



# ESSC12009 Sport Injury Prevention and Management

## Term 2 - 2020

Profile information current as at 16/05/2024 09:38 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 - 2020

- 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](#).

## 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 Have Your Say Survey

##### Feedback

Lack of feedback on assessments

##### Recommendation

Students are provided individual feedback on assessments; however, few students accessed this feedback. It is recommended that teaching staff continue to provide individual feedback and reminders will be sent to students advising them to access the feedback.

#### Feedback from Have Your Say Survey

##### Feedback

Assessment due dates conflicted with other units causing concern for students

##### Recommendation

Unit coordinator will work with other unit coordinators to reduce due date conflicts. However, in some instances these may not be avoidable. It is recommended that students plan accordingly for busy times of term when they may have multiple assessments due.

## 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



### 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				
10 - Aboriginal and Torres Strait Islander Cultures				

## Alignment of Assessment Tasks to Graduate Attributes

[illegible]

## 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)
- Microphone and camera for use with Zoom
- Adobe Acrobat Reader (or similar) software for viewing PDF documents
- Microsoft Office (Word, Excel, PowerPoint) or similar software such as Open Office
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials.
- Camera or mobile phone capable of capturing photos/videos for practical tasks

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Crystal Kean** Unit Coordinator  
[c.kean@cqu.edu.au](mailto:c.kean@cqu.edu.au)

## Schedule

### Week 1 - 13 Jul 2020

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

### Week 2 - 20 Jul 2020

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

### Week 3 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Overview of Injury Prevention, Injury Assessment, and Return to Play	Readings provided via Moodle	<b>Zoom Drop-in Sessions for Practical Task 1: Assessing an Athlete</b>

### Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Upper Body I	Readings provided via Moodle	<b>Quiz 1</b> Opens: Week 4 Monday (3 Aug. 2020) 8:00 am AEST

### Week 5 - 10 Aug 2020

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

**Quiz 1** Closes: Week 5 Monday (10 Aug. 2020) 5:00 pm AEST  
**Zoom Drop-in Sessions for Practical Task 2: Injury Prevention Program Delivery**

#### Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
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#### Week 6 - 24 Aug 2020

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

#### Week 7 - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Lower Body II	Readings provided via Moodle	<b>Zoom Drop-in Sessions for Practical Task 3: Taping Techniques</b>

#### Week 8 - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Head and Trunk	Readings provided via Moodle	<b>Quiz 2</b> Opens: Week 8 Monday (7 Sep. 2020) 8:00 am AEST

#### Week 9 - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management I	Readings provided via Moodle	<b>Quiz 2</b> Closes: Week 9 Monday (14 Sep. 2020) 5:00 pm AEST  <b>Literature Review</b> Due: Week 9 Wednesday (16 Sept 2020) 5:00 pm AEST

#### Week 10 - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management II	Readings provided via Moodle	<b>Practical Skills</b> Due: Week 10 Wednesday (23 Sept 2020) 5:00 pm AEST

#### Week 11 - 28 Sep 2020

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

#### Week 12 - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
Review		<b>Quiz 3</b> Opens: Week 12 Monday (5 Oct. 2020) 8:00 am AEST

#### Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Quiz 3</b> Closes: Review/Exam Week Monday (12 Oct. 2020) 5:00 pm AEST  <b>Case Study - Team Sport Scenario</b> Due: Review/Exam Week Wednesday (14 Oct 2020) 5:00 pm AEST

## Term Specific Information

Due to COVID-19 restrictions there are some modifications to the delivery mode of this unit as outlined below:

1. There will be no face-to-face on-campus lectures. Lectures will be delivered through a combination of live Zoom sessions and pre-recorded lecture videos.
2. The previously scheduled residential school/laboratory block sessions will not take place in 2020. The practical component of this unit will be conducted at-home with instructions provided via online material (i.e. interactive tutorials) and Zoom drop-in sessions to answer any queries from students regarding the practical task requirements. To complete some tasks you may need a family member and/or friend to serve as an 'athlete'. More details will be available on the Moodle site.

## 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, fill-in-the-blank, labeling, and matching 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 some questions do not work well on mobile devices such as smartphones and tablets. In addition, attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification. In the absence of an approved extension, no attempts will be permitted after the due date.

**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 (3 Aug. 2020) 8:00 am AEST

Close Date: Week 5 Monday (10 Aug. 2020) 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 (7 Sep. 2020) 8:00 am AEST

Close Date: Week 9 Monday (14 Sep. 2020) 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 (5 Oct. 2020) 8:00 am AEST

Close Date: Review/Exam Week Monday (12 Oct. 2020) 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. In the absence of an approved extension, no attempts will be permitted after the specified due dates.

### **Return Date to Students**

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

### **Weighting**

30%

### **Assessment Criteria**

Responses to quiz questions will be marked as correct or incorrect by the Moodle Online Quiz System and tabulated to give your mark for each 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 7th Edition \(APA 7th edition\)](#)

### **Submission**

Online

### **Submission Instructions**

You must log on to Moodle to complete each quiz. A link to each quiz can be found on the Moodle site. Once you have completed the quiz, you must click the 'Submit all and finish' button to submit your responses. When the time limit of the quiz expires, any open attempts will be submitted automatically.

### **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**

Literature reviews 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)):



- Patellofemoral Pain
- Lateral Ankle Sprain
- Lateral Elbow Tendinopathy
- 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 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. Journal articles should provide the most recent evidence pertaining to the chosen injury and therefore it is recommended you focus on journal articles published within last 15 years; however, some older journal articles providing important discoveries pertaining to your selected injury may be used in your 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:** 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 2 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) 6th edition referencing style. Information within tables/figures do not count towards word count limits.
- **Referencing:** American Psychological Association (APA) 6th edition 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).
- **Submission:** Your Word (.doc or .docx) or PDF (.pdf) file is to be submitted via the Literature Review submission link on the ESSC12009 Moodle page. Only .doc, .docx, and .pdf formats will be accepted. You will not be able to submit other file formats. Your submission must be uploaded as a single file. 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 9 Wednesday (16 Sept 2020) 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 6 October 2020 (unless there is an approved extension).

### Return Date to Students

Week 12 Monday (5 Oct 2020)

### 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; recency of peer-reviewed journal articles 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 7th Edition \(APA 7th edition\)](#)

### 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 (.doc or .docx) or PDF (.pdf) document. 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 written responses to the scenario which address each criteria described below:

- Summary of common injuries within the specified team sport
- Key areas of monitoring and screening within the specified team sport
- Injury prevention training program
- A plan for identifying and reporting athlete injuries
- Identify role of various specialists in care and management of athlete injuries
- A training session plan to assist an athlete's return to play
- 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:** Unless noted in the case study file, 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) 6th edition 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 fifteen (15) 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 fifteen (15) years, and the most recent iteration.
- **Submission:** Your Word (.doc or .docx) or PDF (.pdf) file is to be submitted via the Case Study submission link on the ESSC12009 Moodle page. Only .doc, .docx, .pdf formats will be accepted. You will not be able to submit other file formats. Your submission must be uploaded as a single file. 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 and marking rubric will be provided via the ESSC12009 Moodle site.**

#### **Assessment Due Date**

Review/Exam Week Wednesday (14 Oct 2020) 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 26 October 2020 (unless there is 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 in the response
- Use of suitable references to support the response with correct formatting (APA style)
- Ability to communicate through use of appropriate terminology and the clarity and conciseness of the 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 7th Edition \(APA 7th edition\)](#)

#### **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 (.doc or .docx) or PDF (.pdf) document. 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 Practical Skills

### Assessment Type

Practical Assessment

### Task Description

A series of practical tasks related to the three areas listed below will be completed via compulsory online and/or at-home activities which will include demonstrate skills relevant to sport injury prevention and management. To complete some tasks you may need a family member and/or friend to serve as an 'athlete'.

The three (3) areas include:

1. Assessing an Athlete
2. Injury Prevention Program Delivery
3. Taping Techniques

Interactive online material and Zoom drop-in sessions will be used to assist with completing each task. Submission for this assessment will include written, visual (i.e. images or schematic drawings), and video evidence demonstrating completion of each task. To successfully pass this assessment item you must complete all tasks with sufficiently accurate information.

It is recommended you complete each practical task in line with the Zoom drop-in schedule outlined in the Term Schedule of the Unit Profile.

### Assessment Due Date

Week 10 Wednesday (23 Sept 2020) 5:00 pm AEST

Students will be required to submit three (3) modules demonstrating completion of each task. All modules must be completed by the due date; however, you are encouraged to complete these modules throughout the term.

### Return Date to Students

Week 12 Wednesday (7 Oct 2020)

### Weighting

Pass/Fail

### Minimum mark or grade

Pass

### Assessment Criteria

Written, visual (i.e. images or schematic drawings) and video evidence demonstrating completion of each task will be used to determine passing grade for this assessment. To successfully pass this assessment item you must complete all tasks. If submissions for any tasks are incomplete, students will be given one (1) additional opportunity to revise their submission and complete all tasks.

### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### Submission

Online

### Submission Instructions

Students will be required to submit three (3) modules demonstrating completion of each task. Further details will be available on 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