



# ESSC13005 *Advanced Clinical Exercise Science*

## Term 2 - 2024

Profile information current as at 29/07/2024 03:41 pm

All details in this unit profile for ESSC13005 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 learn how exercise is used in the assessment, treatment, or prevention of chronic or complex health conditions. You will also undertake a supervised placement in a clinical setting where you will apply and reflect on your knowledge and skills in the use of exercise in this population. The knowledge and experience gained in this unit will enhance your understanding of the healthcare sector, and of employment opportunities in the field.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

Pre-requisites ESSC13008 - Advanced Exercise Prescription and Delivery

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: 70%

#### 3. **Professional Practice Placement**

Weighting: Pass/Fail

#### 4. **Learning logs / diaries / Journal / log books**

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 survey.

**Feedback**

Students appreciate the provision of contemporary research articles to compliment existing essential and recommended readings.

**Recommendation**

It is recommended to continue to provide additional contemporary readings to students that align with weekly topics.

#### Feedback from Personal reflection.

**Feedback**

Moodle forums remain poorly utilised by students as a form of student communication and interaction.

**Recommendation**

It is recommended to continue to pursue strategies to increase student engagement.

#### Feedback from Peer and industry feedback.

**Feedback**

The Work Integrated Learning hours should be included as part of the Exercise and Sports Science accreditation.

**Recommendation**

It is recommended to include Work Integrated Learning hours into the Exercise and Sports Science Australia accredited hours to align with changes in the industry accreditation criteria.

## Unit Learning Outcomes

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

1. Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
2. Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
3. Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
4. Work independently and/or collaborate with others as a team member.

## 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 - Portfolio - 70%		•	•	•
3 - Professional Practice Placement - 0%	•	•	•	•
4 - Learning logs / diaries / Journal / log books - 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

### Textbooks

ESSC13005

#### Prescribed

#### ACSM's Guidelines for Exercise Testing and Prescription

Edition: 11th (2021)

Authors: American College of Sports Medicine

Lippincott Williams & Wilkins

Philadelphia, PA, USA

ISBN: 9781975150198

Binding: eBook

### 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.
- EndNote or similar bibliographic software is recommended. EndNote is available free of charge from CQUniversity via the Library or IT services.
- Microsoft Office (or equivalent) software for preparation of assessment items in the appropriate format.
- Adobe Acrobat Reader (or similar) software for viewing PDF documents.
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials. We will use this software for case study presentations.

## 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

**Robert Stanton** Unit Coordinator

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## Schedule

### Week 1 - 08 Jul 2024

Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction: Exercise as medicine, work placement, and assessment	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 5 (p 142 - 161), and online reading resources on Moodle.	

### Week 2 - 15 Jul 2024

Module/Topic	Chapter	Events and Submissions/Topic
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Exercise pre-participation health screening, clinical exercise testing, and interpretation

ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapters 2 (p 30 - 45), and 4 (p113 - 137).

### Week 3 - 22 Jul 2024

Module/Topic	Chapter	Events and Submissions/Topic
Health coaching	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 12 (p 441 - 463), and online reading resources on Moodle.	

### Week 4 - 29 Jul 2024

Module/Topic	Chapter	Events and Submissions/Topic
Age-related considerations for exercise prescription	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 167 - 172 and p 177 - 186), and online reading resources on Moodle.	

### Week 5 - 05 Aug 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for females	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 186 - 194), Chapter 10 (p 348 - 351), and online reading resources on Moodle.	

### Vacation Week - 12 Aug 2024

Module/Topic	Chapter	Events and Submissions/Topic
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### Week 6 - 19 Aug 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cardiovascular disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 8 (p 226 - 251), and online reading resources on Moodle.	

### Week 7 - 26 Aug 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for pulmonary disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 8 (p 251 - 265), and online reading resources on Moodle.	<b>Online Quiz 1</b> Opens: Week 7 Monday (26 August 2024) 8:00 am AEST.

### Week 8 - 02 Sep 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for metabolic and renal disease	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 9 (p 276 - 288 and p 293 - 296), and Chapter 10 (p 336 - 341).	<b>Online Quiz 1</b> Closes: Week 8 Monday (2 September 2024) 8:00 am AEST.

### Week 9 - 09 Sep 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for cancer	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 10 (p 312 - 324), and online reading resources on Moodle	<b>Work Placement Portfolio: Clinical Practice Guidelines</b> due Week 9 Monday (9 September 2024) 8:00 am AEST.

### Week 10 - 16 Sep 2024

Module/Topic	Chapter	Events and Submissions/Topic
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Special considerations for mental health

ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 11 (p 387 - 391), and online reading resources on Moodle.

**Work Placement Portfolio: Case Study Presentation** due Week 10. Various times are available. Check Moodle for details.

**Slides for Case Study Presentation** due Week 10 (Thursday 19 September 2024) 5:00 pm AEST.

#### Week 11 - 23 Sep 2024

Module/Topic	Chapter	Events and Submissions/Topic
Special considerations for common orthopaedic conditions	ACSM Guidelines for Exercise Testing and Prescription (11th Edition) 2021. Chapter 6 (p 172 - 177) and Chapter 10 (p 308 - 312), and online reading resources on Moodle.	

#### Week 12 - 30 Sep 2024

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week		<b>Online Quiz 2</b> Opens: Week 12 Tuesday (1 October 2024) 8:00 am AEST. <b>Minimum 50 hour Professional Practice Placement</b> must be completed by Week 12 Friday (4 October 2024) 5:00 pm AEST.

#### Review/Exam Week - 07 Oct 2024

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Professional Practice Placement</b> Final date for submission of Professional Practice Evaluations is Review/Exam Week Tuesday (8 October 2024) at 8:00 am AEST. <b>Record of Student Engagement</b> is due Review/Exam Week Tuesday (8 October 2024) at 5:00 pm AEST <b>Online Quiz 2</b> Closes: Review/Exam Week Tuesday (8 October 2024) 8:00 am AEST.

#### Exam Week - 14 Oct 2024

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

In this unit, you will undertake a mandatory Professional Practice Placement comprising a minimum 50 hours of Professional Practice Placement under the supervision of an Accredited Exercise Physiologist. Once enrolled in this unit, you can access Sonia (WIL student portal) to arrange and/or view details of your Professional Practice Placement site. You must complete your mandatory checks and student nomination form on Sonia. You are not able to begin your Professional Practice Placement until the beginning of Term 2 and all mandatory checks have been completed via Sonia. You should contact the WIL team as soon as possible to arrange your Professional Practice Placement if you have not already received your Professional Practice Placement nomination form. Please note you may be required to travel and make necessary work arrangements in order to complete the minimum 50 hours of Professional Practice Placement in this unit. Further WIL information is available on the ESSC13005 Moodle site.

### **Please note:**

Failure to comply with the Professional Practice Placement agreement for any site with regard to student attendance, expectations, behaviour, or communication during a placement may result in cancellation of all Professional Practice Placements at that site. Consequently, this may result in a Fail grade being awarded for the unit to which non-compliance applies and rescheduling of Professional Practice Placement site(s) for other units where WIL activities are required.

## Assessment Tasks

### 1 Online Quizzes

#### **Assessment Type**

Online Quiz(zes)

#### **Task Description**

This assessment task comprises of two (2) separate Online Quizzes made up of multiple choice, matching, and fill-in-the-blank questions. Each Online Quiz is to be completed on your own. It is your responsibility to log on to Moodle and complete each Online Quiz during the time they are 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.

#### **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 ESSC13005.**

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.

#### **Online Quiz 1 (15% of overall grade)**

Online Quiz 1 will be held in Week 7 and assess content from Weeks 1 – 6 (inclusive). Online Quiz 1 questions will be related to lectures, tutorials, and compulsory readings associated with Weeks 1 – 6 (inclusive). Online Quiz 1 will contain 30 questions and you will have 60 minutes to complete this Online Quiz.

You can only attempt Online Quiz 1 once and it must be completed in a single session. You cannot save your answers and return to this Online Quiz at a later time.

**Online Quiz 1** will be available during the following times:

Opening date: Week 7 Monday (26 August 2024) at 8:00 am AEST.

Closing date: Week 8 Monday (2 September 2024) at 8:00 am AEST.

You must log into Moodle during this time period and complete Online Quiz 1 before the closing date and time.



**Online Quiz 2 (15% of overall grade)**

Online Quiz 2 will be held in Week 12 and assess content from Weeks 7 - 11 (inclusive). Online Quiz 2 questions will be related to lectures, tutorials, and compulsory readings associated with Weeks 7 - 11 (inclusive). Online Quiz 2 will contain 30 questions and you will have 60 minutes to complete this Online Quiz.

You can only attempt Online Quiz 2 once and it must be completed in a single session. You cannot save your answers and return to this Online Quiz at a later time.

**Online Quiz 2** will be available during the following times:

Opening date: Week 12 Tuesday (1 October 2024) at 8:00 am AEST.

Closing date: Review/Exam Week Tuesday (8 October 2024) at 8:00 am AEST.

You must log into Moodle during this time period and complete Online Quiz 2 before the closing date and time.

**Number of Quizzes**

2

**Frequency of Quizzes**

Other

**Assessment Due Date**

The two (2) Online Quizzes will be administered within the set time frames as outlined in the Task Description.

**Return Date to Students**

Marks and correct answers will be available following the closure of each Online Quiz.

**Weighting**

30%

**Assessment Criteria**

Responses to Online Quiz questions will be marked as correct or incorrect by the Moodle Online Quiz System, and tabulated to give your mark for each Online Quiz. For questions with text-based responses (e.g. fill in the blank) you should take care with spelling (Australian English) and grammar, as answers are spelling and grammar sensitive.

**Referencing Style**

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

**Submission**

Online

**Submission Instructions**

You must log in to Moodle to complete the Online Quizzes. A link to each Online Quiz can be found in the 'Assessment' tile on Moodle. Once you have completed the Online Quiz, you must click the 'Submit' button to submit your responses. If you do not answer all 30 questions within the 60 minute time period, there will be a 3 minute grace period during which you can submit your Online Quiz responses, but you will not be able to attempt any further questions.

**Learning Outcomes Assessed**

- Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.

## 2 Work Placement Portfolio

**Assessment Type**

Portfolio

**Task Description**

The Portfolio will contribute 70% of your overall grade for this unit, and comprises two (2) individual assessment items related to your Professional Practice Placement

**1. Clinical Practice Guidelines (45% of overall grade)** In the current age, artificial intelligence tools are increasingly used in healthcare including in the development of exercise programs. In this assessment item, you will firstly use a generative artificial intelligence tool (GenAI) such as ChatGPT, to produce a set of clinical practice guidelines which details how exercise can be used in the treatment of a chronic or complex health condition of your choice. You will do this by creating an instruction set to generate the desired output.

You will then critically analyse the GenAI output for congruence with three (3) recent (within the past 5 years) peer-reviewed, published guidelines for exercise prescription for that condition. Your critical analysis must include the

following information:

- A detailed discussion on the depth and breadth of information contained in the GenAI-created guidelines;
- A synthesis of recent (published within the past 5 years) evidence-based exercise guidelines for your chosen condition, drawn from a minimum of three (3) peer-reviewed sources;
- A detailed critique of the similarities and differences between the GenAI guidelines and those sourced from the peer-reviewed published literature; and,
- Your perspective of the value of using GenAI tools for the preparation of clinical practice guidelines for the prescription of exercise for the chronic or complex condition of your choice.

Your submission will include the following information:

- The name of the GenAI tool used;
- The name of the condition you have chosen for your assessment task;
- The instruction set you have used to generate the output;
- The output generated by the AI tool; and,
- The critical analysis of the GenAI-generated output

Your Clinical Practice Guidelines will be no less than 5 pages in length, and no more than 8 pages in length (not including a title page and references), and be prepared according to the following instructions:

- Document type: Microsoft Word (.doc or .docx)
- Page size: A4
- Font: Calibri 12 point
- Line spacing: Double spaced throughout
- Language: Australian English
- Margins: 2.54cm on all sides
- Tables and Figures: May be used but will be included in the 8-page limit

Your critical analysis section must be supported by relevant references where necessary.

Your Clinical Practice Guidelines will be marked against the criteria described in the Assessment Criteria section below. The Clinical Practice Guidelines will be marked out of 90 marks and contribute 45% of your overall grade for this unit. More details, including a template for preparing the Clinical Practice Guidelines, and the marking rubric, will be available on Moodle.

**NB:** The use of artificial intelligence tools is **expressly required** for this assessment task.

**Due date:** Week 9 Monday (9 September 2024) 8:00 am AEST. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

**Return date:** Marks for the Clinical Practice Guidelines will be available 2 weeks following the due date (Week 11 Monday 23 September 2024).

**2. Online Case Study Presentation (25% of overall grade)** You will present a case study describing how exercise has been used for a particular client/patient observed during your placement. For privacy and confidentiality reasons it is essential that no identifying details are provided when describing the client/participant demographics or placement site. More details on how to ensure there is no breach of confidentiality will be given on Moodle. The case study will focus on the way that exercise has been used in the assessment, treatment, or prevention of the client's/participant's chronic or complex health condition(s), and be delivered as an oral presentation supported by PowerPoint slides or similar presentation software. Your presentation content must be supported by evidence drawn from recent (within the past 5 years) peer-reviewed literature such as published journal articles, best practice recommendations, or other high-quality sources (NOT websites, Wikipedia or magazines).

You will present the case study during designated presentation sessions scheduled from Monday to Thursday of Week 10 of Term 2, 2024 (Sept 16 - Sept 19, 2024). Your case study must be presented 'live' using ZOOM video conference software and cannot be prerecorded. The presentation must include video of yourself in addition to your presentation slides. Your webcam must remain on throughout the entire session in which you present. You should be familiar with screen sharing in ZOOM prior to commencement of your presentation. All presentation sessions will be recorded. The case study presentation will be marked against the criteria described in the Assessment Criteria section below. More details, including the marking rubric, will be available on Moodle.

This assessment item will be marked out of 50 marks and contribute 25% of your overall grade for this unit.

**NB:** The use of artificial intelligence tools is **expressly prohibited** for this assessment task.

You will submit the slides for your presentation via Moodle. The final date for submission of slides is Week 10 Thursday (19 September 2024) 5:00 pm AEST. Each allocated session can accommodate up to eight (8) presentations, and each case study presentation will be no less than eight (8) minutes in duration, and no more than ten (10) minutes in duration. Presentations longer than ten 10 minutes will be interrupted and no further presentation time will be allocated. On completion of the presentation, up to ten (10) minutes will be allocated for questions. Questions will come from the Unit coordinator; however, time permitting, questions may be invited from other students who are attending the same session. You are required to attend the case study session for the full duration (approximately three (3) hours), and not just for your own presentation. You are only required to attend the case study presentation session in which you are scheduled to present, but you may attend other sessions if you choose.

**Due date:** Presentations will be held at various times during Week 10. A 'Choice' option will be available on Moodle where you can select your preferred presentation time. These will be available on a 'first in first served' basis and no additional times will be made available unless an approved extension is granted. All case study presentations must be completed by Week 10 Thursday (19 September 2024) 12:00 pm AEST. In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity Assessment Policy and Procedure (Higher Education Coursework).

**Return date:** Marks for the case study presentations will be available 2 weeks following the due date (Week 12 Thursday 3 October 2024).

#### **Assessment Due Date**

The due date for the Clinical Practice Guidelines is Week 9 Monday (9 September 2023) 8:00 am AEST. Online Case Study Presentations will occur Monday to Thursday during Week 10 (Sept 16 - Sept 19, 2024). All case study presentations must be completed by Week 10 Thursday (19 September 2024) 12:00 pm AEST.

#### **Return Date to Students**

Marks for the Clinical Practice Guidelines will be available 23 September 2024. Marks for the Case Study Presentations will be available Week 12 Thursday (3 October 2024).

#### **Weighting**

70%

#### **Assessment Criteria**

The **Clinical Practice Guidelines** will be marked out of 90 marks using the criteria described below.

- Present the GenAI instructions used, and the output produced by the GenAI instructions (5 marks)
- Present a detailed discussion on the depth and breadth of information contained in the GenAI-created guidelines (10 marks)
- Undertake a detailed synthesis of recent (published within the past 5 years) evidence-based exercise guidelines for your chosen condition, drawn from a minimum of three (3) peer-reviewed sources (20 marks)
- Provide a detailed critique of the similarities and differences between the GenAI guidelines and those sourced from the peer-reviewed published literature (20 marks)
- Provided a detailed perspective of the value of using GenAI tools for the preparation of clinical practice guidelines for the prescription of exercise for the chronic or complex condition of your choice (10 marks)
- Adhere to the submission guidelines (5 marks)
- Use a writing style, including grammar and spelling consistent with that expected at a Graduate level (10 marks)
- Use relevant references formatted according to APA style (7th Edition) (including in-text references) (10 marks)

Marks will be awarded using a marking rubric which is available on Moodle.

**The case study presentation** will be marked out of 50 marks using the criteria described below.

- Describe the client/patient characteristics and clinical condition including functional or other limitations in a non-identifiable manner (5 marks)
- Explain why exercise is being used in the assessment, treatment, or prevention of chronic or complex health condition(s) for this client/patient (10 marks)
- Describe in detail the exercise protocol being used (10 marks)
- Compare the protocol used with best practice recommendations or clinical practice guidelines (10 marks)
- Present the case study in an enthusiastic and competent manner (5 marks)

- Respond to questions in a correct and appropriate manner (5 marks)
- Relevant aspects of the presentation are supported with recent (within the past 5 years) and relevant references (5 marks)

Marks will be awarded using a marking rubric which is available on Moodle.

### Referencing Style

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

### Submission

Online

### Learning Outcomes Assessed

- Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
- Work independently and/or collaborate with others as a team member.

## 3 Professional Practice Placement

### Assessment Type

Professional Practice Placement

### Task Description

In this assessment task, you will undertake a minimum 50 hours of placement under the supervision of an Accredited Exercise Physiologist and be assessed on your competency as a student Exercise Scientist. Your competency in this assessment will be graded as Pass or Fail.

You are required to submit two (2) Professional Placement Evaluations.

**Professional Practice Evaluation 1** is due at the completion of the first 25 hours (mid-point).

**Professional Practice Evaluation 2** is due at the completion of the second 25 hours (end-point).

Irrespective of when you commence your placement, both Evaluations must be submitted by Review/Exam Week Tuesday (8 October 2024) 5:00 pm AEST. In the event your documentation contains insufficient detail or is incomplete and requires resubmission, the resubmission must be no later than Review/Exam Week Friday (11 October 2024) 5:00 pm AEST.

The Professional Practice Evaluation assessment item comprises an assessment tool that your placement supervisor will complete regarding your, goals, performance and capabilities while on placement. It is expected that you and your placement supervisor complete the Professional Practice Evaluations together. This should be viewed as an open process designed to enhance your placement experience and exercise assessment, prescription, and delivery skills and competency. You must complete the templates available on the ESSC13005 Moodle site for Professional Placement Evaluation 1, which documents the first 25 hours of your placement, and for Professional Placement Evaluation 2, which documents the second 25 hours of your placement. During your placement, you will be evaluated by your placement supervisor at the end of 25 hours and the end of 50 hours of placement. Together, Professional Placement Evaluation 1 and Professional Placement Evaluation 2 must show evidence of your competency in completing your 50 hour placement. In the absence of an approved extension, evaluations that do not contain sufficient detail, or are not completed by the placement supervisor(s) will be returned for corrections and you may not be able to pass this assessment item, or this unit, unless the evaluations are completed according to these instructions. You will have one (1) opportunity to resubmit returned evaluations.

**Please Note:** Failure to comply with the Professional Practice Placement agreement for any site with regard to student attendance, expectations, behaviour, or communication during a placement may result in cancellation of all placements at that site. Consequently, this may result in a Fail grade being awarded for the unit to which non-compliance applies and rescheduling of placement site(s) for other units where WIL activities are required.

Further detail regarding placement and this assessment task will be made available on the ESSC13005 Moodle site.

### Assessment Due Date

Professional Practice Evaluation 1 (formative assessment) must be submitted immediately on completion of the first 25 hours of your placement. Professional Practice Evaluation 2 (summative assessment) must be submitted on immediately on completion of the final 25 hours of your placement. Irrespective of when you commence your placement, both Evaluations must be submitted by Review/Exam Week Tuesday (8 October 2024) 5:00 pm AEST. In the event your

documentation contains insufficient detail or is incomplete and requires resubmission, the resubmission must be no later than Review/Exam Week Friday (11 October 2024) 5:00 pm AEST. In the absence of an approved extension, any submissions received after the due date will not be graded and you may not be able to pass this unit.

### **Return Date to Students**

Professional Practice Evaluations will be returned within 2 weeks of submission.

### **Weighting**

Pass/Fail

### **Minimum mark or grade**

You must achieve a 'Pass' mark in order to pass this assessment item. If you do not achieve a 'Pass' mark for this assessment item you will not be able to pass the unit overall.

### **Assessment Criteria**

The Professional Practice Evaluations comprises an assessment tool that your placement supervisor will complete regarding your performance and competency while on placement. The evaluation tool is made up of two sections including Professional Practice Competencies and Exercise Scientist Competencies.

**Professional Practice Evaluation 1** is a *formative* assessment and the outcomes of this assessment are used to help identify areas in that you are doing well in, and areas that need improvement.

**Professional Practice Evaluation 2** is a *summative* assessment and you must attain the minimum pass mark to pass this assessment item.

A template for this assessment will be made available on the ESSC13005 Moodle site, covering these areas:

#### *Professional Practice Competencies*

- Professional behaviour and demeanor
- Communication with clients
- Communication and teamwork with colleagues
- Critical thinking and analysis
- Self-improvement and development

#### *Exercise Scientist Competencies*

- Client assessment
- Interpretation of findings
- Development of exercise plan(s)
- Implementation of exercise plan(s) (N.B. This must be assessed for ESSC13005)
- Evaluation of exercise plan(s)

### **Referencing Style**

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

### **Submission**

Online

### **Submission Instructions**

Your Professional Practice Evaluations must be uploaded via the ESSC13005 Moodle site using the template provided, in .doc, .docx, or .pdf format.

### **Learning Outcomes Assessed**

- Apply exercise science knowledge and/or skills to the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on the role of the professional in delivering these services and programmes.
- Work independently and/or collaborate with others as a team member.

## **4 Record of Student Engagement**

### **Assessment Type**

Learning logs / diaries / Journal / log books

## Task Description

In this assessment task, you will provide detail and evidence of your 50 hours of ESSA-approved placement and be assessed on how this evidence aligns to ESSA Accredited Exercise Scientist (AES) professional attributes. Your evidence presented in this assessment will be graded as Pass or Fail.

**A separate Record of Student Engagement must be completed for each unit and each site.** You must complete the template available on the ESSC13005 Moodle site, which also includes a logbook of the hours you have completed. When completing this assessment please ensure you check the ESSC13005 box as the relevant ESSC unit. The Record of Student Engagement must also be signed by your placement supervisor. An example of the level of detail required for the Record of Student Engagement has previously been provided on the ESSC13008 Moodle site.

## Assessment Due Date

Your Record of Student Engagement is due Review/Exam Week Tuesday (8 October 2024) at 5.00 pm AEST. In the event your documentation contains insufficient detail or is incomplete and requires resubmission, the resubmission must be no later than Review/Exam Week Friday (11 October 2024) 5:00 pm AEST. In the absence of an approved extension, any submissions received after the due date will not be graded and you may not be able to pass this unit.

## Return Date to Students

Your Record of Student Engagement will be returned within 2 weeks of submission.

## Weighting

Pass/Fail

## Minimum mark or grade

You must achieve a 'Pass' mark in order to pass this assessment item. If you do not achieve a 'Pass' mark for this assessment item you may not be able to pass this unit overall.

## Assessment Criteria

The Record of Student Engagement is graded as Pass/Fail. Sufficient detail is required in regard to the client description and description of services, reference to the appropriate ESSA AES professional attributes, as well as the detail and adequacy of the placement hours. In the event of completing placement across multiple sites, the Record of Student Engagement must be completed for each site.

Your Record of Student Engagement will be marked according to the following criteria to comply with guidelines stipulated by ESSA:

- Sufficient detail of dates, hours, client(s) description (anonymised), description of services, supervisor's name, and supervisor's signature. N.B. Clinical exercise delivery must be included in these hours.
- Reference to the appropriate ESSA AES professional attributes completed during placement.
- A breakdown of hours for "Exercise Assessment, Prescription, and Delivery" (Category 1) and "Sport Science Other" (Category 2) tasks is included, using the descriptors previously given in ESSC13008.
- Typed and uploaded as a .doc, .docx, or .pdf file.

An example of the level of detail required for the Record of Student Engagement has previously been provided on the ESSC13008 Moodle site. Records of Student Engagement that do not contain sufficient detail, are not signed by the placement supervisor, or are not clearly typed, will be returned for corrections. You may not be able to pass this assessment item, or this unit unless the Record of Student Engagement meets the requirements described above, which are in accordance with ESSA standards. If a Record of Student Engagement is returned for corrections you will be given one (1) opportunity to resubmit that Record of Student Engagement.

## Referencing Style

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

## Submission

Online

## Submission Instructions

Your Record of Student Engagement must be uploaded via the ESSC13005 Moodle site using the template provided, in .doc, .docx, or .pdf format.

## Learning Outcomes Assessed

- Appraise the role of exercise in the assessment, treatment, or prevention of chronic or complex health conditions in the clinical setting.
- Identify, analyse and discuss relevant issues related to professional service in the clinic setting, with emphasis on

the role of the professional in delivering these services and programmes.

## 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