UNSW Course Outline

EXPT2168 Exercise Assessment and Testing - 2024

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General Course Information

Course Code : EXPT2168
Year : 2024
Term : Term 1
Teaching Period : T1
Is a multi-term course? : No
Faculty : Faculty of Medicine and Health
Academic Unit : School of Health Sciences
Delivery Mode : In Person
Delivery Format : Standard
Delivery Location : Kensington
Campus : Sydney
Study Level : Undergraduate
Units of Credit : 6

<u>Useful Links</u>

<u>Handbook</u> <u>Class Timetable</u>

Course Details & Outcomes

Course Description

In this course you will learn how to conduct, analyse and communicate common tests used by exercise professionals for assessment of apparently healthy and clinical populations. These include how to evaluate the health status of your clients and provide exercise recommendations

based on client assessment, which are essential skills required for your degree and career.

Course Aims

This course aims to provide you with the skills to conduct a series of health and exercise related assessments and to improve your understanding of how to interpret test results considering reliability, validity, and measurement error.

Relationship to Other Courses

Assistance with progression checking:

If you are unsure how this course fits within your program, you can seek guidance on optimising your program structure from staff at the Nucleus Student Hub.

Progression plans for UNSW Medicine and Health programs can be found on the UNSW Medicine & Health website.

Course Learning Outcomes

Course Learning Outcomes
CLO1 : Explain the scientific rationale, reliability, validity, assumptions and limitations of common health and exercise assessments
CLO2 : Demonstrate evidence-based decision making in selecting appropriate health and exercise assessment procedures
CLO3 : Identify when further information or supervision from an appropriate health professional is required prior to conducting a health or exercise assessment
CLO4 : Conduct and adapt appropriate protocols for safe, effective, and culturally sensitive health and exercise assessments
CLO5 : Record, interpret, and communicate results from health and exercise assessments in forms suitable to multiple stakeholders

Course Learning Outcomes	Assessment Item
CLO1 : Explain the scientific rationale, reliability, validity, assumptions and limitations of common health and exercise assessments	• Online Quizzes
CLO2 : Demonstrate evidence-based decision making in selecting appropriate health and exercise assessment procedures	• Lab report • Online Quizzes
CLO3 : Identify when further information or supervision from an appropriate health professional is required prior to conducting a health or exercise assessment	• Practical skills exam • Lab report • Online Quizzes
CLO4 : Conduct and adapt appropriate protocols for safe, effective, and culturally sensitive health and exercise assessments	• Practical skills exam
CLO5 : Record, interpret, and communicate results from health and exercise assessments in forms suitable to multiple stakeholders	• Lab report • Practical skills exam

Learning and Teaching Technologies

Moodle - Learning Management System | Echo 360

Learning and Teaching in this course

All course materials and course announcements are provided on the course learning

management system, Moodle (or Open Access).

By accessing and using the ICT resources provided by UNSW, you are agreeing to abide by the

'[Acceptable Use of UNSW ICT Resources](#)' policy particularly on respect for intellectual property and copyright, legal and ethical use of ICT resources and security and privacy.

Assessments

Assessment Structure

Assessment Item	Weight	Relevant Dates
Online Quizzes Assessment Format: Individual	20%	Due Date: Individual due date for each quiz
Lab report Assessment Format: Individual	40%	Start Date: Not Applicable Due Date: 05/04/2024 11:59 PM
Practical skills exam Assessment Format: Individual	40%	Start Date: Formal Exam Period Due Date: Formal Exam Period

Assessment Details
Online Quizzes

Assessment Overview

Online quizzes will be conducted continuously throughout the course of the term. Each quiz will focus on a separate content area, and will consist of scenario-based questions. Time limits will be applied for completion of all quizzes. The overall quiz result will be immediately provided, and individual question feedback will be provided either once all students have completed the quiz or within 10 working days.

For more specific information about the assessment requirements, due dates and grade contribution please refer to your course Moodle site.

Course Learning Outcomes
- CLO1 : Explain the scientific rationale, reliability, validity, assumptions and limitations of common health and exercise assessments
- CLO2 : Demonstrate evidence-based decision making in selecting appropriate health and exercise assessment procedures
- CLO3 : Identify when further information or supervision from an appropriate health professional is required prior to conducting a health or exercise assessment

Detailed Assessment Description

Four individual quizzes over the term, due in weeks 2, 5, 7 & 10. Together, these will contribute to 20% of your final grade. Detailed information about this assessment will be provided on the course Moodle page.

This tasks does not have a short extension option. Refer to Moodle for further submission information.

Use of generative artificial intelligence

NO ASSISTANCE

It is prohibited to use any generative AI to generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

Assignment submission Turnitin type

This is not a Turnitin assignment

Lab report

Assessment Overview

In this assessment you will develop a laboratory report. This assessment will require you to collect data from your laboratory classes and/or utlise data provided to you to complete a series of tasks. You will be required to complete the laboratory report, interpret the datasets, and provide evidence-based recommendations. Further guidance for this assessment will be provided on Moodle and in the report template.

This assessment will be due in the final weeks of term. Feedback will be provided online within 10 working days.

Course Learning Outcomes

- CLO2 : Demonstrate evidence-based decision making in selecting appropriate health and exercise assessment procedures
- CLO3 : Identify when further information or supervision from an appropriate health professional is required prior to conducting a health or exercise assessment
- CLO5 : Record, interpret, and communicate results from health and exercise assessments in forms suitable to multiple stakeholders

Detailed Assessment Description

In this assessment, you will explore and show an understanding of the types of health and physical fitness testing required for different client goals. It is an industry relevant experience to search, select and sequence specific tests for specific groups and then provide research

evidence to support the selections.

You will be required to develop a report detailing a performance and physiological testing session for a client or group with a plan, rationale and justification of each test.

Detailed information about this assessment will be provided on the course Moodle page.

Assessment Length

6 Pages

Submission notes

This tasks does have a short extension option. A short extension of 2 days (inclusive of weekends) is available for this task.

Assessment information

Use of generative artificial intelligence

SIMPLE EDITING ASSISTANCE

For this assessment task you are permitted to use standard editing and referencing functions in word processing software [e.g. MS Word or Grammarly) this is limited to spelling and grammar checking and reference citation generation in the creation of your submission. You must not use any functions that generate or paraphrase passages of text, whether based on your own work or not.

Please note that your submission will be passed through an AI-generated text detection tool. If your marker has concerns that your answer contains passages of AI-generated text you may be asked to explain your work. If you are unable to satisfactorily demonstrate your understanding of your submission you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Assignment submission Turnitin type

This assignment is submitted through Turnitin and students can see Turnitin similarity reports.

Practical skills exam

Assessment Overview

This practical skills exam will require you to set up and conduct health and exercise assessments covered in this course. You will be assessed on multiple domains

including screening, communication, methodology, and interpretation of results.

This assessment will be conducted face to face in the laboratory during exam week. Cohort wide feedback will be provided via the course Moodle site within 10 days. Individual examination feedback can be provided on request.

Course Learning Outcomes

- CLO3 : Identify when further information or supervision from an appropriate health professional is required prior to conducting a health or exercise assessment
- CLO4 : Conduct and adapt appropriate protocols for safe, effective, and culturally sensitive health and exercise assessments
- CLO5 : Record, interpret, and communicate results from health and exercise assessments in forms suitable to multiple stakeholders

Detailed Assessment Description

This practical skills exam will require you to set up, conduct and analyse common health and exercise assessments covered in this course. You will move through multiple stations with an assessor to demonstrate your ability to use common equipment and conduct exercise testing commonly used in exercise science settings.

This assessment will be conducted face to face in the laboratory during exam week.

Assessment Length

60 minutes

Submission notes

This tasks does not have a short extension option.

Assessment information

Use of generative artificial intelligence

NO ASSISTANCE INVIGILATED ASSESSMENT.

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

Assignment submission Turnitin type

Not Applicable

General Assessment Information

Detailed instructions regarding assessments for this course are provided on the course Moodle page (or Open Learning).

For student information on results, grades, and guides to assessment see: https://student.unsw.edu.au/assessment

<u>Grading Basis</u>

Standard

<u>Requirements to pass course</u>

In order to pass this course students must:

- Achieve a composite grade of at least 50 out of 100
- Meet any additional requirements specified in the assessment details section and on Moodle.
- Meet class attendance requirements, as specified in the "Attendance Requirements" section of the "Course Schedule.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 12 February - 18 February	Lecture	Introducted to Exercise Assessment and Testing
	Laboratory	Health Assessments
	Tutorial	Pre-Exercise Screening
Week 2 : 19 February - 25 February	Lecture	Validity and Reliability Data Analysis Assessment of Anthropometry and Body Composition
	Laboratory	Assessment of Anthropometry and Body Composition
	Tutorial	Data Visualisation, Interpretation and Communication
Week 3 : 26 February - 3 March	Lecture	Aerobic Fitness
	Laboratory	Testing Aerobic Capacity
	Tutorial	Interpreting Aerobic Fitness Testing Results
Week 4 : 4 March - 10 March	Lecture	Anaerobic Fitness
	Laboratory	Testing Anaerobic Fitness
	Tutorial	Interpreting Anaerobic Fitness Testing Results
Week 5 : 11 March - 17 March	Lecture	Speed and Agility
	Laboratory	Testing Speed and Agility
	Tutorial	Interpreting Speed and Agility Testing Results
Week 6 : 18 March - 24 March	Other	Flexibility week
Week 7 : 25 March - 31 March	Lecture	Strength and Power
	Laboratory	Testing Strength and Power
	Tutorial	Interpreting Strength and Power Testing Results
Week 8 : 1 April - 7 April	Lecture	Balance, Flexibility and Mobility
	Online Activity	Testing Balance, Flexibility and Mobility
	Tutorial	Translation of Balance, Flexibiltiy and Mobility to Performance
Week 9 : 8 April - 14 April	Lecture	Field Measures for Assessment of Physical Fitness
	Fieldwork	Field-based Testing of Physical Fitness
	Tutorial	Application of Field-based Testing
Week 10 : 15 April - 21 April	Lecture	Technology for Monitoring Fitness and Performance
	Laboratory	Practice Skills Workshop
	Tutorial	Technology in Sport and Exercise

Attendance Requirements

Students are expected to attend all scheduled clinical, laboratory and tutorial classes. An Unsatisfactory Fail (UF) may be recorded as the final grade for the course if students fail to meet the minimum requirement of 80% attendance for clinical, laboratory and tutorial classes (unless otherwise specified on Moodle). Course attendance expectations are determined by the requirements of the program accrediting body. Where a student is unable to attend, they are advised to inform the course convenor as soon as possible but no later than 3 days after the scheduled class and, where possible, provide written documentation (e.g. medical certificate) to support their absence.

General Schedule Information

The times and locations of classes can be found on [myUNSW](#) under Class Timetable.

The expected engagement for all UNSW 6UOC courses is 150 hours per term. This includes lectures, tutorials, readings, and completion of assessments and exam preparation (if relevant).

Course Resources

Prescribed Resources

Coombes, J., & Skinner, T. (2014). *ESSA's student manual for health, exercise and sport assessment*. Mosby.

The prescribed text is free to access for UNSW students through UNSW library: https://primoa.library.unsw.edu.au/permalink/f/jhud33/UNSW_ALMA51180124080001731

Recommended Resources

Recommended resources for this course are provided on the course Moodle page.

Course Evaluation and Development

Student feedback is taken seriously, and continual improvements are made to the course based, in part, on such feedback.

We use student feedback from myExperience surveys to develop and make improvements to the course each year. We do this by identifying areas of the course that require development from both the rating responses and written comments. Please spare a few minutes to complete the myExperience surveys for this course posted at the top of the Moodle page at the end of term.

Staff Details

Position	Name	Email	Location	Phone	Availability	Equitable Learning Services Contact	Primary Contact
Convenor	Donna Lu		Room 202, Level 2, Wallace Wurth Building, Kensington	+61 2 9348 2042	Monday to Friday 09:00 to 17:00 (Sydney time)	Yes	Yes
	Jade O'Brien-Smith		Level 2, Wallace Wurth Building, Kensington		Monday - Friday	No	No
Lecturer	Mandy Hagstrom					No	No
	Mitchell Gibbs					No	No
	Belinda Durey					No	No
Demonstrator	Sam Williams					No	No

Other Useful Information

Academic Information

As a student of UNSW Medicine & Health you are expected to familiarise yourself with the contents of this course outline and the UNSW Student Code and policies and procedures related to your studies.

Student Code of Conduct

Throughout your time studying at UNSW Medicine & Health, you share a responsibility with us for maintaining a safe, harmonious and tolerant University environment. This includes within the courses you undertake during your degree and your interactions with the UNSW community, both on campus and online.

The UNSW Student Code of Conduct website provides a framework for the standard of conduct expected of UNSW students with respect to both academic integrity and your responsibility as a UNSW citizen.

Where the University believes a student may have breached the code, the University may take disciplinary action in accordance with the Student Misconduct Procedure.

The Student Conduct and Integrity Office provides further resources to assist you to understand your conduct obligations as a student at UNSW.

Academic Honesty and Plagarism

Academic integrity

UNSW has an ongoing commitment to fostering a culture of learning informed by academic integrity. All UNSW staff and students have a responsibility to adhere to the principle of academic integrity, and ethical scholarship of learning is fundamental to your success at UNSW Medicine & Health.

Plagiarism, contract cheating, and inappropriate use of generative AI undermine academic integrity and are not tolerated at UNSW. For more information see the [Academic Integrity and Plagiarism toolkit](#).

In addition to the information you are required to review in your [ELISE training](#), UNSW Medicine & Health strongly recommends that you complete the [Working with Academic Integrity](#) module before submitting your first assessment task.

Referencing

Referencing is a way of acknowledging the sources of information that you use to research your assignments. Preferred referencing styles vary among UNSW Medicine & Health disciplines, so check your course Learning Management System (e.g. Moodle or Open Learning) page for information on preferred referencing styles.

For further information on referencing support and styles, see the Current Student [Referencing page](#).

Academic misconduct and plagiarism

At UNSW, academic misconduct is managed in accordance with the [Student Misconduct Procedure](#). Allegations of plagiarism are generally handled according to the [UNSW Plagiarism Management Procedure](#). Plagiarism is defined in the [UNSW Plagiarism Policy](#) and is not tolerated at UNSW.

Use of Generative AI and other tools in your assessment

UNSW has provided guiding statements for the [use of Generative AI in assessments](#). This will differ, depending on the individual assessment task, your course requirements, and the course

stage within your program.

Your course convenor will outline if and how you can use Generative AI in each your assessment tasks. Options for the use of generative AI include: (1) no assistance; (2) simple editing assistance; (3) planning assistance; and (4) full assistance with attribution.

You may be required to submit the original generative AI responses, or drafts of your original work. Inappropriate use of generative AI is considered academic misconduct.

See your course Moodle (or Open Learning) page for the full instructions for individual assessment tasks for your course.

Submission of Assessment Tasks

Short extensions and special consideration
Short extension

Commencing in Term 1, 2024, UNSW has introduced a short extension procedure for submission of assessment exercise tasks. Not all tasks are eligible, and eligible tasks have a predetermined extension length. UNSW Medicine and Health have set School-level extension lengths for eligible assessment tasks. See your course assessment descriptions for more information.

Students must check the availability of a short extension in the individual assessment task information for their courses.

Short extensions do not require supporting documentation. They must be submitted before the assessment task deadline. No late applications will be accepted.

Late penalties apply to submission of assessment tasks without approved extension.

Special consideration

In cases where short term events beyond your control affect your performance in a specific assessment task you may formally apply for Special Consideration through myUNSW.

UNSW has a **Fit to Sit rule**, which means that by sitting an examination on the scheduled date, you are declaring that you are fit to do so and cannot later apply for Special Consideration. Examinations include centrally timetabled examinations and scheduled, timed examinations and tests managed by your School.

Important information relating to Short Extension and Special Consideration is available [here](#), including eligibility for Special Consideration, circumstances where students with Equitable Learning Plans can apply for Short Extensions and Special Consideration, and the appeals process.

Examinations

Information about the conduct of examinations in your course is provided on your course Moodle page.

Timed online assessment tasks

If you experience a technical or connection problem during a timed online assessment, such as a timed quiz, you can apply for Special Consideration. To be eligible to apply you need to contact the Course Convenor and advise them of the issue immediately. You will need to submit an application for Special Consideration immediately, and upload screenshots, error messages or other evidence of the technical issue as supporting documentation. Additional information can be found on: https://student.unsw.edu.au/special-consideration

Other assessment tasks

Late submission of assessment tasks

UNSW has standard late submission penalties as outlined in the [UNSW Assessment Implementation Procedure](#), with no permitted variation. All late assignments (unless extension or exemption previously agreed) will be penalised by 5% of the maximum mark per calendar day (including Saturday, Sunday and public holidays).

Late submissions penalties are capped at five calendar days (120 hours). This means that a student is not permitted to submit an assessment more than 5 calendar days (120 hours) after the due date for that assessment (unless extension or exemption previously agreed).

Failure to complete an assessment task

You are expected to complete all assessment tasks for your courses. In some courses, there will be a minimum pass mark required on a specific assessment task (a "hurdle task") due to the need to assure clinical competency.

Where a hurdle task is applicable, additional information is provided in the assessment

information on your course Moodle page.

Feedback on assessments

Feedback on your performance in assessment tasks will be provided to you in a timely manner. For assessment tasks completed within the teaching period of a course, other than a final assessment, feedback will be provided within 10 working days of submission, under normal circumstances.

Feedback on continuous assessment tasks (e.g. laboratory and studio-based, workplace-based, weekly quizzes) will be provided prior to the midpoint of the course.

Any variation from the above information that is specific to an assessment task will be clearly indicated in the course and assessment information provided to you on your course Moodle (or Open Learning) page.

Faculty-specific Information

Additional support for students

The university offers a wide range of support services that are available for students. Here are some links for you to explore.

- The Current Students Gateway: https://student.unsw.edu.au

- Academic Skills and Support: https://student.unsw.edu.au/academic-skills

- Student support: https://www.student.unsw.edu.au/support

- Student Wellbeing, Health and Safety: https://student.unsw.edu.au/wellbeing

Mind Smart Guides are a series of mental health self-help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at university and at work.

- Mind Smart Guides: https://student.unsw.edu.au/mindsmart

- Equitable Learning Services: https://student.unsw.edu.au/els

- Guide to studying online: https://www.student.unsw.edu.au/online-study

Most courses in UNSW Medicine & Health use Moodle as your Learning Management System. Guidance for using UNSW Moodle can be found on the Current Student page. Difficulties with Moodle should be logged with the IT Service Centre.

- Moodle Support: https://student.unsw.edu.au/moodle-support

The IT Service Desk is your central point of contact for assistance and support with remote and on-campus study.

- UNSW IT Service Centre: https://www.myit.unsw.edu.au/services/students

Course evaluation and development

At UNSW Medicine & Health, students take an active role in designing their courses and their overall student experience. We regularly seek feedback from students, and continuous improvements are made based on your input. Towards the end of the term, you will be asked to participate in the myExperience survey, which serves as a source of evaluative feedback from students. Your input to this quality enhancement process is valuable in helping us meet your learning needs and deliver an effective and enriching learning experience. Student responses are carefully considered, and the action taken to enhance educational quality is documented in the myFeedback Matters section of your Moodle (or Open Learning) course page.

School Contact Information

School guidelines on contacting staff:

Course questions

All questions related to course content should be posted on Moodle (or Open Learning) or as directed by your Course Convenor.

In cases where email communication with course convenors is necessary, we kindly request the following:

- Use your official email address for any correspondence with teaching staff.
- We expect a high standard of communication. All communication should avoid using short-

hand or texting language.
- Include your full name, student ID, and your course code and name in all communication.

Our course convenors are expected to respond to emails during standard working hours of Monday to Friday, 9am-5pm.

Administrative questions

If you have an administrative question about your program of study at the School please submit your enquiry online at UNSW Ask Us.

Complaints and appeals

Student complaints and appeals: https://student.unsw.edu.au/complaints

If you have any grievances about your studies, we invite you to address these initially to the Course Convenor. If the response does not meet your expectations, you may then contact the School Grievance Officer, Dr Chris Maloney (c.maloney@unsw.edu.au).