

EXSS3040: Practicum in Exercise and Sports Science

Ourimbah

Semester 2 - 2023



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description

An Exercise Scientist can apply their exercise science knowledge and skills to practice effectively in an ethical, professional and responsible manner. This course allows students to integrate and apply the knowledge and skills obtained during their degree toward a real world practicum experience within exercise science. Students will undertake work-integrated learning to consolidate development of competency in exercise assessment, prescription and delivery across a variety of settings. The course involves a minimum of 100 hours of exercise and sports science industry practicum that is supervised by an appropriate professional in line with the Exercise and Sport Science Australia Practicum requirements. By the end of the course, students will demonstrate competency in exercise assessment, prescription and delivery as well as various professional behaviours and tasks.

Requisites

You must have successfully completed EXSS2100 OR EXSS2070 to enrol in this course.
You must be enrolled in the Bachelor of Exercise and Sport Science [11705] or [40257] in order to enrol in this course.

Assumed Knowledge

EXSS2010 and EXSS2030 and EXSS2050

Contact Hours

Ourimbah

Lecture

Face to Face On Campus
2 hour(s) per Week for 1 Weeks

Practicum *

Face to Face Off Campus
100 hour(s) per Term Full Term

Tutorial

Face to Face On Campus
1 hour(s) per Week for 12 Weeks

* 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

CRICOS Provider 00109J

CONTACTS

Course Coordinator	Ourimbah Dr Colin Sanctuary Colin.Sanctuary@newcastle.edu.au Consultation: By appointment
Teaching Staff	Other teaching staff will be advised on the course Canvas site.
School Office	School of Environmental and Life Sciences SO-104 Science Offices OURIMBAH Science-SELS@newcastle.edu.au (02) 4349 4568 / (02) 4348 4115 9am-5pm (Mon-Fri)

SYLLABUS

Course Content	<ul style="list-style-type: none">• A minimum of 100 hours of practicum in the Exercise and Sports Science industry• Application of knowledge and skills in a work integrated learning setting• Effective verbal and nonverbal communication skills in a professional environment• ESSA Code of Professional Conduct and Ethical Practice
Course Learning Outcomes	<p>On successful completion of this course, students will be able to:</p> <ol style="list-style-type: none">1. Apply Exercise Science knowledge and skills in a work context to support clients to meet their goals (ESSA 1.2.1 & 1.2.2);2. Display integrity through professional behaviour and effective communication (ESSA 1.2.3, 1.2.4, 1.2.5 & 1.2.7);3. Demonstrate competency in exercise assessment, prescription and delivery at the completion of a minimum of 100 hours of Exercise Science practicum (ESSA 1.2.1, 1.2.2 & 1.2.3);4. Identify risks and apply appropriate risk management strategies to the professional practice of exercise science (ESSA 1.2.6);5. Critically evaluate how the Exercise Science practicum experience developed the professional attributes of an Accredited Exercise Scientist (AES). (ESSA 1.2.4, 1.2.5 & 1.2.7).

COMPULSORY REQUIREMENTS

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

Contact Hour Requirements:

- Practicum There is a compulsory attendance requirement in this course. Students must satisfactorily complete a minimum of 100 hours of approved practicum to pass the course.

Course Assessment Requirements:

- Assessment 2 - Professional Task: Pass Requirement - Students must pass this assessment item to pass the course.

Pre-Placement Requirements:

- WHS Requirement - Students must complete a Workplace Safety Induction or Risk Assessment. In order to participate in this course, students must complete a risk assessment and safety induction

SCHEDULE

Week	Week Begins	Lecture	Tutorial	Comments
1	17 Jul	Introduction to Practicum in Sport and Exercise Science ESSA 20/7/23: CS201 3pm-5pm	Preparing for Placement (Options; Resume; Cover Letter) Sonia	Tutorial on a Friday: CS201 3pm-4pm
2	24 Jul	No Lecture	The Applied Environment (Communication; Delivery; Interpersonal Skills) Professionalism and Standards Sonia	Tutorial on a Friday: CS201 3pm-4pm
3	31 Jul	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
4	7 Aug	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
5	14 Aug	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
6	21 Aug	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
7	28 Aug	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
8	4 Sep	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
9	11 Sep	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
10	18 Sep	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
Mid Term Break				
Mid Term Break				
11	9 Oct	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
12	16 Oct	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
13	23 Oct	No Lecture	Review of Practicum Placement	Tutorial on a Friday: CS201 3pm-4pm
Examination Period				
Examination Period				

ASSESSMENTS

This course has 2 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Written assignments	A. Practicum Applications (10%) - Prior to practicum B. Practicum Plan (10%) - within 1 wk of starting practicum C. Risk Assessment (10%) - within 1 wk of starting practicum D. Record of Student Engagement (20%) - within 1 wk of completing practicum	Individual	50%	1, 2, 3, 4, 5
2	Practicum*	Within 1 week of completing practicum	Individual	50%	1, 2, 3, 4, 5

* This assessment has a compulsory requirement.

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 - Written assignments

Assessment Type	Written Assignment
Purpose	Application of exercise science knowledge and skills to practice effectively in an ethical, professional and responsible manner.
Description	A. Practicum Applications (10%) - A cover letter, explaining why you are interested in a specific practicum, supported by a resume B. Placement Plan (10%) - In consultation with the practicum host develop a placement plan, which will guide both you as the student as well as your practicum host through the practicum experience (due within 1 week of commencing practicum). C. Risk Assessment (10%) - The risk assessment identifies potential hazards or dangers (chemical, biological, electrical, mechanical etc.) you may encounter during your placement. D. Record of Student Engagement (20%) - Your Record of Student Engagement needs to include a detailed summary of all activities you have conducted at your practicum site (word count approx. 300 words), as well as your reflection on the elements of professional practice for an Exercise Scientist (ESSA Professional Practice 1.2.1-1.2.7) and the professional attributes of an Exercise Scientist (as identified by ESSA). Word count min. 500 words.
Weighting	50%
Due Date	A. Practicum Applications (10%) - Prior to practicum B. Practicum Plan (10%) - within 1 wk of starting practicum C. Risk Assessment (10%) - within 1 wk of starting practicum D. Record of Student Engagement (20%) - within 1 wk of completing practicum
Submission Method	Online Online A. Practicum Applications - Online via Sonia B. Practicum Plan - Online via Sonia C. Risk Assessment - Online via Sonia D. Record of Student Engagement - Online via Sonia
Assessment Criteria	Online
Return Method	Online
Feedback Provided	Online - Post practicum completion and submission of all required elements as per ESSA requirements. Online - Post Practicum. Online via Sonia

Assessment 2 - Practicum

Assessment Type	Professional Task
Purpose	Demonstrate professional behaviour according to the ESSA's Code of Professional Conduct and Ethical Practice, as well as competency in exercise assessment, prescription and delivery during practicum.
Description	Completion of a minimum of 100 hours of practicum to demonstrate attainment of competency in exercise assessment, prescription and delivery is a Compulsory Course Component*. Completion of the minimum 100 hours will be demonstrated by submission of online time sheets for all practicum hours, as well as a Record of Student Engagement for each practicum site. Attainment of competency will be demonstrated through engagement and reflection on the elements of professional practice for an Exercise Scientist (ESSA Professional Practice 1.2.1-1.2.7) and the professional attributes of an Exercise Scientist (as identified by ESSA). For a practicum of less than 30 hours competency assessment will take place upon completion of that practicum. For a practicum of 30 hours or more an interim competency assessment will take place upon completion of half of the hours, as well as a final assessment upon completion. Where required, an internal support practicum will be provided to assist the student in improving their competencies before resuming their professional practice practicum.
Weighting	50%
Compulsory Requirements	Pass Requirement - Students must pass this assessment item to pass the course.
Due Date	Within 1 week of completing practicum
Submission Method	Online Online via Sonia
Assessment Criteria	Professional Task - Completion of a minimum of 100 hours of practicum
Return Method	Online
Feedback Provided	Online - . Online - Post practicum completion and submission of all required elements as per ESSA requirements.
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment. No re-attempt

ADDITIONAL INFORMATION

Grading Scheme

This course is graded as follows:

Grade	Description
Ungraded Pass (UP)	There are no marks associated with this result and you have met the level requirements to pass the course.
Fail (FF)	Failure to satisfactorily achieve assessment objectives or compulsory course requirements. A fail grade may also be awarded following disciplinary action.

Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
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In addition, students will be communicated to through face-to-face placement visits and via email relating to placement engagement.

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 of 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	<p>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:</p> <ol style="list-style-type: none">1. the assessment item is a major assessment item; or2. 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; or4. the course has a compulsory attendance requirement. <p>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.</p>
Important Policy Information	<p>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.</p>

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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