



ESSC12009 Sport Injury Prevention and Management

Term 2 - 2019

Profile information current as at 01/05/2024 04:28 am

All details in this unit profile for ESSC12009 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 an introduction to common injuries that occur in sports. You will learn about mechanisms and risk factors of various sports injuries, injury prevention and rehabilitation processes and interventions, and how these apply to different athlete populations and training scenarios. Emphasis is placed on providing an understanding of the aetiology, treatment and prevention, and acute management of common sports injuries. You will also gain practical skills in sports taping techniques, delivery of injury prevention programs, assessing and monitoring injury risk factors, and assessing return to sport. The content of this unit builds on knowledge gained in other units related to anatomy and physiology, functional anatomy, and physical activity, health, and fitness.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites: BMSC11001 Human Body Systems 1; BMSC11002 Human Body Systems 2; ESSC11001 Physical Activity, Fitness and Health
Co-requisite: ESSC13007 Functional Anatomy

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. **Online Quiz(zes)**

Weighting: 30%

2. **Written Assessment**

Weighting: 30%

3. **Case Study**

Weighting: 40%

4. **Practical Assessment**

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](#).

Unit Learning Outcomes

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

1. Identify risk factors, mechanisms, and processes associated with sports injuries
2. Recognise factors that impact different athlete populations and training scenarios as they relate to sports injuries
3. Summarise current evidence regarding the aetiology, prevention and management of sports injuries
4. Demonstrate professional practice and ethical behaviour for appropriate prevention and management of sports injuries as expected in exercise and sport science settings.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



N/A
Level



Introductory
Level



Intermediate
Level



Graduate
Level



Professional
Level



Advanced
Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Online Quiz(zes) - 30%	•	•		
2 - Case Study - 40%		•	•	
3 - Written Assessment - 30%	•		•	
4 - Practical Assessment - 0%				•

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				

Graduate Attributes

Learning Outcomes

1 2 3 4

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 - Online Quiz(zes) - 30%

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2 - Case Study - 40%

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3 - Written Assessment - 30%

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4 - Practical Assessment - 0%

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Textbooks and Resources

Textbooks

There are no required textbooks.

Additional Textbook Information

There is no required textbook for this unit.

Readings will be provided as a series of course resources online (CROs) and journal articles, which will be available via CQUniversity Library and/or the ESSC12009 Moodle site.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Zoom Video Conferencing platform
- Adobe Acrobat Reader (or similar) software for viewing PDF documents
- Microsoft Office (Word, Excel, PowerPoint)

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Crystal Kean Unit Coordinator

c.kean@cqu.edu.au

Schedule

Week 1 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Unit Overview Introduction to Sport Injury Prevention and Management	Readings provided via Moodle	

Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Overview of Sport Injuries	Readings provided via Moodle	

Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Overview of Injury Prevention, Injury Assessment, and Return to Play	Readings provided via Moodle	

Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Upper Body I	Readings provided via Moodle	Quiz 1 Opens: Week 4 Monday (5 Aug. 2019) 8:00 am AEST

Week 5 - 12 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Upper Body II	Readings provided via Moodle	Quiz 1 Closes: Week 5 Monday (12 Aug. 2019) 5:00 pm AEST

Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic

Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Lower Body I	Readings provided via Moodle	

Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Lower Body II	Readings provided via Moodle	

Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Head and Trunk	Readings provided via Moodle	Quiz 2 Opens: Week 8 Monday (9 Sep. 2019) 8:00 am AEST

Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management I	Readings provided via Moodle	Quiz 2 Closes: Week 9 Monday (16 Sep. 2019) 5:00 pm AEST

Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management II	Readings provided via Moodle	Literature Review Due: Week 10 Monday (23 Sept 2019) 5:00 pm AEST

Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management III	Readings provided via Moodle	

Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review		Quiz 3 Opens: Week 12 Monday (7 Oct. 2019) 8:00 am AEST

Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
		Quiz 3 Closes: Review/Exam Week Monday (14 Oct. 2019) 5:00 pm AEST
		Case Study - Team Sport Scenario Due: Review/Exam Week Monday (14 Oct 2019) 5:00 pm AEST

Exam Week - 21 Oct 2019

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

Compulsory On-campus Laboratory Activity Information

This unit includes compulsory on-campus laboratory activities. You MUST attend the session(s) specific to your enrolment as outlined below:

Students enrolled via Rockhampton (ROK)

You are required to attend the two-day laboratory block session scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Science Labs). Please see the [CQUniversity Handbook](#) and the ESSC12009 Moodle site for up-to-date information.

Students enrolled via Mackay (MKY)

You are required to attend the two-day laboratory block session scheduled on the Mackay City Campus (Bld 4, Exercise and Sport Science Labs). Please see the [CQUniversity Handbook](#) and the ESSC12009 Moodle site for up-to-date information.

Students enrolled via Cairns (CNS)

You are required to attend the two-day laboratory block session scheduled on Cairns Campus (Exercise and Sport Science Labs located at Cairns Basketball Association Headquarters). Please see the [CQUniversity Handbook](#) and the ESSC12009 Moodle site for up-to-date information.

Students enrolled via Mixed Mode (MIX)

You are required to the two-day residential school scheduled term on the Rockhampton North Campus (Bld 81, Exercise and Sport Science Labs). Please see the [CQUniversity Handbook](#) and the ESSC12009 Moodle site for up-to-date information.

If you prefer to attend an alternate location to that specified for your enrolment, please contact the Unit Coordinator to discuss options.

Assessment Tasks

1 Online Quizzes

Assessment Type

Online Quiz(zes)

Task Description

The Online Quizzes Assessment comprises of three (3) online quizzes consisting of multiple choice and fill-in-the-blank questions. Each online quiz is to be completed on your own using multiple resources to help answer the questions. It is your responsibility to log on to Moodle and complete each online quiz during the time the quiz is available. Online quizzes should be completed on a computer as attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification.

NOTE: In the absence of an approved extension there will be no late submissions allowed for any of the online quizzes that make up this assessment item.

Quiz 1 (10% of final grade)

Quiz 1 will be held in Week 4 and will assess content related to lectures, tutorials, and compulsory readings/videos associated with Weeks 1 – 3 (inclusive). Quiz 1 will contain 20 questions and you will have 30 minutes to complete this quiz.

You can only attempt Quiz 1 once and it must be completed in a single session. You cannot save your answers and return to this quiz at a later time.

The quiz will be available during the following times:

Open Date: Week 4 Monday (5 Aug. 2019) at 8:00 am AEST

Close Date: Week 5 Monday (12 Aug. 2019) 5:00 pm AEST

It is your responsibility to log on to Moodle and complete the quiz during the time the quiz is available.

Quiz 2 (10% of final grade)

Quiz 2 will be held in Week 8 and will assess content related to lectures, tutorials, and compulsory readings/videos associated with Weeks 4 – 7 (inclusive). Quiz 2 will contain 20 questions and you will have 30 minutes to complete this quiz.

You can only attempt Quiz 2 once and it must be completed in a single session. You cannot save your answers and return to this quiz at a later time.

The quiz will be available during the following times:

Open Date: Week 8 Monday (9 Sep. 2019) 8:00 am AEST

Close Date: Week 9 Monday (16 Sep. 2019) 5:00 pm AEST

It is your responsibility to log on to Moodle and complete the quiz during the time the quiz is available.

Quiz 3 (10% of final grade)

Quiz 3 will be held in Week 12 and will assess content related to lectures, tutorials, and compulsory readings/videos associated with Weeks 8 – 11 (inclusive). Quiz 3 will contain 20 questions and you will have 30 minutes to complete this quiz.

You can only attempt Quiz 3 once and it must be completed in a single session. You cannot save your answers and return to this quiz at a later time.

The quiz will be available during the following times:

Open Date: Week 12 Monday (7 Oct. 2019) 8:00 am AEST

Close Date: Review/Exam Week Monday (14 Oct. 2019) 5:00 pm AEST

It is your responsibility to log on to Moodle and complete the quiz during the time the quiz is available.

Number of Quizzes

3

Frequency of Quizzes

Other

Assessment Due Date

Due dates for each quiz are as per the Task Description information. In the absence of an approved extension, no attempts after the due date will be permitted.

Return Date to Students

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 closure of the quiz.

Weighting

30%

Assessment Criteria

Responses to online quiz questions will be marked as correct or incorrect by the Moodle Online Quiz System and tabulated to give your mark for each online quiz. Each question will be worth 1 mark. For questions with text-based responses (e.g. fill-in-the-blank) you should take care with spelling (Australian English) and grammar, as answers are spelling and grammar sensitive.

Referencing Style

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

Submission

Online

Submission Instructions

You must log on to Moodle to complete each online quiz. A link to each online quiz can be found in the Assessment block on Moodle. Once you have completed the online quiz, you must click the 'Submit' button to submit your responses. If you do not answer all 20 questions within the 30-minute time period, there will be a 3-minute grace period during which you can submit your online quiz responses, but you will not be able to attempt any further questions.

Learning Outcomes Assessed

- Identify risk factors, mechanisms, and processes associated with sports injuries
- Recognise factors that impact different athlete populations and training scenarios as they relate to sports injuries

Graduate Attributes

- Communication
- Problem Solving
- Information Literacy
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

2 Literature Review

Assessment Type

Written Assessment

Task Description

Reviews of the literature are important contributions to science. They provide a concise summary of what is currently known about a topic. The purpose of this literature review is for you to summarise the existing scientific literature related to a specific sport injury. For this assessment you will select one (1) of the sporting injuries listed below and summarise recent literature pertaining to your selected injury.

Sporting Injuries (select one (1)):

- Anterior Cruciate Ligament Rupture
- Achilles Tendinopathy
- Femoroacetabular Impingement
- Rotator Cuff Tear
- Lateral Epicondylalgia
- Superior Labrum Anterior To Posterior (SLAP) Lesion

Your review is to provide an overview of the injury, followed by a detailed review of the literature including the epidemiology, mechanisms (i.e. aetiology), and risk factors of the selected injury, as well as current evidence for injury prevention, treatment strategies, and return to play for the selected injury. A minimum of 15 peer-reviewed journal articles (published within the last 15 years) are to be used effectively within your literature review. Effective use of the journal articles includes accurate interpretation of the information provided in journal article and appropriate application of the information in the context of the review.

Please refer to the following guidelines to assist in the completion of your literature review:

- **Word Count:** 1500-2000 (excluding title page, tables/figures, and reference list). Please note, this word count is strict and additional words beyond 2000 will not be read/marked.
- **Formatting:** The Word file (.doc or .docx) of your submission is to be double-spaced, with 2.54 cm margins on all sides, and all pages numbered consecutively. You may use subheadings to separate sections of the literature review. Use 12-point Times New Roman, Arial, or Calibri font, and set the text alignment to justify.
- **Title Page:** A title page including the title of the review, student name and number, word count, and number of tables/figures.
- **Tables and Figures:** Maximum of 3 tables and figures (combined total). Any tables/figures should be inserted directly into the main text rather than at the end of the document and should be formatted as per American Psychological Association (APA) style. Information within tables/figures do not count towards word count limits.
- **Referencing:** American Psychological Association (APA) referencing style is to be used throughout the assessment. This include APA formatted in-text citations throughout the literature review and a full reference list provided at the end of the submission file. All reference sources must be peer-reviewed journal articles (Note: textbooks, blogs, and other online sources are not acceptable sources for a literature review).
- **Submission:** Your Word file (.doc or .docx format) is to be submitted via the Literature Review submission link

on the ESSC12009 Moodle page. Only .doc, and .docx formats will be accepted. You will not be able to submit other file formats. In addition, files submitted via email (or any other means beyond the Moodle submission link) will not be marked.

Please be advised the assessment submission will be checked for plagiarism (and other types of academic misconduct). You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures. Any assessments suspected of plagiarism (or other type of academic misconduct) will be handled in accordance to CQUniversity's Academic Misconduct Procedures with subsequent penalties applied.

Assessment Due Date

Week 10 Monday (23 Sept 2019) 5:00 pm AEST

Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Assessments will not be accepted for grading after 5:00 pm AEST on 13 October 2019 (without an approved extension).

Return Date to Students

Week 12 Monday (7 Oct 2019)

Weighting

30%

Assessment Criteria

The literature review is designed to assess your ability to critically evaluate, analyse, and summarise the scientific literature related to a specific sport injury. You will be assessed on the following criteria:

Review Content (70%)

- **Introduction:** An overview of the injury that highlights what the injury is and the importance of the topic; a clear and concise statement outlining the purpose of the review
- **Main Body:** A detailed synthesis of the current literature related to the injury including information regarding epidemiology, mechanisms (i.e. aetiology), and risk factors of the selected injury, as well as current evidence of injury prevention, treatment strategies, and return to play for the selected injury
- **Conclusion:** A clear and concise summary of the main points within the review
- **Use of Sources:** A minimum of 15 peer-reviewed journal articles used effectively throughout the review; peer-reviewed journal articles used are current (published within last 15 years) and relevant to the selected injury; correct use and formatting of in-text citations (APA style)

Writing/Submission Formatting (30%)

- Adherence to guidelines
- Conciseness of writing and use of scientific terms
- Paragraph structure
- Writing fluency between paragraphs
- Spelling and grammar
- Completeness and formatting of reference list (APA style)

A detailed marking rubric will be made available on the Moodle site.

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit your assessment electronically via the Literature Review submission link on the ESSC12009 Moodle site. Your assessment is to be submitted as a Word document (.doc or .docx). The Unit Coordinator must receive an acceptable file via the Moodle submission link that is viewable/readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). NOTE: Files submitted via email (or any other means beyond the Moodle submission link) will not be marked.

Learning Outcomes Assessed

- Identify risk factors, mechanisms, and processes associated with sports injuries
- Summarise current evidence regarding the aetiology, prevention and management of sports injuries

Graduate Attributes

- Communication

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

3 Case Study – Team Sport Scenario

Assessment Type

Case Study

Task Description

You will be presented with a case study describing a team sport scenario. Based on the case study, you will provide a five (5)-part written response to the scenario which address each criteria described in Part A – E below:

Part A: Strategies for monitoring and screening of athletes for injury risk

Part B: Strategies for implementation of an injury prevention training program

Part C: A plan for identifying and reporting athlete injuries with appropriate referral plans to other health care providers

Part D: A training session plan to assist an athlete's return to play

Part E: A discussion of factors that influence decision-making on an athlete's readiness to return to play

Responses for each part must include a minimum of two (2) references (i.e. recent peer-reviewed journal articles, best-practice recommendations, position statements, or clinical guidelines) to support and justify your written response. If appropriate, references may be used for more than one part of your written response.

Please refer to the following guidelines to assist in the completion of your case study assessment:

- **Word Count:** Word count limits for each part listed above will be specified in the case study file.
- **Formatting:** The Word file (.doc or .docx) of your submission is to be double-spaced, with 2.54 cm margins on all sides, and all pages numbered consecutively. Use headings to separate the responses to each part of the assessment. Use 12-point Times New Roman, Arial, or Calibri font, and set the text alignment to justify.
- **Title Page:** A title page including the title of the assessment, student name and number, word count for each part of the written response.
- **Referencing:** American Psychological Association (APA) referencing style is to be used throughout the assessment. This include APA formatted in-text citations throughout the written responses and a full reference list provided at the end of the submission file. References must be recent peer-reviewed journal articles, best-practice recommendations, position statements, or clinical guidelines. Peer-reviewed journal articles will be considered recent if published within the last five (5) years. Best-practice recommendations, position statements, or clinical guidelines, must be from reputable sources (i.e. Exercise and Sports Science Australia, Sport Medicine Australia, Exercise is Medicine, American College of Sport Medicine), published within the last five (5) years, and the most recent iteration.
- **Submission:** Your Word file (.doc or .docx format) is to be submitted via the Case Study submission link on the ESSC12009 Moodle page. Only .doc, and .docx formats will be accepted. You will not be able to submit other file formats. In addition, files submitted via email (or any other means beyond the Moodle submission link) will not be marked.

Please be advised the assessment submission will be checked for plagiarism (and other types of academic misconduct). You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures. Any assessments suspected of plagiarism (or other type of academic misconduct) will be handled in accordance to CQUniversity's Academic Misconduct Procedures with subsequent penalties applied.

The case study file will be provided via the ESSC12009 Moodle site at the end of Week 4.

Assessment Due Date

Review/Exam Week Monday (14 Oct 2019) 5:00 pm AEST

Assessments submitted after the due date, without an approved extension, will incur late penalties in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). Assessments will not be accepted for grading after 5:00 pm AEST on 28 October 2019 (without an approved extension).

Return Date to Students

Marks and feedback will be returned upon certification of grade.

Weighting

40%

Assessment Criteria

Total marks for each question will be specified in the case study file available on Moodle along with a detailed marking

rubric. Marks will be awarded based on:

- Relevance of content and level of detail of the written response
- Use of suitable references to support the written response with correct formatting (APA style)
- Ability to communicate through use of professional terminology and the clarity and conciseness of the written response
- Adherence to assessment guidelines
- Adherence to word count
- Spelling and grammar
- Completeness and formatting of reference list (APA style)

Referencing Style

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

Submission

Online

Submission Instructions

You are required to submit your assessment electronically via the Case Study submission link on the ESSC12009 Moodle site. Your assessment is to be submitted as a Word document (.doc or .docx). The Unit Coordinator must receive an acceptable file via the Moodle submission link that is viewable/readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted and penalties will be incurred in accordance with CQUniversity's Assessment Policy and Procedure (Higher Education Coursework). NOTE: Files submitted via email (or any other means beyond the Moodle submission link) will not be marked.

Learning Outcomes Assessed

- Recognise factors that impact different athlete populations and training scenarios as they relate to sports injuries
- Summarise current evidence regarding the aetiology, prevention and management of sports injuries

Graduate Attributes

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

4 On-campus Laboratory Activities

Assessment Type

Practical Assessment

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 (1) of the timetabled on-campus laboratory activity sessions. Different sessions are available depending on your mode of enrolment (i.e. ROK, MKY, CNS, MIX) and you must attend the session based on your enrolment (unless arrangements have been made with Unit Coordinator). Further details regarding these sessions can be found in the Term Specific Information section of this Unit Profile, on the ESSC12009 Moodle site, and via the [CQUniversity Handbook](#). No additional sessions will be available beyond the due date, unless acceptable reasons (with supporting documentation) are provided to warrant an adjustment to the assessment. Please see the CQUniversity Assessment Policy and Procedures (Higher Education Coursework) for further information.

A series of practical laboratory-based tasks will be completed during the on-campus laboratory activity sessions and in order to successfully pass this assessment item you must attend and participate in all tasks. A Laboratory Workbook will be provided to students on the ESSC12009 Moodle site prior to the on-campus laboratory activity sessions.

To complete this assessment item you must:

1. Sign the attendance sheet. Please note there will be multiple attendance sheets to sign throughout the activity sessions.
2. Bring a printed copy of the Laboratory Workbook to the on-campus laboratory activity sessions.
3. Complete the Laboratory Workbook while undertaking the on-campus laboratory activities.
4. Demonstrate skills relevant to sport injury prevention and management during the on-campus laboratory

activities.

Assessment Due Date

All on-campus laboratory sessions will be completed by Friday 30 August 2019. Please see the CQUniversity Handbook and the ESSC12009 Moodle site for specific session dates. Attendance and the Laboratory Workbook will be assessed throughout the on-campus laboratory activity sessions. There is no formal submission required by the due date. No additional sessions will be available beyond the due date, unless acceptable reasons (with supporting documentation) are provided to warrant an adjustment to the assessment. Please see the CQUniversity Assessment Policy and Procedures (Higher Education Coursework) for further information.

Return Date to Students

Marks (Pass/Fail) will be returned within two (2) weeks of the last on-campus laboratory session.

Weighting

Pass/Fail

Minimum mark or grade

Pass

Assessment Criteria

Attendance at the on-campus laboratory activity, with sufficient active participation, will result in a passing grade for this assessment. Attendance at the on-campus activities will be assessed through signed laboratory attendance sheets and facilitated by staff members managing the sessions. You will need to sign an attendance sheet for each session. Active participation will be assessed via completion of the Laboratory Workbook and demonstration of skills. The Laboratory Workbook will be assessed at the conclusion of each practical task, therefore it is necessary that you bring a printed copy of the Laboratory Workbook with you to your on-campus laboratory activity.

Failure to attend and adequately participate may result in a fail grade for this assessment item, and being unable to pass this unit.

If you miss a session without an approved reason, there will NOT be an opportunity to simply 'catch up' at any time. The CQUniversity Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment. If you do not attend one (1) of the on-campus laboratory activities, and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made (for example a 'catch up' session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

Referencing Style

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

Submission

Offline

Submission Instructions

Laboratory Workbooks and demonstration of skills will be assessed at the on-campus activity laboratory sessions. You do not need to submit any documentation through Moodle.

Learning Outcomes Assessed

- Demonstrate professional practice and ethical behaviour for appropriate prevention and management of sports injuries as expected in exercise and sport science settings.

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