ESSC13007 *Functional Anatomy*
Term 2 - 2020

Profile information current as at 02/05/2024 08:00 pm

General Information

Overview

The development of foundation knowledge and competencies in functional anatomy complements previous anatomy and physiology units and provides the cornerstone to manual assessment of musculoskeletal conditions. This unit will provide you with the knowledge necessary to identify and describe the structural and functional requirements of the musculoskeletal system in relation to human motion for a variety of activities. The unit will develop your understanding of the anatomy of the limbs and the functional principles underpinning movement and posture, including an understanding of the performance aspects of muscle, joints, and the mechanics of movement. You will develop skills in manual location and assessment of musculoskeletal structures as they apply to rehabilitation, exercise conditioning, and general movement.

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: BMSC11001 Human Body Systems 1, BMSC11002 Human Body Systems 2, AND ESSC12004 Exercise and Sport Biomechanics
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).

Residential Schools

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

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: 40%
2. **Presentation**
Weighting: 30%
3. **Practical Assessment**
Weighting: Pass/Fail
4. **Written Assessment**
Weighting: 30%

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

Assessment Tasks reflected learning content and were based on real-world scenairos.

Recommendation

It is recommended that the Assessment Tasks remain relevant to the content, and continue to be practical in nature to reflect real-world application.

Feedback from Have Your Say Survey

Feedback

Some learning content was covered after the Residential School/Assessment Due date.

Recommendation

The timing of the Residential School makes it difficult to cover all content. It is recommended that previous years content (i.e. Lecture recordings) are made available for students at the beginning of Term for their own learning and reflection, prior to the Residential School.

Unit Learning Outcomes

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

1. Define anatomical terms and identify structures using anatomical models, images, and surface anatomy
2. Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function
3. Analyse exercises to identify muscles that are involved in producing and controlling movement
4. Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

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

— 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
1 - Online Quiz(zes) - 40%	•	•		
2 - Presentation - 30%			•	•
3 - Practical Assessment - 0%	•			•
4 - Written Assessment - 30%		•	•	

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) - 40%		•	•	•		•				
2 - Presentation - 30%	•	•	•	•		•				
3 - Practical Assessment - 0%	•	•	•	•		•		•		
4 - Written Assessment - 30%	•	•	•	•		•		•		

Textbooks and Resources

Textbooks

ESSC13007

Prescribed

Kinesiology of the musculoskeletal system: Foundations for rehabilitation
Edition: 3rd (2017)
Authors: Neumann, D
Elseiver
St Louis , MO , USA
Binding: Hardcover

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)
- Adobe Acrobat Pro
- Microsoft Office
- Zoom Conferencing (Webcam and Microphone)
- Laptop/Computer

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

Mandy Plumb Unit Coordinator
a.plumb@cqu.edu.au

Schedule

Week 1: Introduction to Functional Anatomy - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Functional Anatomy	Chapter 1 - Getting Started	

Week 2: Joints and Muscles - 20 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Basic Structure and Function of Joints and Muscles	Chapter 2 - Basic Structure and Function of the Joints Chapter 3 - Muscle: The Ultimate Force Generator in the Body	Online lab: Identifying anatomical structures and describing movement

Week 3: The Trunk and Spine - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic

The Trunk and Spine	Chapter 9 - Axial Skeleton: Osteology and Arthrology Chapter 10 - Axial Skeleton: Muscle and Joint Interactions Chapter 11 - Kinesiology of Mastication and Ventilation	

Week 4: The Shoulder - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
The Shoulder	Chapter 5 - Shoulder Complex	On-line lab: Structure and movement of torso and axial skeleton

Week 5: The Pelvis and Hip - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
The Pelvis and Hip	Chapter 12 - Hip	

Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic

Week 6: The Elbow, Wrist, and Hand - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
The Elbow, Wrist, and Hand	Chapter 6 - Elbow and Forearm Complex Chapter 7 - Wrist Chapter 8 - Hand	On-line lab: Structure and movement of upper limbs Mid-term Quiz Opens: Week 6 Wednesday (26 Aug. 2020) 9:00 am AEST

Week 7: The Knee, Ankle, and Foot - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
The Knee, Ankle, and Foot	Chapter 13 - Knee Chapter 14 - Ankle and Foot	On-line lab: Structure and movement of lower limbs Mid-term Quiz Closes: Week 7 Wednesday (2 Sept. 2020) 9:00 am AEST

Week 8: Analysis of Posture - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Analysis of Posture	Online Resources available on the ESSC13007 Moodle site	On-line lab: Posture and postural assessments **Laboratory Workbook** Due: Week 8 Wednesday (9 Sept 2020) 5:00 pm AEST

Week 9: Movement Analysis for Occupational Tasks - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Movement Analysis for Occupational Tasks	Online Resources available on the ESSC13007 Moodle site	

Week 10: Movement Analysis of Exercise and Sporting Based Movements - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Movement Analysis of Exercise and Sporting Based Movements	Online Resources available on the ESSC13007 Moodle site	On-line lab: Movement analysis of resistance exercise

Week 11: Gait Analysis - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic

		On-line lab: Observational gait analysis
Gait Analysis	Chapter 15 - Kinesiology of Walking	**Presentation** Due: Week 11 Wednesday (30 Sept 2020) 5:00 pm AEST

Week 12: Exam Preparation and Revision - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
Preparation for Upcoming Exam and Revision of Relevant Topics	Online Resources available on the ESSC13007 Moodle site	End of Term Quiz Opens: Week 12 Wednesday (7 Oct. 2020) 9:00 am AEST

Review/Exam Week - 12 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
		End of Term Quiz Closes: Review/Exam Week Wednesday (14 Oct. 2020) 5:00 pm AEST

Exam Week - 19 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic
		Online Station-Based Exam: Exam Week Wednesday (21 Oct. 2020) 5:00 pm AEST

Term Specific Information

Due to COVID-19 restrictions, for 2020 this unit will be delivered fully on-line. There will be on-line labs in weeks 2, 4, 6, 8, 10 & 11, weekly live and recorded lectures, and drop-in tutorials.
This unit includes compulsory on-line laboratory activities. You MUST attend the session specific to your enrolment as outlined below:

Rockhampton (ROK) on-campus enrolments
You are required to attend the online practical sessions during Weeks 2, 4, 6, 8, 10 & 11

Mackay (MKY) on-campus enrolments
You are required to attend the online practical sessions during Weeks 2, 4, 6, 8, 10 & 11

Cairns (CNS) on-campus enrolments
You are required to attend the online practical sessions during Weeks 2, 4, 6, 8, 10 & 11

Mixed Mode (MIX) enrolments (all campuses)
You are required to attend the 2-day Online Residential School in week 5 (Tuesday 11th August - Wednesday 12th August 2020) from 08.30 - 17.00hrs.

If you prefer to attend an alternate session to that specified above, please contact the Unit Coordinator to discuss attendance at a different offering.
There will be a final online practical exam during exam week and **all students** will be allocated a time slot for this once term commences.
All learning outcomes will still be able to be assessed in this unit to allow students to progress.

Assessment Tasks

1 Online Quizzes

Assessment Type
Online Quiz(zes)

Task Description
You will be required to complete two (2) online quizzes during the term. A mid-term quiz will be available in Week 6, and will assess content (lectures, readings and online material) covered in Weeks 1-6 (inclusive). An end of term quiz will be

available in the Review/Exam Week, and will assess content (lectures, readings and online material) covered in Weeks 7-12 (inclusive). Each quiz will include 50 questions that are randomly selected from a wider bank of questions. Questions will be equally distributed across all weeks. You will have a time limit of 60 minutes to complete each quiz. Questions will be in multiple choice and fill-in-the-blanks format.
You must log on and access the ESSC13007 Moodle site when each online quiz is open and complete the quiz before the closing time and date as outlined in the Assessment Due Date section below. You can only attempt each online quiz once and each online quiz must be completed in a single session. Online quizzes should be completed on a computer, as attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification. You cannot save your answers and return to the online quiz at a later time. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes.

Number of Quizzes
2

Frequency of Quizzes
Other

Assessment Due Date

Mid-term quiz will open Week 6 Wednesday (26 Aug. 2020) 9:00 am AEST, and close Week 7 Wednesday (2 Sep. 2020) at 5:00 pm AEST. The end of term quiz will open Week 12 Wednesday (7 Oct. 2020) 9:00 am AEST, and close Review/Exam Week Wednesday (14 Oct. 2020) 5:00 pm AEST.

Return Date to Students

Marks for each quiz will be available upon completion of the quiz via the ESSC13007 Moodle site. Feedback on specific questions will be available once the quiz closes.

Weighting
40%

Assessment Criteria
Each quiz will contribute to 20% of your overall unit grade. Together the two (2) quizzes comprise 40% of your overall grade. There will be 50 questions per quiz, with each question allocated 1 mark. Each question will be graded as correct or incorrect. For multiple choice questions, there will be only 1 correct response. For text-based questions (i.e. fill-in-the-blanks), you should take care to ensure accurate spelling (Australian English) and correct grammar are used, as answers are spelling and grammar sensitive.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Attempting and submitting each online quiz is performed via the ESSC13007 Moodle site.

Learning Outcomes Assessed

- Define anatomical terms and identify structures using anatomical models, images, and surface anatomy
- Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function

Graduate Attributes

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

2 Presentation

Assessment Type
Presentation

Task Description
Identifying sub-optimal movement patterns and their contributing factors is an important part of reducing injury risk and improving performance in sports and exercise. To accurately identify sub-optimal movements, a sound understanding of normal movement and the roles of various muscles and joints is required. Appropriate exercises are then often required to help an individual return to optimal movement and improve performance. This assessment requires you to create and

record a 10-minute audio-visual presentation. In the presentation you will be required to identify and aim to correct a sub-optimal movement pattern. You will be provided with several videos on the ESSC13007 Moodle site (by Week 7 of Term), each showing an individual simulating a movement with a common sub-optimal movement pattern.

To complete the assessment, you will be required to choose one (1) of the provided videos and present an audio-visual presentation which includes the following:

1. A description of the sub-optimal movement pattern in one (1) of the videos provided on the ESSC13007 Moodle site. Use supporting evidence (i.e. peer reviewed journal articles) to briefly explain why you consider this movement pattern to be sub-optimal.
2. Presentation of a complete movement analysis table for the optimal, or normal movement, which includes detailing movement name(s), plane of movement, joint action(s), muscle contraction type(s), prime mover(s), and muscle(s) involved. A template of the movement analysis table will be provided on the ESSC13007 Moodle site (by Friday Week 7).
3. A description of one (1) possible muscle weakness that might contribute to the sub-optimal movement you identified, and explanation of the role of that muscle in the optimal movement.
4. A rationale for one (1) exercise that you could provide to strengthen the muscle you identified as weak.
5. Video demonstration of you instructing an **individual (where possible with current COVID-19 social distancing)** how to perform this exercise. Include in your demonstration:
   a. The start and end position of the movement.
   b. Instructions on how to complete the full exercise, including at least three (3) succinct verbal cues to ensure that your partner in the video can complete the exercise safely and effectively.

General presentation guidelines:

- Duration: You will develop a 10-minute audio-visual presentation. Any information presented beyond 11 minutes will not be marked.
- Presentation slides: You must include accompanying PowerPoint slides. These should complement the spoken aspect of your presentation.
- Font: Times New Roman or Arial.
- Language: English (Australian).
- Referencing: Follow American Psychological Association (APA) style. Reference list must be included on your PowerPoint file.
- Video: You must include a video demonstration in your presentation as per point 5 above. You should embed this in your PowerPoint file.
- Presentation recording: You must record your entire presentation, including slides, video, audio, and a self view camera. This is best recorded in Zoom conferencing software. A link to download this software for free is provided on the ESSC13007 Moodle site.
- Moodle submission (total file size must be <100MB):
  1. A PDF of the final slides presented (with embedded videos removed). Please save as 1 slide per page. Ensure a list of references is included at the end of the presentation (i.e. final slide of the PowerPoint slides).
  2. The recorded presentation (preference is .mp4 format). You must ensure that this video is playable. Late penalties will be applied until a playable recorded presentation is received. Should you not submit a playable recorded presentation, a mark of zero (0) will be awarded.

Assessment Due Date
Week 11 Wednesday (30 Sept 2020) 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). Submissions made after 5:00 pm AEST Thursday 22 October, 2020 will not be formally marked as maximum late penalties will have occured and a grade of 0 will be automatically applied.

Return Date to Students
Review/Exam Week Wednesday (14 Oct 2020)
Marks and individual feedback will be made available via the ESSC13007 Moodle site no later that the set return date.

Weighting
30%

Assessment Criteria
You will be assessed on your ability to identify a sub-optimal movement pattern, completeness and accuracy of your movement analysis table, correctness of weak muscle(s), appropriateness of exercise prescription, clarity of exercise demonstration, and use of appropriate supporting evidence throughout your presentation. Marks will also be allocated to

presentation style (including use of PowerPoint, use of video, adherence to the time limit, and use of voice and gesture). Late penalties will be applied to submissions in accordance with CQUniversity policy, including if submissions received are unable to be viewed.
A detailed marking rubric will be available on the ESSC13007 Moodle site. Please refer to this rubric for detailed breakdown of marking allocation.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
You will be required to submit the following documents via the assessment submission link on the ESSC13007 Moodle site: 1) A PDF version of the final slides; 2) a video of the recorded presentation in .mp4, .mov, .wmv, or .avi format.

Learning Outcomes Assessed

- Analyse exercises to identify muscles that are involved in producing and controlling movement
- Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

Graduate Attributes

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

3 Station-based examination - on-line

Assessment Type
Practical Assessment

Task Description
The structural anatomy of the human body underpins the performance of all human movement; thus, an understanding of the anatomy of the muscles and joints is fundamental to exercise and sports performance. In this practical station-based on-line exam you will identify and describe anatomical structures of the musculoskeletal system for the trunk, upper limbs, and lower limbs on anatomical models, bones, and images. This assessment will cover material (lecture and online learning material) from Weeks 1-11, (inclusive).
The practical assessment is compulsory and you must pass this assessment in order to pass the unit. The minimum pass requirement for this assessment item is 50%. Further details of the minimum pass requirement are in assessment criteria below. The station-based on-line exam consists of approximately 25-30 stations delivered on-line, each with one question. Some stations will have an identification type question, while others may have a function-based question. After a set period of time, you will answer the question and your assesor will mark your answer down and then move onto the next station question and repeat this until you have answered all the station questions. You will complete this online with just yourself and the assessor. You will verbally give your answer to your assessor. The practical assessment is closed book, so it will be you on-line with your assessor for the duration of the practical exam. You will be allocated a specific time slot to complete this practical exam.

Assessment Due Date

This will take place on Wednesday 21st October 2020 between 8:30am - 5:30pm

Return Date to Students

Marks will be made available via the ESSC13007 Moodle site within 2 weeks.

Weighting
Pass/Fail

Minimum mark or grade
50%

Assessment Criteria
Answers will be assessed based on correctly identifying the structural and functional components of muscles, bones and joints in the trunk, back, upper limbs and lower limbs. Partial marks may be awarded where appropriate.

The station-based exam is a PASS/FAIL assessment; therefore, requires a minimum grade of 50% in order to achieve a PASS for this assessment. If you do not achieve the minimum mark, you will be offered one (1) opportunity to re-attempt incorrectly answered questions. Re-attempts will take place at a mutally agreed time with Unit Co-ordinator.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Offline

Submission Instructions
You will be required to submit your answer sheet to the examiner at the conclusion of the examination.

Learning Outcomes Assessed

- Define anatomical terms and identify structures using anatomical models, images, and surface anatomy
- Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

4 Laboratory Workbook

Assessment Type
Written Assessment

Task Description
During the Residential School/Laboratory Block sessions, you will be required to complete a number of activities focused on identifying anatomical landmarks from anatomical models, images/diagrams and surface anatomy, describing the structure and movement of body parts, and performing movement and postural analyses. Throughout these activities, you will be required to complete a laboratory workbook. The laboratory workbook will enable you to demonstrate knowledge and skills related to each laboratory activity. The laboratory workbook will also include short answer responses relating to the theoretical and practical content delivered in this unit. This is an individual assessment, and even though you may be working in small groups, please ensure you do not copy answers from another student. A template will be provided for you to complete this assessment on the ESSC13007 Moodle site.

Assessment Due Date
Week 8 Wednesday (9 Sept 2020) 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). Submissions made after 5PM AEST Thursday 1 October, 2020 will not be formally marked as maximum late penalties will have occurred and a grade of 0 will be automatically applied.

Return Date to Students
Week 10 Wednesday (23 Sept 2020)
Marks for the workbook will be made available via the ESSC13007 Moodle site no later than the set return date.

Weighting
30%

Assessment Criteria
The laboratory workbook will evaluate your ability to identify anatomical structures, describe human movement, and apply knowledge to interpret findings. Marks will be allocated to tasks completed in each laboratory session. The laboratory workbook will consist of questions pertaining to the following areas of functional anatomy:

- Identifying anatomical structures and describing movement
- Structure and movement of the torso/axial skeleton
- Structure and movement of the upper limbs
- Structure and movement of the lower limbs
- Posture and postural assessment
- Movement analysis of resistance exercise
- Observational gait analysis

The laboratory workbook must be submitted as a Word document (.doc or .docx). Any section that contains handwritten/scanned answers will not be marked. Answers should be correctly referenced where appropriate and a list of references should be included at the end of the document. Mark allocations for each section of the laboratory workbook will be clearly outlined in the template file provided on the ESSC13007 Moodle site.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
The laboratory workbook must be submitted as a Word document (.doc or .docx). The file must be submitted to the correct assessment submission link via the ESSC13007 Moodle site.

Learning Outcomes Assessed

- Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function
- Analyse exercises to identify muscles that are involved in producing and controlling movement

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology 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 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