

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



ESSC13008 Advanced Exercise Prescription and Delivery

Term 1 - 2026

Profile information current as at 14/12/2025 04:12 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 - 2026

- Cairns
- Mackay City
- 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

Information for Class and Assessment Overview has not been released yet.

This information will be available on Monday 12 January 2026

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 SUTE Feedback

Feedback

Students commented that group work and assessments within the residential school can be challenging if others in their group are not properly prepared.

Recommendation

It is recommended to review the structure of group assessments within the residential school.

Feedback from SUTE Feedback

Feedback

Students commented that they enjoyed the podcasts related to the weekly content. They also commented that additional podcasts related to Activities of Daily Living could be included.

Recommendation

It is recommended to continue to include weekly podcasts and update them accordingly, in-line with changes to unit content.

Feedback from Unit Coordinators Feedback

Feedback

Placement supervisors commented more work needed on students soft skills to help them prepare for placement.

Recommendation

It is recommended that students complete a workshop in Year 2, Term 2, on placement preparation.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 12 January 2026

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.

This information will be available on Monday 12 January 2026

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 16 February 2026

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.