



# ESSC13003 *Advanced Applied Exercise and Sport Science A*

## Term 1 - 2017

Profile information current as at 26/04/2024 01:31 pm

All details in this unit profile for ESSC13003 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 is designed to enhance your understanding and application of exercise prescription and programming, including strength and conditioning concepts. This unit will also provide you with extended opportunities to gain practical experience under the supervision of exercise and sport science practitioners and gain competency and assume responsibilities in the work environment while working with a variety of low risk populations. You will be engaged in work-integrated learning while being supported by staff in this unit.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: *0*

Student Contribution Band: *10*

Fraction of Full-Time Student Load: *0*

### Pre-requisites or Co-requisites

ESSC12005 Applied Exercise and Sport Physiology AND ESSC12008 Applied Exercise and Sport Biomechanics

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 1 - 2017

- Distance
- 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 0-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 0 hours of study per week, making a total of 0 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 Test**

Weighting: 40%

#### 2. **Practical and Written Assessment**

Weighting: 60%

#### 3. **Professional Practice Placement**

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 Course evaluations

**Feedback**

Absolutely everything!!! I found this course very easy to follow and understand because everything was on moodle and Mel was a HUGE help. Really am enjoying this subject. Best subject!!

**Recommendation**

Ensure assessment items continue to remain clear and provide concise criteria for the students to address and that the Moodle site continues to operate as a 'one stop shop' for students that is easy to navigate.

**Action**

The assessment items remained similar in 2017, with a slight change to the case studies for the written assessment. This change was necessary so that case studies were not replicated from students' that have already completed this unit. The Moodle layout was kept consistent and clear by rolling over 2016 to 2017.

#### Feedback from Course evaluation

**Feedback**

Just a comment, I was really surprised to see that not 100% of the class completed the Level 1 ASCA. The level 1 course and 13003 are almost identical, and for anyone who wants to be involved in a gym environment in any form in the future I think it is very beneficial (when we cover the same work in 13003 anyway!). You may as well get the certification for it.

**Recommendation**

The degree should align with as many external accreditation bodies as it can so that graduates not only graduate with their degree, but also with a variety of additional qualifications. Such accreditations could include ASCA Level 1 Strength and Conditioning, SMA Sports Trainer and Sports First Aider, Sports Administrator. These additional qualifications would assist our graduates in their employment opportunities. Furthermore, students could then use their 160 placement hours (ESSC13003/ESSC13004) to undertake the required hours to complete the practical assessment requirements of the above qualifications, in conjunction with their ESSA Sport Science accreditation requirements.

**Action**

The ASCA course was again offered in 2017, and was attended by approximately 40% of the students enrolled in this unit. Work is ongoing to embed the ASCA level 1 within this units replacement, Advanced Exercise Prescription and Delivery.

#### Feedback from Course evaluation

**Feedback**

The lecturers enthusiasm. I look forward to watching lectures and the assessment tasks were very realistic. Mel has been the most approachable lecturer I have come across at my time at CQU, she is always happy to answer any questions about future career options or topics that do not relate to her subject area.

**Recommendation**

Future coordinators should take a similar approach. Be passionate about what you do and the students will appreciate it.

**Action**

Having a passion for strength and conditioning and exercise prescription, I feel my enthusiasm showed through to the students in 2017, this was reflected by the high overall satisfaction score (4.6/5)

## Unit Learning Outcomes

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

1. Recognise, describe, and analyse key concepts, principles, and applications regarding exercise prescription, programming, and conditioning in low risk and athletic populations.
2. Implement key concepts and principles of exercise prescription, programming, and conditioning in delivering and designing training programs for low risk and athletic populations.
3. Implement exercise and sport science skills and knowledge through completing practicum in workplace settings.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Test - 40%	•		
2 - Practical and Written Assessment - 60%	•	•	
3 - Professional Practice Placement - 0%			•

### Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication	•	•	•
2 - Problem Solving	•	•	•
3 - Critical Thinking	•	•	•
4 - Information Literacy	•	•	•
5 - Team Work		•	•
6 - Information Technology Competence	•		•
7 - Cross Cultural Competence	•	•	•
8 - Ethical practice		•	•
9 - Social Innovation			
10 - Aboriginal and Torres Strait Islander Cultures			

### Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Test - 40%	•	•	•	•		•	•			
2 - Practical and Written Assessment - 60%	•	•	•	•	•		•	•		

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
<b>3 - Professional Practice Placement - 0%</b>	•	•	•	•	•	•	•	•		

## Textbooks and Resources

### Textbooks

ESSC13003

#### Prescribed

#### Essentials of Strength Training and Conditioning

4th Edition (2015)

Authors: NSCA -National Strength & Conditioning Association

Human Kinetics

United States

ISBN: 149250162X

Binding: Hardcover

#### Additional Textbook Information

Please purchase the 4th Edition, edited by Gregory Haff & Travis Triplett

This text book is a great resource moving forward after you have finished your degree.

Some extra readings will also be made available online through the Moodle site.

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

#### You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Internal students are encouraged to bring a laptop to all classes

## 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

**Joshua Guy** Unit Coordinator

[j.guy@cqu.edu.au](mailto:j.guy@cqu.edu.au)

## Schedule

### Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Course introduction and overview of ESSC13003 and ESSC13004 as combined courses	Haff and Triplett (2015) Chapter 24	
<b>Risk stratification and the screening process</b>		

<b>Week 2 - 13 Mar 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>The role of fitness testing</b>	Haff and Triplett (2015) Chapters 12-13	
<b>Week 3 - 20 Mar 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Training and exercise programming fundamentals</b>	Haff and Triplett (2015) Chapter 21	
<b>Week 4 - 27 Mar 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Free weight and machine training</b>	Haff and Triplett (2015) Chapter 15	
<b>Week 5 - 03 Apr 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Alternative and non-traditional training</b>	Haff and Triplett (2015) Chapter 16	
<b>Vacation Week - 10 Apr 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
N/A	N/A	
<b>Week 6 - 17 Apr 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Training and programming for flexibility and neuromotor function</b>	Haff and Triplett (2015) Chapter 14	Quiz 1: Opens Friday 21st April 2017 at 6:00am AEST and closes Monday 24th April 2017 at 5:00pm AEST
<b>Week 7 - 24 Apr 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Training and programming for cardiorespiratory endurance</b>	Haff and Triplett (2015) Chapters 6 and 20	
<b>Week 8 - 01 May 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Training and programming for anaerobic capacity</b>	Haff and Triplett (2015) Chapter 5	
<b>Week 9 - 08 May 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Training and programming for speed, agility, and speed-endurance</b>	Haff and Triplett (2015) Chapter 19	
<b>Week 10 - 15 May 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Plyometric training and programming</b>	Haff and Triplett (2015) Chapter 18	
<b>Week 11 - 22 May 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Group training and athletic development</b>	Please refer to Moodle for required readings	
<b>Week 12 - 29 May 2017</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>

Quiz 2: Opens Friday 2nd June 2017 at 6:00am AEST and closes Monday 5th June 2017 at 5:00pm AEST

**Emergency procedures and first aid**

Please refer to Moodle for required readings

**Written Assessment Task -**

**Programming** Due: Week 12 Friday (2 June 2017) 5:00 pm AEST

**Review/Exam Week - 05 Jun 2017**

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

N/A

N/A

**First 40hr Placement - Completed**

**Log Book** Due: Review/Exam Week Friday (9 June 2017) 5:00 pm AEST

**Exam Week - 12 Jun 2017**

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

N/A

N/A

## Term Specific Information

### 1. Residential School 2017

Students are required (**compulsory**) to attend a two (2) day residential school as a part of this course. The residential school for this course will be held on Thursday 4th May 2017 - Friday 5th May 2017.

All students should meet out the front of Building 81 (Rockhampton Campus) at 8.15am sharp on the Thursday morning. As a group, we will then head to our classroom/s.

There will be a competency assessment task that students are required to pass as a part of this residential school.

Additional information regarding residential school, such as accommodation options, overview of daily schedule etc is available on the ESSC13003 Moodle page.

### 2. ACSA Level 1 Strength & Conditioning Course 2017

In the two days prior (Tuesday 2nd May 2017 - Wednesday 3rd May 2017) to residential school, students will be given the opportunity to participate in an ASCA Level 1 Strength and Conditioning Course.

Whilst we **highly recommend all students participate**, this course is optional.

Students wishing to participate will be required to pay approximately \$300 (which is heavily discounted) beforehand.

As a result of completing this course, students can then gain their ASCA Level 1 Strength and Conditioning qualification.

Additional information regarding this ACSA Level 1 S&C course is available on the ESSC13003 Moodle page.

## Assessment Tasks

### 1 Online Quizzes

**Assessment Type**

Online Test

**Task Description**

There are 2 quizzes, both worth 20% each, therefore 40% in total.

Quiz 1 will test knowledge and content from weeks 1-6, while Quiz 2 will test knowledge and content from weeks 7-12.

**Assessment Due Date**

Quiz 1 to be completed in Week 6, Quiz 2 to be completed in Week 12

**Return Date to Students**

This assessment is conducted online, so you will receive immediate feedback of your grade. Correct answers will be made available once the quiz has closed

**Weighting**

40%

**Assessment Criteria**

- There will be two (2) quizzes.

- Each quiz is worth 20%.
- There will be up to 40 questions (with 4 or 5 choices along with true/false questions) per quiz.
- Each question is worth one mark, no marks are taken off for incorrect answers, and you only have one attempt.
- Your correct answers will then be tallied, and a total percentage out of 20% will be determined for each quiz. Each quiz percentage will then be combined to work out an overall percentage grade out of 40%.
- You will receive your mark immediately following each quiz, however the correct answers will only be made available once the quiz has closed.

### Referencing Style

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

### Submission

Online

### Learning Outcomes Assessed

- Recognise, describe, and analyse key concepts, principles, and applications regarding exercise prescription, programming, and conditioning in low risk and athletic populations.

### Graduate Attributes

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

## 2 Written Assessment Task - Programming

### Assessment Type

Practical and Written Assessment

### Task Description

Students are required to demonstrate their programming knowledge and understanding by developing two 8 week training programs. Students are also required to justify each of their chosen program variables and elements with the use of supporting literature. Further detail regarding this assessment task is available on Moodle.

### Assessment Due Date

Week 12 Friday (2 June 2017) 5:00 pm AEST

Please submit online via moodle in doc or pdf format

### Return Date to Students

Exam Week Friday (16 June 2017)

Feedback will be provided.

### Weighting

60%

### Assessment Criteria

A detailed marking rubric associated with this assessment is available on Moodle. This includes:

- Evaluation of the sport
- Exercise selection or mode
- Training frequency, intensity, and duration
- Exercise order
- Training load, repetitions, and progression
- Rest periods
- Training principles
- Overall periodisation
- Inclusion of relevant literature to justify the program.

### Referencing Style

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

### Submission

Online



### **Learning Outcomes Assessed**

- Recognise, describe, and analyse key concepts, principles, and applications regarding exercise prescription, programming, and conditioning in low risk and athletic populations.
- Implement key concepts and principles of exercise prescription, programming, and conditioning in delivering and designing training programs for low risk and athletic populations.

### **Graduate Attributes**

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

## **3 First 40hr Placement - Completed Log Book**

### **Assessment Type**

Professional Practice Placement

### **Task Description**

Students are required to complete their first 40 hours of placement for this assessment task. All completed hours should be sufficiently detailed in the Placement Log Book and signed off by the placement supervisor before submitting this assessment task. The site supervisors report must also be submitted alongside this assessment. Further detail regarding placement and this assessment task is available on Moodle.

### **Assessment Due Date**

Review/Exam Week Friday (9 June 2017) 5:00 pm AEST  
Please upload via Moodle in word or PDF format

### **Return Date to Students**

Exam Week Friday (16 June 2017)

### **Weighting**

Pass/Fail

### **Minimum mark or grade**

This is a Pass/Fail assessment task

### **Assessment Criteria**

The logbook is graded as pass/fail. Sufficient detail is required in regards to the the client description and description of services as well as the adequacy of the placement hours. The site supervisors report must also be submitted alongside this assessment. An exemplar of the logbook has been provided on Moodle in the "Placement information and resources" section.

### **Referencing Style**

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

### **Submission**

Online

### **Learning Outcomes Assessed**

- Implement exercise and sport science skills and knowledge through completing practicum in workplace 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