



# ESSC13005 *Advanced Clinical Exercise Science*

## Term 2 - 2023

Profile information current as at 22/12/2024 03:43 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 - 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).

### 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 Peer feedback.

**Feedback**

The clinical practice guidelines assessment task provides a graduate-ready resource to demonstrate clinical understanding to future employers.

**Recommendation**

It is recommended to retain the clinical practice guidelines assessment task.

#### Feedback from Self reflection.

**Feedback**

The Moodle forums are underutilised by students as a form of communication and student interaction.

**Recommendation**

It is recommended to more strongly promote the use of the Moodle forums for student engagement.

#### Feedback from Personal communication with students.

**Feedback**

The Work Integrated Learning placement allows students to gain insights into the integration of exercise into the clinical care of people with chronic health conditions.

**Recommendation**

It is recommended to continue the Work Integrated Learning placement in ESSC13005 Advanced Clinical Exercise Science.

#### Feedback from SUTE survey.

**Feedback**

Students reported that the unit coordinator's approach to teaching challenged them to think and question.

**Recommendation**

It is recommended the unit coordinator continue to encourage student to apply critical thinking and scientific inquiry in their studies.

## 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%	•			
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: 11th (2021)

Authors: American College of Sports Medicine

Lippincott Williams & Wilkins

Philadelphia, PA, USA

ISBN: 9781975150198

Binding: eBook

### 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](mailto:r.stanton@cqu.edu.au)

## Schedule

### Week 1 - 10 Jul 2023

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction: Exercise as medicine, work placement, and assessment	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 5 (p 142 - 161), and online reading resources on Moodle.	

### Week 2 - 17 Jul 2023

Module/Topic	Chapter	Events and Submissions/Topic
Exercise pre-participation health screening, clinical exercise testing, and interpretation	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapters 2 (p 30 - 45), and 4 (p113 - 137).	

**Week 3 - 24 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Health coaching	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 12 (p 441 - 463), and online reading resources on Moodle.	

**Week 4 - 31 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Age-related considerations for exercise prescription	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 167 - 172 and p 177 - 186), and online reading resources on Moodle.	

**Week 5 - 07 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for females	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 186 - 194), Chapter 10 (p 348 - 351), and online reading resources on Moodle.	

**Vacation Week - 14 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic

**Week 6 - 21 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cardiovascular disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 8 (p 226 - 251), and online reading resources on Moodle.	

**Week 7 - 28 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for pulmonary disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 8 (p 251 - 265), and online reading resources on Moodle.	<b>Online Quiz 1</b> Opens: Week 7 Monday (28 August 2023) 8:00 am AEST.

**Week 8 - 04 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for metabolic and renal disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 9 (p 276 - 288 and p 293 - 296), and Chapter 10 (p 336 - 341).	<b>Online Quiz 1</b> Closes: Week 8 Monday (4 September 2023) 8:00 am AEST.

**Week 9 - 11 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cancer	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 10 (p 312 - 324), and online reading resources on Moodle	

**Week 10 - 18 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic

Special considerations for mental health

ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 11 (p 387 - 391), and online reading resources on Moodle.

**Work Placement Portfolio: Case Study Presentation** due Week 10. Various times are available. Check Moodle for details.

Slides for Case Study Presentation due Week 10 (Thursday 21 September) 5.00pm AEST.

### Week 11 - 25 Sep 2023

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for common orthopaedic conditions	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 172 - 177) and Chapter 10 (p 308 - 312), and online reading resources on Moodle.	

### Week 12 - 02 Oct 2023

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week		<b>Online Quiz 2</b> Opens: Week 12 Tuesday (3 October 2023) 8:00 am AEST. <b>40 hour Professional Practice Placement</b> must be completed by Week 12 Friday (6 October 2023) 5:00 pm AEST.

### Review/Exam Week - 09 Oct 2023

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Professional Practice Placement</b> Final date for submission of Professional Practice Placement Logbooks is Review/Exam Week Monday (9 October 2023) at 8:00 am AEST. <b>Online Quiz 2</b> Closes: Review/Exam Week Tuesday (10 October 2023) 8:00 am AEST. <b>Work Placement Portfolio: Clinical Practice Guidelines</b> due Review/Exam Week Wednesday (11 October 2023) 8:00 am AEST.

### Exam Week - 16 Oct 2023

Module/Topic	Chapter	Events and Submissions/Topic
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## Term Specific Information

A key component of this unit is the mandatory Work Integrated Learning (WIL) placement. You will undertake 40 hours of WIL placement in a clinical setting where exercise is used in the assessment, treatment, or prevention of chronic or complex health condition(s). The work placements are organised by the WIL Office via the online system SONIA. You should contact the WIL Office as soon as possible to arrange your WIL placement, if you have not already received your work placement nomination form. Please note you may be required to travel and make necessary work arrangements in order to complete the 40 hours of WIL placement in this unit. You are not able to begin your placement until the beginning of Term 2 and all mandatory checks have been completed via Sonia.

## 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: Week 7 Monday (28 August 2023) at 8:00 am AEST.

Closing date: Week 8 Monday (4 September 2023) at 8:00 am AEST.

You must log into Moodle during this time period and complete Online Quiz 1 before the closing date and time.

### 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: Week 12 Tuesday (3 October 2023) at 8:00 am AEST.

Closing date: Review/Exam Week Tuesday (10 October 2023) at 8:00 am AEST.

You must log into Moodle during this time period and complete Online Quiz 2 before the closing date and time.

## 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 and correct answers will be available following the closure 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 'Assessment' tile 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**

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 study describing 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 or placement site. 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 the client's/participant's chronic or complex health condition(s), and be delivered as an oral presentation supported by PowerPoint slides or similar presentation software. Your presentation content must be supported by evidence drawn from recent (within the past 5 years) peer-reviewed literature such as published journal articles, best practice recommendations, or other high-quality sources.

You will present the case study during designated presentation sessions scheduled from Monday to Thursday of Week 10 of Term 2, 2023 (Sept 18 - Sept 21, 2023). Your case study must be presented 'live' using ZOOM video conference software and cannot be prerecorded. The presentation must include video of yourself in addition to your presentation slides. Your webcam must remain on throughout the entire session in which you present. You should be familiar with screen sharing in ZOOM prior to commencement of your presentation. All presentation sessions will be recorded. 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.

You will submit the slides for your presentation via Moodle. The due date for submission of slides is Week 10 Thursday (21 September 2023) 5:00 pm AEST. Each allocated session can accommodate up to eight (8) presentations, and each case study presentation will be no less than eight (8) minutes in duration, and no more than ten (10) minutes in duration. Presentations longer than ten (10) minutes will be interrupted and no further presentation time will be allocated. On completion of the presentation, up to ten (10) minutes will be allocated for questions. 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 presentation session in which you are scheduled to present, but you may attend other sessions if you choose.

**Due date:** Presentations will be held at various times during Week 10. A 'Choice' option will be available on Moodle where you can select your preferred 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 Thursday (21 September 2023) 5:00 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 (6 October 2023) 12:00 pm AEST.

**2. Clinical Practice Guidelines (45% of overall grade)** In this assessment item, you will produce a Clinical Practice

Guidelines document which details how exercise can be used in the treatment of a chronic or complex health condition observed during your placement. Your Clinical Practice Guidelines must be an original work, and be evidence-based; that is, be justified using recent (within the past 10 years), peer reviewed manuscripts (limited to original research and systematic reviews; NOT position stands, consensus statements or existing clinical practice guidelines) You will use your critical thinking skills to synthesise the available evidence to produce a series of recommendations for clinical practice. The submitted document should be of the standard that could be used in a clinical setting to guide exercise prescription without referring to primary literature, therefore be an important tool in the workplace. Your Clinical Practice Guidelines will be no less than 8 pages in length, and 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

Your Clinical Practice Guidelines will be marked against the criteria described in the Assessment Criteria section below. The Clinical Practice Guidelines will be marked out of 90 marks and contribute 45% of your overall grade for this unit. More details, including a template for preparing the Clinical Practice Guidelines, and the marking rubric, will be available on Moodle.

**Due date:** Review/Exam Week Wednesday (11 October 2023) 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 Clinical Practice Guidelines will be available 2 weeks following the due date (23 October 2023).

### **Assessment Due Date**

Online Case Study Presentations will occur Monday to Thursday during Week 10 (Sept 18 - Sept 21, 2023). All case study presentations must be completed by Week 10 Thursday (21 September 2023) 5:00 pm AEST. The due date for the Clinical Practice Guidelines is Review/Exam Week Monday (9 October 2023) 8:00 am AEST.

### **Return Date to Students**

Marks for the Case Study Presentations will be available Week 12 Friday (6 October 2023) at 12:00 pm AEST. Marks for the Clinical Practice Guidelines will be available 23 October 2023 at 12:00 pm AEST.

### **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 and clinical condition including functional or other limitations in a non-identifiable manner (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 (10 marks)
- Describe in detail the exercise protocol being used (10 marks)
- Compare the protocol used with best practice recommendations or clinical practice guidelines (10 marks)
- Present the case study in an enthusiastic and competent manner (5 marks)
- Respond to questions in a correct and appropriate manner (5 marks)
- Relevant aspects of the presentation are supported with recent (within the past 5 years) and relevant references (5 marks)

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

**The Clinical Practice Guidelines** will be marked out of 90 marks using the criteria described below.

- Provide a detailed background on the condition to which the Clinical Practice Guidelines pertain (5 marks)
- Provide a detailed search strategy on which the Clinical Practice Guidelines are based (5 marks)
- Undertake a detailed synthesis of the literature pertaining to the use of exercise in the treatment of the condition described in the background (20 marks)

- Describe the guidelines you propose, that will inform clinicians on using exercise in their treatment of the condition identified in the background (20 marks)
- Discuss the considerations for the implementation of your Clinical Practice Guidelines (10 marks)
- Present a concise summary of your Clinical Practice Guidelines (5 marks)
- Adhere to the submission guidelines (5 marks)
- Use a writing style, including grammar and spelling consistent with that expected at a Graduate level (10 marks)
- Use relevant references formatted according to APA style (7th Edition) (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

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 Work Placement 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. If you are undertaking ESSC13009 concurrently with ESSC13005, you may be able to undertake your work placement for ESSC13005 at the same location by negotiation with the WIL Office, the relevant Unit Coordinators, and placement supervisors. Note: placement hours cannot be used for multiple units therefore placement hours, and logbook requirements for ESSC13005 are separate to those required for other units.

You will document the evidence of having undertaken the Professional Practice Placement 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, and the accompanying Supervisor Report must be completed and signed by the supervisor. 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. In the absence of an approved extension, Logbooks that do not contain sufficient detail, or are not completed by the placement supervisor(s) 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. You will have one (1) opportunity to resubmit returned Logbooks.

**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/Exam Week Monday (9 October 2023) 8:00 am AEST. In the event logbooks contain insufficient detail or are incomplete and require

resubmission, the re-submission must be no later than Exam Week Monday (16 October 2023) 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 (6 October 2023) 5:00 pm AEST, and both Logbooks must be submitted by Review Week Monday (9 October 2023) at 8:00 am AEST.

### **Return Date to Students**

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

### **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 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.
- An anonymised description of the observations and activities including detailed descriptions of any tests, assessment, or exercise programs performed along with the relevant outcomes.
- A Supervisor Report detailing your performance on 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 completed by the placement supervisor(s) 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. You will have one (1) opportunity to resubmit returned Logbooks. The re-submission must be no later than Exam Week Monday (16 October 2023) 8:00 am AEST.

### **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