



# ESSC12009 Sport Injury Prevention and Management

## Term 2 - 2023

Profile information current as at 05/05/2024 06:26 pm

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: ESSC11001 Physical Activity, Fitness and Health; BMSC11001 Human Body Systems 1 AND BMSC11002 Human Body Systems 2 OR BMSC11010 Human Anatomy and Physiology 1 AND BMSC 11011 Human Anatomy and Physiology 2 Co-requisite: ESSC13007 Functional Anatomy OR ESSC12010 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 - 2023

- Cairns
- Mackay City
- 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. **Case Study**

Weighting: 40%

#### 3. **Written Assessment**

Weighting: 30%

#### 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 Student feedback

##### **Feedback**

Students raised concerns that the resources provided for the practical component were unclear.

##### **Recommendation**

It is recommended that resources be reviewed prior to the next offering.

#### Feedback from Student feedback

##### **Feedback**

Students commented that the practical sessions felt rushed and wanted more time to undertake tasks.

##### **Recommendation**

The practical component for this unit is currently restricted to two days. As such, it is not possible to provide more time to undertake the tasks. However, it is recommended that pre-laboratory tasks be provided to students to maximise their time during the practical sessions.

## 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				
10 - Aboriginal and Torres Strait Islander Cultures				

## 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
- Endnote bibliographic software. This is optional for formatting references.
- Microsoft Office (Word, Excel, PowerPoint) or similar software such as Open Office
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials.

## 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

**Mandy Plumb** Unit Coordinator  
[a.plumb@cqu.edu.au](mailto:a.plumb@cqu.edu.au)

**Rogan Bartlett** Unit Coordinator  
[r.bartlett@cqu.edu.au](mailto:r.bartlett@cqu.edu.au)

**Joshua Guy** Unit Coordinator  
[j.guy@cqu.edu.au](mailto:j.guy@cqu.edu.au)

## Schedule

### Week 1 - 10 Jul 2023

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

### Week 2 - 17 Jul 2023

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

### Week 3 - 24 Jul 2023

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

### Week 4 - 31 Jul 2023

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Lower Body I	Readings provided via Moodle	<b>Quiz 1</b> Opens: Week 4 Monday (31 July 2023) 9:00 am AEST

**Week 5 - 07 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Lower Body II	Readings provided via Moodle	<b>Quiz 1</b> Closes: Week 5 Monday (7 Aug 2023) 5:00 pm AEST

**Vacation Week - 14 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
--------------	---------	------------------------------

**Week 6 - 21 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Common Injuries of the Upper Body I	Readings provided via Moodle	<b>Literature Review</b> Due: Week 6 Monday (21 Aug 2023) 5:00 pm AEST

**Week 7 - 28 Aug 2023**

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

**Week 8 - 04 Sep 2023**

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 (4 Sept 2023) 9:00 am AEST

**Week 9 - 11 Sep 2023**

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 (11 Sept 2023) 5:00 pm AEST

**Week 10 - 18 Sep 2023**

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

**Week 11 - 25 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Select Topics in Sport Injury Prevention and Management III	Readings provided via Moodle	<b>Case Study - Team Sport Scenario</b> Due: Week 11 Monday (25 Sept 2023) 5:00 pm AEST

**Week 12 - 02 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Review		<b>Quiz 3</b> Opens: Week 12 Monday (2 Oct 2023) 9:00 am AEST

**Review/Exam Week - 09 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Quiz 3</b> Closes: Review/Exam Week Monday (9 Oct 2023) 5:00 pm AEST

**Exam Week - 16 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
--------------	---------	------------------------------

## Term Specific Information

### Compulsory On-campus Activity Information

This unit includes compulsory on-campus activities (residential school). You must attend the residential school specific to your mode of enrolment as outlined below. If you prefer to attend an alternate session to that specified for your enrolment mode, please contact the Unit Coordinator to discuss attendance at an alternative residential school. Please see the CQUniversity Handbook and the ESSC12009 Moodle site for up-to-date information.

Please ensure you complete your class registration via [MyCQU](#).

#### **Mackay (MKY or MKC) and mixed-mode (MIX) students living in the area surrounding Mackay**

The Mackay residential school is scheduled in Week 5 (Thursday and Friday, 10th and 11th August 2023) at the Exercise and Sport Science Labs located on the Mackay City Campus (Building 4).

#### **Rockhampton (ROK) and mixed-mode (MIX) students in all other areas**

The Rockhampton residential school is scheduled in Week 6 (Wednesday and Thursday, 23rd and 24th August 2023) at the Exercise and Sport Science Labs located on the Rockhampton North Campus (Building 81).

#### **Cairns (CNS) and mixed-mode (MIX) students living in the area surrounding Cairns**

The Cairns residential school is scheduled in Week 8 (Tuesday and Wednesday, 5th and 6<sup>th</sup> September 2023) at the Exercise and Sport Science Labs located at Cairns Basketball Association Headquarters (289 Aumuller St.).

#### **Note for mixed-mode (MIX) students:**

Students enrolled via MIX may attend any residential school option; however, it is preferred that you attend the residential school as specified above based on your geographic location. The Cairns and Mackay residential schools are specifically for those enrolled as a CNS or MKY/MKC student or MIX student living in those regions and have strict capacity limits. If the Cairns or Mackay residential schools reach the cap number, and you do not live in the surrounding area, you may be reallocated to the Rockhampton residential school. This is due to limited teaching and space resources in Cairns and Mackay. We aim to finalise residential school allocations by the end of Week 2, but this is dependent on students completing class registration via [MyCQU](#).

## 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, labelling, 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.

**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 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, please ensure you complete the quiz prior to the Close Date.

**Open Date:** Week 4 Monday (31 July 2023) 9:00 am AEST

**Close Date:** Week 5 Monday (7 Aug 2023) 5:00 pm AEST

#### **Quiz 2 (10% of final grade)**

Quiz 2 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, please ensure you complete the quiz prior to the Close Date.

**Open Date:** Week 8 Monday (4 Sep 2023) 9:00 am AEST

**Close Date:** Week 9 Monday (11 Sep 2023) 5:00 pm AEST

### **Quiz 3 (10% of final grade)**

Quiz 3 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, please ensure you complete the quiz prior to the Close Date.

**Open Date:** Week 12 Monday (2 Oct 2023) 9:00 am AEST

**Close Date:** Review/Exam Week Monday (9 Oct 2023) 5:00 pm AEST

### **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 and complete the quiz during the time the quiz is available. 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

## **2 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 provided case study/question document.
- **Formatting:** Unless noted in the case study/question document, 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) 7th edition referencing style is to be used throughout the assessment. This includes 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 breaches of academic integrity). You are advised to familiarise yourself with CQUniversity's Student Academic Integrity Policy and Procedure. Any assessments suspected of plagiarism (or other breaches of academic integrity) will be handled in accordance to CQUniversity's Student Academic Integrity Policy and Procedure with subsequent penalties applied.

### Assessment Due Date

Week 11 Monday (25 Sept 2023) 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).

### Return Date to Students

Marks and feedback will be returned two weeks after due date.

### 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

## 3 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)):

- Anterior Cruciate Ligament
- Lateral Ankle Sprain
- Patellofemoral Pain
- Medial meniscus tear
- Achilles Tendinopathy

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) 7th edition referencing style. Information within tables/figures do not count towards word count limits.
- **Referencing:** American Psychological Association (APA) 7th 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 breaches of academic integrity). You are advised to familiarise yourself with CQUniversity's Student Academic Integrity Policy and Procedure. Any assessments suspected of plagiarism (or other breaches of academic integrity) will be handled in accordance to CQUniversity's Student Academic Integrity Policy and Procedure with subsequent penalties applied.

### Assessment Due Date

Week 6 Monday (21 Aug 2023) 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).

## Return Date to Students

Marks and feedback will be returned two weeks after due date.

### 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

## 4 Practical Assessment

### Assessment Type

Practical Assessment

#### Task Description

This assessment item is linked to your attendance and participation in the compulsory on-campus activities associated with this unit. As such, you are required to attend one (1) of the timetabled on-campus residential school. Different sessions are available depending on your mode of enrolment (i.e. ROK, MIX, MKY, CNS) 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](#).

During the on-campus residential school you will undertake a series of practical activities, which will develop your hands-on skills related to assessing an athlete, delivering an injury prevention program, and applying appropriate taping techniques.

You will then be assessed on your practical skills during the on-campus residential school.

### **Assessment Due Date**

There is no formal submission required for this assessment.

### **Return Date to Students**

You will receive feedback during the on-campus residential school as to your performance and mark for this assessment.

### **Weighting**

Pass/Fail

### **Minimum mark or grade**

Pass

### **Assessment Criteria**

Attendance at the on-campus laboratory activity, with sufficient active participation, and demonstrated competencies as per the Laboratory Workbook will result in a passing grade for this assessment. Failure to attend, lack of active participation, or failed competency demonstration may result in a 'Fail' grade for this assessment item, and you will be unable to pass this unit.

There are three (3) criteria that must be met to pass this assessment item:

1. **Attendance** - You must attend the entire on-campus residential school. Attendance will be monitored through signing laboratory attendance sheets which will be facilitated by Exercise and Sport Sciences staff. Please note, there may be multiple attendance sheets to sign.
2. **Active Participation** - Exercise and Sport Sciences staff instructing each session will monitor your participation during each practical task and ensure you meet the criteria within the Laboratory Participation Checklist. To meet the criteria for 'active participation' you must complete each item within the Laboratory Participation Checklist, which includes completion of the Laboratory Workbook. A copy of the Laboratory Participation Checklist is available in the Laboratory Workbook which will be made available on Moodle.
3. **Skill Competency** - Exercise and Sport Sciences staff with knowledge and expertise in the field will use a Competency Checklist to evaluate your ability to correctly setup of equipment and participant; provide participant with instructions; and collect data. For each data collection procedure, you will need to 'Pass' the Risk Management/Safety component for each task and achieve 50% or higher on the graded component within the Competency Checklist. A copy of the Competency Checklist will be made available on Moodle. If you fail to demonstrate any of the skill competencies, you will be provided with one reattempt. The reattempt will take place on the afternoon of the final day of the residential school.

Please note:

- If you miss a session without an approved reason, it will result in a 'Fail' on this assessment item.
- If you are unable to attend one of the residential schools, and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made in consultation with the Deputy Dean Learning and Teaching or equivalent manager. The CQUniversity Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusts to assessment.

### **Referencing Style**

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

### **Submission**

No submission method provided.

### **Submission Instructions**

You do not need to submit any documents for this assessment item. Exercise and Sport Sciences staff will monitor your attendance and participation, as well as assess your skill competencies during the on-campus residential school.

### **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.

## 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