moodle site for up-to-date information.
If you prefer to attend an alternate session to that specified for your enrolment, please contact the Unit Coordinator to discuss options.

Assessment Tasks

1 Application of Biomechanical Principles and Concepts

Assessment Type
Written Assessment

Task Description
You will be presented with a series of biomechanical problem-based questions via the ESSC12004 Moodle site by Friday of Week 2. The questions are based on biomechanical principles and concepts covered through Weeks 1 to 5, inclusive. The assessment questions are designed to evaluate your abilities to use various mathematical equations and logical methods to solve biomechanical problems; apply knowledge and interpret the findings; and synthesise and evaluate information.
The assessment will consist of ten (10) questions requiring written and math-based responses. For written responses, maximum word count and minimum required references will be specified in the question file. References must be peer-reviewed journal articles. For math-based responses, you are required to show full workings. Final answers are to be reported to two decimals with appropriate units and if required, final answers must include directional information.
This assessment task is to be completed individually and submitted electronically (via Moodle) as a Word document (.doc or .docx). The Unit Coordinator must receive an acceptable file that is viewable/readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in line with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).
Please be advised the assessment submission will be checked for plagiarism (and other types of academic misconduct). You are advised to familiarise yourself with CQUniversity’s Academic Misconduct Procedures. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to CQUniversity’s Academic Misconduct Procedures with subsequent penalties applied.
Further information will be available on Moodle.

Assessment Due Date
Week 6 Wednesday (22 Apr 2020) 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 14 May 2020 (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
Week 8 Wednesday (6 May 2020)
Marks and feedback will be returned within two (2) weeks of the due date.

Weighting
25%

Assessment Criteria
Total marks for each question will be specified in the question file. Marks will be awarded based on correct selection and application of formulas and maths with appropriate units; correct and detailed mathematical workings; correct use of biomechanical terminology; clear presentation of graphical information; application of biomechanical principles and concepts to human movement; correct grammar and spelling; adherence to word count; correct citing of relevant references.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Online

Submission Instructions
You are required to submit your assessment as a Word document (.doc or .docx) via the ESSC12004 Moodle site. All submissions are to be completed individually. The Unit Coordinator must receive an acceptable file that is viewable/readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in line with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Learning Outcomes Assessed

- Describe biomechanical principles and how they relate to human movement, sport performance, and injury
- Apply qualitative approaches to analyse biomechanical problems
- Apply quantitative approaches to analyse biomechanical problems

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

2 Biomechanical Movement Analysis

Assessment Type
Presentation

Task Description
For this assessment, you will act as a biomechanist to complete a movement analysis of one (1) of the activities listed on the ESSC12004 Moodle site. Videos of each activity will be provided on the ESSC12004 Moodle site by Wednesday of Week 4.
Once you have selected an activity, you will complete a movement analysis using the guidelines provided below and information provided throughout the unit. Your findings are to be summarised in an audio-visual presentation which is 10-12 minutes in length. Presentations lengths outside of this time frame will be awarded marks as per the marking rubric. Any information presented beyond 14 minutes will not be marked.
Your audio-visual presentation should be prepared using PowerPoint (or similar software) and is to include:

1. A description of the activity including the overall performance objective and movement phases (with appropriate start and end movements).
2. The identification of at least six (6) observable critical features and a rationale for their selection (based on biomechanical principles).
3. A summary of your movement analysis (see guidelines below), which evaluates the client’s performance in relation to the identified critical features and includes annotated images or video showing measurement of the critical features.
4. Details of an intervention to improve your client’s performance. Your intervention should include feedback for the client including method of delivering feedback; at least two (2) drills and/or exercises to improve performance; and a rationale for the suggested intervention.
5. A minimum of five (5) relevant references that are used throughout the presentation. References are to be peer-reviewed journal articles, textbooks, or coaching manuals.

Your presentation is to be video recorded and uploaded to Moodle as a video file (.mp4, .avi, .mov, or .wmv). The recommended software for recording your presentation video is Zoom; however, you can use other video recording software to record the presentation. Information on using Zoom to record a presentation will be provided on Moodle. The Unit Coordinator must receive acceptable files that are viewable/readable. If an unacceptable/corrupt file is

submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in line with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).
Please be advised the assessment submission will be checked for plagiarism (and other types of academic misconduct). You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to CQUniversity's Academic Misconduct Procedures with subsequent penalties applied.

Guidelines for Movement Analysis

Planning (Preparation) Stage

1. Before commencing the analysis, ensure you are familiar with the activity by reviewing relevant literature (i.e. peer-reviewed journal articles, textbooks, or coaching manuals).
2. Identify the overall performance objective.
3. Determine discrete movement phases of the activity including key observable movements to identify start and end of each phase.
4. Identify at least six (6) observable critical features of your chosen activity. Critical features are components of a movement that make an essential contribution to successful performance of the activity. The critical features must be observable such as a specific angle, measurement of time, or sequencing of movements.
5. Using biomechanical principles develop a rationale as to why each critical feature is essential to successful performance. Your rationale should be supported by relevant literature.

Observation Stage

1. Use a motion analysis software program (see list on Moodle), to measure the identified critical features. Time will be provided within laboratory sessions and residential school to complete this analysis; however, you may need additional time outside of the scheduled times to complete your analysis.
2. Save a copy of your video analysis to use in your presentation. This can include the video or still images captured from the video annotated with your measurements.

Evaluation and Intervention Stage

1. For each critical feature, assess whether the critical feature is performed according to guidelines for optimal performance. Identify how the suboptimal performance of a critical feature may affect overall performance. Be sure to consider if a prior movement or event may have resulted in the suboptimal performance of the critical feature.
2. Based on your observations and evaluation, provide an intervention strategy to improve their performance. Consider how you would correct suboptimal performance; include information on feedback and drills/exercises you may recommend the client perform with a rationale for the selected intervention.

Additional resources related to movement analyses will be provided on Moodle.

Assessment Due Date

Week 11 Wednesday (27 May 2020) 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 18 June 2020 (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 Wednesday (10 June 2020)
Marks and feedback will be returned within two (2) weeks of the due date.

Weighting

45%

Minimum mark or grade

50%

Assessment Criteria

Presentations will be marked on the following criteria:

- Identification of the overall performance objective of the activity
- Detailed description of the activity and the movement phases
- Identification of six (6) critical features and the biomechanical rationale for the selection of these features
- Appropriate use of video analysis software to identify and measure the six (6) critical features
- Summary of the client's performance based on the six (6) critical features
- Detailed summary of the intervention specific to type of feedback and method of delivery
- Detailed summary of the intervention specific to the two (2) drills/exercises with justification for drill/exercise selection

- Appropriate use of referencing throughout presentation
- Presentation skills (including quality of slide design; use of cues to initiate speech during the presentation; use of voice/eye contact/body language; adherence to time limit; professionalism; presentation structure)

The marking rubric will be available on Moodle.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Online

Submission Instructions
Your assessment is to be submitted as video (.mp4, .avi, .mov, or .wmv) file of your presentation. All submissions are to be completed individually. The Unit Coordinator must receive acceptable files that are viewable/readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in line with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework).

Learning Outcomes Assessed

- Apply qualitative approaches to analyse biomechanical problems
- Conduct a biomechanical movement analysis and communicate findings

Graduate Attributes

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

3 On-Campus Activity

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 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 ESSC12004 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 ESSC12004 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:

1. Sign the attendance sheet. Please note there will be multiple attendance sheets to sign throughout the activity sessions.
2. Bring a printed copy of the Laboratory Workbook to the on-campus laboratory activity sessions.
3. Complete the Laboratory Workbook while undertaking the on-campus laboratory activities.

Assessment Due Date
Week 12 Friday (5 June 2020) 5:00 pm AEST
Attendance and the Laboratory Workbook will be assessed throughout the on-campus laboratory activity sessions. There is no formal submission required by the due date. 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.

Return Date to Students
Exam Week Friday (19 June 2020)
Marks (Pass/Fail) will be returned within two (2) weeks of the due date.

Weighting
Pass/Fail

Minimum mark or grade
Pass

Assessment Criteria
Attendance at the on-campus laboratory activity, with sufficient active 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, you will need to sign an attendance sheet for each session.
Active participation will be assessed via completion of the Laboratory Workbook. The Laboratory Workbook will be assessed at the conclusion of each practical task, therefore it is necessary that you print off and bring the Laboratory Workbook with you to your on-campus laboratory activity.
If you miss a session without an approved reason, there will NOT be an opportunity to simply 'catch up' at any time. The CQUniversity Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment. If you do not attend one of the on-campus laboratory activities, and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made (for example a 'catch up' session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Offline

Submission Instructions
Attendance will be taken and Laboratory Workbooks will be reviewed by teaching staff at each laboratory sessions. You do not need to submit any documentation through Moodle.

Learning Outcomes Assessed

- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

Graduate Attributes

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

Examination

Outline
Complete an invigilated examination.

Date
During the examination period at a CQUniversity examination centre.

Weighting
30%

Length
150 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