

In Progress

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



BMSC12009 *Sleep Physiology and Measurement*

Term 2 - 2024

Profile information current as at 19/05/2024 07:58 am

All details in this unit profile for BMSC12009 have been officially approved by CQU University 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 enables students to relate diagnostic monitoring of sleep behaviour across the lifespan via polysomnography to sleep physiology and specific sleep disorder groups. Common causes and treatments for sleep disordered breathing, insomnia, hypersomnia and sleep related movement disorders will be investigated.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

BMSC12007 Neurological Physiology and Measurement

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 - 2024

- Bundaberg
- Online
- 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. **Written Assessment**

Weighting: 20%

2. **Group Discussion**

Weighting: 40%

3. **Online Test**

Weighting: 40%

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 Verbal student feedback

Feedback

Students enjoyed the use of Moodle lessons to deliver interactive lectures

Recommendation

The use of Moodle Lessons for the delivery of lecture content will be maintained.

Feedback from Unit coordinator reflection

Feedback

The weighting of assessment item 1 is not reflective of student workload.

Recommendation

The potential of increasing the weighting of assessment item 1 will be investigated.

Unit Learning Outcomes

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

1. Describe normal sleep physiology with reference to gender and age specific differences
2. Define circadian rhythms and factors that influence them
3. Describe the measurement and function of polysomnographic recording of sleep behaviour
4. Interpret the analysis process for sleep staging of polysomnographic recordings
5. Analyse the diagnosis and consequences of sleep deprivation
6. Explore causes, clinical features and treatment of sleep disordered breathing
7. Discuss the prevalence, types and treatments for insomnia
8. Describe symptoms, monitoring and evaluation techniques for hypersomnia
9. Discuss and differentiate sleep related movement disorders
10. Evaluate the use of polysomnography in investigating sleep disordered breathing in children.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes									
	1	2	3	4	5	6	7	8	9	10
1 - Written Assessment - 20%	•	•	•	•						
2 - Group Discussion - 40%					•	•	•	•	•	•
3 - Online Test - 40%	•	•	•	•	•	•	•	•	•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes									
	1	2	3	4	5	6	7	8	9	10
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 - Written Assessment - 20%	•			•						
2 - Group Discussion - 40%	•			•	•	•				
3 - Online Test - 40%	•	•		•						

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 17 June 2024

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.