COURSE OUTLINE

SPX101 Introduction to Sport and Exercise Science

School: School of Health - Sport and Exercise Science

2026 | Trimester 1

UniSC Sunshine Coast
UniSC Moreton Bay

BLENDED LEARNING

Most of your course is on campus but you may be able to do some components of this course online.

Please go to unisc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course introduces you to the sport and exercise science discipline and the study and career options available within this discipline. The course is designed to prepare you for future studies in your degree by providing you with foundation knowledge of the principles and applications within the different sub-disciplines of sport and exercise science.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Online	2hrs	Week 1	12 times
Laboratory 1 – On Campus and or Online	2hrs	Week 1	12 times
Seminar – On Campus and or Online	1hr	Week 2	3 times

1.3. Course Topics

Understanding Research
Careers in Sport and Exercise Science
History of Sport
Ethics in Sport
Cell Chemistry and Cell Biology
Functional Anatomy and Biomechanics
Exercise Physiology
Motor Control
Sport and Exercise Psychology
Training Principles and Programming
Coaching in Sport
Performance Analysis in Sport
Exercise is Medicine

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES On successful completion of this course, you should be able to...	GRADUATE QUALITIES MAPPING Completing these tasks successfully will contribute to you becoming...	PROFESSIONAL STANDARD MAPPING * Exercise and Sports Science Australia
1 Define the fundamental principles in sport and exercise science.	Knowledgeable	2.2.1, 2.2.2, 3.2.1
2 Discuss key topics and issues in sport and exercise science and their impact on health, performance, and professional practice.	Engaged	1.2.1, 1.2.4, 1.2.6, 1.2.7, 1.2.8, 2.2.1, 2.2.1, 2.2.2, 2.2.5, 3.2.3
3 Recognise the significance of sport and exercise science sub-disciplines for professional development.	Empowered	1.2.1, 1.2.2, 1.2.7, 2.2.1, 2.2.2, 7.2.2, 7.2.4, 9.2.1
4 Explain and demonstrate how principles from various sport and exercise science sub-disciplines effectively address challenges in real-world practical settings.	Creative and critical thinker	1.2.1, 1.2.2, 2.2.1, 2.2.5, 7.2.1, 7.2.2, 7.2.4, 9.2.1
5 Outline common issues in sport and exercise by applying foundational scientific concepts.	Knowledgeable	2.2.1, 2.2.1, 2.2.6, 4.2.6

* Competencies by Professional Body

CODE	COMPETENCY
EXERCISE AND SPORTS SCIENCE AUSTRALIA	
1.2.1	Apply knowledge and skills in a variety of professional exercise science work settings.
1.2.4	Practice with integrity within the scope of training for an Exercise Scientist and the ESSA Code of Professional Conduct and Ethical Practice.
1.2.6	Identify risks and apply appropriate risk management strategies to the professional practice of exercise science.
1.2.7	Practice in accordance with ethically relevant policies, legislation and regulations that apply to exercise science settings including privacy, consent and record keeping.
1.2.8	Describe the broad structure of the Australian health system and the roles of Exercise Scientists.
1.2.2	Support clients to meet their goals through the integration and application of the exercise science sub-discipline standards.
2.2.1	Integrate knowledge of anatomy, physiology, pathophysiology, and other determinants of health and function and apply these to inform safe and effective movement, physical activity, and exercise-based interventions for individuals and population groups throughout all stages of their life.
2.2.2	Apply the principles of the biomechanical analysis of human movement to activities of daily living across a broad range of populations.

CODE	COMPETENCY
2.2.5	Evaluate research findings and apply exercise prescription principles to develop recommendations and interventions, including targeted exercise prescription for the purposes of optimising health status, function, recovery, independence, and participation.
2.2.6	Identify specific aspects of movement patterns important for performance improvement and injury prevention.
3.2.1	Describe the function, regulation and interaction of physiological systems relating to exercise.
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.
4.2.6	Identify and explain the common contraindications for participation in exercise and the associated risks.
7.2.2	Identify and use the common processes and equipment required to conduct accurate and safe health, physical activity and exercise assessments.
7.2.4	Explain the scientific rationale, reliability, validity, assumptions and limitations of common assessments.
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.
9.2.1	Describe the function and relationship of physiological systems.

5. Am I eligible to enrol in this course?

Refer to the UniSC Glossary of terms for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Not applicable

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

5.5. Microcredential Information

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

The results and discussion of the Quizzes in Week 2 and Week 4 will provide early feedback on progress.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Practical / Laboratory Skills	Individual	50%	10-15 minutes	Refer to Format	In Class
All	2	Quiz/zes	Individual	20%	20-30 minute quiz	Refer to Format	Online Test (Quiz)
All	3	Written Piece	Individual	30%	500 words	Week 12	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Practical Skills Assessment

GOAL:	Students will complete a series of practical assessments, on their classmates, conducted at multiple points throughout the trimester to demonstrate foundational skills in sport and exercise science. These assessments will evaluate students' ability to follow appropriate screening and consent procedures, select and perform basic health and physical activity assessments, and safely use common assessment equipment. This will also assess students ability to collect a relevant medical history; perform a pre-exercise risk assessment; and identify when (or if) onward referral is necessary (e.g., to a GP or allied health professional). Students will also be assessed on their professional conduct, including safe and ethical practice and effective communication within a sport and exercise context. Practical tasks may include the assessment of health- or fitness-related parameters (e.g. sub-maximal aerobic tests, walking speed tests, and strength assessments).
PRODUCT:	Practical / Laboratory Skills
AUTHORSHIP STATEMENT:	
FORMAT:	Once off competency check within week 8-12
CRITERIA:	

No.		Learning Outcome assessed
1	Demonstrates competence in conducting foundational health and physical activity assessments using appropriate screening, consent, and referral procedures.	1 4 5
2	Applies principles from sport and exercise science sub-disciplines to perform assessments safely, ethically, and professionally in real-world practical settings.	3 4
3	Communicates effectively and maintains professional conduct while selecting and using common assessment equipment to address key health and performance challenges.	2 4

GENERIC SKILLS:	

All - Assessment Task 2: Quizzes

GOAL:	Students will complete a series of online quizzes via Canvas throughout the trimester to assess their understanding of key concepts covered in weekly learning materials. The quizzes will evaluate foundational knowledge across exercise science sub-disciplines. Each quiz may include a range of question types and will be time-limited.
PRODUCT:	Quiz/zes
AUTHORSHIP STATEMENT:	
FORMAT:	Submission weeks: Weeks 2, 4, 6, 8, 10, 12
CRITERIA:	

No.		Learning Outcome assessed
1	Demonstrates accurate understanding of foundational principles across sport and exercise science sub-disciplines.	1 3
2	Identifies and explains key issues and concepts in sport and exercise science, highlighting their relevance to health, performance, and professional practice.	2 5
3	Applies foundational scientific knowledge to analyse real-world scenarios and common challenges in sport and exercise contexts.	4 5

GENERIC SKILLS:	

All - Assessment Task 3: Reflection

GOAL:	Students will create a communication piece with an accompanying reflective component to demonstrate their understanding of key professional and scientific concepts developed during the trimester. The reflective component will explore skills gained across core areas of exercise science and describe how these skills can be applied in future professional contexts. This task encourages critical reflection on personal development and the role of the exercise professional in diverse settings.
PRODUCT:	Written Piece
AUTHORSHIP STATEMENT:	
FORMAT:	Online submission at the end of the teaching period.
CRITERIA:	

No.		Learning Outcome assessed
1	Critically reflects on foundational scientific and professional concepts gained throughout the trimester, demonstrating understanding of key sport and exercise science principles.	1 2
2	Effectively communicates how core skills and knowledge from sport and exercise science sub-disciplines can be applied in diverse professional contexts.	3 4
3	Demonstrates insight into personal development and the evolving role of the exercise professional in addressing health and performance challenges.	2 3 5

GENERIC SKILLS:	

6.4. Assessment to competency mapping

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
ESSA ACCREDITED EXERCISE PHYSIOLOGIST PROFESSIONAL STANDARDS 2021				
All delivery modes	Practical / Laboratory Skills	Practical Skills Assessment	2.2.1	Taught, Practiced, Assessed

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
			2.2.5	Taught, Practiced, Assessed
	Quiz/zes	Quizzes	1.2.7	Taught, Assessed
			2.2.1	Taught, Assessed
			2.2.5	Taught, Assessed
	Written Piece	Reflection	1.2.7	Taught, Practiced, Assessed
			2.2.1	Taught, Assessed
			2.2.5	Taught, Assessed
ESSA ACCREDITED EXERCISE SCIENTIST PROFESSIONAL STANDARDS 2020				
All delivery modes	Practical / Laboratory Skills	Practical Skills Assessment	1.2.1	Taught, Practiced, Assessed
			1.2.2	Taught, Practiced, Assessed
			1.2.4	Taught, Practiced, Assessed
			1.2.6	Taught, Practiced, Assessed
			1.2.7	Taught, Practiced, Assessed
			1.2.8	Taught, Practiced, Assessed
			2.2.6	Taught, Practiced, Assessed
			3.2.1	Taught, Practiced, Assessed
			4.2.6	Taught, Practiced, Assessed
			7.2.1	Taught, Practiced, Assessed
			7.2.2	Taught, Practiced, Assessed
			7.2.4	Taught, Practiced, Assessed
			9.2.1	Taught, Practiced, Assessed
	Quiz/zes	Quizzes	1.2.1	Taught, Assessed
			1.2.2	Taught, Assessed
			1.2.4	Taught, Assessed
			1.2.6	Taught, Assessed
			1.2.7	Taught, Assessed
			1.2.8	Taught, Assessed
			2.2.1	Taught, Practiced, Assessed
			2.2.2	Taught, Assessed
			2.2.6	Taught, Assessed
			3.2.1	Taught, Practiced, Assessed
			3.2.3	Taught, Assessed
			4.2.6	Taught, Assessed
			7.2.1	Taught, Practiced, Assessed

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
			7.2.2	Taught, Assessed
			7.2.4	Taught, Assessed
			9.2.1	Taught, Assessed
	Written Piece	Reflection	1.2.1	Taught, Assessed
			1.2.4	Taught, Assessed
			1.2.6	Taught, Assessed
			1.2.7	Taught, Assessed
			1.2.8	Taught, Assessed
			2.2.1	Taught, Assessed
			2.2.2	Taught, Assessed
			3.2.1	Taught, Assessed
			7.2.2	Taught, Assessed
			7.2.4	Taught, Assessed
			9.2.1	Taught, Assessed

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

> There are no required/recommended resources for this course.

8.2. Specific requirements

This course includes an assessment of a professional competency task deemed necessary to meet the Exercise and Sports Science Australia (ESSA) Professional Standards. Therefore, your attendance and participation in practicals/laboratory's and tutorials is expected. Feedback will be provided to you during each of your classes and will provide you with support and guidance to become competent in the ESSA Professional Standards addressed in this course. For any work that is missed you will need to demonstrate to your course provider that you have covered the required material. This will usually take the form of a detailed summary and reflection of the directed study activities and practical skills for the missed class or placement.

9. How are risks managed in this course?

Risk assessments have been performed for all studio and laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the online induction training for students, and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:
(a) The final mark is in the percentage range 47% to 49.4%; and
(b) The course is graded using the Standard Grading scale

Eligibility for Supplementary Assessment Your eligibility for supplementary assessment in a course is dependent of the following conditions applying: The final mark is in the percentage range 47% to 49.4% The course is graded using the Standard Grading scale You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:
(a) One day: deduct 5%;
(b) Two days: deduct 10%;
(c) Three days: deduct 20%;
(d) Four days: deduct 40%;
(e) Five days: deduct 60%;
(f) Six days: deduct 80%;
(g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:
Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching

10.5. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The Student Charter sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- UniSC Student Central
- UniSC Adelaide Student Central