



# ESSC12007 *Applied Exercise and Sport* **Psychology** Term 2 - 2018

Profile information current as at 28/04/2024 09:26 pm

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 - 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).

### 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 Students

##### Feedback

Increase the amount of assessment instructions regarding how to format the research proposal.

##### Recommendation

More detail instructions on how to format the research proposal will be included in the unit. Specifically, students will be provided with a specific outline to follow in regard to expected headings that need to appear in the assessment.

#### Feedback from Self-Reflection

##### Feedback

Student writing in regard to grammar, sentence structure, and punctuation can be improved.

##### Recommendation

A professional writing document will be posted on Moodle.

## 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 - 09 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Making the case for a greater emphasis on resistance training in public health campaigns	Steele et al. (2017). A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. BMC Public Health. 5.17.	

### Week 2 - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
	Wooden: Greetings, Biography, Preface, Part I	
Prevalence of strength-based exercise participation in Australia	Dalbo et al. (2015). Not sending the message: A low prevalence of strength-based exercise participation in rural and regional Central Queensland. The Australian Journal of Rural Health. 23.	

**Week 3 - 23 Jul 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Examination of nutritional knowledge and practices of Australians	Wooden: Part II  Dalbo et al. (2017). Residents of Central Queensland, Australia are aware of healthy eating practices but consume unhealthy diets. Sports. 5. 94.	

**Week 4 - 30 Jul 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Self-perceptions of health of Australians	Wooden: Part III  Dalbo et al. (2017). Lack of reality: positive self-perceptions of health in the presence of disease. Sports. 5. 23.	

**Week 5 - 06 Aug 2018**

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

**Vacation Week - 13 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Off		

**Week 6 - 20 Aug 2018**

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 (24 Aug 2018) 10:00 pm AEST

**Week 7 - 27 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Evaluation of a Canadian older adult physical activity education program	Stathokostas et al. (2016). The get fit for active living demonstration project: evaluation of a Canadian older adult physical activity education program.	

**Week 8 - 03 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Effectiveness of a community-based exercise intervention in obese adults	Chang et al. (2016). Effectiveness of community-based exercise intervention programme in obese adults with metabolic syndrome. Journal of Clinical Nursing. 25.	

**Week 9 - 10 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Effectiveness of different walking trials on total physical activity in normal and overweight women	Schutz et al. (2014). Effectiveness of three different walking prescription durations on total physical activity in normal- and overweight women. Obesity Facts. 7.	<b>Applying Concepts of Exercise Psychology</b> Due: Week 9 Friday (14 Sept 2018) 10:00 pm AEST

**Week 10 - 17 Sep 2018**

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

Bartlett et al. (2011). High-intensity interval running is perceived to be more enjoyable than moderate-intensity continuous exercise: implications for exercise adherence. *Journal of Sports Sciences*. 29. 6.

#### Week 11 - 24 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Effects of HIIT in overweight children	Lau et al. (2015). Effects of high-intensity intermittent running exercise in overweight children. <i>European Journal of Sport Science</i> . 15. 2.	

#### Week 12 - 01 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week		<b>Written Research Proposal</b> Due: Week 12 Monday (1 Oct 2018) 10:00 pm AEST <b>Presentation - Pitch Your Exercise/Physical Activity Intervention</b> Due: Week 12 Friday (5 Oct 2018) 10:00 pm AEST

#### Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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#### Exam Week - 15 Oct 2018

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. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** Your essay should not exceed 700 words.

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 word limit. This penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

**References:** Use the reference style stated in the unit profile. Do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

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

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file (answers) in a Word format (.doc or .docx). The instructor must receive an acceptable file that is readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

**Assessment Due Date**

Week 6 Friday (24 Aug 2018) 10:00 pm AEST

**Return Date to Students**

Week 8 Friday (7 Sept 2018)

**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:** Lambrick D., Westrupp N., Kaufmann S., Stoner L., and Faulkner J. (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 adopt 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. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** Your answers should not exceed be 500 words (in total).

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

**References:** Use the reference style stated in the unit profile. Do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

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

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file (answers) in a Word format (.doc or .docx). The instructor must receive an acceptable file that is readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

#### **Assessment Due Date**

Week 9 Friday (14 Sept 2018) 10:00 pm AEST

#### **Return Date to Students**

Week 11 Friday (28 Sept 2018)

#### **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 Written Research Proposal**

#### **Assessment Type**

Practical and Written Assessment

#### **Task Description**

**Instructions:** You are to develop an exercise/physical activity intervention for the target population of your choice; examples include retirement communities, primary school children, or secondary school children. 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 rates of exercise participation).
- 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 participation rates). 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. Note – you will not include a statistical analysis section in your assessment, but be sure to conduct a study in which the outcome can be determined using statistics. Thus, I suggest designing a study in which the efficacy of the intervention could be determined with an independent t-test, dependent t-test, within group ANOVA, or between group ANOVA.

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

**Word Count:** Your research proposal should not exceed 2000 words.

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 maximum word limit. This penalty will be 5% of the assignment mark for every 50 words over the maximum word count.

**References:** Use the reference style stated in the unit profile. Do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

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

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file (answers) in a Word format (.doc or .docx). The instructor must receive an acceptable file that is readable. In an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

#### **Assessment Due Date**

Week 12 Monday (1 Oct 2018) 10:00 pm AEST

#### **Return Date to Students**

Exam Week Monday (15 Oct 2018)

#### **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 - Pitch Your Exercise/Physical Activity Intervention

### Assessment Type

Presentation

### Task Description

**Instructions:** Use the voice over function on PowerPoint to pitch your exercise/physical activity intervention. The pitch is designed to get potential participants in your target population to partake in your designed intervention.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of 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 exceed the maximum time limit. This penalty will be 5% of the assignment mark for every 30 seconds over the maximum time limit.

**References:** Use the reference style stated in the unit profile. Do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

**Title Slide:** Your first slide should have your full name and student number.

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file any format that will play audio/video on a PC. The instructor must receive an acceptable file that is viewable. Suggested file types include: .ppt, .avi, .mp4, and .wmv. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

### Assessment Due Date

Week 12 Friday (5 Oct 2018) 10:00 pm AEST

### Return Date to Students

Exam Week Friday (19 Oct 2018)

### 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