# ESSC11003 *Skill Acquisition and Movement*
## Term 2 - 2024

Profile information current as at 04/07/2025 11:35 am

All details in this unit profile for ESSC11003 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

This unit provides an introduction to motor control and learning, with a particular focus on the theories and application of skill acquisition. Throughout this unit, you will explore concepts related to the classification and assessment of motor skills, stages of motor learning and concepts related to skill acquisition. A particular focus of this unit will be on motor learning and skill development, relevant to the role of a teacher, coach or exercise and sport scientist.

### Details

Career Level: *Undergraduate*
Unit Level: *Level 1*
Credit Points: *6*
Student Contribution Band: *10*
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 2 - 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).

### 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: 30%
2. **Portfolio**
Weighting: 40%
3. **On-campus Activity**
Weighting: 30%

## 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 and informal student feedback

**Feedback**

Some students were unable to complete all workbook activities during the Residential School due to time constraints, and therefore were missing results required for the on-campus workbook.

**Recommendation**

It is recommended that daily schedule of the Residential School be revised to enable students to partake in all activities and collect individual data required for the workbooks.

### Feedback from Self-reflection

**Feedback**

Student engagement and participation in the skill development program (Portfolio assessment task) was poor.

**Recommendation**

It is recommended that the assessment requirements are revised to improve engagement on this task.

# Unit Learning Outcomes

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

1. Classify motor skills based on specific characteristics
2. Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
3. Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
4. Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts
5. Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

The Unit Learning Outcomes are aligned with Graduate Outcomes published by the external accreditation body (ESSA).

# 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 |
| **1 - Online Quiz(zes) - 30%** | ● | ● | | | |
| **2 - Portfolio - 40%** | | | | ● | ● |
| **3 - On-campus Activity - 30%** | ● | ● | ● | | ● |

## Alignment of Graduate Attributes to Learning Outcomes

**Graduate Attributes** | **Learning Outcomes**

| Graduate Attributes | 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**

| Assessment Tasks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 - Online Quiz(zes) - 30% | | • | • | • | | • | | | | |
| 2 - Portfolio - 40% | • | • | • | • | | • | | | | |
| 3 - On-campus Activity - 30% | • | • | • | • | • | • | | • | | |

## Textbooks and Resources

### Textbooks
ESSC11003

**Prescribed**

**Motor Learning and Control: Concepts and Applications**
Edition: 11th (2016)
Authors: Magill , R
McGraw Hill
ISBN: 9781259823992
Binding: eBook

**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 / laptop with webcam to allow videoconferencing.
- Microsoft Office or equivalent software
- Video Recording Device (Camcorder, Digital Camera, Smartphone, etc.)
- Zoom
- Adobe Acrobat Reader (or similar) software for viewing PDF documents

## 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

**Nathan Elsworthy** Unit Coordinator
n.elsworthy@cqu.edu.au

## Schedule

**Week 1: Introduction to motor skills - 08 Jul 2024**

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|---|---|
| Introduction to motor skills | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 1. | |

**Week 2: Motor performance - 15 Jul 2024**

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|---|---|
| Measurement of motor performance and motor abilities | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 2 & 3. | |

**Week 3: Introduction to motor control - 22 Jul 2024**

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

| Neuromotor and sensory components of motor control | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 4 & 6. | |

### Week 4: Motor control theories - 29 Jul 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Motor control theories | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 5. | |

### Week 5: Performance of functional skills - 05 Aug 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Performance and characteristics of functional skills | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 7. | **Portfolio (Part A)** Due: Week 5 Friday (9 Aug 2024) 5:00 pm AEST |

### Vacation Week - 12 Aug 2024

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

### Week 6: Motor skill learning - 19 Aug 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Assessing learning and stages of learning | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 14 & 15. | **Online Quiz 1:** Opens Week 6 Friday (23 Aug 2024) 5:00 pm AEST |

### Week 7: Practice conditions I - 26 Aug 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Variable practice and specificity; Mental practice | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 16 & 19. | **Online Quiz 1** Closes: Week 7 Friday (30 Aug 2024) 5:00 pm AEST |

### Week 8: Practice conditions II - 02 Sep 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Distribution of practice and Whole/Part practice | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 17 & 18. | Cairns on-campus activity attendees **On-campus Activity Workbook** Due: Week 8 Wednesday (4 Sep 2024) 5:00pm AEST |

### Week 9: Attention and Memory - 09 Sep 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Attention and memory | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 9 & 10. | Rockhampton on-campus activity attendees **On-campus Activity Workbook** Due: Week 9 Wednesday (11 Sep 2024) 5:00pm AEST |

### Week 10: Instructions and feedback - 16 Sep 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Instructional approaches and feedback | Magill, R. A., & Anderson, D. (2021). Motor learning and control: Concepts and applications. Chapter 14 & 15. | Mackay on-campus activity attendees **On-campus Activity Workbook** Due: Week 10 Wednesday (18 Sep 2024) 5:00pm AEST |

### Week 11: Maturation - 23 Sep 2024

| Module/Topic | Chapter | Events and Submissions/Topic |
| --- | --- | --- |
| Growth and maturation | Online reading resources on Moodle | |

### Week 12: Review - 30 Sep 2024

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

| Review | | Portfolio (Part B)<br>Due: Week 12 Friday (4 Oct 2024) 5:00 pm AEST<br>**Online Quiz 2**<br>Opens: Week 12 Friday (4 Oct 2024) 5:00 pm AEST |
|---|---|---|

**Review Week - 07 Oct 2024**

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|---|---|
| | | **Online Quiz 2**<br>Closes: Review Week Friday (11 Oct 2024) 5:00 pm AEST |

**Exam Week - 14 Oct 2024**

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

# Term Specific Information

Attendance and active participation in the on-campus practical activities are required for successful completion of this unit. You must attend ONE of the following options, depending on your enrolment type. If you prefer to attend an alternate session to that specified for your enrolment and course, please contact the Unit Coordinator to discuss. Please refer to the published CQUniversity Timetable for confirmation of dates, times, and locations:

- *Cairns* - A two day on-campus activity session will be held in Week 6, Tuesday and Wednesday 20 - 21 August, 2024 on the Cairns campus (Exercise and Sport Sciences Laboratories located at the Cairns Basketball Association Headquarters). Please see the CQUniversity Handbook and the unit Moodle site for up-to-date information.
- *Rockhampton* - A two day on-campus activity session will be held in Week 7, Tuesday and Wednesday 27 - 28 August, 2024 at the Rockhampton North Campus (Building 81, Exercise and Sport Sciences Laboratories). Please see the CQUniversity Handbook and the unit Moodle site for up-to-date information.
- *Mackay* - A two day on-campus activity session will be held in Week 8, Tuesday and Wednesday 3 - 4 September, 2024 at the Mackay City Campus (Building 4, Exercise and Sport Sciences Laboratories). Please see the CQUniversity Handbook and the unit Moodle site for up-to-date information.

Note: The Cairns and Mackay sessions are specifically for those students enrolled on campus, or a MIX student living in the surrounding areas. Preference will be given to on-campus enrolled students (i.e. CNS or MKC/MKY), then to MIX mode students who live in the surrounding area. If class registrations reach the cap, MIX students may be allocated to the Rockhampton activity session. Caps are required due to limited teaching space and resources in Cairns and Mackay. Further information will be communicated via Moodle and class registrations will be finalised by the end of Week 3. Please contact the Unit Coordinator if you are unsure about anything regarding on-campus activity requirements.

# Assessment Tasks

## 1 Online Quizzes

**Assessment Type**
Online Quiz(zes)

**Task Description**
You will be required to complete two (2) online quizzes throughout the term. Quiz 1 will assess knowledge on content covered in Weeks 1-6 (inclusive), and Quiz 2 will assess knowledge on content covered in Weeks 7-11 (inclusive). Each quiz will consist of 30 randomly-selected questions from a larger bank of questions. Questions will be equally distributed across all content.

You will have a 45-minute time limit to complete each online quiz upon commencing. Questions will be in multiple choice format. The quiz will be submitted automatically if the time limit is reached.

You must log onto Moodle when each online quiz is open and complete the quiz before the closing date. You can only attempt each online quiz once and each online quiz must be completed in a single session. 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 cannot save your answers and return to the online quiz at a later time. In the absence of an approved extension, there will be no late submissions allowed for any of the online quizzes.

**AI Statement:** The use of Generative AI (GenAI) is not allowed for this assessment item. This assessment must completed individually by each student.

**Please note:** Prior to accessing each Online Quiz, you will be required to complete a GenAI acknowledgement Quiz which confirms that no part of the assessment task was completed by another person, group, or artificial intelligence unless explicitly required. N.B. The use of other persons, groups, or artificial intelligence is expressly prohibited for Online Quizzes in ESSC11003.

Only when you correctly answer 'Yes' to the GenAI acknowledgement Quiz will you be able to access the Online Quiz. There are no marks attributed to GenAI acknowledgement Quiz; however, it secures acknowledgement that each Online Quiz was completed by yourself and without the assistance of another person, group, or artificial intelligence unless explicitly required. Only once you complete and submit the correct response to the GenAI acknowledgement Quiz, will you be able to access the Online Quiz.

**Number of Quizzes**
2

**Frequency of Quizzes**
Other

**Assessment Due Date**

Online Quiz 1: Opens Week 6 Friday (23 Aug 2024) 5:00 pm AEST, and Closes Week 7 Friday (30 Aug 2024) 5:00 pm AEST; Online Quiz 2: Opens Week 12 Friday (4 Oct 2024) 5:00 pm AEST, and Closes Review Week Friday (11 Oct 2024) 5:00 pm AEST.

**Return Date to Students**

Marks for each quiz will be available upon completion of the quiz via Moodle. Feedback on specific questions will be available once the quiz closes.

**Weighting**
30%

**Assessment Criteria**
Each quiz will have an equal contribution to your overall unit grade. Together the two (2) online quizzes will comprise of 30% of your overall grade. There will be 30 questions per online quiz, with each question allocated 1 mark. Each question will be graded as correct or incorrect. For multiple choice questions, there will be only 1 correct response.

In the absence of an approved extension, no attempts after the due date will be permitted and no mark will be awarded for this assessment item.

**Referencing Style**

- American Psychological Association 7th Edition (APA 7th edition)

**Submission**
Online

**Submission Instructions**
Attempting and submitting each online quiz is performed via the unit Moodle site.

**Learning Outcomes Assessed**

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning

**Graduate Attributes**

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

# 2 Skill Training Program

**Assessment Type**
Portfolio

**Task Description**
For this assessment, you will develop a skill training program with the aim to improve skill performance. The goal of the program is to teach someone else (a friend or family member) to perform one skill from a list of skills provided. The person completing the program must have minimal/no prior experience at performing the skill. This assessment will be completed in two parts: Part A, and Part B.

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**Part A. Due Date: Week 5 Friday (9 Aug 2024) 5:00 pm AEST. Part A is worth 10% of your overall grade.**
For **Part A**, you are required to develop a test suitable to assess performance of the selected skill. The test developed will then be used in conjunction with your training program (outlined in Part B below). For the submission of Part A, you must provide a detailed, written overview of your testing protocol (2 page maximum, excluding title page). Marks will be awarded on your ability to develop a valid test which is suitable for assessing performance of the selected skill. Further information and a template for Part A will be made available on Moodle.
Part A must be submitted as a Microsoft Word (.doc or .docx) or .pdf file.

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**Part B. Due Date. Week 12 Friday (4 Oct 2024) 5:00 pm AEST. Part B is worth 30% of your overall grade.**
For **Part B,** you are required to design and implement a training program to teach someone else to improve performance of the skill identified in Part A. You will have a total of five (5) hours to use as part of the training program. How you utilise and structure these five (5) hours is up to you; however, they must be focused on improving skill (i.e., no fitness/conditioning-based sessions).
You are required to assess (and video record) the performance using the test developed in Part A (pre-test), complete the program, and assess the performance again immediately following the completion of the five (5) hours (post-test), and following a one-week washout period of no training (retention test).
For this submission, you are required to submit the following documents by the due date (Week 12 Friday 4 Oct 2024, 5:00 pm AEST) to the Moodle assignment submission link:

- Test performance video, at each time point (i.e., pre-test, post-test, and retention test). These can be submitted as three separate videos, or as one single video, but clearly outline which video relates to each time point. Videos must be recorded in .mp4 or .avi format. If the video is not able to be played by the marker, you will receive zero (0) marks for the relevant criteria. Further guidance on video requirements will be made available on Moodle and discussed throughout the term.
- Written report. This report is to be no longer than 4 pages (excluding title page, reference list, figures/tables) and must include reference to scientific literature to justify the design of your training program. The written report for Part B must be submitted as a Microsoft Word (.doc or .docx) or .pdf file.

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**AI Statement:** The use of Generative AI is not allowed for this assessment item. This assessment must completed individually by each student.
In the absence of an approved extension, any submissions for Part A or Part B received after the due date will incur penalties in accordance with university policy. Further information regarding the structure, and formatting requirements will be provided on Moodle.

**Assessment Due Date**

Part A. Due Date: Week 5 Friday (9 Aug 2024) 5:00 pm AEST; Part B. Due Date. Week 12 Friday (4 Oct 2024) 5:00 pm AEST.

**Return Date to Students**

Feedback and marks for each part for will be returned within two weeks of the due date.

**Weighting**
40%

**Assessment Criteria**
The portfolio is designed to evaluate your ability to develop a valid and reliable test to assess skill performance, and design and implement a suitable training program for improving performance, using theories of skill acquisition.

For **Part A**, marks will be awarded according to your ability to design a valid and reliable test to examine performance of the selected skill, describe the testing procedures and materials, and writing style. A detailed marking rubric will be available on Moodle.

For **Part B**, marks will be awarded according to your ability to develop a training program using appropriate strategies and theories of skill acquisition, describe the program, communicate the results/outcomes of the training program, and justify the program using scientific literature. A detailed marking rubric will be available on Moodle.

**Referencing Style**

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

**Submission**
Online

**Submission Instructions**
Please see Task Description section above for specific submission information.

**Learning Outcomes Assessed**

- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Design learning environments to maximise acquisition, retention and adaptation of motor skills in sport and exercise contexts

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

# 3 On-Campus Activity Workbook

**Assessment Type**
On-campus Activity

**Task Description**
When attending the on-campus activity sessions for this unit, you will be required to complete a series of tasks involving measurement and evaluation of skill performance. You will need to complete the tasks by filling out an on-campus activity workbook made available via the unit Moodle site. You will be required to complete the on-campus activity tasks, record data, perform calculations with collected data, and interpret and critically analyse your findings. The workbook will contain questions pertaining to each activity which must be answered in the workbook. There will be time allocated to each session for completion of the workbook and discussion of key concepts. Following completion of the on-campus activity session, you will have 10 working days to finalise and submit your on-campus activity workbook.

In order to pass this assessment, you MUST attend all activities completed during the on-campus activity sessions. Attendance will be taken at each session. If you do not attend, and adequately participate in the on-campus activity session you will not be able to submit this assessment. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with university policy.

**AI Statement:** The use of Generative AI is not allowed for this assessment item. This assessment must completed individually by each student.

**Assessment Due Date**

On-campus activity workbook is due at 5:00pm AEST, 10 working days following the on-campus activity session you attended. Due dates: Cairns: 4 Sep, 2024; Rockhampton: 11 Sep, 2024; Mackay: 18 Sep, 2024. See term specific information for further detail regarding the on-campus activity requirements.

**Return Date to Students**

Assessment feedback will be returned to students within two weeks of the submission date.

**Weighting**
30%

**Minimum mark or grade**
50%

**Assessment Criteria**
The workbook is to be completed during and following the on-campus activity sessions. You will be required to fill in the questions in the workbook. Questions in the workbook will be related to definitions and key terms, analysis of individual and group data collected during each activity, and critical thinking questions related to skill acquisition and learning.

A workbook template will be provided to students on the ESSC11003 Moodle site prior to the on-campus activity sessions, which contains instructions, questions, and data tables pertaining to each on-campus activity. A marking rubric will be made available for students via Moodle.

To complete this assessment item you must:

- Attend your scheduled session according to your enrolment type (see Term Specific Information section for dates)
- Complete the workbook including all data entry tables, and written response questions.
- Submit the completed workbook as a Microsoft Word (.doc or .docx) or .pdf document via Moodle using the correct assessment submission link by the due date. All answers must be typed or using graphical software (i.e. Microsoft Excel) where required. Handwritten responses will not be marked.

This assessment has a minimum mark of 50%. Failing to achieve a minimum mark of at least 50% in this assessment task may result in failing the unit overall.

**Referencing Style**

- American Psychological Association 7th Edition (APA 7th edition)

**Submission**
Online

**Submission Instructions**
Your completed workbook is to be submitted as a Word Document (.doc or .docx) or .pdf file, using the provided template. This is to be individual work.

**Learning Outcomes Assessed**

- Classify motor skills based on specific characteristics
- Identify the different stages of skill learning in motor performance and analyse theoretical models which explain changes in motor performance that occur with learning
- Use appropriate test protocols to evaluate motor skill to imply motor learning outcomes
- Demonstrate professional practice and ethical behaviour expected in exercise and sport science settings.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- 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