
EXSC323: Exercise Science Practicum

Subject Outline

6 credit points

Subject Information

Autumn, 2026, Wollongong
On Campus

Flexible Delivery A combination of online and on-campus or location based components where the on-campus/location component is compulsory

Subjects with a delivery mode of On Campus and/or Flexible with International Student enrolments will be delivered in accordance with the ESOS National Code. That is, online learning experiences (such as lectures, tuition, and resources) will be supplementary to in-person learning experiences such as scheduled classes and/or scheduled contact hours.

UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.

For up-to-date information please refer to your subject's Moodle site.

The Faculty of Science, Medicine and Health

The Faculty of Science, Medicine and Health offers a range of undergraduate and postgraduate programs designed to meet the needs of a diverse student population. We carry out world-leading research which is strongly aligned with our teaching program

As a student of our faculty, you will be actively engaged in learning with extensive clinical, laboratory and/or field work experiences, use of advanced educational technologies and opportunities for enriching work experience. More information about the Faculty of Science, Medicine and Health and our School is available on our web pages: <https://www.uow.edu.au/science-medicine-health/>

Within many of our courses, attending a workplace experience or clinical placement is an exciting part of your course program. Whilst integral to your learning, these health-related placements also let you experience what it's like to work as a professional in real-life workplace settings. More information about requirements for Health Placements is available on our webpage: <https://www.uow.edu.au/student/health-placements/>

Teaching Staff

Teaching Role	Coordinator
Name	Dr. Billy Mason
Telephone	02 4239 3859
Email	bmason@uow.edu.au
Room	41-328
Consultation Times	Tuesday 10:30 - 12:30 (by appointment)

Teaching Role	Coordinator
Name	Dr. Tzlil Shushan
Telephone	02 4239 4583
Email	tshushan@uow.edu.au
Room	41-336
Consultation Times	Thursday 09:00 - 11:00 (by appointment)

Teaching Staff Additional Information

For all practicum related emails, please contact es-practicum@uow.edu.au.

Expectations of Students

UOW values are intellectual openness, excellence and dedication, empowerment and academic freedom, mutual respect and diversity, recognition and performance. We will provide a safe, equitable and orderly environment for the University community, and expect each member of our community to behave responsibly and ethically ([Student Conduct Rules](#)).

We expect that students demonstrate these values and professional behaviour, both face to face and online, making genuine efforts to complete their studies successfully, arriving on time to class, taking part constructively in class discussions and activities, demonstrating appropriate professional and ethical conduct in all communication with UOW staff and community members, and submitting assignments on time (or completing a request for Academic Consideration in advance if needed).

Guiding Communication Principles for Students

Moodle Announcements will be the primary platform for communication of general information to students

- Students should ensure they regularly check the main announcements forum at the top of each subject's Moodle site. Information distributed via a Moodle Announcement MAY not be duplicated on any other forum on the Moodle site.
- Moodle Discussion forums pertinent to specific assignments will be used but will not replace or be used for overarching subject announcements.
 - Assignment discussion forums for specific assignments will be clearly labelled in the forum description to identify the purpose of the forum (e.g. 'Please ask any questions you have about Assessment Task 1 in this discussion forum') - students should check and ask any assignment questions on these forums and not through email.
 - The Moodle assignment discussion forums should always be used in the first instance when inquiring about assessment tasks.
- It is the student's responsibility to check all subject Moodle sites regularly for information and notifications.

SOLS messages will be used for all central communication relating to the following:

- Administrative matters relating to student enrolment
- Critical information relating to course or subject, e.g. Changes to assignments, policy updates, class cancellations or changes
- Timetable information
- Security and emergency information
- Students are encouraged to check SOLS messages daily as these messages are often of high priority

SOLS and Moodle announcements can NOT be responded to.

Appropriate Online Behaviour

The University is committed to providing a safe, respectful, equitable and orderly environment for the University community, and expects each member of that community to behave responsibly and ethically. Students must comply with the University's [Student Conduct Rules](#) and related policies including the [IT Acceptable Use Policy](#) and [Bullying Prevention Policy](#), whether undertaking their studies face-to-face, online.

For more information on appropriate communication and etiquette in the online environment please refer to the guide [Online and Email Etiquette](#).

Copyright

Commonwealth of Australia

Copyright Regulations 1969

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Hardcopies of this document are considered uncontrolled please refer to your Moodle site for the latest version.

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Section A: General Information

Learning Outcomes

Subject Learning Outcomes

On successful completion of this subject, students will be able to:

1. Exhibit ethical, inclusive, and accountable conduct while engaging in supervised professional experiences within the scope of an Accredited Exercise Scientist (AES).
2. Engage in effective and context-sensitive communication with clients, colleagues, and professionals to support safe and client-focused service delivery.
3. Collaborate productively within multidisciplinary teams, demonstrating adaptability, shared decision-making, and respect for diverse perspectives in professional settings.
4. Apply structured reasoning and problem-solving strategies to navigate real-world challenges encountered in exercise science practice.
5. Carry out and interpret health and performance assessments, selecting appropriate tools and tailoring methods to individual needs and goals.
6. Plan and implement individualised exercise strategies, integrating current evidence, safety principles, and professional judgment to enhance client outcomes.

Subject Description

This subject provides exercise science students with an opportunity to integrate and apply their knowledge and skills in a supervised professional practice environment. Designed to meet the practicum requirements for Accredited Exercise Scientist (AES) registration with Exercise & Sports Science Australia (ESSA), this subject enables students to develop the capabilities and attributes expected of an entry-level practitioner.

Students will engage in a minimum of 100 hours of professional placement, applying exercise science principles to assess, prescribe, and deliver client-centred interventions for healthy individuals. Throughout the placement, students will build competency in areas such as ethical practice, communication, teamwork, assessment, program delivery, and reflective development, while demonstrating behaviour consistent with professional standards and ESSA's Code of Conduct.

Course Handbook

Information about subject pre-requisites, co-requisites and restrictions as well as course completion requirements and Course Learning Outcomes can be found in the [Course Handbook](#).

Subject Details: Practical Activities, eLearning, Readings and Materials

Subject eLearning

The University uses the eLearning system Moodle to support all coursework subjects. The subject Moodle site can be accessed via your SOLS page.

Safety Guidelines

The rules below are general rules that are required when participating in labs or practical activities. Before commencing these activities you are to ensure that you understand specific procedures and policy related to safety.

- All first year students undertaking Chemistry (CHEM101/102/104/105) must complete the Moodle WHS Induction (see the subject Moodle site for more details below)
- Before commencing any activity you are to ensure that you understand specific procedures and policy related to the lab in which you work and safety in general.

- You may need to review a Risk Assessment and complete a Participant Acknowledgement form before commencing any experiments/practical work. These materials will be made available by the lab supervisor/Subject Coordinator.
- You must inform the Subject Coordinator of any medical conditions which may impact upon your ability to participate in these activities before commencing the practical.
- All Reasonable Adjustment cases (Access Plans) must be discussed with the Subject Coordinator prior to commencing the activity.
- Participation in the lab/practical/field/simulation activities may be denied to students who do not abide by these, and other conditions which may be specified by the Subject Coordinator.
- Never use any equipment or attempt any experiment without checking the safety implications with your laboratory supervisor or experienced delegated laboratory worker.
- Undergraduate students are not permitted to work after hours unless there is appropriate approval and supervision.

PROFESSIONAL Work Integrated Learning

This subject has 'Professional WIL'. Students in this subject will spend substantial time in a workplace and receive guidance, supervision and feedback from a workplace supervisor.

Using Generative Artificial Intelligence (GenAI)

UOW is committed to embracing gen AI as a tool to enhance learning and development of important digital and work-readiness skills.

Your subject coordinator will provide specific guidance on the use of gen AI in your assessment tasks via your Subject Outline and/or your subject Moodle site. If gen AI use is permitted, it should be used thoughtfully, critically, and in ways that support your own learning.

Guidance on appropriate use of AI in assessments, including how to [acknowledge GenAI](#) can be found on the [Using Generative Artificial Intelligence in Assessment website](#)

You are responsible for all work you submit, and ethical use of gen AI is an important part of maintaining academic integrity. Misuse or unauthorised use may breach the [Academic Integrity Policy](#).

Lectures, Tutorials and Attendance Requirements

Lecture Times *

UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.

For up-to-date information please refer to your subject's Moodle site.

Up to date timetable and delivery information is located at <http://www.uow.edu.au/student/timetables/index.html>

You can access your personal timetable by logging into SOLS and selecting 'My Timetable'

Recording of Teaching and Learning Activities

The University of Wollongong supports the recording of UOW educational content as a supplemental study tool, to provide students with equity of access, and as a technology-enriched learning strategy to enhance the student experience.

If you make your own recording of a lecture, class, seminar, workshop or any other educational session provided as part of your course of study you can only do so with the explicit permission of the lecturer and those people who are also being recorded.

You may only use educational content recorded through the delivery of subject or course content, whether they are your own or recorded by the university, for your own educational purposes. Recordings cannot be altered, shared or published on another platform, without permission of the University, and to do so may contravene the University's Copyright Policy, Privacy Policy, Intellectual Property Policy, IT Acceptable Use Policy and Student Conduct Rules. Unauthorised sharing of recordings may also involve a breach of law under the Copyright Act 1969.

Most lectures in this subject will be recorded, when they are scheduled in venues that are equipped with lecture recording technology and made available via the subject Moodle site within 48 hours.

Your Privacy - Recording of Teaching and Learning

In accordance with the Student Privacy & Disclosure Statement, and Lecture Recording Procedures when undertaking our normal teaching and learning activities, the University may collect your personal information. This collection may occur incidentally during the recording of lectures in equipped venues (i.e. when your identity can be ascertained by your image, voice or opinion), or via the delivery of online content therefore the University further advises students that:

- Lecture recordings are made available to students, university staff, and affiliates, securely via the Learning Platform;
- Recordings are made available only for the purpose for which they were recorded, for example, as a supplemental study tool or to support equity and access to educational resources;

If you have any concerns about the use or accuracy of your personal information collected in a lecture recording, you may approach your Subject Coordinator to discuss your particular circumstances.

The University is committed to ensuring your privacy is protected. If you have a concern about how your personal information is being used or managed, please refer to the University's Privacy Policy or consult our Privacy webpage <https://www.uow.edu.au/privacy/>

Tutorial/Seminar/Workshop Times

The Faculty uses the SMP Online Tutorial System and your class times and locations can be found at <https://www.uow.edu.au/student/timetables/index.html>. Please note that class times on the timetable are provisional and may change.

Tutorial/Seminar/Workshop Program

Where the restrictions require temporary adjustments for delivery and tutorial/seminar/workshop arrangements, any necessary changes will be advised and provided by your Subject Coordinator. Please check Subject Moodle site regularly

Week	Week Commencing	Topics Covered	Readings and Activities
1	02 Mar 2026	Introduction to EXSC323 - Exercise Science Practicum	Overview of the Exercise Science Practicum; using Sonia for recording practicum activities/evidence; professional expectations and compliance; revisiting scope of practice for an Accredited Exercise Scientist (AES).
2	09 Mar 2026	Ethical and safe practice on placement	Case-based discussions on ethical and safe practice; WHS risk scenarios; communication strategies for sensitive contexts
3	16 Mar 2026	Placement readiness; reflective practice and goal setting	Introduction to reflective practice frameworks; identifying placement learning goals; peer-review of professional scenarios; introduction to ROSE forms and supervisor evaluation processes

4	23 Mar 2026	No workshop	No workshop - independent placement activities
5	30 Mar 2026	No workshop	No workshop - independent placement activities
6	06 Apr 2026	No workshop	No workshop - independent placement activities
7	13 Apr 2026	No workshop	No workshop - independent placement activities
	20 Apr 2026	Mid-Session Recess	
8	27 Apr 2026	Mid-placement reviews; documenting progress toward ESSA competencies; continuing professional development	Mid-placement reflective review; action planning for remaining placements; professional development planning
9	04 May 2026	No workshop	No workshop - independent placement activities
10	11 May 2026	No workshop	No workshop - independent placement activities
11	18 May 2026	No workshop	No workshop - independent placement activities
12	25 May 2026	Finalising placements; career development	Synthesising learning from placement experiences; career development learning and activities
13	01 Jun 2026	No workshop	No workshop - independent placement activities
	08 Jun 2026	Study Recess	
	13 Jun 2026	Examinations	
	20 Jun 2026	Examinations	

The above program may be subject to change.

Recent Improvements to Subject

The Faculty of Science, Medicine and Health is committed to continual improvement in teaching and learning and takes into consideration student feedback from many sources including, direct student feedback to tutors and lecturers and responses to the Subject and Course Evaluation Surveys. Feedback is also used to inform comprehensive reviews of subjects and courses.

This is the first offering of EXSC323 - Exercise Science Practicum.

Students are encouraged to provide feedback on their experience undertaking this subject through student evaluations.

Extraordinary Changes to the Subject Outline

In extraordinary circumstances the provisions stipulated in this Subject Outline may require amendment after the Subject Outline has been distributed. All students enrolled in the subject must be notified and have the opportunity to provide feedback in relation to the amendment, where practicable, prior to the amendment being finalised.

Learning Analytics

Learning Analytics data (such as student engagement with Moodle, access to recorded lectures, University Library usage, task marks, and use of SOLS) may be used by the Subject Coordinator and your faculty's Head of Students to assist in analysing student engagement, and to identify and recommend support for students identified who may be in need of assistance. If you have questions about the kinds of data the University uses, how we collect it, and how we protect your privacy in the use of this data, please refer to <https://www.uow.edu.au/privacy/>

Section B: Assessment

Assessment Summary

Assessment Item	Form of Assessment	Grading
Assessment 1	Assignment	S/US
Assessment 2	Reflection	S/US
Assessment 3	Placement	S/US
Assessment 4	Reflection	S/US

Please note: Copies of student work may be retained by the University in order to facilitate quality assurance of assessment processes.

Assessment 1: Assignment - Pre-Placement Requirements

Marking Criteria	Satisfactory/Unsatisfactory To achieve a satisfactory grade for this assessment, all independent tasks must be completed to the standard defined below by the assessment deadline.
Length	NA
Grading	Satisfactory / Unsatisfactory
Assessment Due	20 Mar 2026 (Friday in Session Week 3)
Type of Collaboration	Individual assessment
Style and format	This assessment requires the successful completion of three independent tasks, including: <ol style="list-style-type: none"> 1. Application for a NSW Working with Children's Check (WWCC); 2. A completed placement learning contract; submitted via Sonia and approved by the placement team; and 3. A score of 100% on the 'Workplace Health and Safety (WHS) and Scope of Practice' quiz.
Generative AI use	No, GenAI cannot be used in this assessment task. The use of GenAI is not appropriate in the context of the assessment requirements.
Assessment submission	Submissions requirements for these tasks differ. Please see below for information specific to each task: <ol style="list-style-type: none"> 1. WWCC number and expiry date are to be recorded in your student profile in Sonia prior to the assessment deadline. 2. The placement learning contract has been uploaded as an online form on Sonia. To complete this task, students are to log into Sonia and complete the form prior to the assessment deadline. 3. The 'WHS and Scope of Practice' quiz will be available on Moodle. Students are required to attain a grade of 100% on this quiz prior to the assessment deadline.
Assessment return	As each of the tasks that make up this assessment item are administrative in nature, there will be no feedback on students' performance in these tasks.
Detailed information	Please see below for detailed information on each of the independent tasks: <ol style="list-style-type: none"> 1. The WWCC application is to be completed via the Office of the Children's Guardian (https://ocg.nsw.gov.au/working-children-check). As this application is for the purpose of unpaid university placements, students are encouraged to apply for volunteer registration (no cost).

	<ol style="list-style-type: none"> 2. The placement learning contract is implemented to capture the details of student placements and to provide an opportunity for students to identify placement activities, hours and professional considerations. Placement learning contracts will be completed by the student; reviewed and signed by the placement site supervisor; and approved by the Subject Coordinators. Once a placement learning contract has been approved, students will gain access to their logbook for that placement site. 3. The 'WHS and Scope of Practice' quiz provides an opportunity for students to review their current understanding of key considerations relating to placement. Students will have unlimited attempts at this 10 question quiz. The content assessed in this quiz has been drawn from the 'WIL you be ready for work?' module, ESSA's 'Accredited Exercise Scientist Scope of Practice', and the 'UOW Exercise Science Practicum Student Manual 2026'.
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Assessment 2: Reflection - Mid-placement review and development meeting

Marking Criteria	Satisfactory/Unsatisfactory To achieve a satisfactory grade for this assessment, students are required to have up to date logbooks, to have met with their supervisor, and to have submitted a mid-placement competency assessment to Sonia.
Length	Online form and a 300–400 word written reflection.
Grading	Satisfactory / Unsatisfactory
Assessment Due	To Be Announced
Type of Collaboration	Individual assessment
Style and format	At ~50% of placement completion, the student, supervisor and subject coordinator participate in a structured formative review, including: <ol style="list-style-type: none"> 1. A student and supervisor review meeting to discuss placement progress. 2. Completion of the mid-placement competency assessment, inclusive of a 300–400 word reflection, applying Rolfe et al.'s (2001) framework.
Generative AI use	Yes, GenAI can be used in this assessment task. The use of GenAI is limited to feedback on spelling and grammar in student reflections.
Assessment submission	Submission will be through Sonia. The mid-placement competency assessment form is to be completed prior to the assessment due date.
Assessment return	Subject Coordinator feedback will be provided to students on the quality of their logbook entries, the distribution of placement activities, and any outstanding placement tasks the student is required to complete. Feedback will be provided to students within 15 working days of the assessment closing date, in accordance with the UOW assessment policy. Student feedback will be delivered via individual student and Subject Coordinator meetings where practical, or by email correspondence.
Detailed information	To provide students with feedback on their progress through placements, the mid-placement competency assessment will be implemented. This formative assessment allows students to gain an understanding of areas where further development may be required, to ensure they achieve the required competencies upon completion of placement. The mid-placement competency assessment is completed alongside placement supervisors and submitted via Sonia. To meet the requirements for

	<p>this task, students must address all elements of the mid-placement competency assessment and provide a 300–400 reflection applying the Rolfe et. al. (2001) model of 'What?', 'So what?' and 'Now what?'. All students are to submit a minimum of 1 mid-placement competency assessment to meet the requirements of this subject. Students will be provided additional information relating to this assessment task during class and via Moodle.</p>
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Assessment 3: Placement - Placement Engagement Record and Final Supervisor Evaluation

Marking Criteria	<p>Satisfactory/Unsatisfactory</p> <p>To achieve a satisfactory grade for this assessment, students must have completed their logbooks and submitted a record of student engagement (ROSE) for each placement site in Sonia.</p>
Length	NA
Grading	Satisfactory / Unsatisfactory
Assessment Due	To Be Announced
Type of Collaboration	Individual assessment
Style and format	Online form available through Sonia
Generative AI use	Yes, GenAI can be used in this assessment task. The use of GenAI is limited to feedback on spelling and grammar in written tasks.
Assessment submission	The ROSE form is to be submitted via Sonia within 10 working days of a student's final day on placement.
Assessment return	Feedback for this assessment will be released to students within 15 working days of the assessment closing date, in accordance with the UOW assessment policy.
Detailed information	<p>Students are required to submit a placement record and final supervisor evaluation for each placement site using a ROSE form. The ROSE form acts as primary evidence of placement, and includes a summary of tasks completed, supervisor feedback, and a final competency assessment.</p> <p>For students to achieve a satisfactory grade for this assessment task, they must provide a completed logbook and ROSE form for each placement site, and meet the minimum requirements as outlined in the ESSA Practicum Standards. Where students have not met the minimum standards for Exercise Science Practicum, additional placement may be required.</p> <p>ROSE forms are to be submitted within 10 working days of a student's final day on placement. If ROSE forms are not submitted within 10 working days, the hours completed may not be valid.</p>

Assessment 4: Reflection - Reflective Summary

Marking Criteria	<p>Satisfactory/Unsatisfactory</p> <p>To achieve a satisfactory grade for this assessment, students must adhere to the formatting requirements provided on Moodle.</p>
Length	~1000 words; included within the final (record of student engagement) ROSE form for each placement.
Grading	Satisfactory / Unsatisfactory
Assessment Due	To Be Announced

Type of Collaboration	Individual assessment
Style and format	A written reflective summary.
Generative AI use	Yes, GenAI can be used in this assessment task. The use of GenAI is limited to feedback on spelling and grammar in students' reflective summaries.
Assessment submission	This assessment task will be embedded within the ROSE form for each placement.
Assessment return	Feedback will be provided to students within 15 working days of the assessment closing date, in accordance with the UOW assessment policy. This will be in the form of feedback on the ROSE form.
Detailed information	As part of student ROSE forms, students are to reflect on their experiences of placement and provide a written reflective summary. This will be completed by providing ~1000 words in response to the questions included in the ROSE form.

Additional Assessment Information

All assessments for this subject are Satisfactory/Unsatisfactory, therefore, the 5% penalty for late submissions outlined in the assessment policy do not apply to this subject.

There will be no late submissions beyond the due dates/times listed in this subject outline without prior approval from a Subject Coordinator. If you are unsure about your capacity to meet the assessment deadlines, please reach out to the Subject Coordinators as early as possible to discuss your individual circumstances.

If a student is deemed to be unsatisfactory in addressing the reflection criteria in a record of student engagement (ROSE) form, the student will be provided with one opportunity to revise their forms and resubmit.

Minimum Requirements to Pass this Subject

Participation requirements

Student attendance supports learning and achievement and is strongly encouraged in all classes. As a minimum requirement of this subject, students must attend at least 80% of tutorial classes and laboratories whether delivered online or face to face. Attendance will be recorded and where classes are scheduled online, any technical issues should be reported to the subject coordinator within 24 hours of the class.

If attendance is affected due to compassionate, compelling, or extenuating circumstances an academic consideration application should be lodged via SOLS and supporting documentation, for example a Medical Certificate, submitted as soon as practical.

For further details about applying for academic consideration visit the Student Central webpage:

<http://www.uow.edu.au/student/central/academicconsideration/index.html>

Performance Requirements

To receive an overall grade of satisfactory for this subject, students must attempt all assessment items, and a grade of satisfactory must be awarded for each of these assessments. In addition, failure to meet any of the minimum performance requirements is grounds for awarding a Technical Fail (TF) in the subject, even where total satisfactory grades have been awarded. The minimum performance requirements for this subject are:

- Students are required to attend a minimum of 1 student meeting with a Subject Coordinator between weeks 4–10 of semester to discuss placement progress.
- Demonstrate competency in each assessable item at a standard of 'meets expectations' or above in the placement record of student engagement form and final supervisor evaluation assessment task.
- Submit a completed record of student engagement within 10 working days of completing each placement.

- Students must meet the minimum specifications for practical industry or workplace experience for AES practitioner accreditation, as outlined in the ESSA Practicum Standards.

Hurdle Assessment

Subjects may include a hurdle assessment. A hurdle assessment is an assessment that requires a minimum level of performance as a condition for passing the subject. Examples include, achievement of a pass grade or above in a skills-based assessment or final examination. Hurdle assessments are applied to subjects to ensure students:

1. meet learning outcomes
2. demonstrate you can complete a task safely and/or meet professional standards.

For more on hurdle assessments see the Assessment and Feedback Policy [Section 8: Hurdle Assessments \(50-51-52\)](#).

Failure to meet a hurdle assessment requirement may constitute grounds for the award of a Technical Fail (TF) grade in this subject.

Should this subject contain a hurdle assessment, it will be stated under the specific assessment in Section B: Assessments.

UOW Grade Descriptors

The UOW Grade Descriptors are general statements that communicate what our grades represent, in terms of standards of performance, and provide a frame of reference to ensure that assessment practice across the University is appropriate, consistent and fair. Grade Descriptors are expressed in general terms so that they are applicable to a broad range of disciplines. Grade Descriptors are available here <https://www.uow.edu.au/student/exams/results/>. For more information on the UOW grade descriptors refer to the Teaching and Assessment: Assessment and Feedback Policy: [Teaching and Assessment: Assessment and Feedback Policy](#)

Assessment Learning Outcome Matrix

Learning Outcomes	Measures - Assessment weighting			
	Pre-Placement Requirements <i>(S/US)</i>	Mid-placement review and development meeting <i>(S/US)</i>	Placement Engagement Record and Final Supervisor Evaluation <i>(S/US)</i>	Reflective Summary <i>(S/US)</i>
Exhibit ethical, inclusive, and accountable conduct while engaging in supervised professional experiences within the scope of an Accredited Exercise Scientist (AES).	✓	✓	✓	✓
Engage in effective and context-sensitive communication with clients, colleagues, and professionals to support safe and client-focused service delivery.		✓		✓
Collaborate productively within multidisciplinary teams, demonstrating adaptability, shared decision-making, and respect for diverse perspectives in professional settings.		✓	✓	✓

Learning Outcomes	Measures - Assessment weighting			
	Pre-Placement Requirements	Mid-placement review and development meeting	Placement Engagement Record and Final Supervisor Evaluation	Reflective Summary
	(S/US)	(S/US)	(S/US)	(S/US)
Apply structured reasoning and problem-solving strategies to navigate real-world challenges encountered in exercise science practice.	✓	✓		✓
Carry out and interpret health and performance assessments, selecting appropriate tools and tailoring methods to individual needs and goals.			✓	✓
Plan and implement individualised exercise strategies, integrating current evidence, safety principles, and professional judgment to enhance client outcomes.		✓	✓	✓

Submission, Retention and Collection of Written Assessment

Assessed work must be handed in by the date and time listed under each assessment task. All assessment tasks must represent the enrolled student's own ORIGINAL work and must not have been previously submitted for assessment in any formal course of study.

Extensions

Students requesting an extension of time to submit an assessment task, deferred exam or exemption of a compulsory attendance requirement, must apply using Academic Consideration through SOLS. Students must apply before, or on the assessment/s due date and where evidence is required, students must provide evidence no later than three working days after the assessable item's due date for their request to be considered. **For information on the Academic Consideration Policy, eligibility requirements and how to apply, see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

Late Submission of Assessment Tasks and Penalties

Assessed work must be submitted in by the date and time given. If an assessment is submitted late, it will be marked in the normal way, and a penalty will then be applied.

In the absence of an approved request for Academic Consideration in the form of an extension, assessment tasks must be submitted in line with the assessment instructions.

- An assessment task that is submitted late will receive a penalty of 5% of the total possible marks for each 24-hour period, or part thereof, that it is late.
- Work submitted after seven calendar days will not be marked and will be given a mark of 0.
- No assessment task can be handed in for a mark once the assessment task has been returned to students.
- Penalties accrue on each day that the assessment task is late, including Saturday, Sunday and public holidays

Note: Assessments must still be submitted to meet minimum performance requirements even though no mark is to be awarded.

Collection

Students will be notified when they can collect or view their marked assessment. In accordance with University Policy marked assessments will usually only be held for 21 days after the declaration of marks for that assessment.

Retention

The university may retain copies of student work in order to facilitate quality assurance of assessment processes, in support of the continuous improvement of assessment design, assessment marking and for the review of the subject. The University retains records of students' academic work in accordance with the University Records Management Policy and the State Records Act 1988 and uses these records in accordance with the University Privacy Policy and the Privacy and Personal Information Protection Act 1998.

Scaling

Marks awarded for any assessment task or part of any assessment task, including an examination may be subject to scaling at the end of the session. Marks will be scaled only when unpredicted circumstances occur and in order to ensure fairness of marking across groups of students. The method of scaling will depend on the type of scaling required by the circumstances. When scaling is deemed necessary, it will follow a detailed consideration by the Unit Assessment Committee and/or the Faculty Assessment Committee of the marks of the group of students concerned. Scaling will not affect any individual student's rank order within their cohort. For more information please refer to [Finalisation of Student Results Policy](#) for details.

Supplementary Assessment

Supplementary assessment may be offered to students whose performance in this subject is close to that required to pass the subject, and are otherwise identified as meriting an offer of a supplementary assessment. For information about eligibility criteria and the form and timing of supplementary assessments see the [Supplementary Assessment Procedure](#)

Review and Appeal of Academic Decisions

A student may request an explanation of a mark for an assessment task or a final grade for a subject consistent with the student's right to appropriate and useful feedback on their performance in an assessment task. A student may also seek further explanation for other academic decisions such as Academic Consideration, Supplementary Assessment or Credit for Prior Learning. If a student is not satisfied with the explanation, or have further concerns, they may have grounds for a formal review. For further information refer to [Review and Appeal of Academic Decisions Policy](#)

Assessment Quality Cycle

The UOW Assessment Quality Cycle provides a level of assurance that assessment practices across the University are appropriate, consistent and fair. Quality assurance activities are undertaken to support the continuous improvement of assessment and promote good practices in relation to assessment design, marking and review of the subject prior to subsequent delivery.

Academic Integrity

The University's Academic Integrity Policy, faculty handbook and subject guides clearly set out the University's expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as 'resources'), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. Uploading an assessment task, subject outline or other course materials without express permission of the University is considered academic misconduct and students place themselves at risk of being expelled from the University.

Students should visit the following University website and become familiar with the University's policy on plagiarism [Academic Integrity Policy](#)

Referencing

The Author-Date (Harvard) referencing system should, unless otherwise specified for a particular assessment (check Details of Assessment Tasks), be utilised. A summary of the Harvard system can be accessed on the Library website at: <http://uow.libguides.com/refcite>

Section C: General Advice for Students - Policies and Procedures

Student Services and Support

There are a range of services available to students that are provided free of charge. A good place to get to know services that may be of use to you is the [Get Started @ UOW](#) or search for "Get Started @ UOW". Services available include:

Service	Link to information about the service
Aboriginal & Torres Strait Islander	https://www.uow.edu.au/about/services/woolyungah-indigenous-centre/about-us/
Careers advice	https://www.uow.edu.au/student/careers/
Counselling	https://www.uow.edu.au/student/support-services/counselling/
Student Accessibility and Inclusion (SAI)	https://www.uow.edu.au/student/support-services/sai/
Information Tech.	https://www.uow.edu.au/its/index.html?ssSourceSiteId=getstarted
Study Skills	https://www.uow.edu.au/student/support-services/academic-skills/

Student Support Coordinator (SSC)

If you have a temporary or ongoing issue or a problem that is affecting your study, including issues that are related to belonging to an equity group, then the Student Support Coordinators may be able to help. There are Student Support Coordinators available to assist students who are studying at all UOW Campuses and in all UOW Faculties. Contact details can be found on the UOW website: <https://www.uow.edu.au/student/support-services/coordinators/>

Student Advocacy Service

The Student Advocacy Service (SAS) is free, confidential and independent service for all UOW students. The SAS provides advocacy and referral for a range of academic, procedural and administrative issues. For more information visit: <https://www.uow.edu.au/student/support-services/advocacy/>

AskUOW

AskUOW is your primary administrative and information contact during your studies.

Our purpose is to ensure students have access to the information they need, at the time they need it. We can help with a wide range of enquiries, including key topics such as:

- Applying for [academic consideration](#)
- Fees and scholarships
- Official documentation and student letter requests
- Student forms such as course transfer and leave of absence applications
- Student ID card issuance and replacement
- Subject enrolment
- Transport concession cards and Opal cards
- Updating personal details

Get instant answers 24/7 online using [AskUOW](#). Log in with your UOW username and password.

For further support contact askuow@uow.edu.au or call on 1300 275 869 (1300 ASK UOW) or +61 2 4221 3927.

Library Services

Save yourself time and enhance your studies: connect with information specialists and resources anytime, anywhere.

- For Library support connect with [Live Chat](#) or [contact the Library](#).
- For self-help see [Frequently Asked Questions](#) or browse [Library guides](#) to find information, databases and skills tutorials.
- [Research consultations](#) are available to UOW Postgraduate, Honours and Deans Scholar students.

Academic Integrity Policy

Academic integrity involves upholding ethical standards in all aspects of academic work, including learning, teaching and research. It involves acting with the principles of honesty, fairness, trust and responsibility and requires respect for knowledge and its development. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=26>

Code of Practice - Research

This Code mandates the current policy and best practice relating to procedures for responsible research. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=11>

Honours Policy

This policy sets out the responsibilities of all parties involved in managing students undertaking Honours Programs. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=36>

The Code of Practice - Work Integrated Learning (Professional Experience)

The Code of Practice - Work Integrated Learning (Professional Experience) sets out what is expected from students, the University and Host Organisations in providing work integrated learning professional experience programs. It applies to professional experience programs that form the whole or part of a subject or course offered at the University. The Code assists in promoting a productive work integrated learning experience for students and in promoting relevant UOW Work Integrated Learning Design Principles.

<https://policies.uow.edu.au/document/view-current.php?id=12>

Copyright Policy

The purpose of this Policy is to outline responsibilities and procedures regarding the use of third party copyright material, with the objectives of reducing staff and UOW exposure to the risks associated with the use of third party copyright material, assisting staff to make full legal use of the materials at their disposal by clearly identifying responsibilities and promoting copyright compliance. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=135>

Course Progress Policy

The Course Progress Policy establishes the requirements, definitions and procedures to be used in determining the standards of acceptable course progress. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=30>

Examination Rules and Procedures

The UOW rules and procedures outline exam conditions, student conduct in exams, and the procedures for exam management. Further information can be found here: <https://www.uow.edu.au/student/exams/>

Ethical Objection by Students to the Use of Animal and Animal Products in Coursework Subjects

This policy provides a framework for recognition of and responses to students' ethical or religious objection to animal use in coursework subjects at the University of Wollongong. For the purpose of this policy, animal use includes killing of animals in experimental work, dissection of animals that are already dead, use of animal tissues, use of animal-derived products (such as sera). These uses are relevant to teaching and assessment. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=154>

Coursework Rules

The Coursework Rules (hereafter the Rules) govern the admission, enrolment, progression through, and qualification for a coursework award offered by the University. Further information can be found here: <https://policies.uow.edu.au/document/view-current.php?id=4>

Human Research Ethics

The Human Research Ethics Committee protects the welfare and rights of the participants in research activities. Further information can be found here: <https://www.uow.edu.au/research-and-innovation/researcher-support/ethics/human-ethics/>

Inclusive Language Guidelines

UOW endorses a policy of non-discriminatory language practice in all academic and administrative activities of the University. Further information is available from: <https://policies.uow.edu.au/document/view-current.php?id=239>

Intellectual Property Policy

UOW's IP Intellectual Property Policy provides guidance on the approach taken to Intellectual Property (IP), including its ownership, protection and exploitation. Further information about the management of IP is available at <https://policies.uow.edu.au/document/view-current.php?id=146>

Review and Appeal of Academic Decisions Policy

UOW aims to provide a transparent and consistent process for resolving a student concern about an academic decision that has affected their academic progress, including a mark or grade. Further information is available at: <https://policies.uow.edu.au/document/view-current.php?id=40>

Student Academic Consideration Policy

The purpose of the Student Academic Consideration Policy is to enable student requests for academic consideration for assessable components of a subject to be evaluated in a fair, reasonable, timely and consistent manner throughout the University. **For information on the Policy, eligibility and how to apply see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

The Student Charter - Your Rights and Responsibilities

The Student Charter is based on principles that guide all members of the University and that promote responsible partnerships within and beyond the University community. <https://www.uow.edu.au/student/charter/>

Student Assignment of Intellectual Property (IP) Policy

This policy applies to all Students (under-graduate and post-graduate) of the University of Wollongong (UOW). It may also apply to other persons by agreement. This policy sets out the approach taken by UOW in relation to Student assignment of intellectual property. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=146>

Student Conduct Rules

These Rules outline the required conduct of students of UOW, and direct staff and students to University Rules, standards, codes, policies, guidelines, procedures and other requirements which specify acceptable and unacceptable student conduct, and the management of alleged student misconduct.

<https://policies.uow.edu.au/document/view-current.php?id=6>

Teaching and Assessment: Assessment and Feedback Policy

The purpose of this Policy is to set out the University of Wollongong's approach to effective learning, teaching and assessment, including the principles and minimum standards underlying teaching and assessment practice.

The Policy can be found at: <https://policies.uow.edu.au/document/view-current.php?id=38>

Teaching and Assessment: Code of Practice - Teaching

This Code is a key document in implementing the University's Teaching and Assessment Policy and sets out the specific responsibilities of parties affected in relation to learning, teaching and assessment, as well as procedures for teaching staff. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=9>

Teaching and Assessment: Subject Delivery Policy

This Policy sets out specific requirements in relation to the delivery of Subjects. The policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=39>

Workplace Health & Safety Policy

The Workplace Health and Safety (WHS) unit at UOW aims to provide structures, system and support to ensure the health, safety and welfare of all at the campus. Further information is available from:

<https://policies.uow.edu.au/document/view-current.php?id=177>