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The published on-line version of the Course Profile is the authoritative version and by the publication of the Course Profile on-line the University deems the student has been notified of and read the course requirements.

1. General Course Information

1.1 Course Details

COURSE CODE	1001AHS
COURSE TITLE	Foundations of Exercise and Sports Science I
ACADEMIC ORGANISATION	SHS School of Health Sciences and Social Work
TRIMESTER	Trimester 1 2023
MODE	Mixed Mode
LEVEL	Undergraduate
LOCATION	Gold Coast, On Campus
CREDIT POINT VALUE	10

Course Description:

Exercise and Sports Science is a multidisciplinary field encompassing physiology, biomechanics, nutrition and the psychosocial aspects of human movement. This course provides foundational knowledge that is key to developing a sound base for understanding the health and wellness continuum between performance athletes and chronic disease patients. Theoretical and practical learning in the biophysical knowledge domains (biochemistry & energetics as well as biophysics) will be combined with professional awareness and career pathways in the exercise and sports science industry. Note. Only available to students enrolled in SHS Programs.

1.2 Course Introduction

The Exercise and Sports Sciences are exciting fields of scientific practice and scholarship concerned with the role and application of physical activity across the spectrum of human health - from the diagnosis, prevention, and management of acute and chronic diseases and injuries, to the optimisation of athletic performance. The Exercise and Sports Sciences emerge through integrating knowledge from key academic disciplines such as biomechanics, neuroscience, physiology, and psychology.

Foundations of Exercise and Sports Science (1001AHS) will focus on providing key foundation knowledge in the areas of biochemistry & energetics and biophysics, particularly as they relate to exercise and sport. This course will also briefly introduce students to the disciplines and specialty areas of study as well as chart some of the career pathways and professional accreditation schemes available to exercise and sports science graduates.

Previous Student Feedback

Students enjoyed the following aspects of this course:

1. Practical/laboratory sessions
2. Modular course and assessment structure
3. Career and employability module
4. Blend of face-to-face and online learning

1.3 Course Staff

Primary Convenor **Associate Professor Surendran Sabapathy**

PHONE	5552 8390
EMAIL	s.sabapathy@griffith.edu.au
CAMPUS	Gold Coast Campus
BUILDING	Clinical Science 1 (G02)
ROOM	2.15
CONSULTATION	By Appointment.

Lecturer **Prof Rod Barrett**

EMAIL	r.barrett@griffith.edu.au
CAMPUS	Gold Coast Campus
BUILDING	Clinical Science 1 (G02)
ROOM	1.06
CONSULTATION	By Appointment.

1.4 Timetable

Timetables are available on [the Programs and Courses website](#).

NB: Details contained in this section of the course profile and section 4.1 Learning Activities are to be read in conjunction with the official class timetable. The published class timetable which is the authoritative source for timetabling information for all campuses can be located by clicking on the link above.

1.5 Lecture Capture

It is standard practice at Griffith University that lectures timetabled in lecture capture-enabled venues are recorded and made available to students on the relevant course site, in accordance with the University's [Lecture Capture Policy](#).

The lecture series delivered as part of this course will be recorded and accessible via the Learning@Griffith course site.

1.6 Technical Specifications

Students should ensure that they are appropriately equipped to engage with on-line learning activities. Please refer to the following website for guidance on the resources you will need for on-line learning: <https://www.griffith.edu.au/about-griffith/campuses-facilities/digital/it-requirements>.

2. Aims, Outcomes & Graduate Attributes

2.1 Course Aims

1. To provide an introduction to the Exercise and Sport Sciences, and the key sub-disciplines within this field of study.
2. To provide students with a context and framework for developing their studies in Exercise Science.
3. To provide an overview on how macromolecules and biochemical pathways produce the energy required to move human muscles, and how energetics is measured in the body.
4. To provide an introduction to the biophysical principles that govern a wide range of phenomena, instruments and procedures relevant to Exercise Science.

2.2 Learning Outcomes

After successfully completing this course you should be able to:

1. BIOCHEMISTRY AND ENERGETICS MODULE

- 1.1 Describe how the major macromolecules are used to provide cellular energy for muscle movement.
- 1.2 Describe and explain the impact of muscle energy systems on exercise performance.

2. BIOPHYSICS MODULE

- 2.1 Describe and evaluate the linear and angular motion of physical bodies, the effect of force and torque on the motion of physical bodies, and the various forms of energy such bodies may possess.
- 2.2 Explain and evaluate the physical laws governing the behaviour of fluids.

3. CAREER AND EMPLOYABILITY MODULE

- 3.1 Describe the scope and practice of the major sub-disciplines within the exercise and sport sciences.
- 3.2 Identify the major vocations available to Exercise Science graduates, and the skills required by a health professional practicing in these vocations.

4. LABORATORY PRACTICUM MODULE

- 4.1 Quantify and evaluate macromolecules, human body composition, cardio-respiratory fitness and the mechanical aspects of human motion.

2.3. Graduate Attributes

For further details on the Griffith Graduate please [click here](#)

Griffith University prepares influential graduates to be:

- [Knowledgeable and skilled, with critical judgement](#)
- [Effective communicators and collaborators](#)
- [Innovative, creative and entrepreneurial](#)
- [Socially responsible and engaged in their communities](#)
- [Culturally capable when working with First Australians](#)
- [Effective in culturally diverse and international environments](#)

This table demonstrates where each of the Griffith Graduate Attributes is taught, practised and assessed in this course.

For further details on the Griffith Graduate Attributes please refer to [The Griffith Graduate policy](#).

University wide attributes

GRADUATE ATTRIBUTE	TAUGHT	PRACTISED	ASSESSED
Knowledgeable and skilled, with critical judgement	•	•	•
Effective communicators and collaborators	•	•	•
Innovative, creative and entrepreneurial	•	•	•
Socially responsible and engaged in their communities	•		
Effective in culturally diverse and international environments	•		

Additional Course Information on Graduate Attributes

This course addresses the following **Professional Attributes** of an **ACCREDITED EXERCISE SCIENTIST** as per the Exercise & Sports Science Australia Professional Standards 2020.

1.2. Elements of Professional Practice

- 1.2.1. Apply knowledge and skills in a variety of professional exercise science work settings.
- 1.2.4. Practice with integrity within the scope of training for an Exercise Scientist and the ESSA Code of Professional Conduct and Ethical Practice.

4.2. Elements of Exercise Prescription and Delivery

- 4.2.1. Select and apply a range of evidence-based tools and methods to prescribe monitor and evaluate exercise load and progress based on the needs of individuals.
- 4.2.2. Interpret data obtained during a client assessment to prescribe, deliver and monitor physical activity and exercise-based interventions.

5.2. Elements of Functional Anatomy

- 5.2.2. Explain the relationship of structure (including micro and macro) with function, force and movement.
- 5.2.4. Describe the impact of body proportions on body composition and function.
- 5.2.7. Analyse movement identifying which muscles are active in producing and controlling a movement of a joint.

7.2. Elements of Health and Exercise Assessment

- 7.2.2. Identify and use the common processes and equipment required to conduct accurate and safe health, physical activity and exercise assessments.
- 7.2.4. Explain the scientific rationale, reliability, validity, assumptions and limitations of common assessments.

11.2. Elements of Nutrition

- 11.2.1. Describe the basic functions of macronutrients and micronutrients, their common sources, and their role in energy balance and health.

3. Learning Resources

3.1 Required Resources

Details of your Required Learning Resources are available from the [Reading List](#).

3.2 Recommended Resources

Details of your Recommended Learning Resources are available from the [Reading List](#).

3.3 University Learning Resources

The University provides many facilities and support services to assist students in their studies. Links to information about University support resources that are available to students include:

Readings: From the reading list, students can access Required and Recommended Learning Resources through direct links to articles, ebooks, databases, websites, the Library catalogue and digitised readings in one convenient place. Students can also prioritise their readings, add personal study notes, and export citations.

Learning@Griffith: There is a dedicated page for this course at myGriffith.

Student Support: Provides a range of services to support students throughout their studies including personal support such as Counselling and Health Services; Academic support; and Financial and Welfare support.

Careers and Employment: The team provides Career Wellbeing, Career Planning and Decision Making, Finding Jobs, Skills Identification and Development, Graduate Employment Information, LinkedIn Profile Review, Interview Preparation, Online Psychometric and Aptitude Test Preparation, International Student Support, Disability Disclosure Strategies and Higher Degree Research (HDR) Career Consultations.

Library: The Library provides a wide range of quality client-focused services and programs to students, researchers and staff of the University. The Library works in collaboration with the academic community to achieve academic and research outcomes.

Student Computing: The University provides access to common use computing facilities for educational purposes.

[Griffith Information Technology Code of Practice](#).

Academic Integrity Tutorial: This tutorial helps students to understand what academic integrity is and why it matters. You will be able to identify types of academic misconduct, understand what skills you will need in order to maintain academic integrity, and learn about the processes of referencing styles.

Academic Integrity Declaration

Breaches of academic integrity seriously compromise student learning, as well as the academic quality of the University's programs. All breaches of academic integrity are taken seriously.

By enrolling in this course and submitting assessment, I agree that:

- I have read the [Institutional Framework for Promoting Academic Integrity among Students](#) and the [Student Academic Misconduct Policy](#).
- Except where indicated through references/citations, all assessment submitted will be my own work, based on my personal study and/or research.
- I will not collude with another student or person in the production of assessment in this course unless group work and collaboration is an expectation of the assessment item.
- No assessment item has been submitted for assessment in any other course at Griffith, or at any other University or at any other time in the same course without the permission of the relevant Course Convenor.
- I will not copy in part or in whole or otherwise plagiarise the work of other students and/or other persons.
- I will not make any of my assessment in this course available to another student, without the permission of the Course Convenor.
- In the case of online quizzes and examinations, I will only access the materials permitted in the exam instructions and limit my internet usage to what is needed to take the exam.

I accept that should I be found to be in breach of the non-disclosure provision identified above, action will be taken under the [Student Academic Misconduct Policy](#). Penalties may include failing the course or exclusion from the University.

I also **acknowledge** and agree that the course convenor may:

- Give access to assessment to another Griffith staff member for the purpose of marking.
- Submit assessment items to a text-matching service. This web-based service will retain a copy of any assessment item for checking the work of other students but will not reproduce it in any form.
- Use assessment items for the purposes of moderation, or as exemplars, according to University policies.

3.5 Other Learning Resources & Information

The link to the required e-text book for this course is: <https://www.wileydirect.com.au/buy/1001ahs/>. This cost effective etext covers Module 1 and Module 3 content (*Module 2 content is accessed directly in the 1001AHS Learning@Griffith coursesite).

Lecture notes, accompanying required and supplementary readings, tutorial notes and laboratory resources (manuals) will be available via the course website hosted on Learning@Griffith.

4. Teaching & Learning Activities

4.1 Learning Activities

Module 1: Biochemistry & Energetics

Week Commencing	Activity	Learning Outcomes
6 Mar 23 - 21 Apr 23	Lectures and Tutorials (General Contact): Topic 1: Introduction to Macromolecules Topic 2: Introduction to Metabolic Pathways and Energy Production Topic 3: Muscle Metabolism and Energy Systems Topic 4: Measuring Exercise Metabolism Topic 5: Exercise & Acid-Base balance	1.1, 1.2

Module 2: Careers & Employability

Week Commencing	Activity	Learning Outcomes
6 Mar 23 - 21 Apr 23	Lectures (General Contact): Topic 1: Introduction to the Exercise and Sports Sciences Topic 2: Professional accreditation and recognition Topic 3: Careers in Exercise & Sports Science Topic 4: Employability Topic 5: Work experience and practicum	3.1, 3.2

Module 3: Biophysics

Week Commencing	Activity	Learning Outcomes
24 Apr 23 - 2 Jun 23	Lectures & Tutorials (General Contact): Topic 1: 1- and 2-dimensional kinematics Topic 2: Forces and Newton's laws Topic 3: Rotational kinematics and dynamics Topic 4: Energy, work, power and momentum Topic 5: Static and dynamics fluids	2.1, 2.2

Laboratory Practicum

Week Commencing	Activity	Learning Outcomes
20 Mar 23	Laboratory 1 (Practical): Evaluating macromolecules and the assessment of human body composition (Kinanthropometry).	1.1, 4.1
10 Apr 23	Laboratory 2 (Practical): Assessment and interpretation of cardiorespiratory fitness.	1.2, 4.1
8 May 23	Laboratory 3 (Practical): Assessment, calculation and interpretation of human motion (linear kinematics).	2.1, 4.1
22 May 23	Laboratory 4 (Practical): Assessment, calculation and interpretation of human motion (rotational kinematics).	2.1, 4.1

4.2 Other Teaching and Learning Activities Information

Teaching strategies

Student learning in this course will be facilitated by a number of strategies that include formal lectures, tutorials and laboratory sessions. Web-based course materials and self-guided learning strategies will also be employed, principally via the 1001AHS course website (Learning@Griffith).

Formal lectures are used to provide specific course content and guide self-learning, and will be delivered on campus. Lectures will be supplemented by lecture notes, textbook chapter readings, other relevant articles and readings. Note: The title and order of lectures provided in the lecture outline above is indicative; a detailed schedule of lectures will be provided in the course website.

Tutorial sessions, delivered online, offer opportunity for students to ask questions, review lecture and laboratory content and practice questions to be posed / solved.

Laboratory sessions are on-campus, compulsory to attend, and provide students with hands-on experience and competency in practical skills such as physical and physiological assessments, data gathering, and reporting. Laboratory sessions will facilitate the acquisition and development of skills and principles that are important to professional practice. You should involve yourselves as much as possible in all laboratory activities. Students will have signed-up for laboratory classes at the time of course enrolment. Please choose carefully and be aware of lecture/lab/tutorial sessions for other courses to prevent timetable clashes.

Swapping laboratory times during the teaching trimester is not allowed. You will need to seek approval from the course convenor or lab coordinator for any changes in laboratory attendance.

Extensive use is made of the 1001AHS web-based course site (Learning@Griffith) for staff-student communications, course material provision (lecture / laboratory notes), continual assessment delivery, and posting of assessment results. Students will be shown how to access this system in the first week of lectures.

All students are expected to check the 1001AHS course site regularly (daily-weekly) as information presented on the announcement/message board is *considered to have been read by students* and *will not necessarily be repeated in lectures/ tutorials/ labs or provided in hard-copy.*

Attendance - lectures

Attending lectures is **strongly recommended**. It is the responsibility of students who miss lectures to obtain the teaching material and any other course information presented at these lectures (review any recordings).

Attendance - laboratory sessions

Attending laboratory sessions on-campus and in-person is COMPULSORY and all content is examinable. Failure to attend laboratory sessions without a valid reason can result in a Fail grade awarded for the course, or the requirement to undertake a supplementary assessment to meet the course passing requirements.

Attendance - tutorials

Attending tutorials online at the scheduled class time is **strongly recommended**. Activities will be designed around the previous weeks lecture / lab content and will provide opportunity for students to ask questions. Students will have opportunity to work in groups and formative quizzes maybe used to support student learning. Tutorials are not recorded.

Attendance - PASS (Peer Assisted Study Sessions)

Attending PASS sessions online at the scheduled times is **strongly recommended**. PASS sessions are coordinated by previous high achieving students and provide additional support on the course content, study and exam tips and opportunity for peer to peer discussion in the absence of academic teaching staff.

All on campus activities will comply with current University, State and National public Health policies: <https://www.griffith.edu.au/coronavirus>.

5. Assessment Plan

5.1 Assessment Summary

This is a summary of the assessment in the course. For detailed information on each assessment, see [5.2 Assessment Detail](#) below.

ASSESSMENT TASK	DUE DATE	WEIGHTING	MARKED OUT OF	LEARNING OUTCOMES	MAXIMUM EXTENSION PERIOD
Test or quiz Laboratory Quizzes & Exercises	13 Mar 23 - 26 May 23 Online and in-class	20%	80 marks (Must submit)	1.1, 1.2, 2.1, 4.1	
Exam - selected and constructed responses Mid-trimester examination	27 Apr 23 12:00 - 27 Apr 23 13:50	35%	70 marks (Must submit)	1.1, 1.2, 4.1	
Academic development holistic assessment Fit-for-Professional Practice (FFPP) requirements	19 May 23 17:00	0%	Complete / Not Complete (Must complete)		
Assignment - Written Assignment Employability Task	19 May 23 17:00	10%	10 marks (Must submit)	3.1, 3.2	
Exam - selected response End-of-trimester Examination	Examination Period	35%	35 marks (Must submit)	1.1, 1.2, 2.1, 2.2, 4.1	

5.2 Assessment Detail

Title: Laboratory Quizzes & Exercises

Type: Test or quiz

Learning Outcomes Assessed: 1.1, 1.2, 2.1, 4.1

Due Date:

13 Mar 23 - 26 May 23 Online and in-class

Weight: 20%

Marked out of: 80

Task Description:

Each Laboratory class will be preceded by an online or paper-based quiz comprising up to 10 short questions (10 marks). The questions will relate to the laboratory class and will be derived from the laboratory manual (and supporting lecture material).

Laboratory classes will conclude with students completing the laboratory exercises included in the laboratory manual. The laboratory exercises will comprise discussion questions and/or relevant exercises and calculations. Awarding of up to 10 marks per laboratory are awarded for completion of the laboratory exercises to the satisfaction of the laboratory demonstrator(s).

Criteria & Marking:

Laboratory quiz: Up to ten short answer/multiple choice questions completed on-line, prior to attending each laboratory class, or in-person during the class. Marks will be awarded for each correct answer. Total of 10 marks per quiz.

Laboratory exercise: Completing data collection and relevant calculations, interpreting the data collected, and answering discussion questions based on the laboratory activities performed. A total of 10 marks is available for completing the laboratory exercises.

A student is eligible for the award of up to 20 marks per laboratory class attended (laboratory quiz + laboratory exercise). The assessment for each laboratory class (laboratory quiz and exercise) contributes up to 5% of the total course grade. A total of four laboratory classes are timetabled. **Laboratory quiz completion and laboratory class attendance are compulsory.**

This assessment item has a course weighting of 20% (5% per laboratory assessment).

Submission: Via the 'Assignments' tool in Learning@Griffith. In Person at the School Department. On-line and/or In-class

This assessment item:

- is a school based activity
 - is an individual activity
 - includes a self assessment activity
 - does not have a re-attempt provision
 - contains a mandatory pass component
-

Title: Mid-trimester examination

Type: Exam - selected and constructed responses

Learning Outcomes Assessed: 1.1, 1.2, 4.1

Due Date:

27 Apr 23 12:00 - 27 Apr 23 13:50

Weight: 35%

Marked out of: 70

Perusal: 10 minutes

Duration: 100 minutes

Exam Type: Closed Book

Exam Format: On Campus

Task Description:

This examination will assess all content relating to the Biochemistry & Energetics Module 1 (Weeks 1-6), including lectures and Laboratory 1 and 2. It will comprise up to 70 marks from a mixture of multiple choice and short answer questions.

Criteria & Marking:

A total of up to 70 marks may be available for this assessment item, with a course weighting of 35%.

Location of Examination: Gold Coast Campus G40 Auditorium.

Submission: Other. In person at the examination venue.

This assessment item:

- is a school based activity
 - is an individual activity
 - does not include a self assessment activity
 - does not have a re-attempt provision
 - is a proctored examination
 - contains a mandatory pass component
-

Title: Fit-for-Professional Practice (FFPP) requirements

Type: Academic development holistic assessment

Due Date:

19 May 23 17:00

Weight: 0%

Marked out of: 1

Task Description:

This is a mandatory hurdle task that must be completed to pass this course. This means that if this task is not completed, you will not pass this course.

This task requires you to complete, upload and have approved all the relevant Fit for Professional Practice requirements/documents to an online portal called SONIA by 5 pm on Friday 19th of May 2023 (Week 10).

The SONIA portal can be accessed from <https://www.griffith.edu.au/griffith-health/health-placement-support-hub/programs/exercise-physiology-exercise-science> which contains information on the specifics required, step by step guidance on how to complete them and links to the SONIA platform to upload documents.

Completing the Fit for Professional Practice requirements is compulsory for **all students** enrolled in a Bachelor of Exercise Science (including double degrees) or Bachelor of Clinical Exercise Physiology degree program. Some students (Clinical Exercise Physiology) will have a few more requirements, which will be dealt with on a case by case basis.

Please note that many of the FFPP requirements take time to complete (weeks or months). It is critical that you commence or attend to these requirements early in trimester (the earlier the better!). Otherwise, you run a very real risk of not meeting the submission deadline and, consequently, failing the course.

Please direct all queries relating to these requirements to the practicum team at exscplacements@griffith.edu.au

Criteria & Marking:

You must submit all the required Fit for Professional Practice documentation to the SONIA platform by the due date.

This assessment item:

- is a school based activity
 - is an individual activity
 - does not include a self assessment activity
 - contains a mandatory pass component
-

Title: Employability Task

Type: Assignment - Written Assignment

Learning Outcomes Assessed: 3.1, 3.2

Due Date:

19 May 23 17:00

Weight: 10%

Marked out of: 10

Task Description:

This assessment task is your first opportunity to explore future employment options, and plan for career success. This is just the first step on your lifelong career journey and will form the foundation for your continued action and reflection. It is important to develop a plan early in your degree, so that you can make informed decisions to help you get the skills and experiences required for success after graduation.

To complete this task you are required to

- i. Work through the entire Career Focus Module
- ii. Complete a Career Action Plan worksheet
- iii. Using the information from your Career Action Plan Worksheet create and submit a poster (1 x A4 page) that summarises:
 - a. Your career goal
 - b. Key skills that are required for this profession
 - c. The skills you currently have that will be applicable to this profession
 - d. Your plan for developing the additional skills required from both curricular and extracurricular activities
 - e. Broad timeline of major activities you will undertake between now and the end of your degree

Criteria & Marking:

Marks will be awarded for the following:

1. Identifying job/profession-specific skills and opportunities
2. Developing a career plan
3. Proposed steps and/or actions to achieve career goals
4. Clarity and presentation of the poster

A maximum of 10 marks will be awarded for this assessment item, and constitute up to 10% of the course grade. A detailed marking criteria will be available in the course website.

Submission: Via the 'Assignments' tool in Learning@Griffith. Online via the course website

This assessment item:

- is a school based activity
- is an individual activity
- does not include a self assessment activity
- does not have a resubmission provision
- contains a mandatory pass component

Title: End-of-trimester Examination

Type: Exam - selected response

Learning Outcomes Assessed: 1.1, 1.2, 2.1, 2.2, 4.1

Due Date:

Examination Period

Weight: 35%

Marked out of: 35

Perusal: 10 minutes

Duration: 120 minutes

Exam Type: Closed Book

Exam Format: On Campus

Task Description:

This examination will assess all content relating to the Biophysics module (weeks 7-12) and laboratories 3 & 4, and comprise 35 x 1 mark multiple choice questions which may include calculations.

*Please note that this course has a centrally scheduled End of Trimester Examination **on campus**. However, the examination may have to be run online, depending on COVID-19 restrictions at examination time.*

Students will be advised by email and L@G announcement in advance if the examination is to be online and should regularly monitor their Griffith student email account to ensure they are aware of the latest examination information.

Criteria & Marking:

A total of up to 35 marks may be available for this assessment item, with a course weighting of 35%.

This assessment item:

- is a centrally organised activity
- is an individual activity
- does not include a self assessment activity
- contains a mandatory pass component

5.3 Late Submission

For all courses (other than Honours Dissertation Courses): Refer to the [Assessment Procedure for Students](#).

For all Honours Dissertation courses: Enrolment in an Honours degree shall be cancelled and the candidature terminated if the candidate fails to lodge their Honours dissertation by the prescribed date including any approved extensions.

5.4 Other Assessment Information

Supplementary Assessment is available in this course.

Supplementary assessment may be awarded if you have submitted all the assessment requirements of the course, and you have received a grade of 3 or have achieved an overall percentage equivalent to the grade of 3 or higher, but you have not achieved a pass or the required minimum mark in one or more mandatory pass components of the course.

You are allowed one attempt at a supplementary assessment item per course per trimester. If you gain a pass mark for your supplementary assessment item, you will be awarded a grade of 4.

Where you do not achieve a pass mark for the supplementary assessment item, the original grade of 3 for the course will remain, except for courses using the Medical School grading basis where a non-graded fail (NGF) is awarded.

Please see the [Assessment Procedure for Students](#) for more information.

Final Grades

A student's final grade for this course will be based on the aggregation and weighting of marks across assessment, any mandatory pass components and grade cut-offs. Grade cut-offs can vary, so you will need to wait for the official release of grades to be sure of your grade for this course.

- This course is a graded course (i.e 7, 6, 5, 4, 3, 2, 1).
- This course contains mandatory pass components.

Mandatory pass component

To be eligible to pass this course, students must:

1. achieve an overall pass mark for this course
2. submit the assessment task: Laboratory Quizzes & Exercises
3. submit the assessment task: Mid-trimester examination
4. Complete the assessment task for 'Fit-for-Professional Practice (FFPP) requirements' [Complete = 1, Not Complete = 0]
5. submit the assessment task: Employability Task
6. submit the assessment task: End-of-trimester Examination

6. Policies & Guidelines

This section contains the details of and links to the most relevant policies and course guidelines. For further details on University Policies please visit the [Policy Library](#)

6.1 Assessment Related Policies and Guidelines

University Policies & Guidelines

The University's policies can be found in the [Griffith Policy Library](#).

Specific assessment policies include:

- [Assessment Policy](#)
- [Assessment Procedure for Students](#)

SHS School of Health Sciences and Social Work

Assessment Guidelines

The American Psychological Association Referencing Style (7th Edition) [APA 7] is the preferred standard for this course.

6.2 Other Policies and Guidelines

University Policies and Guidelines

Students are responsible for ensuring that they have read all sections of the Course Profile for the course/s in which they are enrolled in any enrolment period. The published online version of the Course Profile is the authoritative version and by the publication of the Course Profile online, the University deems the student has been notified of and read the course requirements. Variations to the Course Profile during the trimester of offer are not permitted except in exceptional circumstances and will be advised in writing to all enrolled students and via the Learning@Griffith website. Additional information regarding the content of this course may be published on the Learning@Griffith website.

Copyright matters

Copyright applies to all teaching materials and materials generated by students which substantially relate to Griffith University courses. *Students are warned against selling Griffith University teaching materials and their student notes online through commercial websites during and after their studies.* You will almost certainly be in breach of copyright law and Griffith's IT Code of Practice if you post these materials on the internet and commercial websites. Please refer to the [Copyright Guide for Students](#) for further information.

Health and Safety

Griffith University is committed to providing a safe work and study environment. However, all students, staff and visitors have an obligation to ensure the safety of themselves and those whose safety may be affected by their actions. Staff in control of learning activities will ensure as far as reasonably practical, that those activities are safe and that all safety obligations are being met. Students are required to comply with all safety instructions and are requested to report safety concerns to the University.

General health and safety information is available on the [Health, Safety and Wellbeing](#) website.

Other Key Student-Related Policies

All University policy documents are accessible to students via the [Griffith Policy Library](#). Links to key policy documents, in addition to those listed in 6.1 above, are included below for easy reference:

- [Student Communications Policy](#)
- [Health, Safety and Wellbeing Policy](#)
- [Student Administration Policy](#)
- [Student Charter](#)
- [Student Review and Appeals Policy](#)
- [Student Review and Appeals Procedures](#)
- [Student Complaints Policy](#)
- [Students with Disabilities Policy](#)

Learning Summary

Below is a table showing the relationship between the learning outcomes for this course, the learning activities used to develop

each outcome and the assessment task used to assess each outcome.

Learning Outcomes

After successfully completing this course you should be able to:

1. BIOCHEMISTRY AND ENERGETICS MODULE

1.1 Describe how the major macromolecules are used to provide cellular energy for muscle movement.

1.2 Describe and explain the impact of muscle energy systems on exercise performance.

2. BIOPHYSICS MODULE

2.1 Describe and evaluate the linear and angular motion of physical bodies, the effect of force and torque on the motion of physical bodies, and the various forms of energy such bodies may possess.

2.2 Explain and evaluate the physical laws governing the behaviour of fluids.

3. CAREER AND EMPLOYABILITY MODULE

3.1 Describe the scope and practice of the major sub-disciplines within the exercise and sport sciences.

3.2 Identify the major vocations available to Exercise Science graduates, and the skills required by a health professional practicing in these vocations.

4. LABORATORY PRACTICUM MODULE

4.1 Quantify and evaluate macromolecules, human body composition, cardio-respiratory fitness and the mechanical aspects of human motion.

Assessment & Learning Activities

LEARNING ACTIVITIES	LEARNING OUTCOMES						
	1.1	1.2	2.1	2.2	3.1	3.2	4.1
Lectures and Tutorials (General Contact)	●	●					
Lectures (General Contact)					●	●	
Lectures & Tutorials (General Contact)			●	●			
Laboratory 1 (Practical)	●						●
Laboratory 2 (Practical)		●					●
Laboratory 3 (Practical)			●				●
Laboratory 4 (Practical)			●				●
ASSESSMENT TASKS							
Laboratory Quizzes & Exercises	●	●	●				●
Mid-trimester examination	●	●					●
Employability Task					●	●	
End-of-trimester Examination	●	●	●	●			●

Graduate Attributes

For further details on the Griffith Graduate please [click here](#)

Griffith University prepares influential graduates to be:

- [Knowledgeable and skilled, with critical judgement](#)
- [Effective communicators and collaborators](#)
- [Innovative, creative and entrepreneurial](#)
- [Socially responsible and engaged in their communities](#)
- [Culturally capable when working with First Australians](#)
- [Effective in culturally diverse and international environments](#)

This table demonstrates where each of the Griffith Graduate Attributes is taught, practised and assessed in this course.

University wide attributes

GRADUATE ATTRIBUTE	TAUGHT	PRACTISED	ASSESSED
Knowledgeable and skilled, with critical judgement	•	•	•
Effective communicators and collaborators	•	•	•
Innovative, creative and entrepreneurial	•	•	•
Socially responsible and engaged in their communities	•		
Culturally capable when working with First Australians			
Effective in culturally diverse and international environments	•		