HLTH11031 *Healthy Lifestyles*
Term 1 - 2023

Profile information current as at 12/10/2024 05:04 pm

All details in this unit profile for HLTH11031 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 explore your own lifestyle behaviours as well as those of others. You will consider how lifestyle behaviours and culture impact on health outcomes and consider how lifestyle behaviours are developed and reinforced. You will explore the knowledge, attitudes and values that influence lifestyle behaviours of individuals, communities and populations and interventions that could delay the onset of potential health problems across the lifespan. As part of this exploration, you will learn to undertake basic health indicator measurements and consider how these relate to lifestyles.

Details
Career Level: *Undergraduate*
Unit Level: *Level 1*
Credit Points: *6*
Student Contribution Band: *8*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites
There are no requisites for this unit.
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 - 2023

- Bundaberg
- Cairns
- Online
- Rockhampton
- Townsville

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. **Written Assessment**
Weighting: 50%
2. **Portfolio**
Weighting: 30%
3. **Online Quiz(zes)**
Weighting: 20%

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 Unit coordinator reflection.

Feedback

A very small number of students provide all their contributions to the weekly discussion forums the day before the assessment task is due rather than across the term. This is unlikely to contribute to the ongoing topic discussions and learning of others.

Recommendation

Add a component to the discussion forum assessment marking criteria that require students to make half of their contributions at least three weeks prior to the assessment due date.

Unit Learning Outcomes

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

1. Explain how lifestyle behaviours and culture can have positive and negative impacts on health outcomes
2. Undertake basic health indicator measurements and explain how these relate to lifestyle
3. Explain how lifestyle behaviours are developed and reinforced
4. Discuss how to delay the onset of potential health problems and reduce health risk factors across the lifespan
5. Explain knowledge, attitudes and values used to influence lifestyle behaviours in individuals, communities and populations
6. Critically reflect on own experience of changing lifestyle behaviour.

Not applicable.

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	4	5	6
1 - Written Assessment - 50%	●	●	●		●	●
2 - Portfolio - 30%	●	●		●	●	
3 - Online Quiz(zes) - 20%			●	●		

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes					
	1	2	3	4	5	6
1 - Communication	●	●	●	●	●	

Graduate Attributes	Learning Outcomes					
	1	2	3	4	5	6
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 - Written Assessment - 50%	•	•	•	•			•	•		
2 - Portfolio - 30%	•		•	•			•	•		
3 - Online Quiz(zes) - 20%		•	•	•						

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)
- Zoom

Referencing Style

All submissions for this unit must use the referencing styles below:

- Harvard (author-date)
- American Psychological Association 7th Edition (APA 7th edition)

For further information, see the Assessment Tasks.

Teaching Contacts

Anthea Oorloff Unit Coordinator
a.oorloff@cqu.edu.au

Schedule

Week 1 - 06 Mar 2023

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Wellness	See eReading list, week 1	

Week 2 - 13 Mar 2023

Module/Topic	Chapter	Events and Submissions/Topic
The Basics of Behaviour Change	See eReading list, week 2	

Week 3 - 20 Mar 2023

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Physical Activity and Exercise	See eReading list, week 3	SMART goal is due Friday, 11:45PM

Week 4 - 27 Mar 2023

Module/Topic	Chapter	Events and Submissions/Topic
Cardiovascular Fitness	See eReading list, week 4	

Week 5 - 03 Apr 2023

Module/Topic	Chapter	Events and Submissions/Topic
Muscular Fitness	See eReading list, week 5	

Vacation Week - 10 Apr 2023

Module/Topic	Chapter	Events and Submissions/Topic
Vacation week		

Week 6 - 17 Apr 2023

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition for Wellness	See eReading list, week 6	Quiz 1 opens on Monday

Week 7 - 24 Apr 2023

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Healthy Weight	See eReading list, week 7	

Week 8 - 01 May 2023

Module/Topic	Chapter	Events and Submissions/Topic
Psychological Wellbeing	See eReading list, week 8	Quiz 1 closes on Friday, 11:45PM

Week 9 - 08 May 2023

Module/Topic	Chapter	Events and Submissions/Topic
Healthy Sexuality	See eReading list, week 9	

Week 10 - 15 May 2023		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Emotional and Intellectual Wellness	See eReading list, week 10	Quiz 2 opens on Monday

Week 11 - 22 May 2023		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Substance Use and Misuse	See eReading list, week 11	

Week 12 - 29 May 2023		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
Lifestyle Related Disease	See eReading list, week 12	Reflective Essay due Monday, 11:45PM Quiz 2 closes on Friday, 11.45PM

Review/Exam Week - 05 Jun 2023		
Module/Topic	**Chapter**	**Events and Submissions/Topic**
		Discussion forum posts portfolio Due: Review/Exam Week Monday (5 June 2023) 11:45 pm AEST

Exam Week - 12 Jun 2023		
Module/Topic	**Chapter**	**Events and Submissions/Topic**

Assessment Tasks

1 SMART goal and Reflective Essay

Assessment Type
Written Assessment

Task Description
Part A - SMART goal (10%)
Students are required to complete the *Wellness Survey* template which can be found on the Moodle site. As part of this template, they will be expected to develop their own wellness profile and to set a SMART goal to achieve during Term 1. This assessment will provide the basis for the reflective essay.
Part B - Reflective Essay (40%)
Write a reflective essay that considers your own attitudes to health and wellness and also your personal experience of modifying the lifestyle behaviour chosen for Part A of this assessment. Consider the challenges of health-related behaviour change and compare your experiences with the health promotion literature (eg health promotion articles from peer-reviewed journals).
Note: This is a must-pass (50%) assessment (Part A and Part B combined)

Assessment Due Date

Part A (SMART goal) due Friday of Week 3, 24th March, and Part B (Reflective Essay) due Monday of week 12, 29th May

Return Date to Students

2 weeks after submission

Weighting
50%

Minimum mark or grade
Students must pass (50%) Assessment 1 - SMART goal and Reflective essay

Assessment Criteria
This assignment will be marked using criterion-referenced assessment.
Part A will be assessed using the following criteria:

- Completion of a personal wellness profile
- Identification of an appropriate SMART goal to achieve throughout the term.

Part B will be marked according to the following criteria:

- Essay writing skills and presentation
- Self-reflection on attitudes to health and wellbeing
- Self-reflection on the experience of changing a health behaviour
- Ability to incorporate literature on lifestyle behaviour into discussions.

For more detailed marking criteria, refer to Moodle site.

Referencing Style

- Harvard (author-date)
- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Submission Instructions
Online via Moodle

assessmentOutcome

- Explain how lifestyle behaviours and culture can have positive and negative impacts on health outcomes
- Undertake basic health indicator measurements and explain how these relate to lifestyle
- Explain how lifestyle behaviours are developed and reinforced
- Explain knowledge, attitudes and values used to influence lifestyle behaviours in individuals, communities and populations
- Critically reflect on own experience of changing lifestyle behaviour.

assessmentGradAttribute

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

2 Discussion forum posts portfolio

Assessment Type
Portfolio

Task Description

For the purpose of this assessment, you will be expected to create a purposefully selected portfolio of work that will showcase your learning throughout the term. Your portfolio will contain a collection of your contributions to the class discussions on the following topic areas that relate to health and wellness:

1. Cultural factors

2. Health indicator measurements

3. Onset of potential health problems and;

4. Knowledge, attitudes and values

You will submit your four best Discussion Forum posts from weeks 1 - 11. Each post must be from a different week and demonstrate how you have contributed to the learning of others regarding the impact of each of the four topics on health and wellness.

Assessment Due Date
Review/Exam Week Monday (5 June 2023) 11:45 pm AEST

Return Date to Students

2 weeks from submission

Weighting
30%

Assessment Criteria
Your discussion posts will be marked according to their relevance to the four topic areas (culture, health indicator measurements, onset of potential health problems and knowledge, attitudes and values) and to their consistency to the conversation within the discussion board to promote learning of self and others. See the Moodle site for a detailed marking rubric.

Referencing Style

- Harvard (author-date)
- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

assessmentOutcome

- Explain how lifestyle behaviours and culture can have positive and negative impacts on health outcomes
- Undertake basic health indicator measurements and explain how these relate to lifestyle
- Discuss how to delay the onset of potential health problems and reduce health risk factors across the lifespan
- Explain knowledge, attitudes and values used to influence lifestyle behaviours in individuals, communities and populations

assessmentGradAttribute

- Communication
- Critical Thinking
- Information Literacy
- Cross Cultural Competence
- Ethical practice

3 Online quizzes

Assessment Type
Online Quiz(zes)

Task Description
There are two (2) quizzes conducted throughout the term. Each quiz is open-book and contains ten (10) multiple-choice questions. Completion of each quiz is done online. Each quiz contributes a possible 10 marks (10%) towards the final grade for the unit.
Only one attempt is possible on each quiz.
Quiz 1 - Opens Monday of week 6 and **closes Friday of week 8**
Quiz 2 - Opens Monday of week 10 and **closes Friday of week 12**

Number of Quizzes
2

Frequency of Quizzes
Other

Assessment Due Date

See Moodle site

Return Date to Students

Results of each quiz will be released once the quiz has closed.

Weighting
20%

Assessment Criteria
Each multiple-choice question will be worth 1 mark.

Referencing Style

- Harvard (author-date)
- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

assessmentOutcome

- Explain how lifestyle behaviours are developed and reinforced
- Discuss how to delay the onset of potential health problems and reduce health risk factors across the lifespan

assessmentGradAttribute

- Problem Solving
- Critical Thinking
- Information Literacy

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