



ESSC13009 Professional Practice in Exercise and Sports Science

Term 2 - 2019

Profile information current as at 30/04/2024 03:06 am

All details in this unit profile for ESSC13009 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

In this unit, you will enhance your professional development in exercise and sport science by becoming a reflective practitioner. Additionally, you will gain authentic practical exercise delivery via work integrated learning, as well as practically focused assessments, which will allow you to gain the skills that are required of a graduating exercise and sport science professional. This will involve working with primarily healthy populations under the supervision of appropriate health or exercise and sport science practitioners, during which time you will further develop your skills in the development and delivery of exercise and sports science related activities.

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 ESSC13008 or ESSC13003

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 - 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).

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. **Practical Assessment**

Weighting: 50%

2. **Reflective Practice Assignment**

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 appreciated the enthusiastic, supportive and approachable nature of the Unit Coordinator. They also commented that it was helpful having a lecturer with relevant industry experience and industry experience.

Recommendation

It is recommended to continue delivering this unit in an enthusiastic manner and for the Unit Coordinator to continue keeping up to date with industry. Work Integrated Learning can be somewhat challenging for some students, therefore, the Unit Coordinator must ensure they continue to make contact with students and site throughout the term and make themselves available to support students on placement.

Feedback from Have your say survey

Feedback

Some students commented that the Job Portfolio written assessment was not relevant to them, and that these services are available via the CQU career hub. However, others commented that this assessment item was helpful and helped them prepare documents required for future job applications.

Recommendation

It is recommended to review the current written assessments to ensure that they are relevant and meet the learning outcomes of the unit. Other assessment items that may be more practically focused, such as OSCE's, can be explored. The weighting of the assessment items should also be reviewed.

Feedback from Have your say survey

Feedback

Students commented that they enjoy the practical Work Integrated Learning aspect of this unit. Although it was also suggested that recognition of prior learning be available for those already working in the health and fitness industry or who own their own business.

Recommendation

Placement hours under the supervision of an adequately qualified supervisor are a requirement for ESSA accreditation, and must be monitored by the university. It is recommended that students that are undertaking this unit, and who are already involved in activities such as personal training, view this unit as an opportunity to further their learning experiences beyond those available to them in their current business or work environment.

Unit Learning Outcomes

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

1. Prepare professional documentation related to employment in the exercise and sport science industry
2. Reflect on performance and experiences in the exercise and sport science industry
3. Conduct the duties of an exercise and sport science practitioner in a professional setting.

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
1 - Practical Assessment - 50%			•
2 - Reflective Practice Assignment - 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 - Practical Assessment - 50%	•	•	•	•		•	•	•		
2 - Reflective Practice Assignment - 50%	•	•	•	•						
3 - Professional Practice Placement - 0%	•	•	•		•		•	•		
4 - Learning logs / diaries / Journal / log books - 0%	•					•		•		

Textbooks and Resources

Textbooks

There are no required textbooks.

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.

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

Schedule

Week 1 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction, placement update and assessment overview, and introduction to reflective practice	Online readings are available on unit Moodle website	

Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Perspectives and approaches within reflective practice	Online readings are available on unit Moodle website	

Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Reflective practice in action	Online readings are available on unit Moodle website	

Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Assessment for Health and Exercise and Sport Psychology, and Motor Control and Learning	Online readings are available on unit Moodle website	

Week 5 - 12 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Assessment in Exercise Physiology, Exercise and Sport, Biomechanics, Functional Anatomy	Online readings are available on unit Moodle website	

Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		

Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Practical assessment preparation, case studies, and SOAP notes	Online readings are available on unit Moodle website	Professional Practice Evaluation 1 Due: Week 6 Friday (30 Aug. 2019) 5:00 pm AEST Log Book 1 Due: Week 6 Friday (30 Aug. 2019) 5:00 pm AEST

Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		

Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		

Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Critical Incident Reflection Due: Week 9 Friday (20 Sept 2019) 5:00 pm AEST

Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Mackay students only: Compulsory block practical held at Mackay City Campus between Wednesday 25th September - Friday 27th September, 2019

Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Rockhampton and Mixed-Mode students only: Compulsory block practical/residential school held at Rockhampton North Campus between Monday 30 September - Thursday 3rd October, 2019. Mackay Students: Handover Notes Due: Week 11 Friday (4 Oct 2019) 5:00 pm AEST

Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Professional Practice Evaluation 2 Due: Week 12 Friday (11 Oct. 2019) 5:00 pm AEST Log Book 2 Due: Week 12 Friday (11 Oct. 2019) 5:00 pm AEST Rockhampton and Mixed-Mode Students: Handover Notes Due: Week 12 Friday (11 Oct. 2019) 5:00 pm AEST

Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

Work Integrated Learning

As part of this unit, you are required to undertake 120 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 2. Further WIL information is available on the unit Moodle website.

Block Practical/Residential School

You are required to attend a block practical/residential school as a part of this unit. Throughout this block practical/residential school you will be familiarised with and complete a series of laboratory and practical assessments related to your skills as a graduating professional in exercise and sports science, which are aligned to assessment task one "Exercise and Sport Science Practical Assessment." Additional information regarding the block practical/residential school is available in the Assessments Tasks section of this unit profile, and the unit Moodle website.

Mackay students

The block practical for this unit will be held between Wednesday 25th September (11am start) - Friday 27th September (5pm finish) (Week 10). All students should meet in the Biomechanics laboratory in Building 4 room G.21 (Mackay City Campus).

Rockhampton and Mixed Mode students

The block practical/residential school for this unit will be held between Monday 30th September (8:30am start) - Thursday 3rd October (4pm finish) (Week 11). All students should meet in Building 81 room 1.17 (Rockhampton North Campus).

Assessment Tasks

1 Exercise and Sport Science Practical Assessments

Assessment Type

Practical Assessment

Task Description

In this practical assessment task you will further develop your skills in accordance with Exercise and Sports Science Australia's standards. These standards include, but are not limited to; Health Exercise and Sport Assessment, Health Exercise and Sport Psychology, Motor Control and Learning, Exercise Physiology, Biomechanics, and Functional Anatomy. This assessment task has a compulsory block practical/residential school, where you will be given the opportunity to further develop and be assessed on the skills that you have learnt throughout the Exercise and Sport Sciences Course. You will be provided with case studies that will form the basis for your assessment. The case studies will be assigned to you two (2) weeks prior to attending your block practical/residential school. Prior to attending the block practical/residential school you will need to select a series of screening, tests, and assessments (practical assessments) from which you must choose as appropriate for the provided case studies, as aligned to the components listed below. During the practical assessments you will conduct your chosen screening and/or tests/assessments, interpret data from the results, and develop recommendations in the form of SOAP notes (Subjective, Objective, Assessment, Plan). You will be provided with information regarding the available pre-screening tools, tests, assessments, and SOAP notes via the unit Moodle website and lectures. It is recommended that you select the appropriate tests/assessments prior to attending the block practical/residential school, so that you can make best use of the designated practice times on the first day of the block practical/residential school. Following the completion of your practical assessments, you are required to create and submit handover notes associated with the outcomes of the practical assessment that you performed, following the SOAP notes format.

The practical assessments aligned to ESSA Standards that you may be assessed on include the following five (5) components:

1. **Health Assessment and Health Exercise and Sport Psychology:** Undertaking a pre-screening with a client and questioning them about their goals and motivation to exercise, pre-screening practical assessments may include taking blood pressure, height, weight, body fat percentage, and/or capillary blood samples for the assessment and interpretation of blood glucose, cholesterol or blood lactate, or other as related to your case study
2. **Motor Control and Learning:** These practical assessments may include balance tests (star excursion, balance error scoring system), multi-directional reach test, pegboard test, dual tasking, and postural stability, or other as

related to your case study

3. **Exercise Physiology and Exercise and Sport Assessment:** These practical assessments may include performing a graded exercise test and taking and analysing capillary blood samples, performing tests for speed agility and/or power, setting up and calibrating a metabolic cart and/or a 12 lead ECG, or other as related to your case study
4. **Biomechanics and Functional Anatomy:** These practical assessments may include analysing an exercise or movement using an app on a mobile device (e.g. iPad or tablet) or computer, electronic timing lights, or a force plate and assessing measures such as joint angles, force, and/or velocity, performing a movement screen or functional test, for example a modified Thomas Test, overhead squat, Apley's scratch test, or other as related to your case study
5. **Handover SOAP notes:** You will be required to write a brief summary in the form of SOAP notes for each of the above practical assessment components

Your handover SOAP notes are due **one week** following your practical assessment.

- **Mackay students:** Handover SOAP notes due Week 11 Friday (4 Oct. 2019) 5:00 pm AEST.
- **Rockhampton and Mixed-Mode students:** handover SOAP notes due Week 12 Thursday (10 Oct. 2019) 5:00 pm AEST.

Block practical/residential school dates

Mackay students

The block practical for this unit will be held between Wednesday 25th September (11am start) - Friday 27th September (5pm finish) (Week 10). All students should meet in the Biomechanics laboratory in Building 4 room G.21 (Mackay City Campus).

Rockhampton and Mixed Mode students

The block practical/residential school for this unit will be held between Monday 30th September (8:30am start) - Thursday 3rd October (4pm finish) (Week 11). All students should meet in Building 81 room 1.17 (Rockhampton North Campus).

Further information relating to this assessment task, including a schedule, is available on the unit Moodle website.

Assessment Due Date

This assessment will be completed by attending your designated block practical/residential school. Your handover (SOAP) notes will be due one week after attending the practical assessment. Mackay students handover notes due Week 11 Friday (4 Oct. 2019) 5:00 pm AEST. Rockhampton and Mixed-Mode students handover notes due Week 12 Thursday (10 Oct. 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 the CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return Date to Students

You will be informed of your practical assessment mark following certification of grades.

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

This assessment item is worth 50% of your overall grade for ESSC13009, with each of the five (5) individual components having a specific weighting to your overall mark.

1. Health Assessment, and Health Exercise and Sport Psychology (10 marks)
2. Motor Control and Learning (10 marks)
3. Exercise Physiology and Exercise and Sport Assessment (10 marks)
4. Biomechanics and Functional Anatomy (10 marks)
5. Handover SOAP notes (10 marks)

Your practical assessments (components 1-4) will be marked according to the criteria below:

- Selection of appropriate practical assessment(s) for the person described in the case study
- Correct setup of practical assessment(s)
- Communication and professionalism
- Correct performance of the practical assessment(s)
- Considerations for safety and risk
- Ability to reflect on practical assessment(s), performance, and outcomes

Specific requirements for each of the five (5) components will be made available via the unit Moodle website prior to

attending the the block practical/residential school. In the event you that you fail a practical component (components 1-4), you will be given one (1) opportunity to re-attempt that component on the final day of the block practical/residential school. In the event that you fail your re-attempt you will receive a mark of zero (0) for that component. The maximum mark you can receive for the re-attempt of a component is five (5) marks. Component 5 (handover SOAP notes) is a written task and must be submitted by the due date as listed above in the Task Description and Due Date Information sections. In order to pass this assessment item, you must achieve 50% or greater from the total marks available.

Referencing Style

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

Submission

Offline Online

Submission Instructions

Your practical assessment will be overseen by Exercise and Sports Science staff with knowledge and expertise in the field in which they are assessing. Your handover (SOAP) notes will be due one (1) week after attending the practical assessment and are to be submitted as a typed Word document (.doc or .docx) via the unit Moodle website.

Learning Outcomes Assessed

- Conduct the duties of an exercise and sport science practitioner in a professional setting.

Graduate Attributes

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

2 Critical Incident Reflection

Assessment Type

Reflective Practice Assignment

Task Description

In this assessment task you are required to write about a "critical incident" (positive or negative) that occurred during your placement. In order to protect the confidentiality of clients, students or staff at your placement, you should not disclose any personal information that can identify individuals in your reflections, for example name(s) of the client, students, staff, or the organisation.

A 'critical incident' does not need to be a dramatic event; rather, an event that is of significance to you. This could include the following situations:

- When you felt you had done something well...
- When you made the wrong decision...
- When something went better than expected...
- When you lacked confidence...

Most importantly, you need to be genuine and honest in your reflections. This assessment item will require you to reflect on the incident in a way that contributes to your personal and professional growth and development. This assessment task should be submitted in the provided Word document template, and is available on the unit Moodle website.

Assessment Due Date

Week 9 Friday (20 Sept 2019) 5:00 pm AEST

This assessment item is to be uploaded as a typed Word document (.doc or .docx) via Moodle. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with the CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

Return Date to Students

Week 11 Friday (4 Oct 2019)

This assessment item will be returned within two weeks of the due date. Marks and feedback will be available via Moodle.

Weighting

50%

Assessment Criteria

Your Critical Incident Reflection will consist of answering six (6) questions that relate to the critical incident that you have identified, and will be marked out of 60:

- What happened, where, and when? Give a brief history of the incident (5 marks)
- What is it that made the incident 'critical'? (5 marks)
- What were your immediate thoughts and responses? (5 marks)
- What are your thoughts now? What has changed/developed your thinking? (15 marks)
- What have you learned about (your) practice from this? (15 marks)
- How might your practice change and develop as a result of this analysis and learning? (10 marks)
- Format, spelling, grammar, and APA referencing (5 marks)

Referencing Style

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

Submission

Online

Submission Instructions

This assessment item is to be uploaded as a typed Word (.doc, or .docx) document via the unit Moodle website.

Learning Outcomes Assessed

- Reflect on performance and experiences in the exercise and sport science industry

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

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 60 hour Log Books that you submit.

- Professional Practice Evaluation 1 is due Week 6 Friday (30 Aug 2019) 5:00pm AEST.
- Professional Practice Evaluation 2 is due Week 12 Friday (11 Oct 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 6 Friday (30 Aug 2019) 5:00 pm AEST. Professional Practice Evaluation 2 due on Week 12 Friday (11 Oct 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 unit Moodle website.

Referencing Style

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

Submission

Online

Submission Instructions

Your Professional Practice Evaluations should be uploaded via the unit Moodle website using the template provided as a scanned .pdf or Word document (.doc or .docx).

Learning Outcomes Assessed

- Prepare professional documentation related to employment in the exercise and sport science industry
- Reflect on performance and experiences in the exercise and sport science industry
- Conduct the duties of an exercise and sport science practitioner in a professional 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 120 hours of ESSA approved placement for this assessment task. All completed hours should be sufficiently detailed in the Placement Log Books (available on the unit Moodle website) and signed off by the placement supervisor before submitting this assessment task. You are required to submit two 60 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 6 Friday (30 Aug 2019) 5:00pm AEST.
- Log Book 2 is due Week 12 Friday (11 Oct 2019) 5:00pm AEST.

Further detail regarding placement and this assessment task is available on the unit Moodle website.

Assessment Due Date

Log Book 1 due on Week 6 Friday (30 Aug 2019) 5:00 pm AEST. Log Book 2 due Week 12 Friday (11 Oct 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 (anonymised) 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 60 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 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 unit Moodle website. 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 9 Friday (20 Sep 2019) 5:00 pm AEST and for Log Book 2 no later than Friday (25 Oct 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 unit Moodle website using the template provided as a .pdf or Word document (.doc or .docx).

Learning Outcomes Assessed

- Prepare professional documentation related to employment in the exercise and sport science industry

Graduate Attributes

- Communication
- 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