

In Progress

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



ESSC12009 *Sport Injury Prevention and Management*

Term 2 - 2024

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

All details in this unit profile for ESSC12009 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 common injuries that occur in sports. You will learn about mechanisms and risk factors of various sports injuries, injury prevention and rehabilitation processes and interventions, and how these apply to different athlete populations and training scenarios. Emphasis is placed on providing an understanding of the aetiology, treatment and prevention, and acute management of common sports injuries. You will also gain practical skills in sports taping techniques, delivery of injury prevention programs, assessing and monitoring injury risk factors, and assessing return to sport. The content of this unit builds on knowledge gained in other units related to anatomy and physiology, functional anatomy, and physical activity, health, and fitness.

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; BMSC11001 Human Body Systems 1 AND BMSC11002 Human Body Systems 2 OR BMSC11010 Human Anatomy and Physiology 1 AND BMSC 11011 Human Anatomy and Physiology 2 Co-requisite: ESSC13007 Functional Anatomy OR ESSC12010 Functional Anatomy

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).

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

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 Student feedback

Feedback

Students raised concerns that the resources provided for the practical component were unclear.

Recommendation

It is recommended that resources be reviewed prior to the next offering.

Feedback from Student feedback

Feedback

Students commented that the practical sessions felt rushed and wanted more time to undertake tasks.

Recommendation

The practical component for this unit is currently restricted to two days. As such, it is not possible to provide more time to undertake the tasks. However, it is recommended that pre-laboratory tasks be provided to students to maximise their time during the practical sessions.

Unit Learning Outcomes

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

1. Identify risk factors, mechanisms, and processes associated with sports injuries
2. Recognise factors that impact different athlete populations and training scenarios as they relate to sports injuries
3. Summarise current evidence regarding the aetiology, prevention and management of sports injuries
4. Demonstrate professional practice and ethical behaviour for appropriate prevention and management of sports injuries as 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
1 - Online Quiz(zes) - 30%	•	•		
2 - Case Study - 40%		•	•	
3 - Written Assessment - 30%	•		•	
4 - Practical Assessment - 0%				•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
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				

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.