
EXSC403: Cardiorespiratory & Metabolic Clinical Exercise Physiology

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	Mr Marc Brown
Telephone	4221 3495
Email	mbrown@uow.edu.au
Room	41.327
Consultation Times	Wednesday 08:30 - 09:30 (By appointment) Wednesday 12:30 - 14:30 (By appointment)

Teaching Role	Lecturer
Name	Mr Marc Brown
Telephone	4221 3495
Email	mbrown@uow.edu.au
Room	41.327
Consultation Times	Wednesday 08:30 - 09:30 (By appointment) Wednesday 12:30 - 14:30 (By appointment)

Teaching Staff Additional Information

Specialist clinical lecturers and clinical skills academics are still to be determined. Please refer to the schedule of learning on Moodle for the most up-to-date information.

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](#).

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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. Critically analyse evidence-based information and apply appropriate verbal and non-verbal strategies to present information effectively to both professional and community populations
2. Apply the principles of the biopsychosocial model to demonstrate person-centred and value-based care, as well as a comprehensive understanding of inter-professional practice in case management.
3. Independently select and conduct clinical/exercise/functional assessments, whilst evaluating and responding to adverse reactions and contraindications, to inform clinical exercise prescription
4. Critically apply evidence-based knowledge and clinical reasoning in the design of an exercise intervention for a person or group with complex health status or multi-pathology
5. Practice in accordance with set codes of conduct and professional healthcare standards

Subject Description

This subject will provide students with the conceptual knowledge, professional competencies and skills to independently and effectively manage exercise interventions for clientele with cardiorespiratory and metabolic conditions, from single pathology to multi-pathology presentation. Students will develop a strong understanding of cardiorespiratory disease, metabolic disease, their interactions, as well as contraindications. Furthermore, students will be expected to integrate evidence-based pathology-specific knowledge to develop appropriate exercise interventions that align with a client-centred approach to healthcare and fall within the legislative framework of the Medicare and Department of Veterans Affairs compensatory schemes. The development of clinical competencies in dealing with multi-pathology clients is also essential for the practicing Exercise Physiologist, as is understanding inter-professional practice. Thus, this subject will also enable students to develop and effectively apply their clinical skills to simulated clients as well as understand the role of other healthcare professionals in treating clients. Lastly, this subject will assist students in developing strong professional standards, behaviours and communication skills to ensure best practice in a clinical setting.

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.

EMBEDDED Work Integrated Learning

This subject contains elements of 'Embedded WIL'. Students in this subject will experience activities that relate to or simulate professional practice as part of their learning.

Additional Subject Details

There is no Indigenous perspectives or content in this subject, nor does it align with the United Nations Sustainable Developmental Goals.

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](#).

Major Text(s)

There is no set textbook for this subject.

Recommended Readings and Other Resources

This is a list of textbooks, reading and other information resources that can be found in the library to assist you with this subject.

1. ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 4th Edition. Human Kinetics, 2016.
2. ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, Hematologic Conditions, 2nd Edition. Lippincott, Williams and Wilkins, 2010.
3. ESSA's Student Manual for Health, Exercise and Sport Assessment, 1st Edition. Elsevier, 2014.
4. Clinical Exercise Physiology, 3rd Edition by Ehrman et al. Human Kinetics, 2013
5. ACSM Guidelines for Exercise Testing and Prescription, 11 th Edition. Lippincott, Williams and Wilkins, 2021.
6. ECG Workout, 5th Edition by Jane Huff. Lippincott, Williams & Wilkins, 2006.
7. ECG Interpretation for the Clinical Exercise Physiologist by Dunbar & Saul. Lippincott, Williams and Wilkins, 2009.

8. Pathophysiology of Heart Disease by LC Lilly. Editors - Williams & Wilkins (any edition).

This is not an exhaustive list of references. Students should also use the library catalogue and databases to locate additional resources.

Additional Materials

All additional materials and equipment will be provided to you for practicals. However, in week 1, you will be given information on where you can purchase your own equipment (i.e. stethoscope, blood pressure cuff, etc.) for this subject, should you wish to.

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'

Lecture Program *

For the most updated version, please see the EXSC403/EXSC903 Moodle site for a detailed schedule of learning (Workshops, Tutorials and Practical) for the subject.

Week	Workshop A (Weeks 1-7) Wednesday: 9:30 – 12:00 (32-G01)	Tutorial A (Weeks 1-7) Thursday: 8:30 – 11:00 (32-G01)	Pracs (Weeks 1-13) Thurs/Fri: 8:30 – 5:30 (41.326)
1 Mar 2	Outline/Admin (Stethoscopes, Texts) MB Assessment #1: Cardiorespiratory Physiology & Pathology Quiz	Basic ECG Review & Metabolic Calculations MB	Intro to Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
2 Mar 9	12-Lead ECG MB	Exercise Tolerance Testing & Programming MB	Cardio-metabolic Prac Skills: Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
3 Mar 16	Case-Based Learning: Case Management, Medicare/DVA MB	Cardiac Rehabilitation, Scope of Practice, Inter- professional Practice MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
4 Mar 23	Metabolic Syndrome/PCOS (Cardiac Risk Factors) MB	Diabetes (Type 1, 2 & Gestational) MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC

			Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
5 Mar 30	PAD/PVD MB	CAD: Angina/MI (Meds) MB	Good Friday (Holiday)
6 Apr 6	CAD: PCI/CABG MB	AF/Pacemaker/ICD MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
7 Apr 13	Valve/HF/Transplant MB	Respiratory (Asthma/COPD) Lecture & Case Management Anita Jurjevic <i>Assessment #3 Group Cases distributed</i>	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
Apr 20		MID-SESSION BREAK (ANZAC Day – April 25)	
Week	Workshop B (Weeks 8-13) Wednesday: 9:30 – 12:30; 2:30 – 5:30 (24-103)	Tutorial B (Weeks 8-13) Thursday: 8:30 – 11:30; 2:30 – 5:30 (4-G31)	Pracs (Weeks 1-13) Thurs/Fri: 8:30 – 5:30 (41.326)
8 Apr 27	Assessment #2: Written Clinical Exam	Diabetes Case Management MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
9 May 4	PAD/PVD Case Management MB Assessment #3 (Part 1): Written Case- Management Program Due (7pm)	Multi-pathology Case Management MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
10 May 11	CAD: Angina/MI/PCI/CABG Case Management MB	Multi-pathology Case Management MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
11 May 18	AF/Pacemaker/ICD Case Management MB	Multi-pathology Case Management MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
12 May 25	Valve/HF/Transplant Case Management	Multi-pathology Case Management	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC

	MB	MB	Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
13 June 1	Respiratory (Asthma/COPD) Case Management MB	Multi-pathology Case Management MB	Cardio-metabolic Prac Skills Prac 1: Thur 11:30am – 2:30pm - BC Prac 2: Thur 2:30pm – 5:30pm - BC Prac 3: Fri 8:30am – 11:30am - MB Prac 4: Fri 11:30am – 2:30pm - MB Prac 5: Fri 2:30pm – 5:30pm – MB
Stu Vac June 8	Assessment #4: Optional Early Clinical Skills Competencies (Cardiac) (Thursday & Friday) - 41.326		
Exam 1 June 15	Assessment #4: Clinical Skills Competencies (Cardiac) ALL WEEK (Monday – Saturday) - 41.326		
Exam 2 June 22	Assessment #3 (Part 2): Individual Oral Clinical Vivas (Monday - Friday) – Venue to be Determined Clinical Skills Competencies & Oral Vivas Re-assessments (Cardiac)		

* The above times and program may be subject to change. Students will be notified of any change via SOLS.

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/>

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.

Based on clinical supervisor feedback, students' clinical reasoning skills and ability to manage clients with multiple conditions has been declining the past few years, therefore the subject structure has been changed to provide all necessary clinical information in the first half of the semester and a greater focus on multi-pathology case management in the second half of the semester to apply that knowledge using sound clinical reasoning. In addition, subject assessments were changed in 2025 to reflect a greater focus on clinical reasoning and multi-pathology case management. Assessment 1: Pathology Presentations from 2024 was removed and replaced with Assessment 2: Written Clinical Exam for 2025. In addition, more focus was given to the individual component of Assessment 3 (Oral Clinical Viva) in 2025. These changes directly assessed students' ability to justify any program development and/or changes using evidence-based clinical reasoning skills and better prepare them for clinical placement/practice. In 2026, these assessments will remain the same, but there have been refinements made to the marking rubrics and templates used in the assessment process.

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	%
Assessment 1	Quiz	0%
Assessment 2	Exam	25%
Assessment 3	Presentation	30%
Assessment 4	Professional Task	35%
Assessment 5	Professional Task	10%
	TOTAL MARKS	100%

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

Assessment 1: Quiz - Cardiovascular Physiology/Pathology Quiz

Marking Criteria	15 question multiple choice quiz. 1 point for each question.
Length	20 minutes
Weighting	0%
Assessment Due	02 Mar 2026 (In your assigned tutorial in Session Week 1)
Type of Collaboration	Individual assessment
Style and format	Multiple Choice Quiz
Generative AI use	No AI is allowed. Quiz is to assess current assumed knowledge.
Assessment submission	The quiz will be taken in the students assigned tutorial and handed in to the subject coordinator at the conclusion of the quiz.
Assessment return	Assessment feedback will be returned within 7 days, prior to Census Day.
Detailed information	Students will be required to complete a 15-question multiple choice quiz in Week 1, assessing their understanding of assumed knowledge around cardiovascular physiology and pathology. They will have 20 minutes in which to complete the quiz. This is a formative assessment and therefore carries no weighting towards the final mark for this subject.

Assessment 2: Exam - Written Clinical Exam

Marking Criteria	Individual marking allocations for each question are written on the exam. Total marks for the exam will be 100.
Length	Students will have 2.5 hours to complete the exam.
Weighting	25%
Assessment Due	27 Apr 2026 (In workshop in Session Week 8)
Type of Collaboration	Individual assessment
Style and format	Written exam using both multiple choice and short answer questions
Generative AI use	AI is not permitted on this exam. This exam assesses student knowledge of pathologies and danger points (red flags) in clinical practice. This is crucial for community safety and students MUST know this information and be able to make an accurate clinical decision quickly.

Assessment submission	The exam will be taken in the students assigned workshop on Wednesday (April 29) in week 8. Students will complete and submit their exam to the lecturer at the end of the workshop.
Assessment return	Assessment feedback will be returned within 21 days as per University policy.
Detailed information	<p>The 100-point exam will contain both multiple choice and short answer questions.</p> <p>Material may be drawn from any workshop, tutorial or practical session conducted during the session. The emphasis will be on integration of knowledge and demonstration of understanding rather than mere regurgitation of facts and will focus primarily on student understanding of pathology, procedures, medications, red flags/contraindications, exercise considerations, programming/rehabilitation strategies, and their ability to identify adverse changes to a client's condition.</p> <p>This is a hurdle requirement. Failure to pass this assessment will result in a TF for the subject and you will not be allowed to continue on to clinical placement.</p>

Assessment 3: Presentation - Written Case-Management Program & Oral Clinical Viva

Marking Criteria	Marks will be allocated according to the marking rubric located in the Assessment section of the Moodle site for this subject.
Length	Written group report is limited to 6 pages maximum. Oral Vivas will be 30-40 minutes in duration.
Weighting	30%
Assessment Due	04 May 2026 (In workshop in Session Week 9) 22 Jun 2026 (In your assigned tutorial in Examinations Week 2)
Type of Collaboration	Individual assessment and group work
Style and format	Written group case-management program and individual oral viva, using clinical reasoning.
Generative AI use	AI is not allowed to be used for this assessment. This assessment is a specialized case study and AI would not be particularly useful. In addition, part 2 of this assessment is an oral defense where the student must think on their feet and address the case study with sound clinical reasoning. They will not have the time to consult with AI.
Assessment submission	A copy of your completed group case must be submitted to the subject coordinator via email (mbrown@uow.edu.au) by 7pm on Wednesday (May 6) of week 9. Late submissions will incur a penalty.
Assessment return	Assessment feedback will be returned within 21 days as per University policy.
Detailed information	<p>Students will be allocated to small groups and given a complex clinical case study. As a group, they will review the client's health history, goals, and aims for exercise, then design appropriate assessments, develop a generalized exercise program, and identify outcomes to address the client's goals and submit their case management plan as a comprehensive written document (6 pages maximum).</p> <p>In exam week 2 (June 22 - 26), students will attend a 30 - 40-minute oral viva, where they will answer questions individually about their group case study and additional questions pertaining to multi-pathology case management, using appropriate clinical reasoning to justify their program design and anything else relevant to the case study client.</p> <p>A group and individual mark will be allocated; 10% for the written group case management program (all group members receive the same mark) and 20% for the individual oral viva.</p>

	This is a hurdle requirement. Failure to pass this assessment will result in a TF for the subject and you will not be allowed to continue on to clinical placement.
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Assessment 4: Professional Task - Clinical Skills Competencies

Marking Criteria	Marks will be allocated according to the marking rubric located in the Assessment section of the Moodle site for this subject.
Length	Students have 50-minutes to complete the assessment
Weighting	35%
Assessment Due	15 Jun 2026 (In your assigned tutorial in Examinations Week 1)
Type of Collaboration	Individual assessment
Style and format	Clinical skills assessment viva (extended OSCE)
Generative AI use	AI is not to be used for this assessment. This is an applied assessment where students demonstrate their competency in clinical skills. AI does not have the capacity to assist them with this task.
Assessment submission	Assessments will run in the cardiac simulation lab (41.326) and will commence on Monday (June 15) and run through Saturday (June 20) the entire week of Exam Week 1. There will be opportunity for students to assess early, if they wish to.
Assessment return	Assessment feedback will be given immediately following the assessment.
Detailed information	Students will be assessed on clinical skills related to the cardiorespiratory and metabolic conditions that are presented in the practical classes (i.e., glucose/lipid measurement, ECG placement, exercise tolerance test, exercising blood pressure, rapid recognition ECG rhythm strip interpretation, 12-Lead advanced ECG interpretation & pulmonary function testing) which students practice throughout the session. Students will then be presented with a simulated client/or peer on the testing day and be required to perform the appropriate assessments on their client with a pass level of competency achieved in all areas. They will also be assessed on their professional skills (i.e., communication, consent, etc.) throughout the physical assessments which they have 50-minutes to complete. This is a hurdle requirement. Failure to pass this assessment will result in a TF for the subject and you will not be allowed to continue on to clinical placement.

Assessment 5: Professional Task - Professionalism

Marking Criteria	Professionalism will be evaluated weekly within the workshops, tutorials and practical skills sessions and a formal assessment by academic staff will be made at the end of the session on all, but not limited to the following: <ol style="list-style-type: none"> 1. Participation & preparedness 2. Attendance and punctuality 3. Behaviour in class 4. Appropriate/professional dress/attire 5. Professional and respectful communication and interaction with peers and academics 6. Clinical behaviour and attitude in skills sessions 7. Appearance and hygiene 8. Management of own health and illness
Length	Ongoing throughout the semester
Weighting	10%
Assessment Due	27 Jun 2026 (Saturday in Examinations Week 2)

Type of Collaboration	Individual assessment
Style and format	Objective & Subjective assessment of professional behaviour
Generative AI use	AI is not capable of assisting students with this assessment.
Assessment submission	None
Assessment return	Assessment feedback will be returned within 21 days as per University policy and before students commence clinical placements.
Detailed information	<p>Professionalism will be evaluated weekly within the workshops, tutorials and practical skills sessions and a formal assessment by academic staff will be made at the end of the session on all, but not limited to the following:</p> <ol style="list-style-type: none"> 1. Participation & preparedness 2. Attendance and punctuality 3. Behaviour in class 4. Appropriate/professional dress/attire 5. Professional and respectful communication and interaction with peers and academics 6. Clinical behaviour and attitude in skills sessions 7. Appearance and hygiene 8. Management of own health and illness

Minimum Requirements to Pass this Subject

Minimum Student Attendance and Participation

Students should note that UOW equates 1 credit point to around 1.5 - 2 hours of study per week, including lectures and tutorials/workshops/practicals, self-directed study and work on assessment tasks. For example, in a 6-credit point subject requires that students commit about 9 - 12 hours study a week, including attendance at lectures and tutorials. ***For this subject, this is an absolute minimum.***

Student attendance at tutorials, practicals, and workshops is compulsory and ***absences will be reflected in your professionalism assessment.*** 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, presented to Student Central 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.htm>

Minimum Requirements to Pass this Subject

To receive a clear pass in this subject a total mark of 50% or more must be achieved. 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 marks accumulated are greater than 50%.

The minimum performance requirements for this subject are:

- pass assessment tasks 2 (written clinical exam), 3 (group case-management program and oral viva) & 4 (clinical skills competencies).

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				
	Cardiovascular Physiology/ Pathology Quiz <i>(0%)</i>	Written Clinical Exam <i>(25%)</i>	Written Case-Management Program & Oral Clinical Viva <i>(30%)</i>	Clinical Skills Competencies <i>(35%)</i>	Professionalism <i>(10%)</i>
Critically analyse evidence-based information and apply appropriate verbal and non-verbal strategies to present information effectively to both professional and community populations					✓
Apply the principles of the biopsychosocial model to demonstrate person-centred and value-based care, as well as a comprehensive understanding of inter-professional practice in case management.		✓	✓		
Independently select and conduct clinical/exercise/functional assessments, whilst evaluating and responding to adverse reactions and contraindications, to inform clinical exercise prescription			✓	✓	✓
Critically apply evidence-based knowledge and clinical reasoning in the design of an exercise intervention for a person or group with complex health status or multi-pathology		✓	✓		✓
Practice in accordance with set codes of conduct and professional healthcare standards			✓	✓	✓

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>