



# ESSC13009 Professional Practice in Exercise and Sports Science

## Term 2 - 2022

Profile information current as at 29/04/2024 06:42 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 a variety of 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 - 2022

- 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).

### 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. **Practical Assessment**

Weighting: Pass/Fail

#### 2. **Reflective Practice Assignment**

Weighting: Pass/Fail

#### 3. **Professional Practice Placement**

Weighting: Pass/Fail

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

Weighting: Pass/Fail

### Assessment Grading

This is a pass/fail (non-graded) unit. To pass the unit, you must pass all of the individual assessment tasks shown in the table above.

## 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 commented that although they found the practical assessments challenging the residential school was highly beneficial in enhancing their skills as a practitioner.

##### Recommendation

It is recommended the residential school in this unit continues with practical assessment items, and that they are continually reviewed to align with contemporary exercise and sport science practice.

#### Feedback from Have your say survey

##### Feedback

Students suggested that short video of the practical assessments could aid them in their preparation for the residential school.

##### Recommendation

It is recommended that short videos demonstrating each practical assessment are made available to students prior to the residential school.

#### Feedback from Have your say survey

##### Feedback

Students commented that practicum processes and not being able to start on the first day of term can be frustrating for them if they are organised prior to start of term.

##### Recommendation

It is recommended that practicum processes are continually reviewed and streamlined to enhance student experience. Considerations will need to be made for site availability and suitability.

## 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



### Alignment of Assessment Tasks to Learning Outcomes

| Assessment Tasks                        | Learning Outcomes |   |   |
|---|-------------------|---|---|
|   | 1                 | 2 | 3 |
| 1 - Practical Assessment - 0%           |                   |   | • |
| 2 - Reflective Practice Assignment - 0% |                   | • |   |

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

## Textbooks and Resources

### Textbooks

ESSC13009

#### Supplementary

#### **ESSA's Student Manual for Health, Exercise and Sport Assessment**

Edition: 2nd (2021)

Authors: Jeff Coombes, Tina Skinner

Elsevier

Australia

ISBN: 9780729542692

Binding: Paperback

#### **Additional Textbook Information**

This book is available to read online through the Library website. If you would like your own copy, you can purchase both paper and eBook copies at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code).

[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)
- Adobe Acrobat Reader (or similar) software for viewing PDF documents
- 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

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**Sam Fien** Unit Coordinator

[s.fien@cqu.edu.au](mailto:s.fien@cqu.edu.au)

## Schedule

### **Week 1 - 11 Jul 2022**

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
|--------------|---------|------------------------------|

Lecture 1. Unit introduction, placement update and assessment overview

Lecture 2. Client assessments for health and exercise and sport psychology

Lecture 3. Client assessments for Motor Control and Learning

Online readings are available on unit Moodle website

### Week 2 - 18 Jul 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 4. Client assessments for exercise physiology and sport

Lecture 5. Client assessments for biomechanics, and functional anatomy

Online readings are available on unit Moodle website

### Week 3 - 25 Jul 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 6. Practical assessment preparation, case studies, and SOAP notes

Online readings are available on unit Moodle website

### Week 4 - 01 Aug 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 7. Introduction to reflective practice

Online readings are available on unit Moodle website

### Week 5 - 08 Aug 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 8. Perspectives and approaches within reflective practice

Online readings are available on unit Moodle website

### Vacation Week - 15 Aug 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

No lecture

### Week 6 - 22 Aug 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 9. Reflective practice in action

Online readings are available on unit Moodle website

### Week 7 - 29 Aug 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture 10. Professional practice in exercise and sport science

Online readings are available on unit Moodle website

### Week 8 - 05 Sep 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

No lecture

**Professional Practice Evaluation 1** Due: Week 8 Friday (9 Sep. 2022) 5:00 pm AEST

**Log Book 1** Due: Week 8 Friday (9 Sep. 2022) 5:00 pm AEST

### Week 9 - 12 Sep 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

No lecture

**Exercise and Sport Science Practical Assessments** Due: Week 9 Friday (16 Sept 2022) 5:00 pm AEST

### Week 10 - 19 Sep 2022

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

No lecture

### Week 11 - 26 Sep 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| No lecture   |         |                              |

### Week 12 - 03 Oct 2022

| Module/Topic | Chapter | Events and Submissions/Topic   |
|--------------|---------|--|
| No lecture   |         | <b>Professional Practice Evaluation 2</b><br>Due: Week 12 Friday (7 Oct. 2022)<br>5:00 pm AEST<br><b>Log Book 2</b> Due: Week 12 Friday (7 Oct. 2022) 5:00 pm AEST<br><br><b>Critical Incident Reflection</b> Due:<br>Week 12 Monday (3 Oct 2022) 5:00 pm AEST |

### Review/Exam Week - 10 Oct 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
|--------------|---------|------------------------------|

### Exam Week - 17 Oct 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
|--------------|---------|------------------------------|

## Term Specific Information

### Work Integrated Learning

As part of this unit, you are required to undertake 100 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 given approval from the WIL office.

Further WIL information is available on the ESSC13009 Moodle page.

### Residential school dates

#### *Cairns residential school*

The residential school for this unit will be held between Thursday 25th August (9am start) - Friday 26th August (finish time 5pm) (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 residential school*

The residential school for this unit will be held between Tuesday 9th August (9am start) - Wednesday 10th August (finish time 5pm) (Week 5).

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 residential school*

The residential school for this unit will be held between Friday 12th August (8:30am start) - Saturday 13th August (finish time 5pm) (Week 5).

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

While every effort is made to ensure the residential schools run on time and finish by 5pm, these finish times may be delayed due to the nature of the assessments taking place and potential re-sits. **Students should keep this in mind when scheduling flights and accommodation.**

## 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 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. Prior to attending the residential school you will need to familiarise yourself with client screening, tests, and assessments (practical assessments). On the first day of the residential school you will be provided with case studies that will form the basis for your assessment. You will then be required to select the most appropriate tests/assessments in relation to your case studies, as aligned to the five (5) components listed below. This is so that you can make best use of the designated practice times on the first day of the residential school. During the practical assessments (second day of residential school) you will conduct your chosen screening and/or tests/assessments, interpret data from the results, answer questions regarding your test selection and performance. You will be provided with information regarding the available pre-screening tools, tests, assessments, and SOAP notes via the unit Moodle website and lectures. 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. All of these tasks are performed and assessed individually.

The practical assessments are aligned to ESSA Standards and as a result you will be assessed on 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 assessments 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 assessments as related to your case study
4. **Biomechanics and Functional Anatomy:** These practical assessments may include recording and 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 assessments 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. You are required to submit four separate SOAP notes.

Your handover SOAP notes are due Friday of Week 9 (16 September 2022) 5:00 pm AEST.

Residential school dates and times are available via the [CQU Handbook Timetable](#) and as listed above in the Term Specific Information section. Further information relating to this assessment task, including a residential school schedule, is available on the unit Moodle website.

## Assessment Due Date

Week 9 Friday (16 Sept 2022) 5:00 pm AEST

The practical aspect of this assessment will be completed by attending and participating in your designated residential school. Your handover (SOAP) notes will be due on Friday of Week 9 (16 September 2022) 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

Week 11 Friday (30 Sept 2022)

Feedback and marks for this assessment item will be made available via the Unit Moodle site by the end of Week 11.

## Weighting

Pass/Fail

## Minimum mark or grade

Pass

## Assessment Criteria

This assessment item is pass/fail and you must achieve a 70% or greater mark to pass this assessment item, with each of the five (5) individual components below 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 residential school.

*Practical assessments (components 1-4)*

Each practical component (1-4) has a list of "automatic fails" related to client and practitioner (your) safety. In the event an "automatic fail" occurs, you will automatically fail that practical component. There will be one (1) opportunity to re-attempt the failed component on the final day of the residential school. In the event you that you fail a practical component by receiving a score of less than seven out of ten (<7/10), there will be one (1) opportunity to re-attempt that component on the final day of the residential school. The maximum mark you can receive for the re-attempt of a practical component is seven (7) marks. In the event that you fail the re-attempt you will fail this assessment item and may not be able to pass this unit.

*Handover SOAP notes (component 5)*

The SOAP notes are a written task and must be submitted by the due date and in line with the Submission Instructions. SOAP notes must be submitted for each of the four practical assessments that you selected and were assessed on during the residential school.

**This is a Pass/Fail assessment item, in order to pass this assessment item you must achieve 70% or greater for each of the five (5) components as listed above. Detailed marking rubrics are available on the unit Moodle website.**

### Referencing Style

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

### 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 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. 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...

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. 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, which is available on the unit Moodle website.

#### **Assessment Due Date**

Week 12 Monday (3 Oct 2022) 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**

Feedback and marks for this assessment item will be made available on the unit Moodle site following certification of grades.

#### **Weighting**

Pass/Fail

#### **Minimum mark or grade**

Pass

#### **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)

**This is a Pass/Fail assessment item, in order to pass this assessment item you must achieve 50% or greater from the total marks available. A detailed marking rubric is available on the unit Moodle website.**

#### **Referencing Style**

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

#### **Submission**

Online

#### **Submission Instructions**

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

#### **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**

To complete this unit you will be required to undertake 100 hours of ESSA approved placement. During your placement,

you will be evaluated by your site supervisor at the end of 50 hours and the end of 100 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 50 hour Log Books that you submit.

- Professional Practice Evaluation 1 is due Week 8 Friday (9 September 2022) 5:00pm AEST. (Completed after 50 hours)
- Professional Practice Evaluation 2 is due Week 12 Friday (7 October 2022) 5:00pm AEST. (Completed after 100 hours)

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 (9 September, 2022) 5:00 pm AEST. Professional Practice Evaluation 2 due Week 12 Friday (7 October, 2022) 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 unit Moodle site 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 ESSC13009 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 unit Moodle site using the template provided in .doc, .docx, or .pdf format.

## 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 100 hours of ESSA approved placement for this assessment task. All completed hours should be sufficiently detailed in the Placement Log Books (available on the ESSC13009 Moodle site) and signed off by the placement supervisor before submitting this assessment task. You are required to submit two 50 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 ESSC13009 Moodle site.

- Log Book 1 is due Week 8 Friday (9 September, 2022) 5:00pm AEST. (Completed after 50 hours)
- Log Book 2 is due Week 12 Friday (7 October, 2022) 5:00pm AEST. (Completed after 100 hours)

Further detail regarding placement and this assessment task is available on the ESSC13009 Moodle site.

### Assessment Due Date

Log Book 1 due Week 8 Friday (9 September, 2022) 5:00 pm AEST. Log Book 2 due Week 12 Friday (7 October, 2022) 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 unit 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 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 50 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 ESSC13009 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. In the absence of an approved extension, 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 30 September 2022, 5:00 pm AEST and for Log Book 2 no later than Friday 28 October 2022, 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 unit Moodle site using the template provided as a .pdf or MS Word (.doc or .docx) file.

### **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