

## 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 - 2026

Profile information current as at 05/02/2025 09:44 pm

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 - 2026

- 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 18 May 2026

## 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 Have Your Say Survey / Student communication

##### **Feedback**

Students have requested that more case studies be used as examples when discussing sports injuries as they are engaging and assist in linking content to practical use.

##### **Recommendation**

It is recommended to incorporate more case study examples in lecture and laboratory content.

#### Feedback from Unit Coordinator Reflection

##### **Feedback**

Students require more opportunities to develop their ability to deliver content (e.g., coaching and exercise delivery).

##### **Recommendation**

It is recommended to increase the coaching and exercise delivery components in the Residential Schools to provide students with more opportunities to develop these skills.

## Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 18 May 2026

## 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 18 May 2026

## Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 22 June 2026

## Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.