



# ESSC13005 *Advanced Clinical Exercise Science*

## Term 2 - 2017

Profile information current as at 19/05/2024 11:36 am

All details in this unit profile for ESSC13005 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

In this unit you will learn how exercise is used in the assessment, treatment, or prevention of chronic or complex health conditions. You will undertake a placement in a clinical setting and observe how exercise is implemented, and reflect on these observations by comparing with best practice. The knowledge and experience gained in this unit will enhance your understanding of the healthcare sector, and of employment opportunities in the field.

#### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

#### Pre-requisites or Co-requisites

Pre-requisites: ESSC12005 Applied Exercise and Sport Physiology.

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 - 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).

#### 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. **Portfolio**

Weighting: 70%

#### 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 Student feedback via 'Have your say feedback in Moodle.

##### Feedback

Placements and related assessment tasks were enjoyed by students as they were different to those required in other courses. Reflective interviews encouraged students to think more deeply about the application of exercise in clinical settings, which matched industry demands.

##### Recommendation

Assessment tasks (reflective interview and industry report) will be continued due to industry relevance.

#### Feedback from Peer feedback

##### Feedback

Personalize weekly EasiConnect updates to students.

##### Recommendation

Given the small student numbers, attempts will be made to provide more personalized feedback to student via EasiConnect.

#### Feedback from Self reflection

##### Feedback

More consistent, clear management of clinical placements.

##### Recommendation

Improve flow of placement approvals via university procedures and provide clear guidance to students regarding these procedures.

## Unit Learning Outcomes

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

1. Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
2. Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
3. Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
4. Work independently and/or collaborate with others as a team member.

## 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%	•			

Assessment Tasks	Learning Outcomes			
	1	2	3	4
2 - Portfolio - 70%	•	•	•	•
3 - Professional Practice Placement - 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

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 30%		•	•	•		•	•			
2 - Portfolio - 70%	•	•	•	•	•			•		
3 - Professional Practice Placement - 0%		•			•			•		

## Textbooks and Resources

### Textbooks

ESSC13005

#### Prescribed

#### **ACSM's Guidelines for Exercise Testing and Prescription**

Edition: 10th (2017)

Authors: American College of Sports Medicine

Lippincott Williams & Wilkins

Philadelphia , PA , USA

ISBN: 9781496339065

Binding: Paperback

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Computer / laptop with webcam to allow videoconferencing.
- EndNote or similar bibliographic software is recommended. EndNote is available free of charge from CQUniversity via the Library or IT services.
- Microsoft Office (or equivalent) software for preparation of assessment items in the appropriate format.
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials. We will use this software for reflective interviews.

## 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

**Robert Stanton** Unit Coordinator

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## Schedule

### **Week 1 - 10 Jul 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Unit Introduction and Placement Information		

### **Week 2 - 17 Jul 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Clinical Testing, Interpretation, Professionalism, and Screening		

### **Week 3 - 24 Jul 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Health Coaching		

**Week 4 - 31 Jul 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Age-related Considerations for Exercise Prescription		

**Week 5 - 07 Aug 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Females during Pregnancy		

**Vacation Week - 14 Aug 2017**

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 6 - 21 Aug 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Cardiovascular Disease		

**Week 7 - 28 Aug 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Pulmonary Disease		Online Quiz 1 opens at 8:00 am Wednesday 30th August 2017 and closes at 11:55 pm Sunday 3rd September 2017.

**Week 8 - 04 Sep 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Metabolic and Renal Disease		

**Week 9 - 11 Sep 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Cancer		

**Week 10 - 18 Sep 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Mental Health		

**Week 11 - 25 Sep 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Special Considerations for Common Orthopaedic Conditions		

**Week 12 - 02 Oct 2017**

Module/Topic	Chapter	Events and Submissions/Topic
Review		Online Quiz 2 opens at 8:00 am Wednesday 4th October 2017 and closes at 11:55 pm Sunday 8th October 2017. Work Integrated Learning Placement must be completed by 5:00 pm Friday 6th October 2017.

**Review/Exam Week - 09 Oct 2017**

Module/Topic	Chapter	Events and Submissions/Topic
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All portfolio items (placement log book, reflective interview and written report) due for completion by due 8:00 am Monday 9th October 2017.

**Portfolio** Due: Review/Exam Week Monday (9 Oct 2017) 8:00 am AEST

## Exam Week - 16 Oct 2017

Module/Topic

Chapter

Events and Submissions/Topic

## Assessment Tasks

### 1 Online Quiz(zes)

#### Assessment Type

Online Quiz(zes)

#### Task Description

There are two (2) online Quizzes for this unit. Quiz 1 will be based on content covered in lectures 2-6 inclusive; Quiz 2 will be based on content covered in lectures 7-11 inclusive. Each Quiz will contain 30 questions and you will be given 40 minutes to complete each Quiz. Upon completion of the 40 minutes, there will be a 2 minute grace period where open attempts can be submitted, but no more questions can be answered.

#### Number of Quizzes

2

#### Frequency of Quizzes

Other

#### Assessment Due Date

Quiz 1 will be available from 8:00 am Wednesday 30th August 2017 to 11:55 pm Sunday 3rd September 2017; Quiz 2 will be available from 8:00 am Wednesday 4th October 2017 to 11:55 pm Sunday 8th October 2017.

#### Return Date to Students

Quiz results and questions will be made available to students following the closure of each Quiz

#### Weighting

30%

#### Assessment Criteria

Quiz 1 will be based on content covered in lectures 2-6; Quiz 2 will be based on content covered in lectures 7-11. Each Quiz will contribute 15% of your overall mark for this unit.

#### Referencing Style

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

#### Submission

Online

#### Learning Outcomes Assessed

- Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.

#### Graduate Attributes

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

## 2 Portfolio

### Assessment Type

Portfolio

### Task Description

Your portfolio will comprise three (3) individual assessment items related to your placement. Firstly, you will complete a logbook which records the activities observed or undertaken during your placement. A template for the logbook will be available on Moodle. The logbook will be in 2 parts. Part A will log the first 20 hours of your Work Integrated Learning placement. Part B will log the final 20 hours of your Work Integrated Learning placement. Both parts must be signed by your supervisor. Secondly, you will undertake a reflective one-on-one recorded interview where you will reflect on the learnings from your placement by applying critical thinking, communication and problems solving skills. The one-on-one interview will be conducted using ZOOM videoconferencing software. Finally, you will generate an industry report where you benchmark the exercise protocols observed during your placement, against industry best practice. A template for the report will be available on Moodle and the report must be completed using the supplied template. The report must be submitted in MS Word format. Taken together, the items which contribute to the portfolio will improve your understanding of the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions.

### Assessment Due Date

Review/Exam Week Monday (9 Oct 2017) 8:00 am AEST

All portfolio assessments items are due for submission by 8:00 am, Monday of Review Week.

### Return Date to Students

Exam Week Friday (20 Oct 2017)

### Weighting

70%

### Assessment Criteria

The portfolio will contribute 70% of your overall grade for this unit, and comprises three (3) individual assessment items related to your placement.

#### 1. Logbook.

You must complete the template available on Moodle for Part A and Part B of this assessment item. Each logbook must be signed by your placement supervisor on each page, be submitted immediately on completion of the first 20 hours and final 20 hours of your placement, and together must show evidence of completing your 40 hour placement. The logbook will contribute 10% of your overall grade for this unit.

#### 2. Reflective interview.

You will participate in a 1-on-1 reflective interview to identify and explain the learnings from your placement. This interview will be conducted via ZOOM videoconference software, and will be conducted immediately on completion of your placement. The interview will be up to 30 minutes in duration and will be recorded. You will need to carefully reflect on what you have learned with respect to how exercise was used, your contribution to the setting, patients views of exercise, and how you might utilise exercise more effectively in a similar setting. More details, including the marking rubric, will be available on Moodle. This assessment item will contribute 20% of your overall grade for this unit.

#### 3. Industry report.

You will produce an industry report which critically evaluates the way in which exercise was used in the assessment, treatment, or prevention of at least one (1) chronic or complex health condition in the clinical setting in which you undertook your placement. You will describe in detail, the exercise testing and/or exercise prescription protocols used, and compare those with the most recent recommendations, position statements, guidelines or other relevant documents used to implement best practice. You must extend your discussion to include the barriers and facilitators to the implementation of best practice, from the perspectives of the organisation, the clinician, and the patient. Your conclusions must include no less than three (3) recommendations as to how the implementation of best practice could be improved. More details, including a template for preparing the industry report, and the marking rubric, will be available on Moodle. This assessment item will contribute 40% of your overall grade for this unit.

### Referencing Style

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

### Submission

Online

### Learning Outcomes Assessed

- Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.



- Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
- Work independently and/or collaborate with others as a team member.

#### **Graduate Attributes**

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

## **3 Professional Practice Placement**

#### **Assessment Type**

Professional Practice Placement

#### **Task Description**

You will undertake a placement in a clinical setting where exercise is used in the assessment, treatment, or prevention of chronic or complex health conditions. This placement is a Pass/Fail assessment item and is essential for the completion of assessment tasks which comprise the portfolio. The placement will be largely 'observational'. That is, you will observe how clinicians use exercise protocols in the assessment, treatment, or prevention of chronic or complex health conditions. You may not be required to develop, prescribe, or implement exercise, however, if the opportunity presents to do this, then you are encouraged to do so, within the scope of practice.

#### **Assessment Due Date**

Professional Practice Placement must be completed in time to submit the Portfolio assessment items by the due date.

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

This is a Pass/Fail assessment item based on successful completion of a 40 hour observational placement.. You must complete this task by the end of Week 12, Term 2, 2017 in order to pass this course.

#### **Weighting**

Pass/Fail

#### **Assessment Criteria**

This is a Pass/Fail assessment item. Completion of the 40 hour placement is compulsory, and failure to successfully complete the 40 hour placement will result in a Fail grade for this unit. Observations during the Professional Practice Placement are directly linked to the Portfolio assessment tasks and you will not be able to complete any of the Portfolio assessment tasks without undertaking a Professional Practice Placement .

#### **Referencing Style**

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

#### **Submission**

Offline Online

#### **Submission Instructions**

Placements will be tracked using SONIA; CQUniversity's placement management software. Submission of the log book will be via Moodle.

#### **Learning Outcomes Assessed**

- Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
- Work independently and/or collaborate with others as a team member.

#### **Graduate Attributes**

- Problem Solving
- Team Work
- 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