

SPX121 Exercise Prescription and Programming I

School: School of Health - Sport and Exercise Science

2024 Semester 2

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 enables you to understand the principles behind exercise prescription and programming, and to gain some of the practical skills in safe and effective lifting technique, with a focus on strength and conditioning. You will be able to identify the principles of exercise, and be introduced to the basic principles of overload, frequency, and intensity. You will understand and identify safety and correct technique in lifting principles.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-recorded concept videos and associated activity	2hrs	Week 1	13 times
Laboratory 1 – On campus laboratory	2hrs	Week 1	13 times
Tutorial/Workshop 1 – Online zoom session for review. Week 6 and week 13	2hrs	Refer to Format	2 times

1.3. Course Topics

Principles of exercise prescription and programming, benefits and risks of exercise training, exercise execution, lifting technique and safety, flexibility, range of movement, muscular fitness, and cardiorespiratory fitness.

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	Describe and explain the human factors influencing exercise prescription and programming.	Knowledgeable Empowered
2	Apply movement screening to determine exercise participation and risks associated with exercise.	Empowered Ethical
3	Describe and explain the progression of exercise prescription and programming for a client and clearly communicate these protocols.	Empowered
4	Describe and explain the effects exercise prescription and programming on healthy adults	Knowledgeable
5	Compare and contrast resistance training exercise protocols and equipment. Demonstrate safe, effective use of resistance training equipment.	Knowledgeable

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

Enrolled in Program AB101, SC304, SC344, SC347, SC110

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

SPX212

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

At the end of each laboratory students will be assessed (not an assessment task) by the tutor on exercise competency based on the exercises for that laboratory.

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	Examination - not Centrally Scheduled	Individual	20%	1.5 hours	Week 7	In Class
All	2	Examination - Centrally Scheduled	Individual	30%	2 hours	Exam Period	Online Submission
All	3	Practical / Laboratory Skills	Individual	50%	30 min practical	Refer to Format	In Class

All - Assessment Task 1: Mid-semester exam

GOAL:	The mid-semester exam is designed to assess your understanding of all components of the course including learning materials, laboratory class, and required readings content, from Week 1 – Week 6 inclusive.		
PRODUCT:	Examination - not Centrally Scheduled		
FORMAT:	Multiple choice questions.1.5 hours duration		
CRITERIA:	No.	Learning Outcome assessed	
	1	Correct and complete answers to questions	1 3 5

All - Assessment Task 2: Final exam

GOAL:	The final exam is designed to assess your understanding of all components of the course including learning materials, laboratory class, and required readings content, from Week 1 – Week 13 inclusive.		
PRODUCT:	Examination - Centrally Scheduled		
FORMAT:	Multiple choice questions.2 hours duration		
CRITERIA:	No.	Learning Outcome assessed	
	1	Correct and complete answers to questions	1 3 5

All - Assessment Task 3: Practical exam

GOAL:	This is a significant task where you will demonstrate and critique exercise technique in a gym setting. You will describe and explain the effects various exercise testing and measurement procedures for the assessment of human exercise. This exam is set up in an authentic setting and will enable you to demonstrate safe, effective use of resistance training equipment.		
PRODUCT:	Practical / Laboratory Skills		
FORMAT:	Submit: Weeks 10-13. 30 minute practical exam in the gym during week 10 through to week 13 This prac exam will be videoed for assessment, learning and review purposes		
CRITERIA:	No.	Learning Outcome assessed	
	1	Demonstrate and communicate exercise technique including posture and balance during exercise	2 5
	2	Explain various exercise testing and measurement procedures	4
	3	Compare and contrast resistance training exercise protocols	4
	4	Demonstrate safe, effective use of resistance training equipment	2

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.

7.1. Schedule

PERIOD AND TOPIC	ACTIVITIES
1	Physical activity, sport and exercise. Benefits and risks of exercise and exercise testing. Pre-exercise evaluations for health and performance
2	General principles of exercise prescription and programming
3	Structuring exercise prescription and programming sessions
4	Exercise testing and measurement for flexibility and range of movement
5	Exercise prescription and programming for muscular fitness
6	Exercise prescription and programming for health-related muscular fitness
7	Exercise prescription and programming for performance related muscular fitness
8	Exercise prescription and programming for cardiorespiratory fitness
9	Exercise prescription and programming for health-related cardiorespiratory fitness
10	Exercise prescription and programming practical skill and safety
11	Exercise prescription and programming practical skill and safety
12	Exercise prescription and programming practical skill and safety
13	Exercise prescription and programming practical skill and safety

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

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Recommended	Baechle, T. Earle, R	2015	Essentials of Strength and Conditioning	4th edn	Human Kinetics

8.2. Specific requirements

It is compulsory for all students to wear suitable exercising clothing and covered footwear appropriate for physical activity in practical classes and for all practical sessions.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety 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

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