

In Progress

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



ESSC12004 *Exercise and Sport Biomechanics*

Term 1 - 2027

Profile information current as at 04/09/2026 05:52 pm

All details in this unit profile for ESSC12004 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 introduces you to basic concepts of mechanics (kinematics, kinetics, and fluid mechanics) as they relate to human movement, sports performance, and injury. In this unit, you will learn qualitative and quantitative approaches to solving biomechanical problems and analysing human movement to optimise movement patterns and performance. The theoretical content is supported with practical activities, which introduce you to basic biomechanical equipment and measurement techniques.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites: ESSC11001 Physical Activity, Fitness and Health; ESSC11003 Skill Acquisition and Movement

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 - 2027

- 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

Information for Class and Assessment Overview has not been released yet.
This information will be available on Monday 11 January 2027

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
- Academic Progression Policy and Procedure
- Student Refund and Credit Balance Policy and Procedure
- 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 Survey

Feedback

More explicit provision of feedback on the Biomechanical Movement Analysis Assessment Task.

Recommendation

As it appeared that at least one student missed where the feedback file was uploaded to Moodle, it is recommended that the Unit Coordinator provide more explicit direction as to where that feedback has been posted. Additionally, opportunities for draft feedback prior to submission will be investigated.

Feedback from Self-reflection

Feedback

A lack of fundamental content knowledge associated with the tasks to be completed during the Residential School.

Recommendation

It is recommended that the Unit Coordinator investigate methods of improving student engagement in the unit content prior to the Residential School.

Feedback from Personal communication with students

Feedback

Students reported that the ALC mathematical support provided was valuable.

Recommendation

It is recommended that the Unit Coordinator continue to work with ALC and investigate methods of further encouraging student uptake of those resources.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.
This information will be available on Monday 11 January 2027

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.
This information will be available on Monday 11 January 2027

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 15 February 2027

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.
This unit profile has not yet been finalised.