

ESSC13005 *Advanced Clinical Exercise Science*

Term 2 - 2026

Profile information current as at 08/06/2026 03:50 pm

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 also undertake a supervised placement in a clinical setting where you will apply and reflect on your knowledge and skills in the use of exercise in this population. 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 ESSC13008 - Advanced Exercise Prescription and Delivery

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 - 2026

- 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. Written Assessment

Weighting: 60%

2. Presentation

Weighting: 40%

3. Professional Practice Placement

Weighting: Pass/Fail

4. Learning logs / diaries / Journal / log books

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 Personal reflection.

Feedback

Moodle forums could be better utilised as a form of communication and interaction between students and teaching staff.

Recommendation

It is recommended to continue to pursue strategies including consultation with colleagues on how to increase student engagement through the forums.

Feedback from Student discussion.

Feedback

Opportunities for students to undertake Professional Practicum Placement across a wide variety of location is well-appreciated by students.

Recommendation

It is recommended to continue to work closely with the placement co-ordinator to identify suitable sites and supervisors for the Professional Practicum Placement aspect of this unit.

Feedback from SUTE report

Feedback

Students report the teaching strategies utilised in this unit to be extremely effective.

Recommendation

It is recommended to continue with many of the current teaching strategies employed in this unit.

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 seen in the clinical setting.
2. Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions seen 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.
5. Practice inclusively, respecting diverse backgrounds, including Aboriginal and Torres Strait Islander peoples, gender and sexually diverse persons, persons of culturally and linguistically diverse backgrounds, and those living with a disability. These Unit Learning Outcomes align with Exercise and Sports Science Australia accreditation standards to gain accreditation as an Accredited Exercise Scientist.

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level ● Introductory Level ● Intermediate Level ● Graduate Level ● Professional Level ● Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks

Learning Outcomes

	1	2	3	4	5
1 - Written Assessment - 60%		●	●		

Assessment Tasks

Learning Outcomes

	1	2	3	4	5
2 - Presentation - 40%		•	•		
3 - Professional Practice Placement - 0%	•			•	•
4 - Learning logs / diaries / Journal / log books - 0%	•			•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes

Learning Outcomes

	1	2	3	4	5
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 - First Nations Knowledges					
11 - Aboriginal and Torres Strait Islander Cultures					

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 22 June 2026

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