

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	INTRODUCTION TO EXERCISE SCIENCE WORKPLACE LEARNING
Unit ID:	HMPRC2170
Credit Points:	15.00
Prerequisite(s):	(EXSCI1702)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069903

Description of the Unit:

This unit introduces students to the link between the theoretical aspect of their studies and relevant workplace learning. The unit has an emphasis on establishing career pathways through investigating the Australian sport and health industries and relevant roles for an Exercise and Sports Science graduate within it. A focus of this unit is to provide students with an introduction to employability skills critical for success in the industry. This unit also provides students with an opportunity to engage with the exercise and sports science industry through the completion of workplace learning hours and also through interviewing an industry professional. Students are required to plan and complete workplace learning placements within the industry (minimum 85 hours), and simulated learning (maximum 15 hours) and are responsible for the completion of all relevant documentation, including contracts, evaluations and logbooks.

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

Work Experience:

Not wholly work experience: Student is not undertaking work experience in industry or student is undertaking work experience in industry where learning and performance is directed by the provider.

Placement Component: Yes

Supplementary Assessment: No

Supplementary assessment is not available to students who gain a fail in this Unit.

Course Level:

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

Learning Outcomes:

Knowledge:

- K1.** Describe the broad structure of the Australian sport and health industries and the roles of Exercise Scientists.
- K2.** Identify the diversity of organisations, roles and responsibilities related to the exercise and sports science industry.
- K3.** Understand various methods of gaining workplace learning placements within the exercise and sports science fields.
- K4.** Identify and define key employability skills related to the industry.
- K5.** Explain industry related ethical practices and expectations in alignment with professional norms.
- K6.** Identify relevant networks pertinent to specific interest areas and access them.

Skills:

- S1.** Choose and practice a variety of verbal and non-verbal communication skills appropriate to the environment and situation.
- S2.** Cultivate and apply appropriate professional standards and ethical practices of the discipline.
- S3.** Demonstrate proficient personal skills including effective time management, problem solving techniques, networking and teamwork.
- S4.** Formulate career goals and reflect on career development and professionalism required for self-development and success in the industry.

Application of knowledge and skills:

- A1.** Engage in appropriate communication styles with various external agencies and university staff.
- A2.** Present in a manner promoting professional and ethical practice and etiquette.
- A3.** Examine the possible career paths within the field of Exercise and Sport Science.
- A4.** Critically analyse personal strengths and areas for improvement in regards to employability skills.

Unit Content:

Topics may include:

- Introduction to Exercise Science Workplace Learning.
- Placement Organisation.
- Ethical and professional standards.
- The Australian sports and health industries.
- Career paths/professional associations/ESSA.
- Employability skills for success.
- Knowledge and skill sets required for exercise scientists.
- Interpersonal, communication and networking skills for the industry.

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K6, S1, S3, A1	Attendance and active participation in practical sessions to complete formative assessments of skills, including attendance at career planning meeting.	90% attendance required to satisfy ongoing formative assessments.	S/U
K3, K6, S1-S3, A1-A2	Submission of placement contracts and all tasks associated with completion of work integrated learning hours (min 85 industry hours; max 15 simulation hours), including InPlace requirements.	Completion of placement contract/s and logbooks and InPlace requirements.	S/U
K2-K3, K6, S1-S4, A1-A3	Industry professional testimonial video & written report.	Video Interview & Reflective Report	30-50%
K1-K4, K6, S1, S4, A1-A4	Identify possible career paths, required skill and knowledge sets aligning with personal employability skills.	Career Mapping Task	10-30%
K1-K5, S1, A1, A4	Reflective report based on work integrated learning experience, employability skills and future career requirements.	Self-Reflection report	30-50%

Adopted Reference Style:

APA

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

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