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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	1003AHS
COURSE TITLE	Foundations of Exercise and Sports Science II
ACADEMIC ORGANISATION	SHS School of Health Sciences and Social Work
TRIMESTER	Trimester 2 2023
MODE	In Person
LEVEL	Undergraduate
LOCATION	Gold Coast, On Campus
CREDIT POINT VALUE	10

Restrictions:

Restriction: Students must be enrolled in the following programs: 1171 B Exercise Science, 1420 B Exercise Science/Bachelor of Business, 1421 B Exercise Science/Psychological Science, 1604 B Clinical Exercise Physiology, 1493 B Sport Development

Course Description:

Exercise and Sports Science is a multidisciplinary field encompassing physiology, biomechanics, nutrition and the psychosocial aspects of human movement. In this course students will gain foundational knowledge that is key to understanding the health and wellness continuum between performance athletes and chronic disease patients. Theoretical and practical learning includes screening, exercise prescription and delivery and physical activity promotion and behaviour change across the lifespan. Students will also engage with employability activities to increase their understanding of, and engagement with, the fields of exercise science, exercise physiology and sports science. Only available to students enrolled in Exercise and Sports Science degrees (1171, 1420, 1421, 1493, 1604).

Assumed Background:

Students are strongly encouraged to complete 1001AHS as either a pre-requisite or co-requisite subject.

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 disease and injuries to the optimisation of athletic performance. The Exercise and Sports Sciences evolved from an integration of key academic disciplines such as biomechanics, neuroscience, physiology, and psychology. In Foundations of Exercise and Sport Science II (1003AHS) students will focus on developing your foundation knowledge and practical skills in the fields of exercise/physical activity assessment and prescription, physical activity promotion and behaviour change, and employability. Students will engage with a range of learning modalities (face to face, online, self-guided) that are representative of the learning that students will experience in the core courses in the Exercise and Sport Science Degrees.

Previous Student Feedback

Foundations of Exercise and Sports Science II was offered for the first time in 2022. Students identified the practical components of the course as highly engaging and informative, and as a result two additional practical classes have been added. Students indicated a preference for face to face delivery of the interactive workshops, therefore fortnightly tutorials have been added to the course.

1.3 Course Staff

Primary Convenor **Dr Kelly Clanchy**

PHONE	5552-7006
EMAIL	k.clanchy@griffith.edu.au
HOMEPAGE	https://experts.griffith.edu.au/8634-kelly-clanchy/about
CAMPUS	Gold Coast Campus
BUILDING	Clinical Science 1 (G02)
ROOM	2.23
CONSULTATION	Students are encouraged to contact the Course Convenor by email in the first instance. Consultation appointments are by request only. Please place the words "1003AHS" in the subject header of any email correspondence to the convenor to improve communication speed and confirm reply. The course convenor will provide regular updates/ communications via the 1003AHS course site. Information regarding changes to the course material, reminders of assessment, and answers to general student queries will be posted using this service. Students are expected to check this site regularly (daily-weekly) as information presented on the message board is considered to be "as read" by students and will not necessarily be repeated in lectures/ emailed directly.

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.

Additional Timetable Information

Please read the course summary which includes information about class attendance. Details contained in this section of the course profile and in section 4.1 Learning Activities are to be read in conjunctions with the official class timetable.

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 online learning activities. Where possible students should attend the online components of the course equipped with a microphone as a minimum. 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>. At this time, all practical classes are scheduled to be ran on-campus, with in-person attendance required.

2. Aims, Outcomes & Graduate Attributes

2.1 Course Aims

The aims of this course are for students to develop theoretical and practical understanding of:

1. Exercise assessment and prescription practice;
2. Personal professional identity; and
3. Evidence based and theoretical frameworks used to promote physical activity participation.

2.2 Learning Outcomes

After successfully completing this course you should be able to:

- 1 Analyse a range of exercise modalities and select appropriate exercises to suit the needs and abilities of clients.

- 2 Apply and interpret data obtained during a client assessment to prescribe physical activity and exercise-based interventions.
- 3 Explore your own self-identity and how it fits within the profession.
- 4 Evaluate the factors that influence and predict physical activity adoption and adherence.
- 5 Critically analyse and apply physical activity health promotion theories and models of behaviour change to promote a physically active lifestyle.

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 and Sports Science Australia AES Professional Standards 2020:

- 1.2.2. Support clients to meet their goals through the integration and application of the exercise science sub-discipline standards.
- 1.2.3. Choose and apply a variety of verbal and non-verbal communication methods appropriate to the client and/or population, carers and other health and exercise professionals.
- 1.2.8. Describe the broad structure of the Australian health system and the roles of Exercise Scientists.
- 3.2.3. Design exercise-based interventions to maintain and/or improve health and fitness, wellbeing and performance that consider the physiological responses to acute exercise, and the adaptations to chronic exercise.
- 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.
- 4.2.3. Analyse a broad range of exercise modalities and select appropriate exercises and equipment to suit the needs and abilities of clients including consideration of social determinants of health.
- 4.2.5. Select and apply learning cues and movement progressions for teaching and correcting movement and exercise technique.
- 4.2.10. Design and deliver evidence-based, exercise-based interventions and apply behavioural strategies that meet the needs and preferences of clients.
- 7.2.1. Select and apply appropriate assessment procedures, including screening of appropriate social determinants of health, goal setting, obtaining informed consent and a relevant medical history, and performing a pre-exercise risk assessment and understand when onward referrals are warranted.
- 7.2.2. Identify and use the common processes and equipment required to conduct accurate and safe health, physical activity and exercise assessments.
- 12.2.2. Describe the potential impact of public policy on promoting physical activity and reducing sedentary behaviour in diverse populations.
- 12.2.5. Relate the benefits and risks of physical activity and apply evidence-based principles to recommend appropriate levels of physical activity for diverse populations.
- 12.2.6. Identify and assess populations at risk of insufficient physical activity or sedentary behaviour to inform development of appropriate recommendations and/or interventions.
- 13.2.1. Describe common social determinants of health factors that influence behaviour of health, physical activity and exercise.
- 13.2.3. Interpret evidence-based behavioural theories and their constructs that relate to health, physical activity, sport and exercise.
- 13.2.4. Interpret and analyse the factors that influence and predict exercise adherence.
- 13.2.5. Apply behavioural strategies according to the needs and preferences of the individuals and/or population and their progress towards achieving realistic goals.
- 13.2.6. Demonstrate the ability to communicate effectively and respond appropriately to assist clients from diverse populations to change their health and physical activity behaviours.

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

Lecture notes, required and supplementary readings, and practical resources (manuals) will be available via the course site.

4. Teaching & Learning Activities

4.1 Learning Activities

Week Commencing	Activity	Learning Outcomes
17 Jul 23	Week 1: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to two topics: Lecture 1a: Introduction to the principles of exercise assessment and prescription Lecture 1b: Movement screening and warm ups.	1, 2
24 Jul 23	Week 2: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to two topics: Lecture 2a: Coaching resistance exercises, communication, cues and safety. Lecture 2b: Assessing speed, agility and muscular strength, power, and endurance.	1, 2
24 Jul 23	Week 2: Exercise Programming in Practice (Tutorial): In this tutorial two topics will be covered: 1) implementing exercise programs (safety; delivery; observation); and 2) group exercise training.	1
24 Jul 23	Week 2: Exercise Programming in Practice (Practical): Warmups, movement screening and coaching resistance exercise (Part 1)	1, 2
31 Jul 23	Week 3: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to two topics: Lecture 3a: Designing resistance training programs. Lecture 3b: Designing speed/ agility training programs.	1, 2
31 Jul 23	Week 3: Exercise Programming in Practice (Practical): Warmups, movement screening and coaching resistance exercise (Part 2).	1, 2
7 Aug 23	Week 4: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to two topics: Lecture 4a: Assessing endurance fitness. Lecture 4b: Designing endurance exercise programs.	1, 2
7 Aug 23	Week 4: Exercise Programming In Practice (Tutorial): In this tutorial two topics will be covered: 1) working with children and the elderly; and 2) prescribing for changes in body composition.	1
7 Aug 23	Week 4: Exercise Programming in Practice (Practical): Assessment and prescription of endurance, sprint and agility (Part 1).	1, 2
21 Aug 23	Week 5: Pre-Recorded Lecture (Lecture): The pre-recorded lecture material for this week will relate to career action plans and self-awareness.	3
21 Aug 23	Week 5: Exercise Programming in Practice (Practical): Assessment and prescription of endurance, sprint and agility (Part 2).	1, 2
28 Aug 23	Week 6: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to planning for employment and evidencing your skills.	3
28 Aug 23	Week 6: Evidencing Employability (Tutorial): In this tutorial students will be prompted to examine their pre-professional identity.	3
30 Aug 23 17:00 - 30 Aug 23 18:00	Week 6: Practitioner Panel (Workshop): During this session practitioners from the field of Exercise Science, Sports Science, Exercise Physiology, Physiotherapy and Nutrition and Dietetics will be in attendance to answer questions regarding their profession. Students are able to submit questions to the panel anonymously ahead of time or throughout the duration of the session.	3
4 Sep 23	Week 7: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to the interaction between exercise and medicine.	4, 5
4 Sep 23	Week 7: Exercise Programming in Practice (Practical): Assessment of- and prescription for- improved balance.	1, 2
11 Sep 23	Week 8: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to principles of motivation and behaviour change.	4, 5
11 Sep 23	Week 8: Promotion in Practice (Tutorial): In this tutorial two topics will be covered: 1) motivational interviewing; and 2) coaching and counselling.	4, 5
18 Sep 23	Week 9: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to topics including: behaviour change theories; mediators, moderators and determinants of behaviour change; modifiable and non-modifiable determinants of behaviour; using cross-sectional research to guide practice; and reflective listening.	4, 5
18 Sep 23	Week 9: Exercise Programming in Practice (Practical): Assessment of- and prescription for- functional performance.	1, 2
25 Sep 23	Week 10: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to the interaction between the physical, social and cultural environment and physical activity participation.	4, 5

Week Commencing	Activity	Learning Outcomes
25 Sep 23	Week 10: Promotion in Practice (Tutorial): In this tutorial two topics will be covered: 1) understanding factors that contribute to non-adherence; and 2) adaptation of exercise prescription to meet environmental demands.	4, 5
2 Oct 23	Week 11: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to: individual and psychosocial factors influencing physical activity behaviour; and information sharing for physical activity.	4, 5
2 Oct 23	Week 11: Promotion in Practice (Practical): Measuring the determinants of behaviour change.	4, 5
9 Oct 23	Week 12: Pre-Recorded Lectures (Lecture): The pre-recorded lecture material for this week will relate to: behavioural medicine; lifestyle physical activity interventions; tailored and/or stage matched physical activity interventions; and psychological and behavioural strategies.	4, 5
9 Oct 23	Week 12: Promotion in Practice (Tutorial): In this tutorial two topics will be covered: 1) planning for exercise adherence; and 2) evidence based physical activity promotion strategies.	4, 5

4.2 Other Teaching and Learning Activities Information

Student learning in this course will be facilitated by a number of strategies that include lectures, tutorials and practical sessions. Web-based course materials and self-guided learning strategies will also be employed, principally via the 1003AHS course site.

Lectures: Lectures are used to provide specific course content and guide self-learning. There will be no face to face lectures for this course. Instead students will be required to engage with pre-recorded mini lectures prior to attending workshops, tutorials, and practical classes. Students will be able to access the mini lectures and course content from the 1003AHS course site. Students should spend approximately 2 hours engaging with weekly content prior to attending face to face tutorials and practical sessions.

Tutorials: Tutorials will be used to consolidate the learning from the lecture and practical content and to provide real-world examples of application. Students will attend a TWO hour tutorial conducted in Week 2, 4, 6, 8 and 10. It is the responsibility of students who miss these activities to obtain the teaching material and any other course information presented at these tutorials. Students will have signed-up for a tutorial class at the time of course enrolment. Please choose carefully and be aware of lecture/lab/ practical/ tutorial sessions for other courses to prevent timetable clashes. Students are not able to swap tutorial times during the teaching trimester. Students will need to seek approval from the course convenor for any changes in tutorial attendance. Tutorial facilitators will keep a class roll and will not allow class sizes to exceed the stipulated limits. Staff take no responsibility for missing tutorial attendance if a student swaps groups without prior approval from the course convenor.

Practicals: Practical sessions are used to provide students with hands-on experience and competencies in the skills of exercise assessment, prescription and programming, reinforce and assist in understanding theoretical knowledge, and provide an opportunity to participate in interactive learning experiences with your peers. Students are encouraged to involve themselves as much as possible in all practical activities. 7 x 2 hour practicals are scheduled to be ran on-campus. Attending practical sessions on-campus and in-person is **compulsory** and all content is examinable. Failure to attend practical sessions without a valid reason will result in students not receiving the proportion of the marks allocated to the in-class practical activity. Students will have signed-up for practical classes at the time of course enrolment. Please choose carefully and be aware of lecture/ lab/ practical/ tutorial sessions for other courses to prevent timetable clashes. Students are not able to swap practical times during the teaching trimester. Students will need to seek approval from the course convenor for any changes in practical attendance. Practical demonstrators will keep a class roll and will not allow class sizes to exceed the stipulated limits. Staff take no responsibility for missing practical attendance if a student swaps groups without prior approval from the course convenor.

Please note that the course schedule may change due to factors such as university or government directives, availability of guest speakers, and student learning needs. Where possible, students will be advised in advance of any scheduling changes.

The lecture, tutorial and practical content will be supplemented by notes, readings and other relevant content (e.g., articles, web links, short videos). It is an expectation that students will manage their time effectively to engage with all learning materials.

Extensive use is made of the 1003 course site for staff-student communications, course material provision, assessment delivery and submission, and posting of assessment results. Students will be provided with information regarding how to access this system. **All students are expected to check this site regularly (daily-weekly) as information presented on the announcements board will be considered to have been read by students and will not necessarily be repeated in lectures, workshops and/or practicals.**

Students are asked to review [Griffith University's Disability Disclosure Statement](#). The Griffith University Disclosure Statement is provided to all students for the purpose of enabling access to a safe environment with appropriate adjustments, minimising student's exposure to risk and risk to others.

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
Assignment - Written Assignment Exercise Class Audit	21 Aug 23 17:00	14%	20 marks (Must submit)	1	
Assignment - Practice-based Assignment Practical Quizzes and Exercises	13 Oct 23 17:00	56%	112 marks (Must submit)	1, 2, 3, 4, 5	
Exam - selected response End of Trimester Examination	Examination Period	30%	100 marks (Must submit)	1, 2, 3, 4, 5	

5.2 Assessment Detail

Title: Exercise Class Audit

Type: Assignment - Written Assignment

Learning Outcomes Assessed: 1

Due Date:

21 Aug 23 17:00

Weight: 14%

Marked out of: 20

Task Description:

During this task students will be provided with the opportunity to apply their understanding of the fundamentals of exercise prescription including client safety; communication and engagement; exercise prescription; and monitoring and feedback by auditing an exercise class.

To complete this task you are required to **attend** and **audit** a group class using a provided template.

Criteria & Marking:

Students will record observations relating to the instructors communication and rapport, exercise programming; exercise communication and demonstration; and monitoring and feedback. The observations will be used to provide an overall evaluation of the group class.

Resubmission:

Students who fail to achieve a passing mark for this assessment item will be provided with an opportunity to resubmit the assessment item. Students will have five working days from return of the assessment task to apply for resubmission. Only one opportunity to resubmit the assessment task will be awarded. Students who pass the resubmission will be awarded a maximum of 50% of the available marks for the assessment item.

Submission: Via the 'Assignments' tool in Learning@Griffith.

This assessment item:

- is a school based activity
- is an individual activity
- does not include a self assessment activity
- may be available for resubmission (see conditions outlined in Resubmission)
- contains a mandatory pass component

Title: Practical Quizzes and Exercises

Type: Assignment - Practice-based Assignment

Learning Outcomes Assessed: 1, 2, 3, 4, 5

Due Date:

13 Oct 23 17:00

Weight: 56%

Marked out of: 112

Task Description:

During this course students must attend **SEVEN** practical sessions.

1. Before attending each practical class students must complete an **online quiz** comprising 5 questions. The questions will relate to the practical class and will be derived from the laboratory manual and supporting lecture material.
2. During each practical class students must complete the **practical exercises** in the **practical manual**. The practical exercises will comprise discussion questions and/or relevant exercises. Students will only be allocated these marks for in-person attendance.
3. After each practical session students must complete a **post-practical task** to consolidate learning.

Criteria & Marking:

Pre-Practical Quiz: Five multiple choice questions completed on-line, prior to attending each laboratory class. One mark per correct answer will be awarded. Each quiz comprises 2.5% of the total grade for the course. The highest mark achievable for this component of the course is 35 marks (5 marks x 7 quizzes) or 17.5% (2.5% x 7 quizzes).

In-Class Practical Tasks: Completing data collection and relevant calculations, interpreting the data collected, completing exercises, and/or answering discussion questions based on the practical activities performed. One mark per practical session attended will be awarded. Each practical task comprises 0.5% of the total grade for the course. The highest mark achievable for this component of the course is 7 marks (1 mark x 7 practicals) or 3.5% (0.5% x 7 practicals).

Post-Practical Tasks: Completing data collection and relevant calculations, interpreting the data collected, completing exercises, and/or answering discussion questions based on the practical activities performed. 10 marks are available for completing each post-practical exercises. Each post practical task comprises 5% of the total grade for the course. The highest mark achievable for this component of the course is 70 marks (10 marks x 7 practicals) or 35% (5% x 7 practicals).

- **The due date for the post-practical tasks assigned to practicals 1-2 is the 11.08.2023.**

- **The due date for the post-practical tasks assigned to practicals 3-4 is the 08.09.2023.**
- **The due date for the post-practical tasks assigned to practicals 5-7 is the 13.10.2023.**

Re-attempt:

Students who fail to achieve a passing grade for this assessment item will be provided with an opportunity to resubmit the assessment item. Students will have five working days from return of the assessment task to apply for resubmission. Only one opportunity to resubmit the assessment task will be awarded. Students who pass the resubmission will be awarded a maximum of 50% of the available marks for the assessment item.

Submission: Via the 'Assignments' tool in Learning@Griffith.

This assessment item:

- is a school based activity
- is an individual activity
- does not include a self assessment activity
- may be available for re-assessment (see conditions outlined under Re-attempt above)
- contains a mandatory pass component

Title: End of Trimester Examination

Type: Exam - selected response

Learning Outcomes Assessed: 1, 2, 3, 4, 5

Due Date:

Examination Period

Weight: 30%

Marked out of: 100

Perusal: 10 minutes

Duration: 120 minutes

Exam Type: Closed Book

Exam Format: On Campus

Task Description:

This examination will assess the lecture, tutorial and practical content contained in the course, and comprises **multiple choice and short answer questions**.

Please note that this course has a centrally scheduled End of Trimester Examination on campus. However, the examination may have to be ran 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:

Marks will be awarded for the correct response for the multiple choice questions. Short answer questions will require students to provide responses to case study or calculation based questions.

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 all assessment tasks

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](#)

Other Course Guidelines

Students should refer to the 1003AHS course site for further information about this course. Additionally, students are encouraged to read the [scope of practice documents](#) relating to Accredited Exercise Physiologists and Accredited Exercise Scientists.

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 Analyse a range of exercise modalities and select appropriate exercises to suit the needs and abilities of clients.
- 2 Apply and interpret data obtained during a client assessment to prescribe physical activity and exercise-based interventions.
- 3 Explore your own self-identity and how it fits within the profession.
- 4 Evaluate the factors that influence and predict physical activity adoption and adherence.
- 5 Critically analyse and apply physical activity health promotion theories and models of behaviour change to promote a physically active lifestyle.

Assessment & Learning Activities

LEARNING ACTIVITIES	LEARNING OUTCOMES				
	1	2	3	4	5
Week 1: Pre-Recorded Lectures (Lecture)	●	●			
Week 2: Pre-Recorded Lectures (Lecture)	●	●			
Week 2: Exercise Programming in Practice (Tutorial)	●				
Week 2: Exercise Programming in Practice (Practical)	●	●			
Week 3: Pre-Recorded Lectures (Lecture)	●	●			
Week 3: Exercise Programming in Practice (Practical)	●	●			
Week 4: Exercise Programming In Practice (Tutorial)	●				
Week 4: Exercise Programming in Practice (Practical)	●	●			
Week 4: Pre-Recorded Lectures (Lecture)	●	●			
Week 5: Exercise Programming in Practice (Practical)	●	●			
Week 5: Pre-Recorded Lecture (Lecture)			●		
Week 6: Pre-Recorded Lectures (Lecture)			●		
Week 6: Evidencing Employability (Tutorial)			●		
Week 6: Practitioner Panel (Workshop)			●		
Week 7: Pre-Recorded Lectures (Lecture)				●	●
Week 7: Exercise Programming in Practice (Practical)	●	●			
Week 8: Promotion in Practice (Tutorial)				●	●
Week 8: Pre-Recorded Lectures (Lecture)				●	●
Week 9: Pre-Recorded Lectures (Lecture)				●	●
Week 9: Exercise Programming in Practice (Practical)	●	●			
Week 10: Promotion in Practice (Tutorial)				●	●

LEARNING ACTIVITIES	LEARNING OUTCOMES				
	1	2	3	4	5
Week 10: Pre-Recorded Lectures (Lecture)				●	●
Week 11: Promotion in Practice (Practical)				●	●
Week 11: Pre-Recorded Lectures (Lecture)				●	●
Week 12: Pre-Recorded Lectures (Lecture)				●	●
Week 12: Promotion in Practice (Tutorial)				●	●
ASSESSMENT TASKS					
Exercise Class Audit	●				
Practical Quizzes and Exercises	●	●	●	●	●
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	•		