



ESSC12005 *Applied Exercise and Sport Physiology*

Term 2 - 2019

Profile information current as at 29/04/2024 05:19 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

In this unit, you will examine the application of physiological concepts and skills based on current trends in exercise and sport science settings. Furthermore, you will develop scientific knowledge and skills by undertaking an applied research project and disseminating the outcomes in verbal and written forms.

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 - 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. **Portfolio**

Weighting: 70%

2. **Online Quiz(zes)**

Weighting: 30%

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 Self-reflection and peer feedback.

Feedback

Adjusting the lecture content and delivering it via various modules.

Recommendation

Inclusion of a wider scope of applied physiology content areas covered in the lectures to broaden the scope of content covered with less volume designated to measurement techniques in the discipline.

Feedback from Student feedback.

Feedback

Greater opportunity to attempt the online quizzes was given to students this term with a longer period of availability (4 weeks) than what has traditionally been provided (1 week). This approach was well-received by students providing them with increased flexibility in viewing lectures and resources needed for the online quizzes across term to suit individual preferences and workloads.

Recommendation

Greater availability in completing online quizzes should continue to be given to students.

Unit Learning Outcomes

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

1. Recognise applications of exercise and sport physiology in practice
2. Collect and analyse research data in exercise and sport settings
3. Evaluate and disseminate research findings in verbal and written forms.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Portfolio - 70%	•	•	•
2 - Online Quiz(zes) - 30%	•		
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	•	•	•
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 - 70%	•	•	•	•		•		•		
2 - Online Quiz(zes) - 30%		•	•	•		•		•		
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 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 1: Introduction and projects 1. Unit introduction 2. Project topics	Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.	

Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 2: The research process 1. Information sources 2. Finding and reviewing the literature 3. Research designs 4. Data analysis 5. Presentation of findings	Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.	Online quiz 1 Opens: Week 2 Thursday (25 July 2019) 9:00 am AEST.

Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 3: Measurement and testing in exercise and sport physiology 1. Measurement concepts 2. The testing process 3. Anaerobic fitness and performance tests 4. Aerobic fitness and performance tests	Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.	Online quiz 2 Opens: Week 3 Thursday (1 August 2019) 9:00 am AEST.

Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 4: Measurement of physiological attributes and responses 1. Approaches to assess body composition 2. Approaches to assess cardiovascular responses 3. Approaches to assess oxygen utilisation 4. Approaches to assess thermoregulatory responses	Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.	Online quiz 3 Opens: Week 4 Thursday (8 August 2019) 9:00 am AEST.

Week 5 - 12 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Online quiz 4 Opens: Week 5
Thursday (15 August 2019) 9:00 am
AEST.

Module 5: Monitoring recovery and fatigue

1. The role of sleep in recovery from exercise
2. Approaches to enhance recovery from exercise
3. Neuromuscular approaches to measure fatigue
4. Physiological approaches to measure fatigue

Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.

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 12-13 August, 2019. *Note:* All students enrolled via Rockhampton (ROK) in any course can attend any of the residential school/laboratory block offerings at the Rockhampton North campus; All CC13 (Education) students can attend any of the residential school/laboratory session block offerings at any campus.

Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Portfolio component (research proposal) Due: Vacation week Monday (19 August 2019) 5:00 pm AEST.

Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Module 6: Monitoring workloads and enhancing performance <ol style="list-style-type: none"> 1. Concepts in monitoring workloads 2. Approaches to measure internal workloads 3. Approaches to measure external workloads 4. Training modifications to enhance performance 5. Ergogenic practices to enhance performance 	Various readings consisting of journal articles and textbook chapters with full-text library links available on the unit Moodle site.	Online quiz 5 Opens: Week 6 Thursday (29 August 2019) 9:00 am AEST. Residential school/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 27-28 August, 2019.

Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Residential school/laboratory block to complete laboratory sessions 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 3-4 September, 2019. Students enrolled via Mixed-mode (MIX) in CG93 (Medical Science) must attend a 2-day residential school at the Rockhampton North campus on 7-8 September, 2019.

Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Review 1

1. Data analyses for research projects
2. Interpretation of findings for research projects
3. General information for research projects
4. Student questions

Attendance and participation in laboratory sessions Due: Week 8
Monday (9 Sept 2019) 9:00 am AEST

Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Review 2

1. General information on remaining assessment
2. Research presentation preparation
3. Research manuscript preparation
4. Student questions

Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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No lecture

Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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No lecture

Portfolio component (research presentation) Due: Assessment will be presented during a pre-selected online session during this week. Presentation slides to be submitted by Friday (4 October 2019) 5:00 pm AEST.

Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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No lecture

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

Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Portfolio component (research manuscript) Due: Review week Monday (14 October 2019) 5:00 pm AEST.

Exam Week - 21 Oct 2019

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

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

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 Monday 12 August and Tuesday 13 August, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12005 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 27 August and Wednesday 28 August, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12005 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 Tuesday 3 September and Wednesday 4 September, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12005 Moodle site for up-to-date information.

Students enrolled in CG93 (Medical Science) 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 Saturday 7 September and Sunday 8 September, 2019. Please see the [CQUniversity Handbook](#) and the ESSC12005 Moodle site for up-to-date information.

Students enrolled via Rockhampton (ROK) in any course

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 ESSC12005 Moodle site for up-to-date information.

Students enrolled in CC13 (Education) and all other students not listed

You are required to attend any one of the residential schools/laboratory session blocks scheduled at any campus. Please see the [CQUniversity Handbook](#) and the ESSC12005 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 Research portfolio

Assessment Type

Portfolio

Task Description

In this unit, you will apply physiological knowledge and skills to complete various research projects during the laboratory sessions. You are required to actively participate in data collection for all research projects and select **ONE** of the research project topics to develop a research portfolio on. 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, Risk assessment, Milestones, and References sections. This assessment is to be completed individually.

General information

Word limit: 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 of the findings for 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 assessment 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: 3000 words (excludes abstract, tables/figures, references).

Reference limit: you 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. Use headings for different sections, but use sub-headings sparingly.

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 Monday 19 August, 2019 (AEST); Research presentation to be presented during session in Week 11 with submission of presentation slides due 5:00 pm Friday 4 October, 2019 (AEST); Research manuscript due 5:00 pm Monday 14 October, 2019 (AEST).

Return Date to Students

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

Weighting

70%

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, risk assessment, milestones, and writing (15% of final grade).

The presentation will be assessed on the following areas: introduction, methods, results, discussion, conclusion, practical implications, and presentation skills including duration, slide design, structure, use of cues for speech, use of eye contact and voice, professionalism, ability to answer questions, and participation (20% of final grade).

The manuscript will be assessed on the following areas: introduction, methods, results, discussion, conclusion, practical implications, and writing (35% of final grade) in the format of a written journal article.

Each portfolio component will be graded using detailed 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 any components as a .pdf file.

Learning Outcomes Assessed

- Recognise applications of exercise and sport physiology in practice
- Collect and analyse research data in exercise and sport settings
- Evaluate and disseminate research findings in verbal and written forms.

Graduate Attributes

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

2 Online Quizzes

Assessment Type

Online Quiz(zes)

Task Description

You will be required to complete five (5) online quizzes, with a separate quiz developed for each module (except Module 1). Online quiz 1 will assess knowledge on content covered in Module 2; Online quiz 2 will assess knowledge on content covered in Module 3; Online quiz 3 will assess knowledge on content covered in Module 4; Online quiz 4 will assess knowledge on content covered in Module 5; and Online quiz 5 will assess knowledge on content covered in Module 6. Each online quiz 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 quiz will open following the lecture (Thursday at 9:00 am) in their respective Module week and all quizzes will close on the same date (11 October, 2019). You will have a 25-minute time limit to complete each online quiz upon commencing. Questions will be multiple choice and fill-in-the-blanks.

You must log onto Moodle when each online quiz is open and complete the quiz before the closing date. You can only attempt each online quiz once and each online quiz must be completed in a single session. Online quizzes should be completed on a computer, as attempting the 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 quiz at a later time. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes.

Number of Quizzes

5

Frequency of Quizzes

Assessment Due Date

Week 12 Friday (11 Oct 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 (0) will be awarded.

Return Date to Students

Week 12 Friday (11 Oct 2019)

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

Weighting

30%

Assessment Criteria

Each online quiz will have an equal contribution to your overall unit grade. Together, the five (5) online quizzes will comprise 30% of your overall grade (6% per quiz).

There will be 20 questions per online quiz, with each question allocated 1 mark. Each question in each online quiz 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

- Recognise applications of exercise and sport physiology in practice

Graduate Attributes

- Problem Solving
- Critical Thinking
- Information Literacy
- 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 ESSC12005 Unit Profile, on the ESSC12005 Moodle site, and via the [CQUniversity Handbook](#).

Assessment Due Date

Week 8 Monday (9 Sept 2019) 9:00 am AEST

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

Return Date to Students

Week 8 Monday (9 Sept 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 analyse research data in exercise and sport settings
- Evaluate and disseminate research findings in verbal and written forms.

Graduate Attributes

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