

SPX340 Professional Placement in 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 is designed to give you further opportunity to develop your practical and applied skills. This course requires 130 hours of structured and supervised vocational work placement in which you will gain a greater understanding of the work requirements of the areas of the sport and exercise science industry in which you may be seeking future employment. Potential placements may include sports coaching, strength and conditioning.

1.2. How will this course be delivered?

| ACTIVITY | HOURS | BEGINNING WEEK | FREQUENCY |
|---|--------|------------------|-----------|
| BLENDED LEARNING | | | |
| Tutorial/Workshop 1 – You will have one workshop in O week and one workshop in week 11. These workshops may also be attended by students from another course. | 2hrs | Orientation week | 2 times |
| Placement – Your placement block may start in week 1 by this is dependent on the request of the placement site. SONIA will have the dates of your placement. You are asked to be available for placement between week 1 to week 13. As this course is concurrent with other courses, you are asked to organise your placement hours around your other university course classes. | 130hrs | Week 1 | Once Only |

1.3. Course Topics

You will be placed in an industry based Sport and Exercise Science placement.

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth 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 | Set work-related learning goals | Empowered Ethical Engaged |
| 2 | Develop enhanced practical skills in targeted areas of sport and exercise science | Empowered Engaged |
| 3 | Develop enhanced practical skills that enable students to work in the community | Empowered Engaged |
| 4 | Learn the value of documenting practical experiences via the use of a portfolio | Knowledgeable Creative and critical thinker Empowered Ethical Engaged |

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

SPX121, SPX203 and enrolled in Program SC344. Commencement of the Mandatory requirements must commence at least 5 months before the course session/ semester commences. Mandatory requirements need to be submitted to SONIA for this course before you are eligible to attend a manual enrolment meeting with the Course coordinator

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

Limited Grading (PNP)

Pass (PU), Fail (UF). All assessment tasks are required to be passed for successful completion of the course.

6.2. Details of early feedback on progress

In week 3 to week 4 of placement you will have a review meeting with the course coordinator to discuss your assessment items and your performance progress on placement.

6.3. Assessment tasks

| DELIVERY MODE | TASK NO. | ASSESSMENT PRODUCT | INDIVIDUAL OR GROUP | WHAT IS THE DURATION / LENGTH? | WHEN SHOULD I SUBMIT? | WHERE SHOULD I SUBMIT IT? |
|---------------|----------|-----------------------|---------------------|---|-----------------------|---------------------------|
| All | 1 | Code of Conduct | Individual | Standard contract | Refer to Format | SONIA |
| All | 2 | Placement performance | Individual | <p>a) (i) Standard learning plan form and (ii) 200 word reflection and evaluation on how they met their goals on placement</p> <p>b) Standard Supervisor feedback form</p> <p>c) Logbook document that outlines the 130 hours of placement. You must submit electronic copy of your logbook to SONIA</p> <p>d) Variable. Typically, 1 page per hour of work experience. It can either be a paper or electronic record of your portfolio- 130 page portfolio</p> | Refer to Format | SONIA |

All - Assessment Task 1: Professional Experience: Code of conduct

| | | | |
|------------------------|---|---|----------------------------------|
| GOAL: | <p>The goal of this task is to introduce you to basic professional practice in this industry.</p> <p>The signed contract represents a work contract and prepares you for professional life. performance in the workplace</p> | | |
| PRODUCT: | Code of Conduct | | |
| FORMAT: | <p>SUBMIT: O'week</p> <p>Template provided for both contact and supervisors feedback form</p> <p>For the contract you are required to read, complete, and sign, in person with the prac co-ordinator, at enrolment. Similar to any authentic work contract you will be required to comply with the contract. Your prac coordinator will be available to answer any questions.</p> | | |
| CRITERIA: | No. | | Learning Outcome assessed |
| | 1 | Completion of the signed contract and complying with your contractual requirements. | 2 3 |
| GENERIC SKILLS: | | | |

All - Assessment Task 2: Professional Experience: Learning Plan; Supervisor Feedback, Professional Logbook, Professional portfolio

| | | | | | |
|-----------------|--|---|--|--|---------------------------|
| GOAL: | <p>a) Learning plan- set placement goals and learning objectives with your supervisor</p> <p>b) Supervisor feedback- Obtain record of feedback with your placement supervisor</p> <p>c) Logbook- This assessment item catalogues your placement hours and provides evidence that you completed the both required hours and that your placement was supervised.</p> <p>d) Professional Portfolio- The aim of this assessment item is to challenge you to develop a useful personal reference tool that is specific to your placement and your future career</p> | | | | |
| PRODUCT: | Placement performance | | | | |
| FORMAT: | <p>a) SUBMIT: (i) 1st week of each placement. You can arrange your initial feedback with your learning plan discussion. (ii) SUBMIT: Submission meeting. 200 word reflection on how your goals were met.</p> <p>b) For a record of supervisor feedback, you are required to meet and obtain initial and final feedback from your supervisor. This will provide you with constructive feedback and assist with your individual professional development. (i) SUBMIT: Initial feedback: this is completed in the goal setting meeting. The initial feedback will be provided via your goal setting meeting with your supervisor. (ii) SUBMIT: Final feedback: due n the last 1-2 week of placement.</p> <p>c) SUBMIT: Logbook Friday of Week 13- You must complete a log book for your 130 hours. You complete this entry after each practicum day.</p> <p>d) SUBMIT: Portfolio Friday of Week 13. The Placement Portfolio is a record of events and activities at the placement. In addition, the Portfolio should also contain referenced material, with "key coaching points" or related information. For example, you may include training session plans with notes as to which drills were effective. You may also note some self-reflections where personal reactions, values, attitudes, knowledge, critical analysis, self-evaluation, strengths and weaknesses are noted. Acceptable resources in the portfolio could include educational resources, scanned sections from coaching manuals, testing procedures, sports science journals, or other course material that is specific to that particular issue. Accordingly, the purpose of the Portfolio is to not only to record fact or observation, but also to act as a personal resource for the future</p> | | | | |
| CRITERIA: | No. | | | | Learning Outcome assessed |
| | 1 | Setting of clearly articulated work-related learning goals (specific, measurable, achievable, realistic, and time-oriented) | | | 1 2 3 4 |
| | 2 | Performance during placement | | | 2 3 |
| GENERIC SKILLS: | Communication, Collaboration, Problem solving, Organisation, Applying technologies, Information literacy | | | | |

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

Mandatory Requirements

You are required to submit mandatory requirements to be eligible enrolment in SPX340. A manual enrolment meeting will run in follow soon after the mandatory due date to enrol you in SPX340. You must submit your mandatories by September in the year prior to semester one enrolment, and April before semester two commences. Mandatory information can be found on SONIA online- select Sport & Exercise Science, and/or the USC website under Sport and Exercise Science/ Clinical Exercise Science- 'Placements' (SPX340). The steps involved in enrolment are the following and can take some time, so you must commence this process August/ September the year prior to semester one enrolment and March/ April before semester two commences: 1. You will need to access SONIA Online 2. Register your interest in SPX340 3. Complete your pre-enrolment Mandatory Requirements Follow the prompts to the Mandatory Buttons for Blue Card, CPR and First Aid so you are eligible for an enrolment meeting. Please note your Student Placement Agreement and PrePlace will not be available to complete until after you have been enrolled. 4. Once all the required course mandatories are uploaded to SONIA, email shssplacements@usc.edu.au to confirm your eligibility to enrol into SPX340 5. If you are eligible, you will receive an email asking you to select a group meeting time to finalise your enrolment Assessment Criteria. You will receive whole class generic guidelines on the structure and content of your assessment items. This will also be discussed further in the first tutorial/ class.

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

This course will be graded as Pass in a Limited Grade Course (PU) or Fail in a Limited Grade Course (UF) as per clause 5.1.1.3 and 5.1.1.4 of the Grades and Grade Point Average (GPA) - Academic Policy.

In a course eligible to use Limited Grades, all assessment items in that course are marked on a Pass/Fail basis and all assessment tasks are required to be passed for a student to successfully complete the course. Supplementary assessment is not available in courses using Limited Grades.

10.3. Assessment: Submission penalties

You must contact your Course Coordinator and provide the required documentation if you require an extension or alternate assessment.

Refer to the Assessment: Courses and Coursework Programs – Procedures.

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