

Profile information current as at 07/05/2024 04:58 pm

All details in this unit profile for ESSC13006 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

# **General Information**

## Overview

This unit provides knowledge related to the coordination and voluntary control of movement. Throughout this unit, you will explore concepts related to the structure of the neuromuscular and sensory systems, the mechanisms involved in posture, balance, gait and various human movements, and the assessment of motor function in health and exercise contexts. This unit will further explore how concepts of motor control and learning may be applied to rehabilitation of neurological conditions such as stroke, Parkinson's disease, spinal cord injury and Multiple Sclerosis. In addition, you will gain a better understanding of the changes in motor performance that may occur with skill acquisition, aging and injury.

## **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-requisite - ESSC11003 Skill Acquisition and Movement

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 <u>Assessment Policy and Procedure (Higher Education Coursework)</u>.

# Offerings For Term 1 - 2019

- 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).

## Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are: Click here to see your <u>Residential School Timetable</u>.

## 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. Literature Review or Systematic Review

Weighting: 30% 2. **Presentation** Weighting: 30%

3. Written Assessment

Weighting: 40%

4. **On-campus Activity** 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 <u>University's Grades and Results Policy</u> 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**

Students commented on the practical and engaging nature of the residential school which were of appropriate length to allow for practical data collection and discussion of related theoretical content.

#### Recommendation

It is recommended that the unit coordinator continue to include relevant practical activities for the residential school and maintain specificity to industry real-world application. The unit coordinator should also ensure that there is enough time for discussion of theoretical concepts to complement the practical aspects of the residential school.

## Feedback from Have Your Say Survey

#### **Feedback**

The use of a number of selected topics for the Presentation and Manuscript assessment items were received positively.

#### Recommendation

Continue to provide students with guidance on selected topics for literature review presentation and ensure that they are up to date and relevant to the industry. Also maintain the link between the residential school and manuscript assessment item to simulate small research project for students to disseminate.

## Feedback from Have Your Say Survey

#### Feedback

Some students requested all lecture content to be posted prior to the residential school as some theoretical content was covered after the residential school.

#### Recommendation

It is recommended that future offering of this unit slightly restructure the lecture content to ensure that all important topics are covered prior to the residential school, or provide additional learning content to assist with their understanding of the practical activities being under taken.

# **Unit Learning Outcomes**

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

- 1. Explain fundamental concepts of motor control and describe how motor function changes with learning, aging and injury
- 2. Identify and describe common movement disorders that influence motor function
- 3. Using knowledge from scientific literature, evaluate and design programs for learning motor skills
- 4. Develop and evaluate test protocols used to assess motor function
- 5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings

The Learning Outcomes and Assessment tasks are aligned with Graduate Outcomes as outlined by Exercise and Sport Science Australia (ESSA).

# Alignment of Learning Outcomes, Assessment and Graduate Attributes



# Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Lea	Learning Outcomes					
	1		2	3	4		5
1 - Literature Review or Systematic Review - 30%	•		•	•			
2 - Presentation - 30%			•	•			
3 - Written Assessment - 40%	•				•		
4 - On-campus Activity - 0%					•		•
Alignment of Graduate Attributes to Learnin	g Outcor	nes					
Graduate Attributes		Learning Outcomes					
		1	2	3	4	ļ	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 - Aboriginal and Torres Strait Islander Cultures							
Alignment of Assessment Tasks to Graduate	Attribut	es					
Assessment Tasks		Graduate Attributes					
	1 2	3	4 5	6	7 8	9	10
1 - Literature Review or Systematic Review - 30%	•	•	•				
2 - Presentation - 30%	• •	•		•	• •		
3 - Written Assessment - 40%	• •	•	•	•	•		
4 - On-campus Activity - 0%	• •	•	•	•	•   •		

# Textbooks and Resources

## **Textbooks**

ESSC13006

## **Prescribed**

**Motor Control: Translating Research into Clinical Practice** 

Edition: 5th (2017)

Authors: Shumway-Cook, A. & Woollacott, M.H.

Wolters Kluwer Philadelphia , USA ISBN: 9781496345370 Binding: eBook ESSC13006

Supplementary

## **Motor Learning and Control: Concepts and Applications**

Edition: 11th (2016) Authors: Magill, R.A. McGraw-Hill

New York , New York , USA ISBN: 9781308928777 Binding: eBook

#### **Additional Textbook Information**

If preferred, hardcopy versions of these textbooks are available. The ISBN for the hardcopy version of *Motor Control: Translating Research into Clinical Practice* is: 9781496302632. The ISBN for the hardcopy version of *Motor Learning and Control: Concepts and Applications* is: 9781259823997.

All hardcopy versions are available at the CQUni Bookshop here: <a href="http://bookshop.cqu.edu.au">http://bookshop.cqu.edu.au</a> (search on the Unit code)

## View textbooks at the CQUniversity Bookshop

## IT Resources

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

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

# Referencing Style

All submissions for this unit must use the referencing style: <u>American Psychological Association 6th Edition (APA 6th</u> edition)

For further information, see the Assessment Tasks.

# **Teaching Contacts**

# Nathan Elsworthy Unit Coordinator

n.elsworthy@cqu.edu.au

# Schedule

## Week 1 - 11 Mar 2019

Module/Topic Chapter Events and Submissions/Topic

Introduction to Motor Control

Shumway-Cook & Woollacott (Chapter

1 & 2)

Week 2 - 18 Mar 2019		
Module/Topic	Chapter	<b>Events and Submissions/Topic</b>
	Shumway-Cook & Woollacott (Chapter	
Physiology of motor control	3) Magill (Chapter 4)	
Week 3 - 25 Mar 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Motor learning and recovery of	Shumway-Cook & Woollacott	200000 40000000000000000000000000000000
function	(Chapters 2 & 4)	
Week 4 - 01 Apr 2019		
Module/Topic	Chapter	<b>Events and Submissions/Topic</b>
Overview of neurologic impairments	Shumway-Cook & Woollacott (Chapter 5)	
Week 5 - 08 Apr 2019		
Module/Topic	Chapter	<b>Events and Submissions/Topic</b>
Development of postural control	Shumway-Cook & Woollacott (Chapter 7, 8)	
Vacation Week - 15 Apr 2019		
Module/Topic	Chapter	Events and Submissions/Topic
Week 6 - 22 Apr 2019		
Module/Topic	Chapter	<b>Events and Submissions/Topic</b>
Development and control of mobility	Shumway-Cook & Woollacott (Chapter 12 & 13)	<b>Literature Review</b> Due: Week 6 Friday (26 Apr 2019) 3:00 pm AEST
Week 7 - 29 Apr 2019		
	Chanton	<b>Events and Submissions/Topic</b>
Module/Topic	Chapter	Events and Submissions/Topic
Changes in motor control with fatigue (central and peripheral fatigue)	Online Readings	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)
Changes in motor control with fatigue (central and peripheral fatigue)	•	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday
Changes in motor control with fatigue	•	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019	Online Readings	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic	Online Readings  Chapter  Shumway-Cook & Woollacott (Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing	Online Readings  Chapter  Shumway-Cook & Woollacott (Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019	Online Readings  Chapter  Shumway-Cook & Woollacott (Chapter 9, 14)	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic	Chapter Shumway-Cook & Woollacott (Chapter 9, 14) Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise	Chapter Shumway-Cook & Woollacott (Chapter 9, 14) Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter Online readings	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019  Module/Topic  Management of posture and mobility	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter  Online readings  Chapter  Shumway-Cook & Woollacott (Chapter 9, 14)	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic  Presentation Due: Week 10 Monday
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019  Module/Topic  Management of posture and mobility control issues	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter  Online readings  Chapter  Shumway-Cook & Woollacott (Chapter 9, 14)	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic  Presentation Due: Week 10 Monday
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019  Module/Topic  Management of posture and mobility control issues  Week 11 - 27 May 2019	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter  Online readings  Chapter  Shumway-Cook & Woollacott (Chapter 11, 16)	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic  Presentation Due: Week 10 Monday (20 May 2019) 3:00 pm AEST
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019  Module/Topic  Management of posture and mobility control issues  Week 11 - 27 May 2019  Module/Topic	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter  Online readings  Chapter  Shumway-Cook & Woollacott (Chapter 11, 16)  Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic  Presentation Due: Week 10 Monday (20 May 2019) 3:00 pm AEST
Changes in motor control with fatigue (central and peripheral fatigue)  Week 8 - 06 May 2019  Module/Topic  Changes in motor control with ageing  Week 9 - 13 May 2019  Module/Topic  Neural adaptations to exercise  Week 10 - 20 May 2019  Module/Topic  Management of posture and mobility control issues  Week 11 - 27 May 2019  Module/Topic  Rehabilitation	Chapter Shumway-Cook & Woollacott (Chapter 9, 14)  Chapter  Online readings  Chapter  Shumway-Cook & Woollacott (Chapter 11, 16)  Chapter	On-Campus Laboratory Activity (Mackay) Wednesday (1 May 2019) & Thursday (2 May 2019)  Events and Submissions/Topic  On-Campus Laboratory Activity (Rockhampton) Tuesday (14 May 2019) & Wednesday (15 May 2019)  Events and Submissions/Topic  Presentation Due: Week 10 Monday (20 May 2019) 3:00 pm AEST

Review/Exam Week - 10 Jun	2019	
Module/Topic	Chapter	<b>Events and Submissions/Topic</b>
		Written Assessment (Laboratory Reports) Due: Review/Exam Week Monday (10 June 2019) 3:00 pm AEST
Exam Week - 17 Jun 2019		
Module/Topic	Chapter	Events and Submissions/Topic

# **Term Specific Information**

This unit includes an on-campus activity, and you MUST attend the session specific to your enrolment and these are outlined below:

## **Compulsory On-campus Laboratory Activity Information**

Rockhampton students (ROK)

 You are required to attend the Rockhampton based on-campus laboratory activity. This will be held on Tuesday 14 May & Wednesday 15 May, 2019 on the Rockhampton North Campus (Bld 81, Sports Centre). Refer to the CQUHandbook and the ESSC13006 Moodle site for up to date information.

Mackay students (MKY)

You are required to attend the Mackay based on-campus laboratory activity. This will be held on Wednesday 1
May & Thursday 2 May, 2019 on the Mackay City Campus (Bld 4/G.21). Refer to the <u>CQUHandbook</u> and the
ESSC13006 Moodle site for up to date information.

Mixed Mode Students (MIX)

• You are required to attend the Rockhampton based on-campus laboratory activity (Residential School). This will be held on Tuesday 14 May & Wednesday 15 May, 2019 on the Rockhampton North Campus (Bld 81, Sports Centre). Refer to the <a href="CQUHandbook">CQUHandbook</a> and the ESSC13006 Moodle site for up to date information.

If you prefer to attend an alternate session to that specified by your enrolment, please contact the Unit Coordinator ASAP to discuss potential options.

# **Assessment Tasks**

## 1 Literature Review

## **Assessment Type**

Literature Review or Systematic Review

## **Task Description**

Reviews of the literature are important contributions to science. They provide a concise summary of what is currently known about a topic, and often identify gaps in the literature which guide future research. Literature reviews, particularly systematic review or meta-analyses are often well cited and there are journals dedicated to this type of manuscript. Motor Control covers a vast area of topics within the area of Exercise and Sport Sciences. Throughout this unit you will study content related to motor function in health and exercise contexts, including the identification of various neurological conditions which can severely impact motor function. The purpose of this literature review is for you to summarise the existing scientific literature related to a specific neurological condition, and the affect the condition has upon motor, sensory, and/or cognitive function.

Your review should provide a brief overview of a neurological condition including the epidemiology, pathophysiology, and underlying mechanisms of the condition. Further, your review should explain the associated impact the condition has upon motor, sensory, and/or cognitive function. Lastly, your review should briefly summarise the suggested exercise-based treatments for managing the condition and improving function. In your review, you should refer to scientific peer reviewed literature and ensure the information is as up to date as possible. Please refer to the following guidelines to assist in the completion of your literature review (further detail is provided on Moodle):

- Word count: 3,000 words (maximum).
- The main document should be double-spaced, with one-inch (2.54 cm) margins on all sides, and all pages should be numbered consecutively. Text should appear in 12-point Times New Roman or Arial font, and justified.

- A title page including the title of the review, student name and number, word count, and number of tables/figures. Any tables/figures should be inserted directly into the main text rather than at the end of the document.
- The review should be completed in Microsoft Word or similar word processing software.
- Follow American Psychological Association (APA) style referencing. A full reference list is required at the end of the review.
- Your document is to be submitted via the specific Assessment Dropbox link on the ESSC13006 Moodle page. Only .DOC, and .DOCX formats will be accepted. Submissions in other formats may not be able to be marked.

#### **Assessment Due Date**

Week 6 Friday (26 Apr 2019) 3:00 pm AEST

## **Return Date to Students**

Week 8 Friday (10 May 2019)

#### Weighting

30%

#### **Assessment Criteria**

The literature review is designed to assess your ability to critically evaluate, analyse and summarise the scientific literature related to a specific neurological condition. Specifically, your review will be assessed based upon the following criteria: background of key concepts, critical summary of the neurological condition, epidemiology, underlying mechanisms of the impairments associated with the condition, recommended treatment approaches, and overall writing style. Your literature review will be assessed using a detailed assessment rubric, which can be found on the ESSC13006 Moodle site.

#### Referencing Style

• American Psychological Association 6th Edition (APA 6th edition)

#### **Submission**

Online

#### **Submission Instructions**

The literature review is to be uploaded via the relevant assignment submission link on the Moodle site. Submissions must be in .DOC or .DOCX format.

## **Learning Outcomes Assessed**

- Explain fundamental concepts of motor control and describe how motor function changes with learning, aging and injury
- Identify and describe common movement disorders that influence motor function
- Using knowledge from scientific literature, evaluate and design programs for learning motor skills

### **Graduate Attributes**

- Communication
- Critical Thinking
- Information Literacy

# 2 Presentation

## **Assessment Type**

Presentation

## **Task Description**

Exercise interventions are beneficial for managing functional impairments caused by various neurological conditions. However, many factors must be considered when designing an exercise intervention, depending on the severity and type of condition. For this assessment, you will be required to develop an exercise intervention designed to improve motor, sensory, and/or cognitive functions, in relation to a specific neurological condition. You will be required to present your intervention to your fellow students (during a Zoom meeting), and justify the design of your intervention using scientific literature. You will have 15 minutes to present their exercise intervention and justification, and respond to questions from the audience. To assist in the delivery of your presentation, you are required to compile PowerPoint slides to present to the group in a live Zoom conference (seminar times will be communicated via Moodle throughout the Term). You will be required to submit TWO (2) documents to Moodle prior to the presentation (a copy of the PowerPoint slides and a list of references). Further information is included below to assist with the development of your presentation:

General format

- Duration: You will be allocated a 15 minute time slot. The formal presentation will be 10 minutes in length, with an additional 5 minutes for questions following the presentation.
- Presentation slides: You must develop PowerPoint slides to present to the group.
- Font: Times new Roman or Arial
- Language: English (Australian)
- Figures and Tables: This is encouraged. You can summarise existing literature in a table, plus the aspects of your intervention should be included as a table.
- Referencing: Follow American Psychological Association (APA) style referencing. Reference list must be included
  as part of the Moodle submission.

Moodle submission (due Monday May 20 at 3:00pm AEST, regardless of seminar time)

- A submission of the final slides presented at the seminar. This MUST be in .PPT or .PPTX format. There is a 40MB file size limit so please ensure file size is kept low.
- A word document containing a list of references used in the presentation

Assessments will be marked using a detailed assessment rubric, which is available on the ESSC13006 Moodle site. This assessment only focuses on the development of an exercise intervention, and will be assessed on your ability to design an intervention based off theories related to motor control. You are NOT required to deliver/supervise a client undertaking the intervention you have designed.

#### **Assessment Due Date**

Week 10 Monday (20 May 2019) 3:00 pm AEST

All submissions are due at the above time, regardless of presentation seminar time. Follow formatting guidelines above.

## **Return Date to Students**

Week 12 Monday (3 June 2019)

## Weighting

30%

#### **Assessment Criteria**

The oral presentation will be assessed on the following areas: Introduction, background information, assessment methods, exercise intervention, justification, presentation skills, Moodle submission, attendance and active engagement. A detailed marking rubric has been created and this is available on the ESSC13006 Moodle site.

## **Referencing Style**

• American Psychological Association 6th Edition (APA 6th edition)

## Submission

Online

### **Submission Instructions**

The presentation will be delivered online via Zoom. Please submit the required documents as outlined in the Task Description above via the Assessment submission link on Moodle.

## **Learning Outcomes Assessed**

- Identify and describe common movement disorders that influence motor function
- Using knowledge from scientific literature, evaluate and design programs for learning motor skills

## **Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

# 3 Written Assessment (Laboratory Reports)

## **Assessment Type**

Written Assessment

## **Task Description**

The on-campus activities undertaken in this unit provide an opportunity for you to complete a range of experiments related to aspects of motor learning and skill acquisition, specifically cognitive function, posture, gait, mobility, and fatigue. Throughout these experiments, you will be assessing different aspects of motor learning and you will be required to develop laboratory reports from the data collected during these experiments. You will be required to write

THREE (3) laboratory reports from the experiments performed in the on-campus activity. Below are the guidelines for the development of you laboratory reports:

- Word count: 1,000 words (excluding title page and reference list) for each report
- Title page including title of the report, student name and number, word count and number of tables/figures. Any tables/figures should be inserted directly into the main text rather than at the end of the document.
- The report should be double-spaced, with one-inch (2.54 cm) margins on all sides, and all pages should be numbered consecutively. Text should appear in 12-point Times New Roman or Arial font, and justified.
- The report should be completed in Microsoft Word or similar word processing software
- Referencing: Follow American Psychological Association (APA) style referencing. A full reference list is required at the end of each report
- Save each laboratory report as a separate file
- Your document is to be submitted via the specific Assessment Dropbox link on the ESSC13006 Moodle page. Only .DOC, and .DOCX formats will be accepted. Submissions in other formats may not be able to be marked.

Due to the dates of the Rockhampton on-campus activity, data will be available as soon as possible upon the completion of this on-campus activity. These data are required to complete the analysis for your reports, and all data will be posted on Moodle once available.

#### **Assessment Due Date**

Review/Exam Week Monday (10 June 2019) 3:00 pm AEST

## **Return Date to Students**

Exam Week Friday (21 June 2019)

## Weighting

40%

#### **Assessment Criteria**

The laboratory reports are designed to evaluate your ability to collect, analyse, and interpret data related to the assessment of motor performance and factors which may impact function. Each report will be marked using a detailed marking rubric. Each laboratory report will be assessed on the following criteria: introduction, methods, results, discussion and conclusion. The total mark of the THREE assessed reports will be summmated to provide a single mark for the written assessment. This assessment is worth 40% of your overall mark for this unit.

#### **Referencing Style**

• American Psychological Association 6th Edition (APA 6th edition)

## **Submission**

Online

### **Submission Instructions**

You will be required to submit the laboratory reports as separate .DOC or .DOCX file via the relevant submission link on the ESSC13006 Moodle site. All submissions are to be completed individually.

## **Learning Outcomes Assessed**

- Explain fundamental concepts of motor control and describe how motor function changes with learning, aging and injury
- Develop and evaluate test protocols used to assess motor function

## **Graduate Attributes**

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

# 4 On-campus Laboratory Activity

## **Assessment Type**

**On-campus Activity** 

## **Task Description**

This assessment involves the compulsory attendance and active participation in the on-campus laboratory activities of the unit. You are required to attend (and actively participate in) ONE of the timetabled on-campus activities. Further

details regarding the times and dates of these on-campus activities can be found in the Term Specific Information section of the ESSC13006 Unit Profile, on the ESSC13006 Moodle site and via the CQUniversity Handbook. A series of practical laboratory-based tasks will be completed during the on-campus laboratory activity sessions and you are expected to attend and participate in all tasks. A Laboratory Workbook will be provided to you on Moodle prior to the on-campus activity which contains questions and data tables pertaining to each practical laboratory-based task.

- 1. Sign the attendance sheet. Please note there will be multiple attendance sheets to sign throughout the activity sessions
- 2. Bring a printed copy of the Laboratory Workbook to the on-campus laboratory activity sessions
- 3. Complete the Laboratory Workbook while undertaking the on-campus laboratory activities

#### **Assessment Due Date**

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

Week 11 Friday (31 May 2019)

To complete this assessment item you must:

Final grading will be available at the end of term, upon completion of on-campus activities

## Weighting

Pass/Fail

#### **Assessment Criteria**

Attendance at the on-campus laboratory activity, with sufficient participation will result in a passing grade for this assessment. Failure to attend and adequately participate may result in a fail grade for this assessment item, and being unable to pass this unit. Attendance at the on-campus activities will be assessed through signed laboratory attendance sheets and facilitated by staff members managing the sessions, you will need to sign an attendance sheet for each task. Active participation will be assessed via completion of the Laboratory Workbook. The Laboratory Workbook will be assessed at the conclusion of each practical task, therefore it is necessary that you print off and bring the Laboratory Workbook with you to your on-campus laboratory activity. If you miss a session without an approved reason, there will NOT be an opportunity to simply 'catch up' at any time. The Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment. If you do not attend one of the on-campus laboratory activities, and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made (for example a 'catch up' session at a suitable time or an alternative assessment/task) in consultation with the Unit Coordinator.

## **Referencing Style**

• American Psychological Association 6th Edition (APA 6th edition)

## **Submission**

Offline

### **Submission Instructions**

Laboratory Workbooks will be assessed at the on-campus activity sessions. There is no requirement to submit the Laboratory Workbook through Moodle.

## **Learning Outcomes Assessed**

- Develop and evaluate test protocols used to assess motor function
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings

## **Graduate Attributes**

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

# **Academic Integrity Statement**

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the **Student Academic Integrity Policy and Procedure**. This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

## What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

## Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

## Where can I get assistance?

For academic advice and guidance, the <u>Academic Learning Centre (ALC)</u> 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