



ESSC13005 *Advanced Clinical Exercise Science*

Term 2 - 2020

Profile information current as at 20/04/2024 06:48 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 - 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).

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 Have your say survey.

Feedback

Work Integrated Learning aspect of this unit is well-regarded by students.

Recommendation

It is recommended to continue with the Work Integrated Learning aspect of this unit to meet student needs and provide authentic experiential learning opportunities.

Feedback from Self-reflection and discussion with Work Integrated Learning team.

Feedback

Some students delay identifying a suitable placement site for Work Integrated Learning.

Recommendation

It is recommended the Work Integrated Learning team continue to notify students enrolled or planning to enrol in ESSC13005 in T2 about Work Integrated Learning requirements for this unit and offer placement sites based on the growing database of placement sites willing to take CQUni students.

Feedback from Have your say survey.

Feedback

The lecturer uses their clinical experience in lecture content and delivery resulting in more authentic learning.

Recommendation

It is recommended to continue to leverage off the Unit Coordinator's clinical experience when delivering lectures.

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

Additional Textbook Information

If you prefer to study with a paper copy, they are available at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code). eBooks are available at the publisher's website.

[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.
- Adobe Acrobat Reader (or similar) software for viewing PDF documents.
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials. We will use this software for case study presentations.

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

Robert Stanton Unit Coordinator

r.stanton@cqu.edu.au

Schedule

Week 1 - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction: Exercise as medicine, work placement, and assessment	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 6, and online reading resources on Moodle.	

Week 2 - 20 Jul 2020

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

Exercise pre-participation health screening, clinical exercise testing, and interpretation

ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 2 and 5.

Week 3 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Health coaching	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 12, and online reading resources on Moodle.	

Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Age-related considerations for exercise prescription	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 7 (p 180 - 184 and p 188 - 195), and online reading resources on Moodle.	

Week 5 - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for females	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 7 (p 195 - 202), and online reading resources on Moodle.	

Vacation Week - 17 Aug 2020

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

Week 6 - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cardiovascular disease	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 9 (p 226 - 251), and online reading resources on Moodle.	

Week 7 - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for pulmonary disease	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 9 (p 251 - 261), and online reading resources on Moodle.	Online Quiz 1 will open Week 7 Monday (31 August 2020) 8:00 am AEST and close Week 8 Monday (7 September 2020) 8:00 am AEST.

Week 8 - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for metabolic and renal disease	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 10 (p 268 - 279 and p 283 - 286), and Chapter 11 (p 334 - 338).	

Week 9 - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cancer	ACSM Guidelines for Exercise Testing and Prescription (10th Edition) 2018. Chapter 11 (p 302 - 311), and online reading resources on Moodle	

Week 10 - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for mental health	Online reading resources on Moodle.	Case study presentation due Week 10. Various times are available. Check Moodle for details.

Week 11 - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for common orthopaedic conditions	Online reading resources on Moodle.	

Week 12 - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week		Online Quiz 2 will open Week 12 Monday (5 October 2020) 8:00 am AEST and close Review Week Monday (12 October 2020) 8:00 am AEST.

Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
		Scoping Review due Review Week Monday (12 October 2020) 8:00 am AEST.

Exam Week - 19 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

Please be advised the 40-hour work placement attached to this unit (ESSC13005 Advanced Clinical Exercise Science) will not occur in Term 2, 2020 due to government COVID-19 travel and social isolation restrictions at the time of preparing this Unit Profile. Students will still be able to achieve all unit learning outcomes. The removal of work placement will not impact accreditation. Online Quizzes will be held in accordance with the details described in the Assessment Information section of this Unit Profile. Details of the amended Work Placement Portfolio assessment items for Term 2 2020 are described below

The Portfolio will contribute 70% of your overall grade for this unit and comprises two (2) individual assessment items.

1. Online Case Study Presentation (25% of overall grade)

You will be assigned a case study related to a specific clinical population. In your oral presentation, you will describe the disease aetiology and pathophysiology, recommended exercise screening and/or testing protocols, exercise prescription including contraindications, behaviour change strategies, and the potential benefits of exercise, for your assigned case. Your oral presentation will be accompanied by a presentation using PowerPoint (or similar) software. Your presentation content must be supported by evidence drawn from recent (within the past 10 years) peer-reviewed literature such as published journal articles, best practice recommendations, or other high-quality sources. The presentation will be no less than eight (8) minutes in duration, and no more than ten (10) minutes in duration, with an additional five (5) minutes for questions and answers. The presentation should be delivered in an enthusiastic and professional manner. You will present the case study during designated presentation sessions scheduled during Week 10 of Term 2, 2020 (Sept 21 - Sept 25, 2020). A 'Choice' option will be available on Moodle where you can select your presentation time. Case studies must be presented 'live' to the Unit Coordinator and other students in your presentation session using ZOOM video conference software and cannot be pre-recorded.

The case study presentation will be marked out of 50 marks using the criteria described below.

- Describe the disease aetiology and pathophysiology, supported by evidence from recent peer-reviewed literature (5 marks)
- Describe in detail, the recommended exercise screening and/or testing protocols, and exercise prescription including contraindications supported by evidence from recent peer-reviewed literature (15 marks)
- Describe behavior change strategies for commencement and adherence to your exercise recommendations, supported by evidence from recent peer-reviewed literature (10 marks)
- Describe the potential benefits resulting from exercise participation, supported with evidence from recent peer-reviewed literature (5 marks)
- Present the case study in accordance with the published guidelines including the use of recent peer-reviewed literature (5 marks)
- Respond to questions in a correct and appropriate manner (10 marks)

Marks will be awarded using a marking rubric, which will be available on Moodle. More details regarding the case studies will also be available on Moodle. The case study presentation will be marked out of 50 marks and contribute 25% of your overall grade for this unit.

There is no submission required for the online case study presentation as each scheduled presentation session will be recorded. Each scheduled presentation session can accommodate up to 12 presentations, and each case study presentation will be between eight (8) and ten (10) minutes in duration, with up to five (5) minutes for questions and answers at the end of the presentation. Questions will come from the Unit Coordinator; however, time permitting, questions may be invited from other students who are attending the same session. You are required to attend the case study session for the full duration (approximately three (3) hours), and not just for your own presentation. You are only required to attend the case study session in which you are scheduled to present, but you may attend other sessions if you choose.

Due date: A 'Choice' option will be available on Moodle where you can select your presentation time. These session times will be available on a 'first in first served' basis and no additional times will be made available unless an approved extension is granted. All case study presentations will be held during Week 10 and must be completed by Week 10 Friday (25 September 2020) 4:00 pm AEST. In the absence of an approved extension, any case study presentations delivered after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return date: Marks for the case study presentations will be available Week 12 Friday (9 October 2020) at 12:00 pm AEST.

2. Scoping review (45% of overall grade)

You will conduct a scoping review of exercise prescription guidelines for a chronic or complex health condition of your choice. Your scoping review will be no more than 10 pages in length (not including a title page and references) and be prepared according to the following instructions:

Document type: Microsoft Word (.doc or .docx)

Page size: A4

Font: Calibri 12 point

Line spacing: Double spaced throughout

Language: Australian English

Margins: 2.54cm on all sides

Tables and Figures: May be used but will be included in the 10-page limit.

The scoping review will be marked out of 90 marks using the criteria described below.

- Describe in detail, the aetiology and pathophysiology of the disease being examined in your review (10 marks)
- Critically analyse at least three (3) recent (within the past 10 years) best-practice recommendations, position statements, guidelines, or other relevant sources for exercise prescription for your chosen condition (30 marks)
- Discuss relevant issues related to professional service in the clinical setting, with emphasis on the role of the professional in delivering the identified recommendations (15 marks)
- Provide a 'Practice Statement' which contains a synthesis of the best practice recommendations and an implementation strategy. This statement is a 'what to do and how to do it' guide for clinicians. This section may include dot points as appropriate (15 marks)
- Use a writing style, including grammar and spelling, commensurate with the level of work expected (10 marks)
- Use relevant references formatted according to APA style (including in-text references) (10 marks)

Marks will be awarded using a marking rubric, which will be available on Moodle. More details, including a template for preparing the scoping review will be available on Moodle. The scoping review will be marked out of 90 marks and contribute 45% of your overall grade for this unit.

Due date: Review/Exam Week Monday (12 October 2020) 8:00 am AEST. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return date: Marks for the scoping review will be available after certification of grades.

Assessment Tasks

1 Online Quizzes

Assessment Type

Online Quiz(zes)

Task Description

This assessment task comprises of two (2) separate Online Quizzes made up of multiple choice, matching, and fill-in-the-blank questions. Each Online Quiz is to be completed on your own using multiple resources to help answer the questions. It is your responsibility to log on to Moodle and complete each Online Quiz during the time they are available. 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.

Online Quiz 1 (15% of overall grade)

Online Quiz 1 will be held in Week 7 and assess content from Weeks 1 – 6 (inclusive). Online Quiz 1 questions will be related to lectures, tutorials, and compulsory readings associated with Weeks 1 – 6 (inclusive). Online Quiz 1 will contain 30 questions and you will have 60 minutes to complete this Online Quiz.

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

Online Quiz 1 will be available during the following times:

Opening date: Online Quiz 1 will open Week 7 Monday (31 August 2020) at 8:00 am AEST.

Closing date: Online Quiz 1 will close Week 8 Monday (7 September 2020) at 8:00 am AEST.

You must log into Moodle during this time period to complete Online Quiz 1.

Online Quiz 2 Online Quiz 2 (15% of overall grade)

Online Quiz 2 will be held in Week 12 and assess content from Weeks 7 – 11 (inclusive). Online Quiz 2 questions will be related to lectures, tutorials, and compulsory readings associated with Weeks 7 – 11 (inclusive). Online Quiz 2 will contain 30 questions and you will have 60 minutes to complete this Online Quiz.

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

Online Quiz 2 will be available during the following times:

Opening date: Online Quiz 2 will open Week 12 Monday (5 October 2020) at 8:00 am AEST.

Closing date: Online Quiz 2 will close Review Week Monday (12 October 2020) at 8:00 am AEST.

You must log into Moodle during this time period to complete Online Quiz 2.

Number of Quizzes

2

Frequency of Quizzes

Other

Assessment Due Date

The two (2) Online Quizzes will be administered within the set time frames as outlined in the Task Description.

Return Date to Students

Marks will be available on completion of each Online Quiz.

Weighting

30%

Assessment Criteria

Responses to Online Quiz questions will be marked as correct or incorrect by the Moodle Online Quiz System, and tabulated to give your mark for each Online Quiz. 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 in to Moodle to complete the Online Quizzes. A link to each Online Quiz can be found in the 'Online Quiz' block on Moodle. Once you have completed the Online Quiz, you must click the 'Submit' button to submit your responses. If you do not answer all 30 questions within the 60 minute time period, there will be a 3 minute grace period during which you can submit your Online Quiz responses, but you will not be able to attempt any further questions.

Learning Outcomes Assessed

- 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 Work Placement Portfolio

Assessment Type

Portfolio

Task Description

Please be advised the 40-hour work placement attached to this unit (ESSC13005 Advanced Clinical Exercise Science) will not occur in Term 2, 2020 due to government COVID-19 travel and social isolation restrictions at the time of preparing this Unit Profile. Students will still be able to achieve all unit learning outcomes. The removal of work placement will not impact accreditation. Adjustments to the Work Placement Portfolio assessment item are described in the 'Term Specific Information' section of the Unit Profile.

The Portfolio will contribute 70% of your overall grade for this unit, and comprises two (2) individual assessment items related to your Professional Practice Placement.

1. Online Case Study Presentation (25% of overall grade)

You will present a case example of how exercise has been used for a particular client/patient observed during your placement. For privacy and confidentiality reasons it is essential that no identifying details are provided when describing the client/participant demographics. More details on how to ensure there is no breach of confidentiality will be given on Moodle. The case study will focus on the way that exercise has been used in the assessment, treatment, or prevention of chronic or complex health condition(s), and be delivered as an oral presentation supported by PowerPoint slides or similar presentation software. You will present the case study during designated presentation sessions scheduled during Week 10 of Term 2, 2019 (Sept 23 - Sept 27, 2019). Case studies must be presented 'live' using ZOOM video conference software and cannot be prerecorded. The case study presentation will be marked against the criteria described in the Assessment Criteria section below.

More details, including the marking rubric, will be available on Moodle. This assessment item will be marked out of 50 marks and contribute 25% of your overall grade for this unit.

There is no submission required for the online case study presentation as each scheduled presentation session will be recorded. Each allocated session can accommodate up to 12 presentations, and each case study presentation will be no more than ten (10) minutes in duration, with up to five (5) minutes for questions at the end of the presentation.

Questions will come from the unit coordinator; however, time permitting, questions may be invited from other students who are attending the same session. You are required to attend the case study session for the full duration (approximately three (3) hours), and not just for your own presentation. You are only required to attend the case study session in which you are scheduled to present, but you may attend other sessions if you choose.

Due date: A 'Choice' option will be available on Moodle where you can select your presentation time. These will be available on a 'first in first served' basis and no additional times will be made available unless an approved extension is granted. All case study presentations must be completed by Week 10 Friday (27 September 2019) 4:00 pm AEST. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return date: Marks for the case study presentations will be available Week 12 Friday (11 October 2019) at 12:00 pm AEST.

2. Industry Report (45% of overall grade)

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. The industry report will be marked against the criteria described in the Assessment Criteria section below.

The Industry report will be marked out of 90 marks and contribute 45% of your overall grade for this unit.

The industry Report must be between 1500 - 2000 words in length, NOT including the title page and reference list. More details, including a template for preparing the industry report, and the marking rubric, will be available on Moodle.

Due date: Review/Exam Week Monday (14 October 2019) 8:00 am AEST. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return date: Marks for the industry report will be available after certification of grades.

Assessment Due Date

Online Case Study Presentations will occur during Week 10 (Sept 21 - Sept 25, 2020). All case study presentations must be completed by Week 10 Friday (25 September 2020) 4:00 pm AEST. The due date for the Scoping Review is Review/Exam Week Monday (12 October 2020) 8:00 am AEST.

Return Date to Students

Marks for the Case Study Presentations will be available Week 12 Friday (9 October 2020) at 12:00 pm AEST. Marks for the Scoping Review will be available after certification of grades.

Weighting

70%

Assessment Criteria

The case study presentation will be marked out of 50 marks using the criteria described below.

- Describe the client/patient characteristics in a non-identifiable manner (5 marks)
- Describe the client/patient's condition (5 marks)
- Explain why exercise is being used in the assessment, treatment, or prevention of chronic or complex health condition(s) for this client/patient (15 marks)
- Describe the exercise protocol being used (10 marks)
- Present the case study in an enthusiastic and competent manner (5 marks)
- Respond to questions in a correct and appropriate manner (10 marks)

Marks will be awarded using a marking rubric which is available on Moodle.

The industry report will be marked out of 90 marks using the criteria described below.

- Describe in detail, the exercise testing and/or exercise prescription protocols used (20 marks)
- Compare and contrast the observed exercise protocols, with those described in a minimum of three (3) recent best-practice recommendations, position statements, guidelines, or other relevant sources (25 marks)
- Comment on whether best-practice was being implemented, supported with specific examples comparing observed practice with recommendations from best practice (10 marks)
- Discuss factors that facilitated or prevented the implementation of best practice, taking into account any limitations of the clinical setting (10 marks)
- Adhere to the submission guidelines (5 marks)
- Use a writing style, including grammar and spelling commensurate with the level of work expected (10 marks)
- Use relevant references formatted according to APA style (including in-text references) (10 marks)

Marks will be awarded using a marking rubric which is available on Moodle.

Referencing Style

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

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 Work Placement

Assessment Type

Professional Practice Placement

Task Description

Please be advised the 40-hour work placement attached to this unit (ESSC13005 Advanced Clinical Exercise Science) will not occur in Term 2, 2020 due to government COVID-19 travel and social isolation restrictions at the time of preparing this Unit Profile. Students will still be able to achieve all unit learning outcomes. The removal of work placement will not impact accreditation. Adjustments to the Work Placement Portfolio assessment item are described in the 'Term Specific Information' section of the Unit Profile.

In this assessment task you will undertake a 40 hour work placement in a clinical setting where exercise is used in the assessment, treatment, or prevention of chronic or complex health conditions. This work placement is a Pass/Fail assessment task. Undertaking the work placement is essential for the completion of assessment tasks which comprise the Portfolio. The work placement is observational. That is, you will observe how clinicians use exercise protocols in the assessment, treatment, or prevention of chronic or complex health conditions.

Evidence of having undertaken the Professional Practice Placement will be documented using two (2) separate Logbooks. You must complete the templates available on Moodle for Logbook 1 which documents the first 20 hours of your Professional Practice Placement, and for Logbook 2 which documents the second 20 hours of your Professional Practice Placement. Each Logbook must be signed by your placement supervisor on each page. Together, Logbook 1 and Logbook 2 must show evidence of completing your 40 hour Professional Practice Placement. An example of the level of detail required for the Logbooks is available on Moodle. Logbooks that do not contain sufficient detail, or are not signed by placement supervisor will be returned for corrections and you will not be able to pass this assessment item, or this unit, unless the Logbooks are completed according to these instructions.

Due date: Logbook 1 is due immediately on completion of the first 20 hours of Professional Practice Placement. Logbook 2 is due immediately on completion of the final 20 hours of Professional Practice Placement. Irrespective of when you commence your work placement, both Logbooks must be submitted by Review Week Monday (14 October 2019) at 8:00 am AEST. In the absence of an approved extension, any submissions received after the due date will not be graded and you will not be able to pass this unit.

Return date: Feedback for each Logbook will be returned within seven (7) days of submission.

Assessment Due Date

You must complete your 40 hour Professional Practice Placement by Week 12 Friday (11 October 2019) 5:00 pm AEST, and both Logbooks must be submitted by Review Week Monday (14 October 2019) at 8:00 am AEST.

Return Date to Students

Feedback will be returned within seven (7) days of submission of Logbook 2.

Weighting

Pass/Fail

Minimum mark or grade

You must achieve a 'Pass' mark in order to pass this assessment item. If you do not achieve a 'Pass' mark for this assessment item you will not be able to complete the assessment items contained in the Portfolio, or pass the unit overall.

Assessment Criteria

The Logbooks will provide evidence of completion of the 40 hour work placement. Logbooks must contain a level of detail consistent with the following:

- The date and duration of the observations
- A description of the observations and activity including any tests, assessment, or exercise programs performed along with the relevant outcomes.

An example of the level of detail required for the Logbooks is available on Moodle. Logbooks that do not contain sufficient detail, or are not signed by the placement supervisor will be returned for corrections and you will not be able to pass this assessment item, or this unit, unless the Logbooks are completed according to these instructions.

Referencing Style

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

Submission

Online

Submission Instructions

Completed Logbooks must be submitted online to the unit Moodle website as a .pdf file.

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