



# ESSC13008 Advanced Exercise Prescription and Delivery

## Term 1 - 2018

Profile information current as at 18/05/2024 11:43 pm

All details in this unit profile for ESSC13008 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 is designed to enhance your understanding and application of exercise prescription and programming, including strength and conditioning concepts, and practical exercise delivery skills. You will also undertake authentic practical exercise delivery via work integrated learning. This will involve working with a variety of apparently healthy populations under the supervision of appropriate health or exercise and sport science practitioners.

### 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, AND ESSC12008 Applied 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 1 - 2018

- Distance
- Mackay
- 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. **Case Study**

Weighting: 50%

#### 2. **Practical Assessment**

Weighting: 50%

#### 3. **Learning logs / diaries / Journal / log books**

Weighting: Pass/Fail

#### 4. **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](#).

## Unit Learning Outcomes

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

1. Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
2. Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients
3. Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Case Study - 50%	•	•	
2 - Practical Assessment - 50%	•	•	
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
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			

Graduate Attributes	Learning Outcomes		
	1	2	3
<b>10 - Aboriginal and Torres Strait Islander Cultures</b>			

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
<b>1 - Case Study - 50%</b>	•	•	•	•	•					
<b>2 - Practical Assessment - 50%</b>	•	•	•		•		•	•		
<b>3 - Professional Practice Placement - 0%</b>	•	•	•		•		•	•		
<b>4 - Learning logs / diaries / Journal / log books - 0%</b>	•						•	•		

## Textbooks and Resources

### Textbooks

ESSC13008

#### Prescribed

#### Essentials of Strength Training and Conditioning 4th Edition

Edition: 4th (2015)

Authors: Gregory Haff & Travis Triplett

Human Kinetics

United States

ISBN: 149250162X

Binding: Other

#### Additional Textbook Information

Please purchase the 4th Edition, edited by Gregory Haff & Travis Triplett. This text book is a great resource moving forward after you have finished your degree. Some extra readings will also be made available online through the Moodle site.

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Smart phone or tablet with recording capabilities (required for residential school to utilise coaching apps for exercise analysis)

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Joshua Guy** Unit Coordinator  
[j.guy@cqu.edu.au](mailto:j.guy@cqu.edu.au)

## Schedule

### Week 1 - 05 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction and overview, risk stratification and the screening process		

### Week 2 - 12 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Periodisation, programming, and training load	Chapter 21, Essentials of Strength Training and Conditioning 4th Edition (2015)	

### Week 3 - 19 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Client and athlete assessment	Chapters 12 and 13, Essentials of Strength Training and Conditioning 4th Edition (2015)	

### Week 4 - 26 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Coaching and exercise delivery	Chapter 8, Essentials of Strength Training and Conditioning 4th Edition (2015)	

### Week 5 - 02 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Programming and developing strength	Chapters 16 and 17, Essentials of Strength Training and Conditioning 4th Edition (2015)	

### Vacation Week - 09 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		

### Week 6 - 16 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for speed, agility, and speed endurance	Chapters 18 and 19, Essentials of Strength Training and Conditioning 4th Edition (2015)	Compulsory residential school (all students), 8:30 am - 5:00pm 18th and 19th April at Rockhampton North Campus.  <b>Exercise Delivery and Coaching</b> Due: Week 6 Friday (20 Apr 2018) 5:00 pm AEST

### Week 7 - 23 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for aerobic endurance	Chapters 6 and 20, Essentials of Strength Training and Conditioning 4th Edition (2015)	

**Week 8 - 30 Apr 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for anaerobic performance	Chapter 5 and 20, Essentials of Strength Training and Conditioning 4th Edition (2015)	

**Week 9 - 07 May 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for different populations	Chapter 7, Essentials of Strength Training and Conditioning 4th Edition (2015)	

**Week 10 - 14 May 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Warm-ups, cool-downs, flexibility, and recovery	Chapter 14, Essentials of Strength Training and Conditioning 4th Edition (2015)	

**Week 11 - 21 May 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition periodisation	Chapter 10, Essentials of Strength Training and Conditioning 4th Edition (2015)	Written Assessment due 25/05/2018 at 5:00pm AEST  <b>Periodisation Training Program</b> Due: Week 11 Friday (25 May 2018) 5:00 pm AEST

**Week 12 - 28 May 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Injury management and sports first aid	Chapters 11 and 22, Essentials of Strength Training and Conditioning 4th Edition (2015)	40 Hour log book and supervisor report due 01/06/2018 at 5:00pm AEST  <b>Log book</b> Due: Week 12 Friday (1 June 2018) 5:00 pm AEST <b>Participation in Work Integrated Learning</b> Due: Week 12 Friday (1 June 2018) 5:00 pm AEST

**Review/Exam Week - 04 Jun 2018**

Module/Topic	Chapter	Events and Submissions/Topic
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**Exam Week - 11 Jun 2018**

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

### 1) Work Integrated Learning

As part of this unit, you are required to undertake 40 hours of work integrated learning (WIL).

Once enrolled in this unit, you can access the WIL portal via [Sonia Online](#) to arrange your placement site.

You are not able to begin your placement until the beginning of Term 1.

Further information for WIL is also available on the ESSC13008 Moodle page.

### 2) Residential School 2018

You are required (compulsory) to attend a two (2) day residential school as a part of this unit. The residential school for this unit will be held on Wednesday 18th April 2018 and Thursday 19th April 2018.

All students should meet out the front of Building 81 (Rockhampton Campus) at 8.15am sharp on the Wednesday morning. As a group, we will then head to our classroom/s.

There are several assessment tasks that you are required to complete as a part of this residential school. These tasks make up 50% of your mark for ESSC13008.

Additional information regarding residential school, such as accommodation options, overview of daily schedule, etc is available on the ESSC13008 Moodle page.

## Assessment Tasks

### 1 Periodisation Training Program

#### Assessment Type

Case Study

#### Task Description

You are required to demonstrate your programming knowledge and understanding by developing a detailed periodisation plan from a case study. You are also required to justify each of their chosen program variables and elements with the use of supporting literature. Further detail regarding this assessment task is available on Moodle.

#### Assessment Due Date

Week 11 Friday (25 May 2018) 5:00 pm AEST

Due 5pm AEST on 25th May, 2018. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with University policy

#### Return Date to Students

Review/Exam Week Monday (4 June 2018)

Students will receive feedback and marks via Moodle Grademark.

#### Weighting

50%

#### Assessment Criteria

A detailed marking rubric associated with this assessment is available on Moodle. This includes:

- Evaluation of the sport
- Exercise selection or mode
- Training frequency, intensity, and duration
- Exercise order
- Training load, repetitions, and progression
- Rest periods
- Training principles
- Overall periodisation
- Inclusion of relevant literature to justify the program.

#### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

#### Submission

Online

**Submission Instructions**

Submission must be in word format (.doc or .docx), and uploaded directly to Moodle.

**Learning Outcomes Assessed**

- Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
- Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work

## 2 Exercise Delivery and Coaching

**Assessment Type**

Practical Assessment

**Task Description**

You will be assessed on your ability to plan, organise, deliver, coach, reflect, and critique exercise delivery sessions. These sessions will include resistance training, speed and agility, client pre-screening, and aerobic endurance. A detailed marking guide is available in the residential school workbook.

**Assessment Due Date**

Week 6 Friday (20 Apr 2018) 5:00 pm AEST

You will be marked by attending and participating in the ESSC13008 residential school.

**Return Date to Students**

Week 7 Friday (27 Apr 2018)

You will be informed of their preliminary mark at the residential school and your final mark one week later via Moodle.

**Weighting**

50%

**Assessment Criteria**

A detailed marking guide is available in the ESSC13008 Residential School workbook. This includes:

- Coaching delivery skills
- Planning and organisation
- Communication
- Attitude and teamwork
- Exercise knowledge

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Offline

**Submission Instructions**

You will be assessed throughout the residential school. Final marks will be made available one week after the residential school via Moodle.

**Learning Outcomes Assessed**

- Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
- Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking



- Team Work
- Cross Cultural Competence
- Ethical practice

### 3 Log book

#### Assessment Type

Learning logs / diaries / Journal / log books

#### Task Description

You are required to complete your first 40 hours of [ESSA approved placement](#) for this assessment task. All completed hours should be sufficiently detailed in the Placement Log Book (available on the ESSC13008 Moodle page) and signed off by the placement supervisor before submitting this assessment task. The site supervisor report must also be submitted alongside this assessment. Further detail regarding placement and this assessment task is available on the ESSC13008 Moodle page.

#### Assessment Due Date

Week 12 Friday (1 June 2018) 5:00 pm AEST

Due 5pm AEST on 1st June, 2018

#### Return Date to Students

Review/Exam Week Friday (8 June 2018)

You will be informed of your mark via Moodle one week after your logbook has been submitted.

#### Weighting

Pass/Fail

#### Minimum mark or grade

Pass

#### Assessment Criteria

The logbook is graded as pass/fail. Sufficient detail is required in regards to the client description and description of services, as well as the adequacy of the placement hours. The site supervisor report must also be completed and submitted alongside this assessment. An *exemplar* of the logbook and site supervisor report has been provided on the ESSC13008 Moodle page in the "Placement information and resources" section.

#### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

#### Submission

Online

#### Submission Instructions

To be submitted online via Moodle in word (.doc or .docx) or .pdf format using the template provided.

#### Learning Outcomes Assessed

- Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

#### Graduate Attributes

- Communication
- Cross Cultural Competence
- Ethical practice

### 4 Participation in Work Integrated Learning

#### Assessment Type

Professional Practice Placement

#### Task Description

You are required to attend 40 hours of work integrated learning as part of this unit. You will pass this assessment task on the submission and passing of your WIL logbook(s) and supervisor reports (assessment item 3).

#### Assessment Due Date

Week 12 Friday (1 June 2018) 5:00 pm AEST

This task will be marked as pass/fail by the unit coordinator on successful/unsuccessful completion of your 40 hours of work integrated learning.

#### Return Date to Students

Review/Exam Week Monday (4 June 2018)

You will be informed of your mark via Moodle one week after your logbook has been submitted.

**Weighting**

Pass/Fail

**Minimum mark or grade**

Pass

**Assessment Criteria**

Participation in Work Integrated Learning is graded as pass/fail. To pass this assessment item you must pass the logbook assessment (assessment 3).

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

No submission method provided.

**Submission Instructions**

This task will be marked as pass/fail by the unit coordinator on successful/unsuccessful completion of your 40 hours of work integrated learning.

**Learning Outcomes Assessed**

- Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Team Work
- 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 [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