



# ESSC11001 *Physical Activity, Fitness and Health*

## Term 1 - 2024

Profile information current as at 29/07/2024 03:53 pm

All details in this unit profile for ESSC11001 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 discuss the aetiology of lifestyle-related diseases with a focus on physical activity and exercise as a prevention and treatment strategy. You will gain a basic understanding of the physiological effects of physical activity and exercise, and be able to identify interventions to improve physical activity and reduce sedentary behavior at the individual, community, and population level. You will gain fundamental knowledge and skills associated with measurement of physical activity, health and exercise, and apply this knowledge for the purpose of health-related research/study and exercise prescription.

### 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 - 2024

- 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. **Online Quiz(zes)**

Weighting: 40%

#### 2. **Written Assessment**

Weighting: 60%

#### 3. **On-campus Activity**

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 SUTE Unit Comment Report

##### Feedback

Students enjoyed the unit and attending residential school, was great to interact with other students and lecturers.

##### Recommendation

It is recommended that the unit coordinator and lecturer should continue to include the residential school and delivery of the content within the unit.

#### Feedback from SUTE Unit Comment Report

##### Feedback

Students found some of the questions in the written assessment a little hard to understand.

##### Recommendation

It is recommended to review the questions included in the written assessment.

#### Feedback from SUTE Unit Comment Report

##### Feedback

Some students noted that they would have liked to receive feedback on their writing earlier in the Term.

##### Recommendation

It is recommended that the Unit Coordinators review feedback to students in regard to assessment items.

## Unit Learning Outcomes

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

1. Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
2. Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes
3. Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
4. Apply the elements of exercise prescription and delivery principles
5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Online Quiz(zes) - 40%	•	•			
2 - Written Assessment - 60%	•	•	•	•	
3 - On-campus Activity - 0%			•	•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
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 - Online Quiz(zes) - 40%		•	•	•		•		•		
2 - Written Assessment - 60%	•	•	•	•		•	•	•	•	
3 - On-campus Activity - 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.
- Microsoft Office or equivalent (wordprocessing)
- Printer for printing assessment

## 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

**Sam Fien** Unit Coordinator

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

## Schedule

### Week 1 - 04 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to the unit What is physical activity?	Readings available on ESSC11001 Moodle page	

### Week 2 - 11 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Physical activity guidelines and life stages	Readings available on ESSC11001 Moodle page	

### Week 3 - 18 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Pre-screening assessment, goal setting, and addressing risk with appropriate strategies	Readings available on ESSC11001 Moodle page	

### Week 4 - 25 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Designing and implementing physical activity into your lifestyle	Readings available on ESSC11001 Moodle page	<b>Quiz 1</b> <i>Opens</i> Week 4 Monday (25 March 2024) 9:00 am AEST <i>Closes</i> Week 4 Friday (29 March 2024) 5:00 pm AEST

### Week 5 - 01 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
What is fitness? Cardiorespiratory assessment, prescription, and delivery	Readings available on ESSC11001 Moodle page	

### Vacation Week - 08 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
No lecture	No readings	

### Week 6 - 15 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Strength assessment, prescription, and delivery	Readings available on ESSC11001 Moodle page	

### Week 7 - 22 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Other elements of fitness	Readings available on ESSC11001 Moodle page	

**Week 8 - 29 Apr 2024**

Module/Topic	Chapter	Events and Submissions/Topic
Designing and implementing fitness into your lifestyle	Readings available on ESSC11001 Moodle page	

**Week 9 - 06 May 2024**

Module/Topic	Chapter	Events and Submissions/Topic
What is health? Health care system and scope of ESSA	Readings available on ESSC11001 Moodle page	<b>Quiz 2</b> <i>Opens</i> Week 9 Monday (6 May 2024) 9:00 am AEST <i>Closes</i> Week 9 Friday (10 May 2024) 5:00 pm AEST  <b>On-Campus Activity Workbook</b> Due: Week 9 Friday (10 May 2024) 11:59 pm AEST

**Week 10 - 13 May 2024**

Module/Topic	Chapter	Events and Submissions/Topic
Public health and community programs	Readings available on ESSC11001 Moodle page	

**Week 11 - 20 May 2024**

Module/Topic	Chapter	Events and Submissions/Topic
Sedentary behavior and at-risk populations	Readings available on ESSC11001 Moodle page	

**Week 12 - 27 May 2024**

Module/Topic	Chapter	Events and Submissions/Topic
Designing and implementing health strategies into your lifestyle	Readings available on ESSC11001 Moodle page	<b>Written Assessment</b> Due: Week 12 Friday (31 May 2024) 11:59 pm AEST

**Review/Exam Week - 03 Jun 2024**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Quiz 3</b> <i>Opens</i> Review/Exam Week Monday (3 June 2024) 9:00 am AEST <i>Closes</i> Review/Exam Week Friday (7 June 2024) 5:00 pm AEST

**Exam Week - 10 Jun 2024**

Module/Topic	Chapter	Events and Submissions/Topic
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## Term Specific Information

This unit includes compulsory on-campus practical activities (residential school). You must attend the residential school specific to your mode of enrolment as outlined below. If you prefer to attend an alternate session to that specified for your enrolment mode, please contact the Unit Coordinator to discuss attendance at an alternative residential school. Please see the CQUniversity Handbook and the unit Moodle site for up-to-date information. Please ensure you complete your class registration via MyCQU.

### **Cairns (CNS) and mixed-mode (MIX) students living in the area surrounding Cairns**

If you are enrolled as a Cairns student or enrolled as a mixed-mode student who lives in the area surrounding Cairns, you are required to attend the residential school scheduled on the Cairns campus (Exercise and Sport Sciences Laboratories located at the Cairns Basketball Association Headquarters) on Thursday 2 May and Friday 3 May 2024 (8:00 am to 5:00 pm AEST).

### **Mackay (MKY or MKC) and mixed-mode (MIX) students living in the area surrounding Mackay**

If you are enrolled as a Mackay student or enrolled as a mixed-mode student who lives in the area surrounding Mackay, you are required to attend the residential school scheduled on the Mackay City Campus (90 Sydney Street, Bld 4, Exercise and Sport Sciences Laboratories) on Monday 29 April and Tuesday 30 April 2024 (8:00 am to 5:00 pm AEST).

### **Rockhampton (ROK) and mixed-mode (MIX) students in all other areas**

If you are enrolled as a Rockhampton student or enrolled as a mixed-mode student who lives in all other areas outside of Cairns and Mackay, you are required to attend the residential school scheduled on the Rockhampton North Campus (Bld 81, Exercise and Sport Sciences Laboratories) on Saturday 20 April and Sunday 21st April 2024 (8:00 am to 5:00 pm AEST).

### **Note for mixed-mode (MIX) students**

The Cairns and Mackay residential schools are specifically for those enrolled as a CNS or MKY/MKC student or MIX student living in those regions. If the Cairns or Mackay residential schools reach the cap number, and you do not live in the surrounding area, you may be reallocated to the Rockhampton residential school. This is due to limited teaching and space resources in Cairns and Mackay. Residential school allocations will be finalised at the end of Week 2.

## Assessment Tasks

### 1 Online Quiz(zes)

#### **Assessment Type**

Online Quiz(zes)

#### **Task Description**

The Online Quiz(zes) will comprise three (3) separate online quizzes consisting of multiple-choice questions. Each Online Quiz is to be completed on your own using multiple resources (i.e., unit readings and lectures) to help answer the questions. It is your responsibility to log on to Moodle and complete each online quiz during the time each quiz is available. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes that make up this assessment item. Online Quiz 1 will contain 20 questions and you will have 25 minutes to complete the quiz. Whilst Online Quiz 2 and 3 will each contain 30 questions and you will have 40 minutes to complete each quiz. Online quizzes should be completed on a computer, as attempting the quiz on a smartphone can result in your session being ended in the event of a phone call or notification. You can only attempt each online quiz once and it must be completed in a single session. You cannot save your answers and return to the quiz at a later time.

#### **Online Quiz 1 (10% of final grade)**

Online Quiz 1 will be held in Week 4 and will assess content from Weeks 1 - 3 (inclusive). Online Quiz 1 questions will be related to lectures and compulsory readings associated with Weeks 1 - 3 (inclusive).

- Open date: Week 4 Monday (25 March 2024) 9:00 am AEST.
- Close date: Week 4 Friday (29 March 2024) 5:00 pm AEST.

#### **Online Quiz 2 (15% of final grade)**

Online Quiz 2 will be held in Week 9 and will assess content from Weeks 4 - 7 (inclusive). Online Quiz 2 questions will be related to lectures and compulsory readings associated with Weeks 4 - 7 (inclusive).

- Open date: Week 9 Monday (6 May 2024) 9:00 am AEST.
- Close date: Week 9 Friday (10 May 2024) 5:00 pm AEST.

### **Online Quiz 3 (15% of final grade)**

Online Quiz 3 will be held in Review/Exam Week and will assess content from Weeks 8 – 11 (inclusive). Online Quiz 3 questions will be related to lectures and compulsory readings associated with Weeks 8 – 11 (inclusive).

- Open date: Review/Exam Week Monday (3 June 2024) 9:00 am AEST.
- Close date: Review/Exam Week Friday (7 June 2024) 5:00 pm AEST.

### **Number of Quizzes**

3

### **Frequency of Quizzes**

Other

### **Assessment Due Date**

The due date for each quiz is specified in the Task Description above.

### **Return Date to Students**

Marks will be made available immediately after you have completed each online quiz. The answers to each question will become available following the closure of each quiz.

### **Weighting**

40%

### **Assessment Criteria**

Questions will be graded as correct/incorrect via the Moodle online quiz system, and tabulated to give you your mark for each online quiz. All questions are weighted equally across all online quizzes.

### **Referencing Style**

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

### **Submission**

Online

### **Submission Instructions**

Quizzes will be accessed and completed through the ESSC11001 Moodle page and you are required to complete each quiz within the specified times that each quiz is open. Quizzes should be completed on a computer, as attempting a quiz on a smartphone can result in your session being ended in the event of a phone call or notification. In the absence of an approved extension, you will not be allowed to attempt a quiz once it is closed and you will receive a zero for that quiz.

### **Learning Outcomes Assessed**

- Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
- Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes

### **Graduate Attributes**

- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

## **2 Written Assessment**

### **Assessment Type**

Written Assessment

### **Task Description**

The Written Assessment will consist of questions relating to the content that is delivered throughout this unit:

- Health screening
- Cardiorespiratory assessment, training, and monitoring



- Strength assessment, training, and monitoring
- Muscular endurance, flexibility, speed, agility, and balance
- Functional and fitness assessments
- Physical activity and health guidelines, applications, interventions, and best practice
- The structure and role of healthcare systems in Australia

#### **Written Assessment (60% of your final grade):**

- Should be completed individually.
- Must be submitted as one typed document using the Word template provided on the ESSC11001 Moodle page.
- Any section of the workbook that contains copies of handwritten notes will not be marked.
- Answers should be correctly referenced where appropriate, and a reference list should be included at the end of the workbook.

#### **Assessment Due Date**

Week 12 Friday (31 May 2024) 11:59 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**

Your Written Assessment grade will be returned via the ESSC11001 Moodle page two (2) weeks after the due date (21 June 2024).

#### **Weighting**

60%

#### **Assessment Criteria**

Grades for this assessment will be based on the correctness of written responses based on unit content and using data collected during the On-Campus Activity (residential school).

#### **Referencing Style**

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

#### **Submission**

Online

#### **Submission Instructions**

You are to submit your Written Assessment via the ESSC11001 Moodle page as a Word document (.doc or .docx) using the template provided, all answers should be typed. Handwritten responses will receive a mark of zero (0).

#### **Learning Outcomes Assessed**

- Describe the role of physical activity and sedentary behaviours in the aetiology, prevention, and management of lifestyle-related diseases with an Australian focus
- Describe populations at risk of insufficient physical activity or sedentary behaviours, and how population, community, and individual level interventions can improve health outcomes
- Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
- Apply the elements of exercise prescription and delivery principles

#### **Graduate Attributes**

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

## **3 On-Campus Activity Workbook**

#### **Assessment Type**

On-campus Activity

#### **Task Description**

This assessment involves compulsory attendance and active participation in the On-Campus Activity of the unit delivered during a residential school. You are required to attend and actively participate in ONE of the residential schools

(i.e., you must complete/perform each activity unless you have a medical certificate or have spoken to the Unit Coordinator excusing your participation). Further details regarding these residential schools can be found in the Term Specific Information section of the ESSC11001 Unit Profile, on the unit Moodle site, and via the CQUniversity Handbook. You are required to submit your On-Campus Activity Workbook which is linked to the knowledge, demonstrated skills, and data related to your attendance and participation in the on-campus activity (residential school). You must complete your On-Campus Activity Workbook in Word format (.doc or .docx) using the template available on Moodle.

#### **On-Campus Activity Workbook (PASS/FAIL)**

- Must be submitted as one typed document using the Word template provided on the ESSC11001 Moodle page.
- Any section of the workbook that contains copies of handwritten notes will not be marked.

#### **Assessment Due Date**

Week 9 Friday (10 May 2024) 11:59 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**

Your On-Campus Activity Workbook grade will be returned via the ESSC11001 Moodle page two (2) weeks after submission.

#### **Weighting**

Pass/Fail

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

PASS

#### **Assessment Criteria**

Attendance at the On-Campus Activity (residential school), with sufficient participation and completion of skills, and sufficient detail of your written answers in the On-Campus Activity Workbook will result in a passing grade for this assessment. Failure to attend, adequately participate, and submit an On-Campus Activity Workbook with sufficient detail will result in a fail grade for this assessment item, and being unable to pass this unit. If your workbook does not contain sufficient information you will be given one (1) attempt to resubmit the workbook.

If you miss any part of the residential school without an approved reason, there will NOT be an opportunity to simply 'catch up' at any time. The Assessment Policy and Procedure (Higher Education Coursework) outlines acceptable reasons for adjusting assessment. If you do not attend one of the residential schools and provide a valid reason with supporting documentation, then an attempt to make alternate arrangements will be made in consultation with the Deputy Dean of Learning and Teaching or equivalent manager.

#### **Referencing Style**

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

#### **Submission**

Offline

#### **Submission Instructions**

You are to submit your On-Campus Activity Workbook via the ESSC11001 Moodle page in Word format (.doc or .docx) using the template provided, all answers should be typed. Handwritten responses will be deemed incomplete and a resubmission will be required.

#### **Learning Outcomes Assessed**

- Collect and interpret physical fitness and health measurements obtained during practical sessions or case studies
- Apply the elements of exercise prescription and delivery principles
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

#### **Graduate Attributes**

- Communication
- Information Literacy
- Team Work
- Cross Cultural 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