



# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	EXERCISE SCIENCE WORKPLACE READINESS
<b>Unit ID:</b>	HMPRC3170
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	(HMPRC2170)
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	069903

## Description of the Unit:

This unit provides students with an opportunity to engage in the field of exercise and sports science and understand the broad scope of practice within the industry. This unit has an emphasis on the exploration and development of career pathways, and the development of skills and experiences for future employment. A focus of this unit is the integration and application of the exercise and sports science curriculum within a work context. Students are required to plan and complete workplace learning placements within the industry (minimum 150 hours) that advance their knowledge and skill set from the prerequisite unit workplace experiences, 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

### Learning Outcomes:

#### Knowledge:

- K1.** Identify opportunities within the Exercise and Sport Science fields to further professional learning, experiences and personal growth.
- K2.** Critically evaluate industry related practices and expectations to facilitate career development pathways.
- K3.** Understand the appropriate skills and competencies of the job application process in the Exercise and Sport Science industry.
- K4.** Develop knowledge of professional ethics, equity and intercultural competencies in the industry.
- K5.** Recognise the need to adapt styles of communication to suit different networks, agencies and individuals.

#### 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.** Design a professional job application suitable for the industry and participate in the interview process.
- S4.** Evaluate potential career paths and reflect on personal and professional requirements for success.

#### Application of knowledge and skills:

- A1.** Engage in appropriate verbal and non-verbal communication styles with external agencies, clients and university staff.
- A2.** Critically analyse personal strengths and areas for improvement in regards to employability skills.
- A3.** Participate in the full interview process, including job application submission and interview.
- A4.** Apply theoretical, organisational and ethical knowledge from the exercise and sports science curriculum into the industry.

#### Unit Content:

Topics may include:

- Intro to Workplace Readiness.
- Constructing job application, including letter of application, CV and KSC.
- Interview preparation and participation.
- Introduction to indigenous and cultural awareness training.
- Completing workplace learning hours within the exercise and sports science industry.

#### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-5, S1-S4, A1, A3	Attendance and active participation in practical sessions to complete formative assessment of skills.	90% attendance required to satisfy ongoing formative assessment.	S/U
K4, K5, S1, S2, S4, A1, A4	Submission of placement contracts and all tasks associated with completion of work integrated learning hours (minimum 150 hours), including InPlace requirements.	Completion of placement contract/s, logbooks and InPlace requirements.	S/U
K1, K3, K5, S1, S3, S4, A1, A3	Design and submit a professional job application, including cover letter, CV and KSC related to a possible career path in the exercise and sports science industry.	Written report	30-50%
K3, S1, S3, S4, A1-A3	Participate in a mock interview, based on the submitted job application.	Practice interview	20-40%
K1, K2, K4, K5, S1, S2, A1, A2	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

Fed Cite - [referencing tool](#)