

SPX101 Introduction to Sport and Exercise Science

School: School of Health - Sport and Exercise Science

2025 | Semester 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 usc.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		GRADUATE QUALITIES
On successful completion of this course, you should be able to...		Completing these tasks successfully will contribute to you becoming...
1	Identify and explain the fundamental principles in sport and exercise science.	Knowledgeable Ethical
2	Identify fundamental topics and issues in sport and exercise science and explain how these effect factors such as health, athletic performance, and or professional practice.	Sustainability-focussed
3	Explain how fundamental principles from the sport and exercise science sub-disciplines are applied in a practical setting.	Knowledgeable Creative and critical thinker
4	Explain how common issues in sport and exercise can be examined and/or explained.	Knowledgeable Creative and critical thinker
5	Explain how knowledge of the sport and exercise science sub-disciplines is vital for sport and exercise science students.	Knowledgeable Sustainability-focussed

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

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	Quiz/zes	Individual	30%	30 minutes per quiz	Refer to Format	Online Test (Quiz)
All	2	Examination - not Centrally Scheduled	Individual	35%	2 hours	Week 7	Online Test (Quiz)
All	3	Examination - Centrally Scheduled	Individual	35%	2 hours	Exam Period	Online Test (Quiz)

All - Assessment Task 1: Quizzes

GOAL:	The quizzes are designed to assess your understanding of the theory and practical components from the laboratory classes and associated required reading.					
PRODUCT:	Quiz/zes					
FORMAT:	Submit: Weeks 2, 4, 6, 8, 10, 12. Questions could be of various formats on the content of the 1-2 previous laboratories and associated required reading.					
CRITERIA:	No.					Learning Outcome assessed
	1	Correct and complete answers to questions				<div>12345</div>
GENERIC SKILLS:						

All - Assessment Task 2: Examination

GOAL:	The Mid Semester exam is designed to assess your understanding of the theory components of the course from the learning materials and required reading from Week 1 – Week 6 inclusive.					
PRODUCT:	Examination - not Centrally Scheduled					
FORMAT:	Questions could be of various formats.					
CRITERIA:	No.		Learning Outcome assessed			
	1	Correct and complete answers to questions	1	2	3	4
GENERIC SKILLS:						

All - Assessment Task 3: Final Exam

GOAL:	The Final Exam is designed to assess your understanding of the theory components of the course from the learning materials and required reading from Week 8 – Week 13 inclusive.				
PRODUCT:	Examination - Centrally Scheduled				
FORMAT:	Questions could be of various formats.				
CRITERIA:	No.				Learning Outcome assessed
	1	Correct and complete answers to questions			<div>12345</div>
GENERIC SKILLS:					

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 physical activity in indoor and outdoor environments, some of which are competitive or require maximal efforts, but it is not compulsory to participate in the physical activities and it is the responsibility of the student to decide whether to participate or not.

It is the responsibility of the student to wear appropriate clothing and footwear.

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:

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 submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. 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>

10.9. 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.

10.10.General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au