



ESSC12005 *Applied Exercise and Sport* *Physiology* Term 2 - 2018

Profile information current as at 20/04/2024 12:05 am

All details in this unit profile for ESSC12005 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 you with laboratory skills necessary for the evaluation and monitoring of exercise and work performance in health, sport and workplace settings. You will develop specific knowledge in understanding the physiological responses and adaptations of exercise, as well as develop skills in research methods and oral and written presentation.

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: ESSC11002 Measurement and Evaluation in Health Science AND ESSC12001 Exercise and Sport Physiology For CG93 Bachelor of Medical Science students: BMSC11001 Human Body Systems 1 AND BMSC11002 Human Body Systems 2 AND ESSC11002 Measurement and Evaluation in Health Sciences For CC13 Bachelor of Education (Secondary) students: ESSC12001 Exercise and Sport Physiology

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 - 2018

- Distance
- Mackay
- 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. **Portfolio**

Weighting: 80%

2. **Online Quiz(zes)**

Weighting: 20%

3. **On-campus Activity**

Weighting: Pass/Fail

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student feedback

Feedback

Consider giving added guidance and demonstration on writing individual sections of the manuscript assessment.

Recommendation

Further detail and demonstration on writing manuscript sections will be provided in lectures, with additional resources to assist with manuscript development also given on Moodle.

Unit Learning Outcomes

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

1. Demonstrate laboratory skills necessary for the evaluation and monitoring of exercise and work performance in health, sport and workplace settings.
2. Develop an understanding of physiological exercise responses, exercise adaptations, measurement techniques and equipment.
3. Undertake a research project on the human physiological and biochemical responses to exercise for health, sport or the workplace.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Portfolio - 80%			•
2 - Online Quiz(zes) - 20%		•	
3 - 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	•	•	•

Graduate Attributes	Learning Outcomes		
	1	2	3
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 - Portfolio - 80%	•	•	•	•	•	•		•		
2 - Online Quiz(zes) - 20%		•	•	•		•		•		
3 - On-campus Activity - 0%	•	•	•	•	•	•		•		

Textbooks and Resources

Textbooks

There are no required textbooks.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Microsoft Word and Excel (with Data Analysis Toolpak in Excel)

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 - 09 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Unit Introduction and Project Topics	Online readings will be provided.	

Week 2 - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Developing Research Questions and Research Design	Online readings will be provided.	

Week 3 - 23 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Data Analyses, Interpretation of Results, and Presenting Findings	Online readings will be provided.	

Week 4 - 30 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
No Lecture		A laboratory session block will be conducted in Mackay on Thursday-Friday 2-3 August 2018 (AEST).

Week 5 - 06 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Measurement in Exercise and Sport Physiology	Online readings will be provided.	<p>A residential school/laboratory session block will be conducted in Rockhampton on Monday-Tuesday 6-7 August 2018 (AEST).</p> <p>Portfolio component (Research Proposal): You are required to submit your completed research proposal via the unit Moodle site by 5:00 pm on Thursday 9 August 2018 (AEST).</p> <p>Online Test 1: This test will assess content from lectures 2-4 (inclusive). This test will open at 9:00 am on Friday 10 August 2018 and close at 5:00 pm on Friday 31 August 2018 (AEST).</p>

Vacation Week - 13 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 20 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Measurement of Body Composition	Online readings will be provided.	

Week 7 - 27 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Measurement of Cardiovascular Responses and Oxygen Utilisation	Online readings will be provided.	

Week 8 - 03 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
No Lecture		A residential school/laboratory session block will be conducted in Rockhampton on Wednesday-Thursday 5-6 September 2018 (AEST).

Week 9 - 10 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Measurement of Thermoregulatory Responses and Workload	Online readings will be provided.	Online Test 2: This test will assess content from lectures 5-7 (inclusive). This test will open at 9:00 am on Friday 14 September 2018 and close at 5:00 pm on Friday 5 October 2018 (AEST).

Week 10 - 17 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Preparing the Presentation and Manuscript		

Week 11 - 24 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Unit Review		Portfolio component (Research Presentation): This assessment will be presented during a pre-selected online session during this week. You are required to submit a copy of your presentation via the unit Moodle site by 5:00 pm on Friday 28 September 2018 (AEST).

Week 12 - 01 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
No Lecture		

Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Portfolio component (Research Manuscript): You are required to submit your completed research manuscript via the unit Moodle site by 5:00 pm Monday 8 October 2018 (AEST).

Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

Assessment Tasks

1 Research Portfolio

Assessment Type

Portfolio

Task Description

In this unit, you will apply wide physiological knowledge and skills to complete various research projects during the laboratory sessions. You are required to select one of these topics and develop a research portfolio addressing key objectives relevant for your chosen topic. The portfolio will consist of a research proposal, research presentation, and research manuscript.

Component 1: Research proposal

This assessment involves developing a written proposal related to your chosen research topic. You are recommended to include Background, Purposes and hypotheses, Study design and research plan, Milestones, and References sections. This assessment is to be completed individually.

General information

Word limit: 1000-2000 words

Program: Microsoft Word is the preferred software program.

Font: Use Arial or Times New Roman, size eleven (11) point.

Layout: Double-spaced throughout with 2.5 cm margins all around. Number the pages consecutively at the bottom right corner.

Component 2: Research presentation

This assessment involves developing and delivering a presentation on your chosen research topic. The presentation is to be completed individually and delivered at one of the scheduled online conferences using Zoom.

General information

Time limit: Up to 10 minutes presenting (followed by 2-3 minutes of questions).

Slide volume: 15-20 slides is recommended; however this might vary with content and styles.

Program: Microsoft PowerPoint is the preferred software program.

Component 3: Research manuscript

This component involves developing a journal-style manuscript on your chosen research topic. You are recommended to include Title page, Abstract, Introduction, Methods, Results, Discussion, Conclusion, Practical Implications, References, and Tables/Figures sections. This assessment is to be completed individually.

General information

Word limit: 1500-2500 words (excludes abstract, tables/figures, references).

Use headings for different sections, but use sub-headings sparingly.

References: you should have at least 15 peer-reviewed references, and should not exceed 30 references overall.

Program: Microsoft Word is the preferred software program.

Font: Use Arial or Times New Roman, size eleven (11) point.

Layout: Double-spaced throughout with 2.5 cm margins all around. Number the pages consecutively at the bottom right corner.

Tables and figures: Do not include more than 3 tables and figures in total combined.

The components of the portfolio will be due on different dates across term. Templates, guidelines, and grading rubrics will be made available for each component on the unit Moodle site. You should consider the information provided during the lecture series along with the equipment and measurement techniques described in the laboratory documents when developing each component.

Assessment Due Date

Research proposal due 5:00 pm Thursday 9 August 2018 (AEST); Research presentation to be presented during session in Week 11 with submission of presentation slides due 5:00 pm Friday 28 September 2018 (AEST); Research manuscript due 5:00 pm Monday 8 October 2018 (AEST).

Return Date to Students

Each component of the portfolio will be returned with feedback within 2 weeks of the due date.

Weighting

80%

Assessment Criteria

The proposal will be a written document assessed on the following areas: background of key concepts, review and interpretation of the related literature, development of the rationale for the project, aim(s) and hypotheses, study design and research plan, methods, milestones, and writing (20% of final grade).

The presentation will be assessed on the following areas: introduction, methods, results, discussion, conclusion, practical implications, and presentation skills (20% of final grade) in the format of a presentation.

The manuscript will be assessed on the following areas: introduction, methods, results, discussion, conclusion, practical implications, and writing (40% of final grade) in the format of a written journal article.

Each portfolio component will be graded using assessment Rubrics available on the unit Moodle site.

Referencing Style

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

Submission

Online

Submission Instructions

The research presentation will be presented online via Zoom. Please submit all portfolio components electronically via the unit Moodle site, preferably as a .doc or .docx file (or a .ppt or .pptx for the presentation). Please do not submit your assessment as a .pdf file.

Learning Outcomes Assessed

- Undertake a research project on the human physiological and biochemical responses to exercise for health, sport or the workplace.

Graduate Attributes

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

2 ONLINE QUIZZES

Assessment Type

Online Quiz(zes)

Task Description

This assessment item is made up of two online quizzes. Each quiz is to be completed on your own using multiple resources (i.e. lectures and tutorials videos with accompanying notes, and readings) to help answer the questions. It is your responsibility to log onto Moodle and complete each quiz during the time the quiz is available. In the absence of an approved extension there will be no late submissions allowed for any of the quizzes that make up this assessment item. You can only attempt each quiz once and it must be completed in a single session. Once you have commenced the quiz, you will have 30 minutes to complete the quiz. You cannot save your answers and return to each quiz at a later time.

Quiz 1 (10% of final grade) will consist of twenty (20) multiple-choice questions that will be drawn randomly from a larger pool of questions. Quiz 1 will assess a wide range of unit material covered in Weeks 2, 3, and 5 (lectures 2-4) inclusive. Online Quiz 1 will open at 9:00 am on Friday 10 August (week 5) and close at 5:00 pm on Friday 31 August (week 7) (AEST).

Quiz 2 (10% of final grade) will consist of twenty (20) multiple-choice questions that will be drawn randomly from a larger pool of questions. Quiz 2 will assess a wide range of unit material covered in Weeks 6,7, and 9 (lectures 5-7) inclusive. Online Quiz 2 will open at 9:00 am on Friday 14 September (week 9) and close at 5:00 pm on Friday 5 October (week 12) (AEST).

Number of Quizzes

2

Frequency of Quizzes

Other

Assessment Due Date

The two (2) quizzes will be administered at various time points across term as described in the Task Description. You must log onto Moodle while each quiz is open and complete them following the appropriate links.

Return Date to Students

Marks will be available on completion of each quiz, while detailed feedback will be available following the closure of each

quiz.

Weighting

20%

Assessment Criteria

Each Online Test will contain 20 questions randomly selected from a bank of questions, worth 1 mark each. Correct answers in each quiz will be tabulated in Moodle and your mark (out of 20) for each Online Test will be converted to a final result and contribute to your overall grade in this unit.

Referencing Style

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

Submission

Online

Submission Instructions

Each quiz will be attempted and submitted online via the unit Moodle site.

Learning Outcomes Assessed

- Develop an understanding of physiological exercise responses, exercise adaptations, measurement techniques and equipment.

Graduate Attributes

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

3 Attendance and Participation at Laboratory Sessions

Assessment Type

On-campus Activity

Task Description

You are required to attend and participate in all laboratory sessions either during one (1) of the two (2) laboratory session blocks/residential schools held in Rockhampton OR the laboratory session block held in Mackay. Attendance at all laboratory sessions in your chosen block is compulsory to pass this unit.

If you miss a laboratory session, 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 (Section 5.16-5.19). This section of the policy is relevant in cases where a student fails to attend a required practical session/residential school in this unit. If a student does not attend the laboratory sessions at a designated block, and provides a valid reason with supporting documentation (see Section 5.26-5.29 of the policy), then an attempt to make alternative arrangements will be made (e.g. catch up session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

Assessment Due Date

Attendance and participation at all laboratory sessions is completed across term on various dates.

Return Date to Students

Attendance will be taken during all laboratory sessions and students will be immediately awarded a Pass or Fail grade following complete attendance or failure to attend all sessions, respectively.

Weighting

Pass/Fail

Minimum mark or grade

Pass

Assessment Criteria

Attendance and participation at all laboratory sessions is required to pass this assessment.

Referencing Style

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

Submission

Offline

Submission Instructions

Attendance and participation at all laboratory sessions is required to pass this assessment.

Learning Outcomes Assessed

- Demonstrate laboratory skills necessary for the evaluation and monitoring of exercise and work performance in health, sport and workplace settings.
- Develop an understanding of physiological exercise responses, exercise adaptations, measurement techniques and equipment.
- Undertake a research project on the human physiological and biochemical responses to exercise for health, sport or the workplace.

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