

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	Assessment, Programming and Prescription 1
Unit ID:	EXSCI2174
Credit Points:	15.00
Prerequisite(s):	EXSCI1802
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069903

Description of the Unit:

This unit provides the knowledge and skills to safely assess, prescribe and deliver exercise for healthy populations. Using foundational exercise and sport science knowledge, students will learn how to conduct pre-screening and fitness testing procedures, evaluate results, prescribe exercises based on results and deliver a program. Students will be required to demonstrate an understanding of using an evidence-based approach and be able to modify protocols where necessary.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	✓	■	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Understand how exercise and sport science sub-discipline areas underpin exercise assessment, prescription and delivery.
- K2.** Describe a range of fitness tests and screening protocols used to measure physical capacities.
- K3.** Describe programming variables and their recommended application to develop health-related benefits.
- K4.** Analyse and interpret information and results from assessments and pre-screening, including the accuracy and limitations of the assessments.

Skills:

- S1.** Conduct, interpret and critically analyse a range of fitness tests and screening protocols used to measure physical capacities.
- S2.** Effectively prescribe exercises to enhance physical capacities of a range of clientele.
- S3.** Demonstrate an ability to recognise when and how to refer a client to other allied health practitioners.

Application of knowledge and skills:

- A1.** Apply informed consent procedures, gather relevant medical and activity history, and conduct a pre-exercise risk assessment to ensure safety and suitability for activity.
- A2.** Apply evidence-based approach to to prescribe, monitor, manage, progress and regress exercise programs based on individual needs.
- A3.** Evaluate, document, report, and respond to evolving risk factors and adverse signs and symptoms throughout assessments and approaches.

Unit Content:

- Risk stratification, pre-screening and testing principles
- Exercise testing for cardiovascular fitness, ROM & flexibility, posture & stability, and strength
- Exercise prescription for cardiovascular fitness, ROM & flexibility, posture & stability, and strength
- Exercise delivery for cardiovascular fitness, ROM & flexibility, posture & stability, and strength

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.*

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in: <ul style="list-style-type: none"> Using effective verbal and non-verbal communication Listening for meaning and influencing via active listening Showing empathy for others Negotiating and demonstrating conflict resolution skills Working respectfully in cross-cultural and diverse teams. 	Not applicable	Not applicable
FEDTASK 2 Leadership	Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in: <ul style="list-style-type: none"> Creating a collegial environment Showing self-awareness and the ability to self-reflect Inspiring and convincing others Making informed decisions Displaying initiative 	Not applicable	Not applicable
FEDTASK 3 Critical Thinking and Creativity	Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in: <ul style="list-style-type: none"> Reflecting critically Evaluating ideas, concepts and information Considering alternative perspectives to refine ideas Challenging conventional thinking to clarify concepts Forming creative solutions in problem solving. 	Not applicable	Not applicable
FEDTASK 4 Digital Literacy	Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in: <ul style="list-style-type: none"> Finding, evaluating, managing, curating, organising and sharing digital information Collating, managing, accessing and using digital data securely Receiving and responding to messages in a range of digital media Contributing actively to digital teams and working groups Participating in and benefiting from digital learning opportunities. 	Not applicable	Not applicable
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in: <ul style="list-style-type: none"> Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts Committing to social responsibility as a professional and a citizen Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses Embracing lifelong, life-wide and life-deep learning to be open to diverse others Implementing required actions to foster sustainability in their professional and personal life. 	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, S2, A1, A2, A3	Attendance and active participation in laboratory sessions to complete formative assessments. A 90% attendance is required to conform with our accrediting body standards.	Ongoing formative assessment	Satisfactory/Unsatisfactory
K3, K4, S2, A2, A3	Development of exercise program for individual.	Assignment	20-40%
S1, S3, A1, A2, A3	Assessment of practical application of knowledge and skills.	Practical exam	20-40%
K1, K2, K3, K4, S1, S3	Review of material covered in both laboratory and lecture settings.	Final test	30-50%

Adopted Reference Style:

APA ()

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)