

## EXSS1080: Psychological, Nutritional and Injury Foundations for Exercise and Sport Science

Ourimbah

Semester 2 - 2023



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

## OVERVIEW

### Course Description

Improving health and performance outcomes through exercise is a broad process that requires an understanding of many disciplines. Professionals require a broad understanding of other domains such as psychology and nutrition as well as injury prevention and management in order to correctly prescribe exercise and to achieve desired performances. Within professional settings students will need to demonstrate a working understanding of the basic fundamental concepts contained within psychology and nutrition throughout interdisciplinary communication. By the end of this course, students will demonstrate an understanding of fundamental concepts within psychology and nutrition as applied to exercise, as well as demonstrate knowledge in injury prevention and management.

### Assumed Knowledge

EXSS1050 and HUBS1108

### Contact Hours

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#### Online Activity

Online

2 hour(s) per Week for 12 Weeks starting Week 1

#### Workshop \*

Face to Face On Campus

2 hour(s) per Week for 12 Weeks starting Week 1

\* This contact type has a compulsory requirement.

### Unit Weighting

10

### Workload

Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

# COURSE OUTLINE

[www.newcastle.edu.au](http://www.newcastle.edu.au)

CRICOS Provider 00109J

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# CONTACTS

<b>Course Coordinator</b>	<b>Ourimbah</b> Mrs Kristie Sheridan <a href="mailto:Kristie.Sheridan@newcastle.edu.au">Kristie.Sheridan@newcastle.edu.au</a> Consultation: By appointment
<b>Teaching Staff</b>	Other teaching staff will be advised on the course Canvas site.
<b>School Office</b>	<b>School of Environmental and Life Sciences</b> SO-104 Science Offices OURIMBAH <a href="mailto:Science-SELS@newcastle.edu.au">Science-SELS@newcastle.edu.au</a> (02) 4349 4568 / (02) 4348 4115 9am-5pm (Mon-Fri)

# SYLLABUS

<b>Course Content</b>	<ul style="list-style-type: none"><li>• Human cognition and perception</li><li>• Individual and social factors affecting human behaviour</li><li>• Nutritional intake and requirements</li><li>• Basic dietary analysis and nutritional guidelines</li><li>• Classification of injuries typical of exercise and sport</li><li>• Treatment and rehabilitation of injuries</li></ul>
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**On successful completion of this course, students will be able to:**

1. Describe the foundations of human behaviour, cognition and mental wellbeing in relation to health, exercise and sport (ESSA13.2.2.).
2. Describe human behaviour in terms of individual and social factors and relate these influences to the behavioural aspects of health, exercise and sport (ESSA 13.2.1, 13.2.4.).
3. Describe the basic functions of macronutrients and key micronutrients, their common sources, and their role in energy balance and general wellbeing (ESSA 11.2.1).
4. Describe a basic dietary analysis and discuss its implications for general health and well-being (ESSA 11.2.6).
5. Identify and describe common injuries associated with exercise and demonstrate an ability to provide initial injury management (ESSA 2.2.1, 2.2.6, 5.2.5, 6.2.3).
6. Demonstrate competency in basic practical skills within the medical, psychological, and nutritional foundations of exercise and sport science ESSA 2.2.2).

# COMPULSORY REQUIREMENTS

In order to pass this course, each student must complete ALL of the following compulsory requirements:

## Contact Hour Requirements:

- Workshop There is a compulsory attendance requirement in this course. Students must attend a minimum of 80% of Workshops.

# SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	17 Jul	Introduction to sport and exercise psychology	Introduction to sport and exercise psychology Case study	Online quiz
2	24 Jul	Human behaviour	Human behaviour Assessing behaviours and modification strategies	Online quiz
3	31 Jul	Human cognition	Human cognition Case studies	Online quiz
4	7 Aug	Mental wellbeing in exercise and sport settings	Mental wellbeing in exercise and sport settings. Professional skills to enhance wellbeing	Online quiz
5	14 Aug	Australian dietary guidelines and dietary assessment methods.	Interpreting dietary assessment reports	Online quiz Basic analysis of human behaviour and cognition
6	21 Aug	Macro- and micronutrients: Basic functions, key food sources and role in health/disease	Interpreting nutrition research and practical nutrition education skills	Online quiz
7	28 Aug	Energy balance and consequences of energy deficit/surplus	Energy balance- calculation of basal metabolic rate (BMR), estimated energy requirements (EER) and Body composition assessment	Online quiz
8	4 Sep	Basic sports nutrition including hydration and supplement safety	Fluid balance, hydration and supplement safety	Online quiz
9	11 Sep	Injuries in sport	Sports taping	Online quiz Basic nutritional analysis and dietary recommendations
10	18 Sep	Injury management in sport	Injury management and reporting	Online quiz
<b>Mid Term Break</b>				
<b>Mid Term Break</b>				
11	9 Oct	Injury prevention	In class assessment - practical skill competencies - SMA level 1 sports trainer	Online quiz Practical skill competency from activities in workshops
12	16 Oct	Concussion in sport	Concussion in sport	Online quiz
13	23 Oct			
<b>Examination Period</b>				
<b>Examination Period</b>				

# ASSESSMENTS

This course has 4 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Online quizzes	Weekly 9am Thursday	Individual	20%	1, 2, 3, 5
2	Basic analysis of human behaviour and cognition	Week 5- Friday 18th August, 5pm.	Individual	30%	1, 2
3	Basic nutritional analysis and dietary recommendations	Week 9- Friday 15th September, 5pm	Individual	30%	3, 4
4	Practical skill competency from activities in workshops	Week 11- in class	Individual	20%	5, 6

**Late Submissions** The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

## Assessment 1 - Online quizzes

<b>Assessment Type</b>	Quiz
<b>Purpose</b>	To assess theoretical knowledge of weekly content prior to weekly workshops.
<b>Description</b>	Twelve (12) weekly quizzes from week 1 to 12. Each weekly quiz must be completed prior to the workshop held in that week.
<b>Weighting</b>	20%
<b>Due Date</b>	Weekly 9am Thursday
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Correct/Incorrect answers to multiple choice questions
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - Immediately available upon submission.

## Assessment 2 - Basic analysis of human behaviour and cognition

<b>Assessment Type</b>	Case Study / Problem Based Learning
<b>Purpose</b>	This assignment provides students with experience implementing theory into practice and further develops their written communication skills.
<b>Description</b>	Students will be required to conduct a basic analysis of human behaviour and cognition and provide practical recommendations to a client within an exercise/sport setting.
<b>Weighting</b>	30%
<b>Due Date</b>	Week 5- Friday 18th August, 5pm.
<b>Submission Method</b>	Online Online via Turnitin link on Canvas site
<b>Assessment Criteria</b>	Full marking rubric available on Canvas site
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - Within 3 weeks of due date. Completed rubric and comments provided via Canvas site

## Assessment 3 - Basic nutritional analysis and dietary recommendations

<b>Assessment Type</b>	Case Study / Problem Based Learning
<b>Purpose</b>	This assignment provides students with experience in interpreting a dietary assessment report and providing recommendations within the Australian Dietary Guidelines/Australian Guide to Healthy Eating
<b>Description</b>	Dietary analysis assignment, including evaluation and recommendation.
<b>Weighting</b>	30%
<b>Length</b>	Maximum 1000 words
<b>Due Date</b>	Week 9- Friday 15th September, 5pm

<b>Submission Method</b>	Online Online via Turnitin link on Canvas site
<b>Assessment Criteria</b>	Full marking rubric available on Canvas site
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - Within 3 weeks of due date. Completed rubric and comments provided via Canvas site

## Assessment 4 - Practical skill competency from activities in workshops

<b>Assessment Type</b>	Practical Demonstration
<b>Purpose</b>	To assess practical competency of scenarios encountered by Level 1 Sports Trainers.
<b>Description</b>	Practical assessment of 1) Initial injury management, 2) Detailed injury management, 3) Injury reporting, 4) Injured athlete transport, and 5) Sports taping
<b>Weighting</b>	20%
<b>Due Date</b>	Week 11- in class
<b>Submission Method</b>	In Class
<b>Assessment Criteria</b>	Full marking rubric available on Canvas site
<b>Return Method</b>	In Person
<b>Feedback Provided</b>	In Person - Immediately following completion. In person feedback will be provided immediately following competency assessment

## ADDITIONAL INFORMATION

### Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

\*Skills are those identified for the purposes of assessment task(s).

### Attendance

Attendance/participation will be recorded in the following components:

- Workshop (Method of recording: Class registers. It is the students' responsibility to ensure they have been marked on the class register.)

### Communication

Communication methods used in this course include:

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## Methods

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.
- Face to Face: Communication will be provided via face-to-face meetings or supervision.

## Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

## Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

## Academic Misconduct

All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students at the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

## Adverse Circumstances

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item, and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

## Important Policy Information

The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at:

<https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures>  
that support a safe and respectful environment at the University.

*This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.*

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