



# ESSC13008 Advanced Exercise Prescription and Delivery

## Term 1 - 2019

Profile information current as at 16/05/2024 09:44 am

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 - 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 [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. **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 Have your say survey

##### Feedback

Students enjoy the practical components of the residential school, although the competency assessments are challenging, they allow students to work in groups, as well as individually.

##### Recommendation

It is recommended to continue including practical components and assessments in the residential school. These components are also requirements of external accreditation but should be reviewed and improved where necessary..

#### Feedback from Have your say survey and student feedback

##### Feedback

The work integrated learning placement system has improved from previous years, but still requires some improvements to help students complete their paperwork or view sites that have been contacted.

##### Recommendation

It is recommended to continue improving the work integrated learning placement process for students. Communication between the unit coordinator, placement officer, student, and placement site is vital to ensure students can undertake their placements smoothly.

#### Feedback from Have your say

##### Feedback

Students have commented they would like to be able to deliver and prescribe exercise earlier on in the course.

##### Recommendation

Our current course structure is subject to accreditation by Exercise and Sport Science Australia, unfortunately this means that ESSC13008 will continue to be offered in Term 1, Year 3. It is recommended that students seek more informal learning opportunities outside of their university study, for example coaching, to allow them to practice their skills as they progress through the degree.

## 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			
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 - Case Study - 50%	•	•	•	•	•					
2 - Practical Assessment - 50%	•	•	•		•		•	•		
3 - Professional Practice Placement - 0%	•	•	•		•		•	•		
4 - Learning logs / diaries / Journal / log books - 0%	•						•	•		

## 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: 9781492501626

Binding: Other

#### Additional Textbook Information

Hardcover available from the CQUniversity Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

eBook book is available online, please refer to the Human Kinetics Website for latest ebook information.

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Computer - ability to access study materials, including instructional videos and scan and upload assessment.
- Office software (e.g. Microsoft Office, Open Office, etc)
- Smart phone or tablet with recording capabilities (required for residential school to access 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 - 11 Mar 2019

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction and overview, risk stratification and the screening process	Chapter 21, Essentials of Strength Training and Conditioning 4th Edition (2015)	

### Week 2 - 18 Mar 2019

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 - 25 Mar 2019**

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 - 01 Apr 2019**

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

**Week 5 - 08 Apr 2019**

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 - 15 Apr 2019**

Module/Topic	Chapter	Events and Submissions/Topic
No lecture	No readings	

**Week 6 - 22 Apr 2019**

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)	

**Week 7 - 29 Apr 2019**

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)	<b>Mackay students only:</b> Compulsory block practical held at Mackay City Campus on Monday 29th and Tuesday 30th April, 2019.

**Week 8 - 06 May 2019**

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 - 13 May 2019**

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for different populations	Chapter 7, Essentials of Strength Training and Conditioning 4th Edition (2015)	<b>Rockhampton and Mixed-Mode students only:</b> Compulsory block practical/residential school held at Rockhampton North Campus on Thursday 16th and Friday 17th May, 2019.

**Week 10 - 20 May 2019**

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 - 27 May 2019**

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition periodisation	Chapter 10, Essentials of Strength Training and Conditioning 4th Edition (2015)	<b>Periodisation Training Program</b> Due: Week 11 Friday (31 May 2019) 5:00 pm AEST

**Week 12 - 03 Jun 2019**

Module/Topic	Chapter	Events and Submissions/Topic
Injury management and sports first aid		

**Review/Exam Week - 10 Jun 2019**

Module/Topic	Chapter	Events and Submissions/Topic
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**Exam Week - 17 Jun 2019**

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

**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 WIL information is available on the ESSC13008 Moodle page.

**Residential School/Block Practical**

You are required to attend a two (2) day residential school/block practical as a part of this unit. Throughout these two days you will complete your exercise delivery and coaching practical assessment item. Additional information regarding the residential school/block practical, such as overview of daily schedule is available on the ESSC13008 Moodle page. *Mackay students*

The block practical for this unit will be held on Monday 29th and Tuesday 30th April, 2019 (Beginning of Week 7). All students should meet in the Biomechanics laboratory in Building 4 room G.14 (Mackay City Campus).

*Mixed Mode and Rockhampton Students*

The residential school/block practical for this unit will be held on Thursday 16th and Friday 17th May, 2019 (End of Week 9). All students should meet in the upstairs classroom in Building 81 room 1.17 (Rockhampton North Campus).

## Assessment Tasks

### 1 Periodisation Training Program

**Assessment Type**

Case Study

**Task Description**

You are required to demonstrate your exercise programming knowledge and understanding by developing a detailed periodisation plan from a choice of three case studies. These case studies are available on the ESSC13008 Moodle page. You are also required to justify each of the chosen program variables and elements of your program with the use of supporting literature. This assessment item is completed individually.

**Assessment Due Date**

Week 11 Friday (31 May 2019) 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 policy.

**Return Date to Students**

Review/Exam Week Monday (10 June 2019)

Students will receive feedback and marks via Moodle Grademark within two weeks of the due date.

**Weighting**

50%

**Assessment Criteria**

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

- Evaluation of the sport
- Yearly periodisation plan and approach
- Use of macrocycles, mesocycles, and microcycles
- Exercise selection
- Training frequency

- Exercise order
- Training load and repetitions
- Justification of program and periodisation approach

### Referencing Style

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

### Submission

Online

### Submission Instructions

Your Periodisation Training Program should be uploaded via the ESSC13008 Moodle page using the template provided in .doc or .docx format.

### 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

Throughout the block practical (on-campus students) and residential school (mixed mode students), 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.

### Assessment Due Date

You will be marked by the teaching staff during the ESSC13008 block practical/residential school

### Return Date to Students

Week 11 Monday (27 May 2019)

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

### Weighting

50%

### Assessment Criteria

A detailed marking guide is available in the ESSC13008 block practical/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

Teaching staff will assess you throughout the block practical/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 Professional Practice Evaluation

## Assessment Type

Professional Practice Placement

## Task Description

The Professional Practice Evaluation assessment item comprises an assessment tool that your site supervisor will complete regarding your performance and capabilities while on placement. You are required to submit two Professional Placement Evaluations. A Professional Practice Evaluation is required to be completed for each of the two 20 hour Log Books that you submit.

- Professional Practice Evaluation 1 is due Week 8 Friday (10 May 2019) 5:00pm AEST.
- Professional Practice Evaluation 2 is due Week 12 Friday (7 Jun 2019) 5:00pm AEST.

It is expected that you and your site supervisor complete the Professional Practice Evaluations together. This should be viewed as an open process designed to enhance your placement experience and exercise prescription skills and capabilities.

## Assessment Due Date

Professional Practice Evaluation 1 due Week 8 Friday (10 May 2019) 5:00 pm AEST. Professional Practice Evaluation 2 due on Week 12 Friday (7 Jun 2019) 5:00 pm AEST. In the absence of an approved extension, submissions received after the due date(s) may result in a fail for this assessment item and you may not pass this unit.

## Return Date to Students

Marks for your Professional Practice Evaluation will be made available via Moodle within two weeks of the due date for each evaluation.

## Weighting

Pass/Fail

## Minimum mark or grade

Pass

## Assessment Criteria

The Professional Practice Evaluation comprises an assessment tool that your site supervisor will complete regarding your performance and capabilities while on placement.

The evaluation tool is made up of two sections, Professional Practice Competencies, and Exercise Scientist Competencies.

## Professional Practice Competencies

- Professional behaviour and demeanor
- Communication with clients
- Communication and teamwork with colleagues
- Critical thinking and analysis
- Self-improvement and development

## Exercise Scientist Competencies

- Client assessment
- Interpretation of findings
- Development of exercise plan(s)

- Implementation of exercise plan(s)
- Evaluation of exercise plan(s)

Professional Practice Evaluation 1 is a formative assessment and the outcomes of this assessment are used to help identify areas that you are doing well in, and areas that are in need of improvement.

Professional Practice Evaluation 2 is a summative assessment and you must attain the minimum pass mark to pass this assessment item. A detailed marking rubric is available on the ESSC13008 Moodle page.

### Referencing Style

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

### Submission

Online

### Submission Instructions

Your Professional Practice Evaluations should be uploaded via the ESSC13008 Moodle page using the template provided as a scanned .pdf.

### 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

## 4 Placement Log Books

### Assessment Type

Learning logs / diaries / Journal / log books

### Task Description

You are required to complete 40 hours of ESSA approved placement for this assessment task. All completed hours should be sufficiently detailed in the Placement Log Books (available on the ESSC13008 Moodle page) and signed off by the placement supervisor before submitting this assessment task. You are required to submit two 20 hour Log Books for this assessment task. Each log book comprises of a Supervisor's Report, and a detailed log of the hours you have completed. All sections of the log book must be completed and signed by your site supervisor before being submitted.

- Log Book 1 is due Week 8 Friday (10 May 2019) 5:00pm AEST.
- Log Book 2 is due Week 12 Friday (7 Jun 2019) 5:00pm AEST.

Further detail regarding placement and this assessment task is available on the ESSC13008 Moodle page.

### Assessment Due Date

Log Book 1 due on Week 8 Friday (10 May 2019) 5:00 pm AEST. Log Book 2 due Week 12 Friday (7 Jun 2019) 5:00 pm AEST. In the absence of an approved extension, submissions received after the due date(s) may result in a fail for this assessment item and you may not pass this unit.

### Return Date to Students

Marks for your Log Books will be made available via Moodle within two weeks of the due date for each Log Book.

### Weighting

Pass/Fail

### Minimum mark or grade

Pass

### Assessment Criteria

The Log Books are 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.

Your two 20 hour Log Books will be marked according to the following criteria to meet the requirements as set by ESSA:

- Sufficient detail of dates, hours, client(s) description (anonymised), description of services, supervisor's name, and supervisor's signature
- A breakdown of hours for "Exercise Prescription and Delivery" and "Exercise Science Other" tasks is included
- Typed and uploaded as a .pdf or MS Word (.doc or .docx) file
- Inclusion of a completed supervisor's report (for each Log Book)

An example of the level of detail required for the Log Books is available on the ESSC13008 Moodle page. Log Books that do not contain sufficient detail, are not signed by the placement supervisor, do not contain the supervisor's report, or are not clearly typed, will be returned for corrections. You will not be able to pass this assessment item, or this unit, unless the Log Books meet the requirements described above, which are in accordance with ESSA standards. If a Log Book is marked as a "fail" you will be given one opportunity to resubmit that Log Book. The re-submission for Log Book 1 must be no later than Week 11 Friday (31 May 2019) 5:00 pm AEST and for Log Book 2 no later than Friday (28 Jun 2019) 5:00 pm AEST.

### **Referencing Style**

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

### **Submission**

Online

### **Submission Instructions**

Log Book entries must be typed and uploaded via the ESSC13008 Moodle page using the template provided as a .pdf or MS Word (.doc or .docx) file.

### **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

## 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