



# ESSC12007 *Applied Exercise and Sport* **Psychology** Term 2 - 2017

Profile information current as at 29/04/2024 11:12 am

All details in this unit profile for ESSC12007 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 builds on content from previous semesters and further develops the student's appreciation of the growing body of knowledge in applied sport and exercise psychology. Students will be able to describe the role of sport and exercise psychology in success and enjoyment in sport and exercise. Students will gain knowledge and skills in searching, analysing, and reviewing and evaluating research literature, and presenting work in written form using established guidelines for writing in the area of psychology. Students will be able to describe the concepts associated with psychological determinants of exercise behaviour. Lecture information will be supplemented with laboratory and project-based research.

### 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

ESSC12003 Exercise and Sport Psychology

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 - 2017

- 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).

### 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: 15%

#### 2. **Written Assessment**

Weighting: 25%

#### 3. **Practical and Written Assessment**

Weighting: 50%

#### 4. **Presentation**

Weighting: 10%

### 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 Evaluations

##### Feedback

Students commented on the heavy research focus within the unit and that the content did not relate specifically to applied psychology and/or the learning outcomes

##### Recommendation

This unit does have a research component that is in the area of psychology which does match some of the unit learning outcomes. However, a further review of unit content and assessment items to ensure relevancy to all learning outcomes will take place.

#### Feedback from Student Evaluations

##### Feedback

Students enjoy the Wooden book but some student questioned the relevance of the charity team work assessment associated with the book.

##### Recommendation

The Wooden book will continue to be a critical component of the unit. A review of the associated assessments will take place.

## Unit Learning Outcomes

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

1. Demonstrate knowledge and understanding of behavioural strategies in various exercise and sport contexts.
2. Search, analyse and critically evaluate scientific literature relating to sport and exercise psychology.
3. Demonstrate the ability to conduct and evaluate an introductory research project relating to exercise and sport psychology.
4. Demonstrate written and oral presentation skills for effective communication to a range of audiences using established guidelines.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Written Assessment - 15%	•	•		•
2 - Written Assessment - 25%		•	•	•
3 - Practical and Written Assessment - 50%		•	•	•
4 - Presentation - 10%			•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
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 - 15%	•		•			•				
2 - Written Assessment - 25%		•	•	•		•		•		
3 - Practical and Written Assessment - 50%	•	•	•	•		•		•		
4 - Presentation - 10%	•			•		•		•		

## Textbooks and Resources

### Textbooks

ESSC12007

#### Prescribed

#### **Coach Wooden's Leadership Game Plan for Success: 12 Lessons for Extraordinary Performance and Personal Excellence**

(2009)

Authors: John Wooden and Steve Jamison

McGraw-Hill

New York , New York , United States

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)

## 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

**Vincent Dalbo** Unit Coordinator

[v.dalbo@cqu.edu.au](mailto:v.dalbo@cqu.edu.au)

## Schedule

### Week 1 - 10 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Making the case for a greater emphasis on resistance training in public health campaigns		

### Week 2 - 17 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Prevalence of strength-based exercise participation in Australia	Wooden: Greetings, Biography, Preface, Part I	

### Week 3 - 24 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
Examination of nutritional knowledge and practices of Australians	Wooden: Part II	

### Week 4 - 31 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Self-perceptions of health of  
Australians

Wooden: Part III

#### Week 5 - 07 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Things to consider when designing an exercise intervention	Wooden: Parts IV and V	

#### Vacation Week - 14 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Off		

#### Week 6 - 21 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Goal setting and selling your idea to your target audience		<b>Self-Reflection on Wooden's Leadership Game Plan for Success</b> Due: Week 6 Friday (25 Aug 2017) 10:00 pm AEST

#### Week 7 - 28 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
Evaluation of a Canadian older adult physical activity education program		

#### Week 8 - 04 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Effectiveness of a community-based exercise intervention in obese adults		

#### Week 9 - 11 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Effectiveness of different walking trails on total physical activity in normal and overweight women		<b>Applying Concepts of Exercise Psychology</b> Due: Week 9 Friday (15 Sept 2017) 10:00 pm AEST

#### Week 10 - 18 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
High intensity interval training more enjoyable than continuous moderate intensity exercise		

#### Week 11 - 25 Sep 2017

Module/Topic	Chapter	Events and Submissions/Topic
Effects of HIIT in overweight children		

#### Week 12 - 02 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
Off - Complete your assessments		<b>Research Proposal</b> Due: Week 12 Wednesday (4 Oct 2017) 10:00 pm AEST
- Posted video on careers in exercise science		<b>Presentation</b> Due: Week 12 Friday (6 Oct 2017) 10:00 pm AEST

#### Review/Exam Week - 09 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
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#### Exam Week - 16 Oct 2017

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 Self-Reflection on Wooden's Leadership Game Plan for Success

#### Assessment Type

Written Assessment

#### Task Description

**Instructions:** After reading Wooden's Leadership Game Plan for Success you are to write a self-reflective essay. Describe what you took away from the book and concepts you would like to implement in your own life.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. Students are advised to familiarise themselves with the CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** Your essay should be 500 – 1000 words in length.

Please note your title page and reference list is not counted in the word count. In-text citations are included in the word count. Your reference list is the list of references that were used in the text.

Penalties will apply for essays that exceed the required word limit. This penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

**Extensions:** Extensions will only be given via CQU policy. Extensions must be submitted through the Moodle site.

**Cover page:** Please include a cover page with the assignment title, full task, due date, your name and student number.

**Late Submissions:** Please note any assessments submitted late will incur penalties in line with CQU Policy.

#### Assessment Due Date

Week 6 Friday (25 Aug 2017) 10:00 pm AEST

#### Return Date to Students

Week 8 Friday (8 Sept 2017)

#### Weighting

15%

#### Assessment Criteria

Marks will be awarded for quality of writing and your comprehension of the book.

#### Referencing Style

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

#### Submission

Online

#### Learning Outcomes Assessed

- Demonstrate knowledge and understanding of behavioural strategies in various exercise and sport contexts.
- Search, analyse and critically evaluate scientific literature relating to sport and exercise psychology.
- Demonstrate written and oral presentation skills for effective communication to a range of audiences using established guidelines.

#### Graduate Attributes

- Communication
- Critical Thinking
- Information Technology Competence

### 2 Applying Concepts of Exercise Psychology

#### Assessment Type

Written Assessment

#### Task Description

**Instructions:** Find and read the article below. After reading the article answer the associated questions presented below.

Article: Danielle Lambrick, Nicole Westrupp, Sebastian Kaufmann, Lee Stoner, and James Faulkner (2016). The effectiveness of a high-intensity games intervention on improving indices of health in young children, *Journal of Sports Sciences*, 34:3, 190-198.

1. Was the exercise intervention effective? Use statistics to support your answer (10 marks).
2. If you were part of the research team that developed this exercise intervention what is one thing you would have

changed or added to the study to make the study/exercise intervention better? Be sure to explain your answer (10 marks).

3. You are pitching this research idea to your local primary school. In one paragraph attempt to convince the principal to adapt this exercise intervention at their school for all fourth-grade students (10 marks).

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. Students are advised to familiarise themselves with the CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** Your essay should be 500 – 1000 words in length.

Please note your title page and reference list is not counted in the word count. In-text citations are included in the word count. Your reference list is the list of references that were used in the text.

Penalties will apply for essays that exceed the required word limit. This penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

**Extensions:** Extensions will only be given via CQU policy. Extensions must be submitted through the Moodle site.

**Cover page:** Please include a cover page with the assignment title, full task, due date, your name and student number.

**Late Submissions:** Please note any assessments submitted late will incur penalties in line with CQU Policy.

### Assessment Due Date

Week 9 Friday (15 Sept 2017) 10:00 pm AEST

### Return Date to Students

Week 11 Friday (29 Sept 2017)

### Weighting

25%

### Assessment Criteria

Marks will be awarded for correctly answering the questions, writing style, and your comprehension of the article.

### Referencing Style

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

### Submission

Online

### Learning Outcomes Assessed

- Search, analyse and critically evaluate scientific literature relating to sport and exercise psychology.
- Demonstrate the ability to conduct and evaluate an introductory research project relating to exercise and sport psychology.
- Demonstrate written and oral presentation skills for effective communication to a range of audiences using established guidelines.

### Graduate Attributes

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

## 3 Research Proposal

### Assessment Type

Practical and Written Assessment

### Task Description

**Instructions:** This assignment will be comprised of the following components:

1. You are to develop an exercise/physical activity intervention for the target population of your choice; examples include retirement communities, primary school children, secondary school children, and individuals who are clinically depressed. Within your assignment you must answer the following questions.
  - a. Describe your target population.
  - b. Clearly state the goal(s) of your intervention (i.e. weight loss, increasing physical activity, increasing exercise, reducing anxiety). Describe why you chose these goals.
  - c. Clearly state how you will assess/measure if your exercise intervention was effective (i.e. did participants lose weight, increase physical activity, increase exercise, reduce anxiety). Why did you choose that measurement technique? For example, if a goal was to decrease percent body fat and you assessed body composition with BMI or skinfold, why did you chose the technique you selected? Use research to support your answers.



d. Clearly outline your intervention (the program). What are you having the participants do? How many weeks will the intervention last? How many times will you meet with the participants? Are the participants meant to exercise or do their physical activity alone or in a group? Use research to support your answers. You can use figures and or tables to help explain your exercise intervention.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. Students are advised to familiarise themselves with the CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** Your research proposal should be 1500 – 2500 words in length.

Please note your title page and reference list is not counted in the word count. In-text citations are included in the word count. Your reference list is the list of references that were used in the text.

Penalties will apply for research proposals that exceed the required word limit. This penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

**Extensions:** Extensions will only be given via CQU policy. Extensions must be submitted through the Moodle site.

**Cover page:** Please include a cover page with the assignment title, full task, due date, your name and student number.

**Late Submissions:** Please note any assessments submitted late will incur penalties in line with CQU Policy.

### **Assessment Due Date**

Week 12 Wednesday (4 Oct 2017) 10:00 pm AEST

### **Return Date to Students**

Exam Week Friday (20 Oct 2017)

### **Weighting**

50%

### **Assessment Criteria**

Marks will be awarded for your title, writing style, referencing, description of the target population, goals of the intervention, the appropriateness of your methods, and the description of your intervention.

### **Referencing Style**

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

### **Submission**

Online

### **Learning Outcomes Assessed**

- Search, analyse and critically evaluate scientific literature relating to sport and exercise psychology.
- Demonstrate the ability to conduct and evaluate an introductory research project relating to exercise and sport psychology.
- Demonstrate written and oral presentation skills for effective communication to a range of audiences using established guidelines.

### **Graduate Attributes**

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

## **4 Presentation**

### **Assessment Type**

Presentation

### **Task Description**

**Instructions:** You will develop record a PowerPoint pitch based on your exercise/physical activity intervention. The pitch is designed to get potential participants in your target population to partake in your designed intervention. Instructions for how to record the PowerPoint are located on the Moodle site.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. Students are advised to familiarise themselves with the CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Length:** Your presentation should be 5-8 minutes in length.

Please note that penalties will apply for pitches that do not meet the required time limit. This penalty will be 5% of the assignment mark for every 30 seconds outside this range.

**Extensions:** Extensions will only be given via CQU policy. Extensions must be submitted through the Moodle site.

**Cover page:** Please include a cover page with the assignment title, full task, due date, your name and student number.

**Late Submissions:** Please note any assessments submitted late will incur penalties in line with CQU Policy.

**Assessment Due Date**

Week 12 Friday (6 Oct 2017) 10:00 pm AEST

**Return Date to Students**

Exam Week Friday (20 Oct 2017)

**Weighting**

10%

**Assessment Criteria**

Marks will be awarded for the description of your intervention, the appropriateness of your methods, the description of the target population, the professionalism of your presentation, and your ability your ability to clearly communicate your ideas orally.

**Referencing Style**

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

**Submission**

Online

**Learning Outcomes Assessed**

- Demonstrate the ability to conduct and evaluate an introductory research project relating to exercise and sport psychology.
- Demonstrate written and oral presentation skills for effective communication to a range of audiences using established guidelines.

**Graduate Attributes**

- Communication
- Information Literacy
- 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