



ESSC13008 *Advanced Exercise Prescription and Delivery*

Term 1 - 2021

Profile information current as at 14/12/2025 12:39 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 - 2021

- 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).

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 Unit coordinator reflection

Feedback

The introduction and use of simulated learning case studies in 2020 due to Covid allowed students to continue learning how to undertake exercise assessment, prescription, and delivery, despite Covid restrictions. Which counted towards the completion of placement hours

Recommendation

It is recommended to continue with simulated learning tasks to prepare and support students undertaking placement. These tasks can be completed prior to undertaking physical placement and allows the completion of hours within the first few weeks of term, while physical sites are being organised.

Feedback from Have your say survey

Feedback

Zoom drop in sessions were helpful in understanding learning tasks and placement information.

Recommendation

It is recommended to continue with weekly zoom drop in sessions and include a combination of both student and unit coordinator led activities.

Feedback from Have your say survey

Feedback

The Unit Coordinator was readily contactable and passionate about the learning material

Recommendation

The Unit Coordinator for this unit should continue to be contactable as often students are on placement and have pressing concerns related to placement activity and the linked assessment tasks.

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%	•	•	

Assessment Tasks	Learning Outcomes		
	1	2	3
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

ISBN: 9781492501626

Binding: Other

ESSC13008

Supplementary

ESSA's Student Manual for Health, Exercise and Sport Assessment 2nd Edition

Edition: 2nd (2020)

Authors: Jeff Coombes & Tina Skinner

Elsevier

ISBN: 9780729542692

Binding: Paperback

Additional Textbook Information

This is a supplementary book and is not required for this unit. However, this textbook will assist you in placement (work integrated learning), as well as preparing you for ESSC13009, Professional Practice in Exercise and Sports Science.

ebook also available, ISBN: 9780729586566

2nd edition available from 1st March, 2021.

[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.
- Smart phone or tablet with recording capabilities (required for residential school to access coaching apps for exercise analysis)
- Office software (e.g. Microsoft Office, Open Office etc)

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

Joshua Guy Unit Coordinator

j.guy@cqu.edu.au

Schedule

Week 1 - 08 Mar 2021

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

Chapter 21, Essentials of Strength Training and Conditioning 4th Edition (2015)

Week 2 - 15 Mar 2021

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 - 22 Mar 2021

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 - 29 Mar 2021

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

Week 5 - 05 Apr 2021

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 - 12 Apr 2021

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

Week 6 - 19 Apr 2021

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)	Cairns students only: Compulsory block practical held at Exercise and Sport Science Laboratory (Cairns Basketball, 289 Aumuller street, Manunda) on Monday 19th and Tuesday 20th April, 2021.

Week 7 - 26 Apr 2021

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)	Mackay students only: Compulsory block practical held at Mackay City Campus (Sydney st, Mackay City) on Thursday 29th and Friday 30th April, 2021.

Week 8 - 03 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for anaerobic performance	Chapters 5 and 20, Essentials of Strength Training and Conditioning 4th Edition (2015)	Professional Practice Evaluation 1 Due: Week 8 Friday (7 May 2021) 5:00 pm AEST Log Book 1 Due: Week 8 Friday (7 May 2021) 5:00 pm AEST.

Week 9 - 10 May 2021

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 - 17 May 2021

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)	Rockhampton and Mixed-Mode students only: Compulsory block practical/residential school held at Rockhampton North Campus (Yaamba road, Norman Gardens) on Monday 17th and Tuesday 18th May, 2021.

Week 11 - 24 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition periodisation	Chapter 10, Essentials of Strength Training and Conditioning 4th Edition (2015)	Periodisation Training Program Due: Week 11 Friday (28 May 2021) 5:00 pm AEST

Week 12 - 31 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
Injury management and sports first aid	Readings available on the ESSC13008 Moodle page	Professional Practice Evaluation 2 Due: Week 12 Friday (4 Jun 2021) 5:00 pm AEST. Log Book 2 Due: Week 12 Friday (4 Jun 2021) 5:00 pm AEST.

Review/Exam Week - 07 Jun 2021

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 14 Jun 2021

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 60 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 compulsory 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.

Cairns students

The block practical for this unit will be held on Monday 19th and Tuesday 20th April, 2021 (Week 6).

All students should meet in the classroom above the CQU Exercise and Sport Science labs located at Cairns Basketball (Building 3, Mezzanine 289 Aumuller street, Manunda).

Mackay students

The block practical for this unit will be held on Tuesday 27th and Wednesday 28th April, 2021 (Week 7).

All students should meet in the Biomechanics laboratory in Building 4 room G.14 (Mackay City Campus, Sydney street, Mackay City).

Rockhampton and Mixed Mode Students

The residential school/block practical for this unit will be held on Monday 17th and Tuesday 18th May, 2021 (Week 10).

All students should meet in the upstairs classroom in Building 81 room 1.17 (Rockhampton North Campus, Yaamba road, Norman Gardens).

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 site. 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 (28 May 2021) 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 Friday (11 June 2021)

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 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Your Periodisation Training Program must be uploaded via the ESSC13008 Moodle site 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

You will be informed of your preliminary mark at the block practical/residential school, and your final mark within two weeks 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 7th Edition \(APA 7th edition\)](#)

Submission

Offline

Submission Instructions

Teaching staff will assess you throughout the block practical/residential school.

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

To complete this unit you will be required to undertake 60 hours of ESSA approved placement. During your placement, you will be evaluated by your site supervisor at the end of 30 hours and the end of 60 hours of placement. 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 30 hour Log Books that you submit.

- Professional Practice Evaluation 1 is due Week 8 Friday (7 May 2021) 5:00pm AEST.
- Professional Practice Evaluation 2 is due Week 12 Friday (4 Jun 2021) 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 (7 May 2020) 5:00 pm AEST. Professional Practice Evaluation 2 due Week 12 Friday (4 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 site.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Your Professional Practice Evaluation must be uploaded via the ESSC13008 Moodle site using the template provided in .doc, .docx, or .pdf format.

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 60 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 site) and signed off by the placement supervisor before submitting this assessment task. You are required to submit two 30 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 2 also requires you to complete the ESSA Record of Student Engagement. This Record of Student Engagement must also be completed and signed off by your Site Supervisor, and can be found at the end of the Log Book template supplied on the ESSC13008 Moodle site.

- Log Book 1 is due Week 8 Friday (7 May 2021) 5:00pm AEST.
- Log Book 2 is due Week 12 Friday (4 Jun 2021) 5:00pm AEST.

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

Assessment Due Date

Log Book 1 due Week 8 Friday (7 May 2020) 5:00 pm AEST. Log Book 2 due Week 12 Friday (4 Jun 2020) 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 for both Log Book 1 and Log Book 2. Log Book 2 must include a completed ESSA Record of Student Engagement for your placement site. In the event of you completing placement across multiple sites, the Record of Student Engagement must be completed for the site in which you completed the most amount of hours. Your two 30 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, using the descriptors provided on the ESSC13008 Moodle site.
- **Typed** and uploaded as a .pdf or MS Word (.doc or .docx) file
- Inclusion of a completed supervisor's report (for each Log Book)
- Log Book 2 only, must include a completed ESSA Record of Student Engagement

An example of the level of detail required for the Log Books and the Record of Student Engagement is available on the ESSC13008 Moodle site. Log Books that do not contain sufficient detail, are not signed by the placement supervisor, do not contain the supervisor's report, are not clearly typed, or do not include the record of student engagement (Log Book 2 only), 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 (28 May 2021) 5:00 pm AEST and for Log Book 2 no later than Friday (25 Jun 2021) 5:00 pm AEST.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Log Book entries must be typed and uploaded via the ESSC13008 Moodle site 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