

# ESSC13008 *Advanced Exercise Prescription and Delivery*

## Term 1 - 2025

Profile information current as at 16/03/2026 12:52 am

All details in this unit profile for ESSC13008 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 is designed to enhance your understanding and application of exercise prescription and programming, including strength and conditioning concepts, and practical exercise delivery skills. You will also undertake authentic practical exercise delivery via work integrated learning. This will involve working with a variety of apparently healthy populations under the supervision of appropriate health or exercise and sport science practitioners.

#### 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: ESSC12005 Applied Exercise and Sport Physiology, AND ESSC12008 Applied Exercise and Sport Biomechanics

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 - 2025

- 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. Case Study

Weighting: 50%

#### 2. Practical Assessment

Weighting: 50%

#### 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 Practicum Coordinator

##### Feedback

CQU online training module and micro-credential "Mental Health First Aid for Fitness Trainers" should change from highly recommended to compulsory.

##### Recommendation

It is recommended to have students complete the CQU online training module and micro-credential "Mental Health First Aid for Fitness Trainers" as part of their mandatory checks for the Work-Integrated Learning Practicum.

#### Feedback from SUTE feedback

##### Feedback

Some feedback suggested there was a large volume of content within this unit and they found it difficult to keep on top of all lectures and readings.

##### Recommendation

It is recommended to review the overall volume of content as well as give students advice on prioritising certain readings and content.

#### Feedback from SUTE feedback

##### Feedback

Some feedback suggested that releasing case studies prior to the residential school would make it easier to prepare for their practical assessments.

##### Recommendation

It is recommended to review the timing of release for case studies used in practical assessments within the residential school. This timing should take into account students' ability to prepare for assessments, as well as fostering critical thinking skills.

## Unit Learning Outcomes

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

1. Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
2. Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients
3. Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

## 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
1 - Case Study - 50%	●	●	
2 - Practical Assessment - 50%	●	●	

**Assessment Tasks**

**Learning Outcomes**

	1	2	3
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
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 - First Nations Knowledges			
11 - Aboriginal and Torres Strait Islander Cultures			

**Alignment of Assessment Tasks to Graduate Attributes**

**Assessment Tasks**

**Graduate Attributes**

	1	2	3	4	5	6	7	8	9	10	11
1 - Case Study - 50%	•	•	•	•	•						
2 - Practical Assessment - 50%	•	•	•		•		•	•			
3 - Professional Practice Placement - 0%	•	•	•		•		•	•			
4 - Learning logs / diaries / Journal / log books - 0%	•						•	•			

## Textbooks and Resources

### Textbooks

ESSC13008

Supplementary

Advanced Strength and Conditioning an Evidence-based Approach  
2nd Edition (2022)

Authors: Anthony Turner and Paul Comfort

Routledge (Taylor and Francis)

ISBN: 9780367491352

Binding: Paperback

ESSC13008

Supplementary

Essentials of Strength Training and Conditioning  
4th Edition (2015)

Authors: Gregory Haff & Travis Triplett

Human Kinetics

ISBN: 9781492501626

Binding: Other

ESSC13008

Supplementary

Strength and Conditioning in Sports From Science to Practice  
(2022)

Authors: Michael Stone, Timothy Suchomel, W. Hornsby, John Wagle, Aaron Cunanan

Taylor & Francis Ltd

ISBN: 9781000602425

Binding: Paperback

### IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Computer - ability to access study materials, including instructional videos and scan and upload assessment.
- Smart phone or tablet with recording capabilities (required for residential school to access coaching apps for exercise analysis)
- Office software (e.g. Microsoft Office, Open Office etc)

## 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

Joshua Guy Unit Coordinator

[j.guy@cqu.edu.au](mailto:j.guy@cqu.edu.au)

Sam Fien Unit Coordinator

[s.fien@cqu.edu.au](mailto:s.fien@cqu.edu.au)

## Schedule

<b>Week 1 - 10 Mar 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Unit introduction and placement information Risk stratification and screening, and sports first aid	Resources are available on the unit Moodle site	Mandatory tutorial for information regarding Work Integrated Learning (placement). See ESSC13008 Moodle site for specific date and time and Zoom link
<b>Week 2 - 17 Mar 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Coaching and exercise delivery Activities of daily living	Resources are available on the unit Moodle site	
<b>Week 3 - 24 Mar 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Periodisation, programming, and training load	Resources are available on the unit Moodle site	
<b>Week 4 - 31 Mar 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Client and athlete assessments Considering social determinants of health when prescribing exercise	Resources are available on the unit Moodle site	
<b>Week 5 - 07 Apr 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for strength and hypertrophy	Resources are available on the unit Moodle site	
<b>Vacation Week - 14 Apr 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
No lecture	No readings	
<b>Week 6 - 21 Apr 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for speed, agility, and speed endurance	Resources are available on the unit Moodle site	
<b>Week 7 - 28 Apr 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for aerobic performance	Resources are available on the unit Moodle site	
<b>Week 8 - 05 May 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for anaerobic performance	Resources are available on the unit Moodle site	
<b>Week 9 - 12 May 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for different populations	Resources are available on the unit Moodle site	
<b>Week 10 - 19 May 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
Training and programming for team sports. Recovery, peaking, and tapering	Resources are available on the unit Moodle site	
<b>Week 11 - 26 May 2025</b>		
Module/Topic	Chapter	Events and Submissions/Topic
No lecture		Exercise Training Programs Due: Week 11 Monday (26 May 2025) 11:59 pm AEST
<b>Week 12 - 02 Jun 2025</b>		

Module/Topic No lecture	Chapter	Events and Submissions/Topic
Review/Exam Week - 09 Jun 2025		
Module/Topic	Chapter	Events and Submissions/Topic 50 hour Professional Practice Evaluation Final Due Date: Tuesday (10 June 2025) at 11:59 pm AEST Record of Student Engagement Due: Friday (13 June 2025) at 11:59 pm AEST
Exam Week - 16 Jun 2025		
Module/Topic	Chapter	Events and Submissions/Topic

## Term Specific Information

### Work Integrated Learning (WIL)

A key component of this unit is mandatory placement. You will undertake a *minimum* 50 hours of placement at sites complying with Exercise and Sports Science Australia (ESSA) guidelines. Once enrolled in this unit, you can access Sonia (WIL student portal) to arrange and/or view details of your placement site. You must complete your mandatory checks and student nomination form on Sonia. You are not able to begin your placement until the beginning of Term 1 and all mandatory checks have been completed via Sonia. You should contact the WIL team as soon as possible to arrange your placement if you have not already received your 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 placement in this unit.

Further WIL information is available on the ESSC13008 Moodle site.

### Residential School

You are required to attend a compulsory two-day residential school as a part of this unit. You will be required to register which residential school you will be attending via MyCQU and the poll available on the ESSC13008 Moodle site by the end of Week 2. Throughout these two days, you will complete your exercise delivery and coaching practical assessment item. The residential school is offered in Rockhampton, Cairns, and Mackay. Please see below for specific dates for each of the residential schools. Additional information regarding the residential school, such as an overview of the daily schedule and workbook will be made available on the ESSC13008 Moodle site.

#### Rockhampton offering (ROK and MIX students can enrol)

The Rockhampton residential school will be held on Tuesday 6th and Wednesday 7th May, 2025 (Week 8).

All students should meet at 8:30 am AEST in the upstairs classroom in Building 81 room 1.17 (Rockhampton North Campus, Yaamba Road, Norman Gardens).

#### Mackay offering (MKY and MIX students can enrol)

The Mackay residential school will be held on Thursday 8th and Friday 9th May, 2025 (Week 8).

All students should meet at 8:30am AEST in the Biomechanics laboratory in Building 4 room G.14 (Mackay City Campus, Sydney Street, Mackay City).

#### Cairns offering (CNS and MIX students can enrol)

The Cairns residential school will be held on Monday 12th and Tuesday 13th May, 2025 (Week 9).

All students should meet at 8:30 am AEST in the classroom above the CQUniversity Exercise and Sport Science labs located at Cairns Basketball (Building 3, Mezzanine, 289 Aumuller Street, Manunda).

## Assessment Tasks

### 1 Exercise Training Programs

#### Assessment Type

Case Study

#### Task Description

This assessment item is comprised into six sections and you will be given a choice of multiple case studies to select from. You must choose two of these case studies and complete every section for each case study as outlined below.

Tables and/or figures can be used where appropriate and do not count towards the word count for each section.

References are required for every section.

Your case studies will contain information pertaining to a hypothetical client including their age, gender, exercise history, goals, and the results of exercise assessments. From your two case studies selected you are required to answer

the following sections:

S1: Interpret the data from the case study, including their demographic, outcomes of assessments, and goals. Outline their goals and test outcomes in relation to normative data. Each response for this section must be 100-150 words per case study.

S2: Identify movement patterns important for improving performance and injury prevention and/or activities of daily living. Each response for this section must be 100-150 words per case study.

S3: Outline the expected exercises and modalities that will be included in your plan, include reference to equipment and space requirements, while also considering two (different) social determinants of health for each client. Each response for this section must be 150-200 words per case study.

S4: Design an 8-week training program, to maintain and/or improve health and fitness, wellbeing, and performance. This plan should contain sufficient detail for another exercise professional to be able to deliver this plan without any assistance from you. It must include the names of each exercise, instructions on how to complete the exercise (with images if required), specific reps, sets, rest periods, and intensity (RIR/RPE, speed, etc). If a conditioning-based exercises are prescribed you must also include the time/distance/calories, etc required to complete. You must justify the prescription of specific exercises, selection of sets and reps, frequency, and intensity. Tables are required to respond to this section, and each case study must be presented in separate tables.

S5: Outline the expected physiological response to acute exercise bouts (e.g. HR, BP, body temperature, hormonal responses, etc) and the adaptations to chronic exercise (e.g. VO2max, hypertrophy, neural adaptations, etc), as a result of this program. Each response for this section must be 150-200 words per case study.

S6: Outline how you would monitor and progress this client (including exercises and modalities), based on their individual needs. Each response for this section must be 150-200 words per case study.

The case studies will be made available on the ESSC13008 Moodle site.

#### Assessment Due Date

Week 11 Monday (26 May 2025) 11:59 pm AEST

In the absence of an approved extension, any submissions received after the due date will incur penalties in accordance with CQUniversity policy.

#### Return Date to Students

Students will receive feedback and marks via Moodle Grademark within two (2) weeks of the due date.

#### Weighting

50%

#### Assessment Criteria

A detailed marking rubric for this assessment will be made available on the ESSC13008 Moodle site, covering the following areas:

- Interpretation of case study data and goals
- Identification of common movement patterns and injuries
- Identification of exercise modalities, space requirements, and social determinants
- Program design, including sets, reps, and distance (volume), intensity (%RM, RPE, RIR, velocity/speed, HR etc)
- Identification of expected chronic and acute physiological changes and adaptations.
- Identification of methods to monitor client progress
- Correct and suitable use of references
- Spelling, grammar, and formatting

#### Use of Generative AI:

The submitted assessment item must be your own work, but you may be assisted by the use of Generative AI tools (GenAI/LLM). However, it is important to note that GenAI/LLM generated responses are not peer-reviewed. Therefore, if material for an assessment is generated through your engagement with GenAI/LLMs, it is important that this information is:

- Verified through rigorous comparison with peer-reviewed scholarly sources
- Paraphrased
- Referenced to peer-reviewed scholarly sources
- Correctly referenced as being generated via GenAI/LLM (See APA Guide)

Note: Cutting and pasting of GenAI/LLM material into assessments may be considered contract cheating and/or plagiarism. Further information regarding the appropriate use of GenAI/LLM for this assessment item is available on the unit Moodle page. If you have questions about the appropriate use of GenAI/LLM material, please speak with your lecturer and/or contact an ALC advisor.

#### Referencing Style

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

Submission

Online

Submission Instructions

Your Periodisation Training Program must be uploaded via the ESSC13008 Moodle site using the template provided in .doc or .docx format.

Learning Outcomes Assessed

- Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
- Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients

Graduate Attributes

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

## 2 Exercise Delivery and Coaching

Assessment Type

Practical Assessment

Task Description

Throughout the residential school, you will be assessed on your ability to plan, organise, deliver, coach, reflect, and critique exercise delivery sessions. These sessions will include client pre-screening and movement assessments, resistance training, group exercise, speed and agility, and aerobic endurance. You will be provided with case studies and group allocations prior to your attendance at the residential school. These case studies form the basis of some of the exercise sessions you will be required to prescribe and deliver exercise for. Further information will be provided at the residential school.

You will be assessed both individually (40% of the total total grade for this assessment item) and within small groups (60% of the total grade for this assessment item). Please see the ESSC13008 Moodle site for the most up to date residential school dates, locations, and information.

Assessment Due Date

You will be marked by the teaching staff during the ESSC13008 residential school.

Return Date to Students

You will be informed of your preliminary mark at the residential school, and your final mark within two weeks of completing the residential school via Moodle.

Weighting

50%

Assessment Criteria

A detailed marking guide will be made available on the ESSC13008 Moodle site, covering the following areas:

- Exercise knowledge
- Exercise prescription
- Movement analysis
- Coaching delivery skills
- Planning and organisation
- Communication
- Attitude and teamwork

Use of Generative AI:

The submitted assessment item must be your own work, but you may be assisted by the use of Generative AI tools (GenAI/LLM). However, it is important to note that GenAI/LLM generated responses are not peer-reviewed. Therefore, if material for an assessment is generated through your engagement with GenAI/LLMs, it is important that this information is:

- Verified through rigorous comparison with peer-reviewed scholarly sources
- Paraphrased
- Referenced to peer-reviewed scholarly sources
- Correctly referenced as being generated via GenAI/LLM (See APA Guide)

Note: Cutting and pasting of GenAI/LLM material into assessments may be considered contract cheating and/or

plagiarism. Further information regarding the appropriate use of GenAI/LLM for this assessment item is available on the unit Moodle page. If you have questions about the appropriate use of GenAI/LLM material, please speak with your lecturer and/or contact an ALC advisor.

#### Referencing Style

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

#### Submission

Offline

#### Submission Instructions

Teaching staff will assess you throughout the residential school.

#### Learning Outcomes Assessed

- Identify and explain why various types of exercise programming confers health, fitness, or sports performance benefits
- Design and deliver safe, appropriate and effective exercise programs, based on best practice that are aligned with the health, fitness, or sports performance needs and goals of clients

#### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Team Work
- Cross Cultural Competence
- Ethical practice

## 3 Professional Practice Evaluation

#### Assessment Type

Professional Practice Placement

#### Task Description

In this assessment task, you will undertake ESSA-approved work-integrated learning (placement) and be assessed on your competency as a student Exercise Scientist. You are required to undertake a minimum of 50 hours. Your competency in this assessment will be graded as pass or fail.

- Professional Practice Evaluation 1 is due at the completion of 25 hours (mid-point).
- Professional Practice Evaluation 2 is due at the completion 50 hours (end-point).

Irrespective of when you commence your placement, both Evaluations must be submitted by Review/Exam Week Tuesday (10 June 2025) 11:59 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 (13 June 2025) 11:59 pm AEST.

You are required to submit two (2) Professional Placement Evaluations. This assessment item includes assessment tools 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 ESSC13008 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 minimum 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 details regarding placement and this assessment task will be made available on the ESSC13008 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. 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 two (2) weeks of submission.

#### Weighting

#### Pass/Fail

#### Minimum mark or grade

Pass. 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 the unit.

#### 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. In the event of completing placement across multiple sites, your evaluation must be completed for the site in which you completed the most hours. 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 detailed marking rubric for this assessment will be made available on the ESSC13008 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)
- Evaluation of exercise plan(s)

#### Use of Generative AI:

The submitted assessment item must be your own work, and not written, prepared, or composed using Generative AI tools (GenAI/LLM). This includes the manipulation or analysis of images and data.

Note: Cutting and pasting of GenAI/LLM material into assessments may be considered contract cheating and/or plagiarism. If you have questions about the appropriate use of GenAI/LLM material, please speak with your lecturer and/or contact an ALC advisor.

#### Referencing Style

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

#### Submission

#### Online

#### Submission Instructions

Your Professional Practice Evaluation must be uploaded via the ESSC13008 Moodle site using the template provided in .pdf, .doc, or .docx format.

#### Learning Outcomes Assessed

- Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

#### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Team Work
- Cross Cultural Competence
- Ethical practice

## 4 Record of Student Engagement

### Assessment Type

Learning logs / diaries / Journal / log books

### Task Description

In this assessment task, you will provide details and evidence of your ESSA-approved placement and be assessed on how this evidence aligns with ESSA Accredited Exercise Scientist (AES) professional attributes. Your evidence presented in this assessment will be graded as pass or fail.

You are required to submit 1 (one) Record of Student Engagement. You must complete the template available on the ESSC13008 Moodle site, which also includes a logbook of the hours you have completed. 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 and further detail regarding this assessment task will be made available on the ESSC13008 Moodle site.

### Assessment Due Date

In the event your documentation contains insufficient detail or is incomplete and requires resubmission, the re-submission must be no later than Friday 13 June 2025, 11:59 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

Feedback for the Record of Student Engagement will be returned within two (2) weeks of submission.

### Weighting

Pass/Fail

### Minimum mark or grade

Pass. 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.

### 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
- 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 provided on the ESSC13008 Moodle site
- Typed and uploaded as a .pdf, .doc, or .docx file

An example of the level of detail required for the Record of Student Engagement will be made available 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.

### Use of Generative AI:

The submitted assessment item must be your own work, and not written, prepared, or composed using Generative AI tools (GenAI/LLM). This includes the manipulation or analysis of images and data.

Note: Cutting and pasting of GenAI/LLM material into assessments may be considered contract cheating and/or plagiarism. If you have questions about the appropriate use of GenAI/LLM material, please speak with your lecturer and/or contact an ALC advisor.

### Referencing Style

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

### Submission

Online

### Submission Instructions

Record of Student Engagement entries must be typed and uploaded via the ESSC13008 Moodle site using the template provided as a .pdf, .doc, or .docx file.

#### Learning Outcomes Assessed

- Apply your exercise and sport science knowledge to behave and operate as an effective sport and exercise science practitioner in a workplace setting.

#### Graduate Attributes

- Communication
- Cross Cultural 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