UNSW Course Outline

EXPT2154 Exercise Prescription and Delivery - 2024

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General Course Information

Course Code : EXPT2154
Year : 2024
Term : Term 2
Teaching Period : T2
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

Useful Links

Handbook Class Timetable

Course Details & Outcomes

Course Description

This course focuses on the prescription and delivery of exercise for a variety of healthy populations from sedentary adults to athletes. In this course you will integrate your knowledge of exercise physiology, anatomy, exercise testing, motor control, and biomechanics. You will

learn how to use assessment results, studied in exercise assessment and testing, to individualise and deliver exercise programs.

Course Aims

This course aims to provide you with the skills to design exercise programs for a variety of populations. This course also aims to equip you with the skills required for effective exercise instruction and delivery.

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 : Design exercise interventions to maintain and/ or improve health and fitness, well-being and performance, that consider the physiological responses to acute exercise, and the adaptations to chronic exercise.
CLO2 : Appraise data obtained during client assessments to prescribe, deliver, and monitor physical activity and exercise interventions.
CLO3 : Select and apply learning cues and movement progressions for teaching and correcting movement and exercise technique and identify specific aspects of movement patterns important for performance improvement and injury prevention.
CLO4 : Analyse a broad range of exercise modalities and select appropriate exercises and equipment to suit the needs and abilities of all clients from a variety of backgrounds.
CLO5 : Design and deliver evidence-based exercise interventions.

Course Learning Outcomes	Assessment Item
CLO1 : Design exercise interventions to maintain and/ or improve health and fitness, well-being and performance, that consider the physiological responses to acute exercise, and the adaptations to chronic exercise.	• Individual exercise prescription • Periodised exercise plan
CLO2 : Appraise data obtained during client assessments to prescribe, deliver, and monitor physical activity and exercise interventions.	• Individual exercise prescription • Periodised exercise plan
CLO3 : Select and apply learning cues and movement progressions for teaching and correcting movement and exercise technique and identify specific aspects of movement patterns important for performance improvement and injury prevention.	• Practical skills exam
CLO4 : Analyse a broad range of exercise modalities and select appropriate exercises and equipment to suit the needs and abilities of all clients from a variety of backgrounds.	• Individual exercise prescription • Periodised exercise plan
CLO5 : Design and deliver evidence-based exercise interventions.	• Individual exercise prescription • Periodised exercise plan

Learning and Teaching Technologies

Moodle - Learning Management System

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
Practical skills exam Assessment Format: Individual	35%	Start Date: Not Applicable Due Date: Exam period
Individual exercise prescription Assessment Format: Individual Short Extension: Yes (2 days)	25%	Start Date: Not Applicable Due Date: 28/06/2024 12:00 AM
Periodised exercise plan Assessment Format: Individual Short Extension: Yes (2 days)	40%	Start Date: Not Applicable Due Date: 02/08/2024 12:00 AM

Assessment Details
Practical skills exam

Assessment Overview

The purpose of this practical exam is to assess you on your ability to perform (does not have to be with a heavy load) and instruct different movements/exercises chosen from those that you have covered in the practical classes of the term. You will be questioned on your knowledge of appropriate exercise substitutions, regressions, and progressions. In addition, you will be marked on your professionalism and communication.

Further guidance for this assessment will be provided on Moodle. This assessment will be due at the completion of this course. Feedback will be provided within 10 working days.

Course Learning Outcomes

- CLO3 : Select and apply learning cues and movement progressions for teaching and correcting movement and exercise technique and identify specific aspects of movement patterns important for performance improvement and injury prevention.

Detailed Assessment Description

Detailed assessment information will be provided on Moodle.

Assessment Length

N/A

Submission notes

Refer to Moodle for submission information.

Assessment information

This is a practical exam with no access to technology. As such, AI cannot be used.

Assignment submission Turnitin type

This is not a Turnitin assignment

Individual exercise prescription

Assessment Overview

The aim of this assessment is to write an individual exercise prescription. You will write a week's worth of exercise prescriptions for a mock client. You will need to submit a written justification with respect to the evidence base, for why you have prescribed as you have.

Further guidance for this assessment will be provided on Moodle. This assessment will be due early in term. Feedback will be provided within 10 working days.

Course Learning Outcomes

- CLO1 : Design exercise interventions to maintain and/ or improve health and fitness, well-being and performance, that consider the physiological responses to acute exercise, and the adaptations to chronic exercise.
- CLO2 : Appraise data obtained during client assessments to prescribe, deliver, and monitor physical activity and exercise interventions.
- CLO4 : Analyse a broad range of exercise modalities and select appropriate exercises and equipment to suit the needs and abilities of all clients from a variety of backgrounds.
- CLO5 : Design and deliver evidence-based exercise interventions.

Detailed Assessment Description

Detailed assessment information will be provided on Moodle.

Assessment Length

500 words plus 3 tables

Refer to Moodle for submission information.

Assessment information

Detailed assessment information will be provided on Moodle.

SIMPLE EDITING ASSISTANCE using AI (Artificial Intelligence)

For this assessment task, you may use AI-based software to research your submission. You are permitted to use standard editing and referencing functions in word processing software 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.

Assignment submission Turnitin type

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

Periodised exercise plan

Assessment Overview

The aim of this assignment is for you to write a periodised exercise prescription. You will submit a periodised exercise plan for an athlete case study. This case study will require you to address multiple facets of exercise for improvement of performance. You will submit an associated referenced written justification, detailing why you have prescribed as you have and explaining the periodisation style you chose to implement.

Further guidance for this assessment will be provided on Moodle. This assessment will be due at the completion of this course. Feedback will be provided within 10 working days.

Course Learning Outcomes
- CLO1 : Design exercise interventions to maintain and/ or improve health and fitness, well-being and performance, that consider the physiological responses to acute exercise, and the adaptations to chronic exercise.
- CLO2 : Appraise data obtained during client assessments to prescribe, deliver, and monitor physical activity and exercise interventions.
- CLO4 : Analyse a broad range of exercise modalities and select appropriate exercises and equipment to suit the needs and abilities of all clients from a variety of backgrounds.
- CLO5 : Design and deliver evidence-based exercise interventions.

Detailed Assessment Description

Detailed assessment information will be provided on Moodle.

Assessment Length

1500 words plus 6-9 tables

Submission notes

Refer to Moodle for submission information.

Assessment information

SIMPLE EDITING ASSISTANCE using AI (Artificial Intelligence)

For this assessment task, you may use AI-based software to research your submission. You are permitted to use standard editing and referencing functions in word processing software 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.

Assignment submission Turnitin type

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

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

Grading Basis

Standard

Requirements to pass course

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.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 27 May - 2 June	Activity	Lecture - Resistance training 1 Tutorial - Stature based differences in lifting mechanics Practical - Squat and the variations
Week 2 : 3 June - 9 June	Activity	Lecture - Resistance training #2 Tutorial - Case study exercise prescription (novice) Practical - Deadlift and the variations
Week 3 : 10 June - 16 June	Activity	Lecture: Resistance training #3 Tutorial: No tutorial - King's birthday Practical: Accessory movement instruction
Week 4 : 17 June - 23 June	Activity	Lecture: Resistance Training #4 Tutorial: Case study exercise prescription (advanced) Practical: Introduction to Olympic Weightlifting
Week 5 : 24 June - 30 June	Activity	Lecture: Anaerobic exercise prescription Tutorial: Assessment preperation for written assessments Practical: Group fitness/conditioning
Week 6 : 1 July - 7 July	Activity	Make up classes TBC
Week 7 : 8 July - 14 July	Activity	Lecture: Aerobic exercise prescription Tutorial: Aerobic exercise prescription Practical: Train your partner - baseline exercise assessments
Week 8 : 15 July - 21 July	Activity	Lecture: Introduction to long term planning and periodisation Tutorial: Planning and periodisation Practical: Train your partner mock PT
Week 9 : 22 July - 28 July	Activity	Lecture: Exercise prescription for weight loss Tutorial: Exercise prescription for weight loss Practical: Train your parnter (mock PT)
Week 10 : 29 July - 4 August	Activity	Lecture: Female physiology Tutorial: Contemporary topics in exercise science Practical: Exercise competency/prac exam assessment practice

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

There are no prescribed text based resources for this course. Students must come to practical classes dressed to exercise. Students must participate in all exercise based classes.

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
	Mandy Hagstrom					No	Yes

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

Special Consideration

In cases where illness, misadventure or other circumstances beyond your control will prevent you from submitting your assessment by the due date and you require an extension, you need to formally apply for Special Consideration through myUNSW.

UNSW has a **Fit to Sit/Submit rule**, which means that by sitting or submitting an assessment on the scheduled assessment date, you are declaring that you are fit to do so and cannot later apply for Special Consideration.

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

Examinations

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

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 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)