



Australia's
Global
University

Faculty of Medicine
School of Medical Sciences

DEPARTMENT OF EXERCISE PHYSIOLOGY

HESC1511

Exercise Programs
and Behaviour

COURSE OUTLINE

SEMESTER 2, 2018

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Please read this manual/outline in conjunction with the following pages on the [School of Medical Sciences website](#):

- [Advice for Students](#)
- [Learning Resources](#)

(or see "STUDENTS" tab at medicallsciences.med.unsw.edu.au)

HESC1511 Course Information

Exercise Programs and Behaviour (HESC1511) is a first year Health and Exercise Science course worth six Units of Credit (6 UOC). The course is required as part of study for the degree of Bachelor of Exercise Physiology. The course will build on the information you have gained in Introductory Exercise Science (HESC1501) and Psychology 1A (PSYC1001). Practical training in this course will encompass: fitness assessments, basic pre-screening and interview techniques, and exercise technique and prescription. Psychological aspects of exercise, in particular motivation, adherence and addiction, will also be addressed. These skills will be put into clinical practice with students developing and delivering a supervised exercise program for a healthy adult.

Credit Points: 6 UOC

Course Pre-requisites:

HESC1501 Introductory Exercise Science

PSYC1001 Psychology 1A

OBJECTIVES OF THE COURSE

Building on basic skills learned in HESC1501, the aims of this course are to:

1. Expose students to the principles underlying motivational interviewing;
2. Develop an understanding of the principles of screening and safe exercise testing;
3. Develop an understanding of the principles of exercise programming;
4. Develop an understanding of the psychosocial factors contributing to exercise engagement and adherence

COURSE CONVENOR and LECTURERS

Course Convenors:

Nancy van Doorn

Rm 205, Level 2 Wallace Wurth Building West

Email: n.vandoorn@unsw.edu.au

Dr Matthew Jones

Rm 202, Level 2 Wallace Wurth Building West

Email: matthew.jones@unsw.edu.au

Students wishing to see the course convenors should make an appointment via email as our offices are not readily accessible.

Lecturers:

Dr Andrew Keech andrew.keech@unsw.edu.au

Mr Alexander Engel alexander.engel@unsw.edu.au

Demonstrators: Andrew Chen (AEP), Angeliki Stivactas (AEP)
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Program Officer:

Ms Ina Ismail exphys.med@unsw.edu.au

Technical Officer:

Mr Balu Daniel

d.balu@unsw.edu.au**STUDENT LEARNING OUTCOMES**

HESC1511 will develop those attributes that the Faculty of Medicine has identified as important for an Exercise Physiology Graduate to attain. These include; skills, qualities, understanding and attitudes that promote lifelong learning that students should acquire during their university experience.

Graduate Attributes

- Develop a thorough understanding of the relationship between physical activity and health
- Attain competencies in conducting a broad range of exercise-based clinical tests and in delivering lifestyle change programs that use exercise for the primary prevention of disease and the management of chronic disease
- Attain skills and detailed clinical knowledge relevant to cardiopulmonary, metabolic, musculoskeletal and neuromuscular rehabilitation
- Develop advanced problem solving skills and a capacity for critical thinking
- Develop an ability to engage in independent and reflective learning for the betterment of professional clinical practice
- Develop a broad range of communication skills and an ability to work as a member and a leader of a team, with respect for diversity and a high standard of ethical practice

On completion of this course students should:

1. Develop basic skills in motivational interviewing;
2. Apply basic fitness and health assessments and screening tools;
3. Design and implement an exercise program for a healthy adult;
4. Design and implement a group exercise session;

COURSE STRUCTURE and TEACHING STRATEGIES

Learning activities occur on the following days and times:

- Lectures: Wed 11-12pm and 12-1pm (Old Main Building 149)
- Tutorials (Weeks 1-4): Online
- Labs: Tue 9-11am; Tue 11-1pm; Thu 12-2pm; Thu 2-4pm (CSEP Rooms)
- Clinicals (Stream 1: Weeks 5,7 &11. Stream 2: Weeks 6, 8 & 12): Mon 4-6pm; Tue 2-4pm or 4-6pm (CSEP Rooms)

Students are expected to refer to their timetable for their allocated class times. They should attend all scheduled activities for their full duration. Students are reminded that UNSW recommends that a 6 units-of-credit course should involve about 150 hours of study and learning activities. The formal learning activities are approximately 75 hours throughout the semester and students are expected (and strongly recommended) to do at least the same number of hours of additional study.

RATIONALE FOR THE INCLUSION OF CONTENT AND TEACHING APPROACH

How the course relates to the Exercise Physiology profession

This course provides students with the basic principles of exercise programming and an understanding of motivation and adherence. These principles underpin your professional requirements for programming physical activity for your clientele.

How the course relates to other courses in the Exercise Physiology program

The course builds on the information gained in HESC1501 and PSYC1001.

APPROACH TO LEARNING AND TEACHING

The learning and teaching philosophy underpinning this course is centred on student learning and aims to create an environment which interests and challenges students. The teaching is designed to be engaging and relevant in order to prepare students for future careers.

Lectures – This approach is used to present relatively large amounts of information at a time on specific topics throughout the course. PDF copies of the lecture notes will USUALLY (some guest lecturers may choose not to make their notes available) be available on Moodle (see below in STUDENT RESOURCES section) prior to each lecture, so you should be able to think about and develop an understanding of the lecture concepts as they are presented, rather than writing voluminous notes. However, there will be information and explanations presented in lectures in addition to those covered in the notes that you should take down if they help you to understand the material. The lecturer will also try to allow some time for interaction and activities in each lecture to provide you with an opportunity to clarify or reinforce the ideas that have been presented. You should take these opportunities to think about the information that has been presented and ask questions to enhance your understanding.

Laboratories – To assist in the development of practical skills and exercise techniques, practical classes will be held. These classes allow students to engage in a more interactive form of learning than is possible in the lectures. The skills you will learn in practical classes are relevant to your development as professional Exercise Physiologists.

Tutorials – Tutorials are delivered in an online format and designed to introduce you to a number of concepts and skills used in diet analysis and exercise programming. There are 4 tutorials in Weeks 1-4 (one per week). You should allow 1hr to complete each tutorial. There are a variety of activities, case studies, quizzes and infographics presented in the tutorials.

Clinicals – Each student will spend a total of six hours over the semester developing their clinical skills and working towards their major assignment. These six hours (3 x 2 hour sessions) will be spent in the CSEP rooms and involve: 1) client initial assessment; 2) client training session; and 3) client post assessment. All 3 sessions are compulsory and are required to complete your assignment.

Independent study – There is insufficient time in the lectures, tutorials and laboratories for you to develop a deep understanding of the concepts covered in this course. In order for you to achieve the learning outcomes that will be assessed, you will need to revise the material presented in the course regularly. You will probably also need to do additional reading beyond the lecture materials in order to learn effectively. Relevant additional resources will be cited in each lecture.

Assessments – These tasks have been chosen as tools to enhance and guide your learning as well as a way of measuring performance, and are therefore central teaching strategy in this course.

ASSESSMENT PROCEDURES

Summary of Assessments

	Weight	Due Date
1: Diet analysis	10%	6th Aug, 9am
2: Exercise Programming Assignment		
Part 1:	15%	17 th Sep, 9am

Part 2:	30%	29 th Oct, 9am
3: Group Exercise Assignment		
Practical component:	10%	Week 11/12 (during lab)
4. Final Exam	35%	Exam period

ASSESSMENT TASK 1 – DIET ANALYSIS

Due 9am Monday 6th August via Turn-It-In on Moodle

1. Choose someone to be your client who is willing to undergo a diet analysis. It does not have to be someone from the HESC1511 course.
2. Ask your client to record their diet over three days (two weekdays and one weekend day) and have them return this to you.
3. Use a nutritional analysis program (ideally FOODWORKS) to analyse the macronutrient and micronutrient content of the diet.
4. Provide recommendations for improving their diet. Maximum two pages, double spaced.
5. In an appendix include 2-3 relevant figures from the analysis.

Marking Criteria

	High Distinction	Distinction	Credit	Pass	Fail	Mark
Dietary analysis	Comprehensive overview of diet, including comparison of all micronutrients, macronutrients, fibre and water to RDIs (3)	Good overview of diet, including comparison of most micronutrients, macronutrients, fibre and/or water to RDIs (2.5)	Good overview of diet, but with comparison of several micronutrients, macronutrients, fibre and/or water to RDIs missing (2)	Incomplete overview of the diet, with comparison of most micronutrients, macronutrients, fibre and water to RDIs missing (1.5)	Minimal or no analysis of diet included with minimal or no comparisons made to RDIs (0-1)	3
Diet recommendations	Commented appropriately on the intake (what was adequate/inadequate) Correctly identified problem areas in the diet Made correct suggestions on how to improve diet quality Provided practical suggestions for improving diet (4)	Mostly appropriate comments on the diet Mostly identified problem areas in the diet Suggestions on how to improve diet quality were mostly correct Practical suggestions for improving diet were mostly correct (3)	Some appropriate comments on the dietary intake. Broad advice given (2.5)	Comments on the diet incorrect. Inappropriate or no suggestions for improvement given. Lacking practical advice (2)	No recommendations given or minimal recommendations given but were incorrect (0-1)	4
Figures	2-3 appropriate figures included. Correctly labelled (1.5)	Figures included but incorrectly labelled (1.0)		Irrelevant Figures included (0.5)	Figures not included (0)	1.5

	High Distinction	Distinction	Credit	Pass	Fail	Mark
Formatting & Style	Adhered to prescribed format. Grammar and spelling was excellent. Language was appropriate for client to understand Writing style was easy to read and flowed logically (1)		Slightly outside of formatting guidelines. Language was mostly appropriate for client to understand Mostly well written (0.5)		Did not adhere to prescribed format, numerous spelling or grammatical errors. Language was inappropriate for client to understand Poorly written and difficult to read (0)	1.0
Food Diary	Included copy of food diary (2 weekdays + 1 weekend) in appropriate level of detail (0.5)			Food diary included but lacking sufficient detail (0.25)	No food diary included (0)	0.5

ASSESSMENT TASK 2 – EXERCISE PROGRAMMING ASSIGNMENT

Part 1 (15%): Due 9am Monday 17th September via Turn-It-In on Moodle

In preparation for your assignment, choose a partner from your clinical group. This person will be your client for this entire assignment. You will need to use your Clinical sessions to perform the screening, interview, training, fitness assessments and evaluation to gather the data for your written report.

In Part 1 of your written report you need to include:

1. Copy of clients completed:
 - i. ESSA Pre-exercise screening questionnaire (Stage 1)
 - ii. Pre-Screening questionnaire which you designed yourself
2. Summary of findings of your initial interview with your client
3. Your client's SMART short term goals (x3) and long term goal (x1)
4. Summary of results of the Objective fitness test (performed in Clinical 1)
5. Copy of your intended training session you designed for your client to undertake in Clinical 2

Marking Criteria

Component	How do I achieve top marks?	Mark Allocation (15%)
Pre-Screening Questionnaire	A self-designed pre-screening questionnaire that covers all components of screening (A-J) as outlined in the lecture, lab and tutorial. Logically and neatly presented.	4.5
ESSA Questionnaire	Correctly completed Stage 1 of questionnaire.	0.5
Summary of interview	Separate to questionnaires, a comprehensive summary of the interview that took place in Clinical 1 is provided. Client's attitude towards exercise is established, exercise likes/dislikes, general schedule, work-life balance and ability to commit to a program is covered.	1.5
Short Term Goals	There are 3 distinct short term goals listed related to the current exercise program that meet the 'SMART' format.	1.5

Long Term Goal	There is 1 long term (>6 months) goal listed that meets the 'SMART' format.	0.5
Objective fitness Tests	Results from Clinical 1 are neatly presented and cover client's: Anthropometry Resting heart rate and blood pressure Aerobic Fitness Muscular Strength or Endurance (Upper and Lower Body) Flexibility If an area is not covered, an adequate justification must be provided as to why.	4
Compared to norms	All fitness test results are correctly compared to credible normative data.	0.5
Training session Card	A neatly designed training card is provided with the intended training program outlined.	2

Part 2 (30%): Due 9am Monday 29th October via Turn-It-In on Moodle

Your final report should include:

1. Title Page and Contents
2. Screening Forms & Interview Summary*
3. Summary of Needs Assessment & Goals*
4. 6-week Exercise Program
5. Completed exercise session program card from experience in Clinical 2
6. 1-2 page justification of exercise program including references/appropriate guidelines
7. Summary of aerobic and resistance progression plan
8. Full report of pre*/post fitness measures (including anthropometry)
9. Client's evaluation of exercise program (maximum of 1 page, double spaced)
10. Simulated report on client outcome/progress to their General Practitioner (GP)
11. 1-2 page critical evaluation of your exercise program (What worked well? What might you change for next time? etc.)

*You would have originally submitted these segments in Part 1, you may alter your reports of these segments based on your assignment feedback when you submit them again in Part 2 if you desire, but they will not contribute to the marks of Part 2.

Marking Criteria

Component	How do I achieve top marks?	Mark Allocation (30%)
Pre-screening and Interview summary*	Included (note this will not be graded again), it is for completeness of the program.	-
3 short term and 1 long term goal*	Goals are to be included but will not be graded again in addition to Part 1 of the assignment.	-
Needs assessment	Neatly summarised account of the client's <u>needs</u> according to the information obtained from the subjective screening, interview and the initial fitness tests. These could include physical attributes and lifestyle factors.	4
6-week exercise program	Exercise program caters to the needs of the client. Exercise prescription is based on ACSM guidelines or another credible source.	10

Component	How do I achieve top marks?	Mark Allocation (30%)
	<p>Illustrations and/or detailed explanation of the prescribed exercises/activities are provided.</p> <p>Program appears achievable for client considering their individual circumstances and initial fitness levels.</p> <p>Program may include current activities/exercise the client is already performing. Highlight what you have added or changed. Comment on whether the client is meeting physical activity guidelines (Australian or ACSM).</p> <p>Program generally covers the components of fitness, and if a major fitness component is lacking, it is justified why.</p> <p>Summarise why you prescribed the exercises you did & intensities/frequencies etc. Use your needs assessment & ACSM guidelines to support your justification.</p>	
*Single exercise session card included from Clinical 2	Included. Note, this will not be graded again, it is for completeness of the program.	-
Progression Plan	<p>Clear explanation of plan for progression (including details of intensity/frequency or exercise volume).</p> <p>Based on current evidence statements & guidelines from ACSM.</p>	4
Pre/Post Fitness Test results	<p>Neatly presented results of pre/post measures with comparisons to normative values.</p> <p>Changes/improvements highlighted.</p> <p>Measures should be repeated as per the initial session, and if not, it must be justified why (e.g. client injured/absent, lack of time/equipment).</p>	3
Client's evaluation of fitness plan	<p>This may be a written summary of what you spoke about with your client, or you may design your own written questionnaire. Cover the following points:</p> <ul style="list-style-type: none"> Adherence to program Achievement of results/goals Activities/Exercises liked and disliked Any major barriers or problems? <p>Recommended length ½ - 1 page.</p>	2
Letter to General Practitioner (GP) on client's outcomes & progress	<p>Professionally written letter (up to 1 page) describing the client's progress.</p> <p>Includes detail on:</p> <ul style="list-style-type: none"> Anthropometry Fitness tests Program adherence Plan/time frame for follow-up <p>Summarises major achievements or concerns about client.</p>	3
Critical evaluation of the exercise program (self - evaluation)	A self-report evaluation on how you felt the program went. Did it achieve what you hoped it would? What were the positives and successful aspects? What was challenging?	2

Component	How do I achieve top marks?	Mark Allocation (30%)
	<p>Would you make any changes if you could do it again? How did you find communication with client?</p> <p>Include any problems you faced (e.g. lack of equipment, boredom, injury) and how you overcame them.</p>	
Overall Presentation and References	<p>The report should be well written, concise and easy to read. There should be no spelling, grammatical or typographical errors.</p> <p>Paragraph text should be 1.5 spaced and appropriately referenced.</p> <p>References must be provided throughout (e.g. references to normative data, references to exercise guidelines)</p>	2

ASSESSMENT TASK 3 – GROUP EXERCISE PRACTICAL ASSESSMENT

Conducted during your Lab session in Weeks 11 or 12

The purpose of this activity is to provide you with an opportunity to practice group exercise instruction. In groups of four (choose students within your timetabled Lab class), plan an exercise session for a group of apparently healthy, low risk participants of your choice. Work in a group to plan an exercise session that allows each member of the group to lead the instruction for 5 minutes of activities/exercises for the population. A smooth transition between members of your group would be ideal.

Your group will be allocated a session time during your Lab class in Week 11 or 12. Your group will have 20mins to run the exercise session (Individuals have 5mins to run their component). It is compulsory for all students to attend these sessions even if you are not presenting, as you will form the class population for the other groups.

Marking Criteria

Component	How do I achieve top marks?	Mark Allocation (10%)
Practical Performance		
Communication	Instruction is clear and able to be understood by the population	1
	Voice is projected and language is upbeat and engages the population	1
	A variety of instruction techniques (including imagery) are applied to cater for different types of learners (e.g. visual, tactile, auditory)	2
	Student appeared well prepared and confident	1
Exercises	Exercises chosen are appropriate for the population	1
	Exercise demonstration is provided	1

Component	How do I achieve top marks?	Mark Allocation (10%)
Group setting	Appropriate modifications or advanced options were given to cater to varying range of ability within the group	1
	Use of space and layout of group was considered (e.g. group were arranged to see and hear instructor, would not bump into one another when performing exercises, health & safety was considered)	1
	Student moved around the group adequately, giving adequate feedback for the task and was able to identify and correct those who needed further instruction	1

ASSESSMENT TASK 4 – FINAL EXAM (35%)

The purpose of the final exam is to test your understanding of the concepts covered in the **entire course**. Material from lectures, tutorials, laboratories and readings may be assessed. The format will be multiple choice and short answer questions. The exam will be held during the end of session exam period.

Penalties for Late Submission of Assignments

In cases where an extension has NOT been granted, the following penalties will apply: For assignments submitted after **9:00am** on the due date, a penalty of 50% of the maximum marks available for that assignment will be incurred. A further 25% of the maximum possible allocated marks (i.e., a total of 75%) will be deducted from assignments which are two (2) days late. Assignments received more than two (2) days after the due date **will not be allocated a mark**, however, these assignments **must** still be submitted to pass the unit.

TEXTBOOKS AND OTHER RESOURCES

Suggested Reference Books

Griffin, JC (2015) *Client Centred Exercise Prescription, 3rd Ed.* Human Kinetics, Champaign, Ill.

Suggested Reference Journals

Abernethy, B. Hanrahan, SJ. Kippers, V. Mackinnon, LT. & Pandy, MG. (2013) *The Biophysical Foundations of Human Movement, 3rd ed.*, Palgrave Macmillan, South Yarra.

Dwyer, GB. & Davis, SE. (2013) *ACSM's Health-Related Physical Fitness Assessment Manual*, 4th ed. Lippincott, Williams & Wilkins, Phil.

Kennedy-Armbruster, CA. & Yoke, MM. (2014). *Methods of Group Exercise Instruction*, 3rd ed. Human Kinetics, Campaign, Ill.

McArdle, WD. Katch, FI. & Katch, VL. (2014) *Exercise Physiology: Energy, Nutrition, and Human Performance, 8th ed.*, Lippincott, Williams and Wilkins, Phil.

Norton, K. & Olds T. (eds.) (2007) *Anthropometrica: A textbook of body measurement for sports and health education*. UNSW Press, Sydney.

COURSE EVALUATION AND DEVELOPMENT

Each year feedback is sought from students about the course and continual improvements are made based on this feedback. The myExperience Process of UNSW is the way in which student feedback is evaluated and significant changes to the course will be communicated to subsequent cohorts of students.

Based on the feedback received in 2017, the assessment tasks have been revised to make the experience more practical for students and align well with lecture and lab content.

GENERAL INFORMATION

The Department of Exercise Physiology is part of the School of Medical Sciences and is within the Faculty of Medicine. It is located in the Wallace Wurth building.

Associate Professor Jeanette Thom is Head of Department. Appointments to meet with her may be made via email (j.thom@unsw.edu.au).

Dr Rachel Ward is the Exercise Physiology Program Authority. Appointments to meet with her may be made via email (rachel.ward@unsw.edu.au).

The Honours program is coordinated by **Dr Greg Smith** (g.smith@unsw.edu.au) Ph:9385 8075. Any students considering an Honours year should discuss the requirements with the coordinator.

Honours Administrator: Vicky Sawatt (v.sawatt@unsw.edu.au) Ph:9385 8195.

Postgraduate degrees

The Department of Exercise Physiology offers students the opportunity to enter into the following graduate programs:

- **Research Masters:** For more information contact the post-graduate coordinators A/Prof Pascale Carrive (p.carrive@unsw.edu.au) or Dr Nicole Jones (n.jones@unsw.edu.au)
- **Doctorate (Ph.D):** For more information contact the post-graduate coordinator A/Prof Pascale Carrive (p.carrive@unsw.edu.au) or Dr Nicole Jones (n.jones@unsw.edu.au)

Enrolment and administrative help

Ms. Ina Ismail is available to help with problems with enrolment and scheduling and should be the first point of contact for administrative problems. She can be found in the Education Support Team office (Wallace Wurth Building, Room 260) Email: exphys.med@unsw.edu.au

Health and Safety

Class activities must comply with the NSW *Work Health and Safety Act 2011*, the *Work Health and Safety Regulation 2017*, and other relevant legislation and industry standards. It is expected that students will conduct themselves in an appropriate and responsible manner in order not to breach HS regulations and ensure a safe work/study environment for themselves and others. Further information on relevant HS policies and expectations is outlined at: www.safety.unsw.edu.au

COURSE TIMETABLE

Week	Date	Lecture 1 Wed 11-12pm Location: OMB 149	Lecture 2 Wed 12-1pm Location: OMB 149	Laboratory Tue 9-11am; Tue 11-1pm; Thu 12-2pm; Thu 2-4pm; Location: CSEP	Tutorial (Online)	Clinical (As Timetabled) CSEP
1	23 Jul – 29 Jul	What does an EP do? “Start to Finish” NVD/MJ	Introduction to nutrition (Online)	Foodworks (online)	Performing a Diet Analysis	
2	30 Jul – 05 Aug	SOAP and subjective screening MJ	Objective Assessments MJ	1. A) Screening and Risk Stratification B) Foodworks (if needed) Computer Rooms WWG08-G17	Subjective Screening	
Diet Analysis (10%) Due 9am Monday 6th Aug via TurnItIn						
3	6 Aug – 12 Aug	Principles of Exercise Programming MJ	Exercise Prescription for Special Populations MJ	2. Objective Assessments 1 CSEP	Needs Assessment and Goal Setting	
4	13 Aug – 19 Aug	Models of Behaviour Change and Counselling Strategies NVD	Motivational Interviewing NVD	3. Objective Assessments 2 CSEP	Compiling an Exercise Management Plan	
5	20 Aug – 26 Aug	Contraindications to Exercise / Conducting a Fitness Assessment NVD	Exercise and Movement Analysis NVD	4. Motivational Interviewing CSEP		Stream 1: Clinical1: Interview & initial assessment
6	27 Aug – 2 Sep	Resistance training 1 AE	Resistance training 2 AE	5. Resistance Training 1 CSEP		Stream 2: Clinical1: Interview & initial assessment
7	3 Sep – 9 Sep	Resistance Training 3 AE	Resistance Training 4 AE	6. Resistance Training 2 CSEP		Stream 1: Clinical2: Training Session
8	10 Sep – 16 Sep	Cardiovascular/Aerobic Training 1 AK	Cardiovascular/Aerobic Training 2 AK	7. Aerobic Exercise Prescription and Monitoring CSEP		Stream 2: Clinical2: Training Session
Exercise Programming Assignment Part 1 (15%) Due 9am Monday 17th Sep via TurnItIn						

Week	Date	Lecture 1 Wed 11-12pm Location: OMB 149	Lecture 2 Wed 12-1pm Location: OMB 149	Laboratory Tue 9-11am; Tue 11-1pm; Thu 12-2pm; Thu 2-4pm; Location: CSEP	Tutorial (Online)	Clinical (As Timetabled) CSEP
9	17 Sep – 23 Sep	Cardiovascular/Aerobic Training 3 AK	Cardiovascular/Aerobic Training 4 AK	8. Group exercise instruction CSEP		
MSB	Mid Semester Break 24th September to 30th September					
10	1 Oct – 7 Oct	Flexibility Training MJ	Considerations for Individual versus Group Exercise Prescription MJ	9. Flexibility/core training CSEP		
11	8 Oct – 14 Oct	Occupational Health and Safety issues NVD	Exercise Adherence and Addiction NVD	10. Group Exercise Practical CSEP		Stream 1: Clinical3: Post Assessment & Evaluation
12	15 Oct – 21 Oct	Review MJ/NVD	No lecture	11. Group Exercise Practical CSEP		Stream 2: Clinical3: Post Assessment & Evaluation
13	22 Oct – 28 Oct	No lecture	No Lecture	No lab		
Exercise Programming Assignment Part 2: (30%) Due 9am Monday 29th October via Turnitin						

