



HESC3501

Advanced Exercise Science

Course Outline
Term 2, 2024

School of Health Sciences

Faculty of Medicine & Health

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1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	Dr Mitchell Gibbs	Mitchell.gibbs@unsw.edu.au	By appointment	Wallace Wurth Building East
Course Convenor	Dr Donna Lu	Donna.lu@unsw.edu.au	By appointment	Level 2 Wallace Wurth Building East
Lecturers	Dr Mitchell Gibbs, Dr Jade O'Brien-Smith	Mitchell.gibbs@unsw.edu.au j.obriensmith@unsw.edu.au	By appointment	
Clinical Placement Lead	Dr Alexander Engel	alexander.engel@unsw.edu.au		
Work Integrated Learning (WIL) Team		mh.sohswil@unsw.edu.au		

Practicum coordinator:

Dr Alex Engel: ExPhys.prac@unsw.edu.au

2. Course information

Units of credit: 6

Pre-requisite(s): HESC1511, HESC2501, and HESC2452

Teaching times and locations: <https://timetable.unsw.edu.au/2024/HESC3501.html>

This course focuses on advanced understanding of exercise prescription, delivery, and testing for apparently healthy and sporting populations. It covers the areas of exercise physiology, functional anatomy, and motor learning, including strength and conditioning, agility training and skill development.

2.2 Course aims.

The objectives of this course are to:

1. Provide further theoretical and practical knowledge of exercise science, including the design and delivery of exercise programs and assessments to meet the specific needs of apparently

healthy clients that is consistent with the ESSA Code of Professional Conduct and Ethical Practice.

2. Undertake Practicum hours that is within the scope of exercise science training.
3. Understand and apply evidence-based practice, including the ability to compile, critically evaluate, and communicate the scientific rationale for their professional decision making and service delivery.

2.3 Course learning outcomes (CLO)

At the successful completion of this course you (the student) should be able to:

1. Conduct accurate health and exercise evaluations, assess physical activity status, and perform common assessments appropriate for the specific needs of apparently healthy clients, in accordance with best practice.
2. Integrate knowledge and evidence-based practice to prescribe physical activity and design exercise programs to maintain and promote good health and improve performance for clients across the lifespan.
3. Apply the principles and skill sets of exercise science, including the design and delivery of exercise programs and assessments to meet the specific needs of apparently healthy clients; and be able to adapt the delivery of an exercise prescription to respond to environmental change or change in the needs or capacities of clients.
4. Integrate knowledge, interpret results, and communicate scientific data and movement techniques to clients effectively; and act in a manner that is sensitive to client diversity and equity, and is consistent with the ESSA Code of Professional Conduct and Ethical Practice.

HESC3501 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

- A. Research, inquiry, and analytical thinking abilities
- B. The capability and motivation for intellectual development
- C. Ethical, social, and professional understanding
- D. Effective communication
- E. Teamwork, collaborative and management skills
- F. Information Literacy – the skills to locate, evaluate and use relevant information.

2.4 Relationship between course and program learning outcomes and assessments

Using the table below specify clearly how the course contributes to the program's learning outcomes. Complete the table with your own course and program learning outcomes, tasks and assessments. These should match to those approved in ECLIPS for this course <https://eclips.unsw.edu.au>

Course Learning Outcome (CLO)	LO Statement	Program Learning Outcome (PLO)	Related Tasks & Assessment
CLO 1	Conduct accurate health and exercise evaluations, assess physical activity status, and perform common assessments appropriate for the specific needs of apparently healthy clients, in accordance with best practice.	1-6	1,4
CLO 2	Integrate knowledge and evidence-based practice to prescribe physical activity and design exercise programs to maintain and promote good health and improve performance for clients across the lifespan.	2-6	2,3
CLO 3	Apply the principles and skill sets of exercise science, including the design and delivery of exercise programs and assessments to meet the specific needs of apparently healthy clients; and be able to adapt the delivery of an exercise prescription to respond to environmental change or change in the needs or capacities of clients.	1-6	2,3,4
CLO 4	Integrate knowledge, interpret results, and communicate scientific data and movement techniques to clients effectively; and act in a manner that is sensitive to client diversity and equity, and is consistent with the ESSA Code of Professional Conduct and Ethical Practice.	2,3,4,6	1,3,4

3. Strategies and approaches to learning

3.1 Learning and teaching activities

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.

Although the primary source of information for this course is the lecture material, effective learning can be enhanced through self-directed use of other resources such as textbooks and web-based sources. Your practical classes will be directly related to the lectures, and it is essential to prepare for practical classes before attendance. It is up to you to ensure you perform well in each part of the course; preparing for classes; completing assignments; studying for exams and seeking assistance to clarify your understanding.

3.2 Expectations of students

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 total approximately 50 hours throughout the term and students are expected (and strongly recommended) to do at least the same number of hours of additional study.

Lectures will provide you with the concepts and theory essential for understanding the evidence-based rationale for exercise prescription and testing of healthy adults and athletes. To assist in the development of the applied skills, practical classes and practicum hours will be conducted on a variety of topics. 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 exercise professionals.

For the online component of this course, students are directed to NSCA.com. The national strength and conditioning association, based in America, is arguably the leading governing body in the world in terms of Strength and Conditioning. For each of the topic areas, you are to watch the specific video, undertake an associated reading, and complete a short example activity to cement your learning. For each activity there will be a Moodle forum, on that forum you will post your response to the activity, you may wish to provide feedback or ask questions on fellow students' responses. Open and respectful discussion is required. These 'uploads' are not marked; however, they should be completed for each of the four activities. The topics chosen here are general 'interest' areas in the field of strength and conditioning. The videos and readings should provide you with an introductory level of knowledge in the specified area of conditioning. The content covered in the online component of the course is examinable in the end of semester examination.

Practical Classes

The practical class is an opportunity for students to develop graduate attribute C by behaving in an ethical, socially responsible and professional manner within the practical class. Students must take due care with biological and hazardous material and make sure all equipment is left clean and functional. In the interests of safety, special attention should be paid to any precautionary measures recommended in the notes. If any accidents or incidents occur, they should be reported immediately to the demonstrator in charge of the class who will record the incident and recommend what further action is required.

3.3 Attendance requirements

“Students are expected to attend all scheduled clinical, laboratory and tutorial classes. An Unsatisfactory Fail (UF) may be recorded as the final grade for the course if students fail to meet the minimum requirement of 80% attendance for clinical, laboratory and tutorial classes (unless otherwise specified on Moodle). Course attendance expectations are determined by the requirements of the program accrediting body. Where a student is unable to attend, they are advised to inform the course convenor as soon as possible but no later than 3 days after the scheduled class and, where possible, provide written documentation (e.g. medical certificate) to support their absence.”

4. Course schedule and structure

This course consists of 50 hours of class contact hours. You are expected to take an additional 100 hours of non-class contact hours to complete assessments, readings, and exam preparation.

Week	Topic [Module]	Activity [Learning opportunity]	Related CLO
Week 1	Resistance Training basics & testing	Tutorial: Compound lift mechanics Practical: Squat & Accessory lifts	1,2,3
Week 2	Resistance Training advanced prescription	Tutorial: Programming case study Practical: Deadlift & Accessory lifts Online self-led activity: Influencing the force velocity curve in athletes (1hr)	2,3,4
Week 3	Programming & Coaching* (some classes will be affected due to public holiday)	Tutorial – Program critique & programming theory Practical – Upper body exercises & free weight instruction/coaching	2,3,4
Week 4	Warm up, Cool down, & athletic testing	Tutorial: Program design – novice Practical: Competency assessment 1 Online self-led activity: Metabolic conditioning (1.5)	1,2,3,4
Week 5	Exercise prescription & training for team sports. (Speed, power, & plyometrics)	Tutorial: The role of Olympic lifting in athletic development/performance Practical: Simulated Personal Training - Novice	2,3,4
Week 7	Periodisation	Tutorial: Advanced programming methods	1,2,3

		<p>Practical: Olympic lifting</p> <p>Online self-led activity: Sleep & Performance (1hr)</p>	
Week 8	Periodised planning & prescription for an endurance athlete	<p>Tutorial: Needs analysis for sport</p> <p>Practical: Strength testing & speed testing – 1RM, Load-Velocity profiling, and linear acceleration</p>	1,2,3
Week 9	Exercise prescription for youth and masters athletes	<p>Tutorial: Contemporary practice in exercise science/strength & conditioning</p> <p>Practical: Simulated Personal Training – Advanced</p> <p>Online self-led activity: The use of wearables to monitor athletic training (1.5)</p>	2,3,4
Week 10	Body composition, nutrition, & the relative energy deficit in sports (RED-S)	<p>Tutorial: Critical reflection & Assessment preparation.</p> <p>Practical: Competency assessment 2</p>	2,3,4

Exam Period: 9 Aug - 22 Aug 2024

Supplementary Exam Period: 2 Sep – 6 Sep 2024

5. Assessment

5.1 Assessment tasks

Assessment task	Length	Weight	Due date and time
Assessment 1: Practical skills portfolio		20 %	Week 4 and 10 in class time
Assessment 2: Individual assignment	2 page	30%	Week 5

Assessment 3: Prescription/periodisation write up s for clients	2000 words	30%	Week 9
Assessment 4: Practical Viva exam		20%	Exam period

Both written assessments (individual and group) are due in the respective week on **Friday at 11:59pm**

Further information

UNSW grading system: <https://student.unsw.edu.au/grades>

UNSW assessment policy: <https://student.unsw.edu.au/assessment>

5.2 Assessment criteria and standards

Assessment 1: Practical skills portfolio (Competencies in week 4 and week 10 worth 10% each) (20%)

Practical competencies will be selected from a checklist of industry standard skills which students will develop throughout the practical components of this course. These competencies will be taught in practical classes and assessed in weeks 4 and 10 in your regular practical class time.

You will also be required to keep a logbook in keeping with standards expected by ESSA. This logbook will need to be completed for each hour that you attend your practicum site. This logbook will not be marked as part of your grade for HESC3501 but is needed for graduation and accreditation so must be completed to the standard expected.

AI Permission Level: NO ASSISTANCE

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

Assessment 2: Individual assignment (Week 5) (30%)

This is an individual exercise prescription case study assignment. Students will program exercise for one week for a novice client. This assignment will have a two-page limit (one page of prescription tables, and one page of referenced rationale/justification). Feedback provided following this assessment will help improve exercise prescriptions for the group written assignment due in week 10.

AI Permission Level: DRAFTING ASSISTANCE

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial drafts. However, you must develop or edit those ideas to such a significant

extent that what is submitted is your own work, i.e., what is generated by the software should not be a part of your final submission. It is a good idea to keep copies of your initial drafts to show your lecturer if there is any uncertainty about the originality of your work. Please note that your submission will be passed through an AI-text detection tool. If your marker has concerns that your answer contains passages of AI-generated text that have not been sufficiently modified you may be asked to explain your work, but we recognise that you are permitted to use AI generated text as a starting point and some traces may remain. If you are unable to satisfactorily demonstrate your understanding of your submission you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Assessment 3: Prescription / periodisation write ups for clients (Week 9) (30%)

In this group assignment, students will work as a group to write up an exercise prescription/periodisation plan. The prescription will be specific to apparently healthy clients. The prescription will follow evidence-based practice on appropriate exercise prescription and periodisation guidelines for case studies in this population. This assessment will have a maximum word limit of 2000 words.

AI Permission Level: DRAFTING ASSISTANCE

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial drafts. However, you must develop or edit those ideas to such a significant extent that what is submitted is your own work, i.e., what is generated by the software should not be a part of your final submission. It is a good idea to keep copies of your initial drafts to show your lecturer if there is any uncertainty about the originality of your work. Please note that your submission will be passed through an AI-text detection tool. If your marker has concerns that your answer contains passages of AI-generated text that have not been sufficiently modified you may be asked to explain your work, but we recognise that you are permitted to use AI generated text as a starting point and some traces may remain. If you are unable to satisfactorily demonstrate your understanding of your submission you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Assessment 4: Practical Viva examination (Exam period) (20%)

This is an oral exam performed individually by each student. Each student will be randomly allocated two case study scenario's and asked a series of pre-determined questions. The questions may be based on any content covered throughout HESC3501 (lectures, online material, practicals, and tutorials). General feedback will be provided via the Moodle page. Specific feedback can be provided at the request of the student. This assessment will be held during the university final exam period.

AI Permission Level: NO ASSISTANCE

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

5.3 Submission of assessment tasks

Late Submission

UNSW has standard late submission penalties as outlined in the UNSW Assessment Implementation Procedure, with no permitted variation. All late assignments (unless extension or exemption previously agreed) will be penalised by 5% of the maximum mark per day (including Saturday, Sunday, and public holidays). For example, if an assessment task is worth 30 marks, then 1.5 marks will be lost per day (5% of 30) for each day it is late. So, if the grade earned is 24/30 and the task is two days late the student receives a grade of 24 – 3 marks = 21 marks.

Late submission is capped at 5 days (120 hours). This means that a student cannot submit an assessment more than 5 days (120 hours) after the due date for that assessment.

Short Extension

UNSW has introduced a short extension procedure for submission of individual assessment tasks. This does not include timed assessments, exams, quizzes, group tasks, presentations, clinical skills assessments or practical assessments. Students must check the availability of a short extension in the individual assessment task information for their courses. For this course, students may apply for a short extension of up to 2-days for a maximum of one assessment task during the term.

Short extensions do not require supporting documentation. They must be submitted before the assessment task deadline. No late applications will be accepted. Late penalties apply to submission of assessment tasks without approved extension.

Special Consideration

In cases where short term events beyond your control (exceptional circumstances) will affect your performance in a specific assessment task, you may formally apply for [Special Consideration](#) through myUNSW.

UNSW has a Fit to Sit rule, which means that by sitting an examination on the scheduled date, you are declaring that you are fit to do so and cannot later apply for Special Consideration. Examinations include centrally timetabled examinations and scheduled, timed examinations, tests and practical assessments managed by your School.

You must apply for Special Consideration **before** the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must **apply within 3 working days** of the assessment, or the period covered by your supporting documentation.

More information can be found on the [Special Consideration website](#).

5.4. Feedback on assessment

Students will receive feedback on the practical skills portfolio (competencies in week 4 and 10) through Moodle and will also receive their graded rubric. Individualised feedback will be provided for the written and group assessments within 10 business days of all students completing the assessment through Turnitin. For the viva, general feedback will be provided via the Moodle page and specific feedback can be provided at the request of the student.

6. Academic integrity, referencing and plagiarism

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Please use Vancouver referencing style for this course.

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.¹ At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- The Current Students site <https://student.unsw.edu.au/plagiarism>, and
- The ELISE training site <https://subjectguides.library.unsw.edu.au/elise>

The Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

7. Readings and resources

These resources will take the form of textbooks, journal articles or web-based resources. If available, links to the electronic form of these resources will be put on the course Moodle page.

Haff GG, Triplett NT, editors. Essentials of strength training and conditioning 4th edition. Human kinetics; 2016.

Coombes J, Skinner T. ESSA's Student Manual for Health, Exercise and Sport Assessment. Elsevier; 2014.

8. Administrative matters

Student enquiries should be submitted via student portal <https://portal.insight.unsw.edu.au/web-forms/>

Welfare Check

At UNSW, we have a duty of care for your wellbeing on campus as well as while you are on a WIL activity. That is why we ask you to digitally check-in mid-placement and check-out on completion of your placement. You will be asked to provide feedback via InPlace on how well you think the supervisor(s)/practice(s) is facilitating your clinical learning and whether there are any issues that you need assistance in addressing. These surveys provide us with important feedback about each of your

¹ International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

placements, to ensure they are providing suitable learning experiences for you. If you identify a problem, you will be contacted by a member of the WIL team to assist.

To ensure you have a successful transition to placement the practicum team will organise an individual meeting with you in the weeks leading up to week 4 and if required in the latter weeks of the term. This meeting can be conducted either face to face or online.

Placements allocations

A number of placement sites are preferential stage 4 clinical practicum. To maintain our relationship with these sites requires a minimum number of student allocations and thus the WIL and Practicum team will preferentially direct students towards these placements, for example Prince of Wales Hospital.

These placement sites will require a minimum number of weeks and a minimum availability per week.

A number of placements are competitive and pre-screen applicants prior to acceptance of students. These sites fill quickly and thus students are advised to put in their placement nominations promptly.

The WIL team will ensure that all students are given equal opportunity to apply to these sites.

Placement Suspension or Termination Procedures

Prior to commencing placement students are required to read the Student Code of Conduct and ESSA Code of Professional Conduct and Ethical Practice.

Note: a number of placements e.g., UNSW Lifestyle Clinic have an inhouse code of conduct that will need to be read and signed (often digitally) to say students have read and understood these documents and understand the consequences of unprofessional behaviour or poor performance.

Students must acknowledge that they understand a disciplinary outcome will be imposed if students are found in breach of the Student Code of Conduct or ESSA Code of Professional Conduct and Ethical Practice. Disciplinary actions may include suspension or termination from the placement site, following notification to the Clinical Practicum Lead, Lead Practicum Convener and Program Authority.

Students must be aware that failure to meet these expectations may result in suspension, followed by termination of placement if behaviour does not improve after that suspension.

The School of Health Sciences has a three-strike policy including a verbal warning, followed by a written warning. If a student is found to have demonstrated repeated instances of unprofessional behaviour, upon the third instance, the behaviour may lead to suspension or termination of placement.

The following procedure will occur when a student does not meet expectations:

First Incident and Warning

1. Students attend a meeting (face to face where restrictions allow) with their Clinic supervisor (AEP allocated to student for supervision) during which their poor performance is verbally discussed. This is followed up with a written summary of the discussion.
2. Student is given the opportunity to respond in writing to the written summary.
3. Incident and student response is recorded in writing on the student's file.
4. Student is warned if incident occurs again, they will receive a written warning.

Second Incident

1. Student attends a meeting with their Clinic supervisor (face to face where restrictions allow), where they receive written notification of the details of the incident.
2. Student is given the opportunity to respond in writing.
3. Incident and student response are recorded in writing on the student's file.
4. Student is warned if another incident occurs, they will be suspended or terminated from the placement site.

Third Incident and Suspension/Termination Meeting

1. Student is given notice in writing of suspension or termination and impending meeting with the Lead Practicum Convenor, Clinical Placement Lead and Program Authority.
2. Appointment is made with student and the Lead Practicum Convenor, Clinical Placement Lead and Program Authority.
3. In accordance with WIL procedures, this must occur within 20 days of suspension/termination of placement.
4. Student must be given 5 days' notice of meeting and be told they can bring a support person to the meeting with Lead Practicum Convenor, Clinical Placement Lead and Program Authority.
5. Student is informed the meeting is designed to give the student the chance to respond.
6. Student is provided with an explanation around the sequence of events and reasons that led to the suspension or termination of the placement.
7. Student gives their explanation of events verbally and then is given one week, during which the placement will be suspended, in which to respond in writing to the issues presented and design a plan for improvement.
8. The student's response and plan for improvement will be reviewed by their supervisor and accepted
or revised in consultation with the student to arrive at a mutually agreeable plan.
9. Based on the student's response, and in consultation with the supervisor/placement site management, a decision is made after the meeting by the Lead Practicum Convenor, Clinical Placement Lead and Program Authority as to whether the student may return to the placement site under close supervision, or if the placement is terminated.
10. Once a plan is agreed upon, the student will be either allowed to resume placement participation at reduced hours under close supervision by an AEP, or the student will be informed that their placement has been terminated.
11. If placement is resumed and the student can successfully implement the agreed plan for improvement, addressing the issues adequately, with no further instances of unprofessional behaviour, the student may return to a usual level of placement participation, with shadowing of AEPs as appropriate.
12. If the student returns to the placement site and continues to display unprofessional behaviour, during or after undergoing the improvement plan, the student will be at risk of termination from their placement for the remainder of the term and failure of the Practicum Course.
13. It is noted, that in accordance with UNSW Medicine & Health's policy, a student's progression

14. through the program may be halted if the issues raised are inadequately addressed.

Following Meeting

1. If it is decided the student cannot return to the placement site, a WIL staff member, and any other UNSW staff required, will decide on whether a WIL activity with another partner organization can be sought for or by the student.
2. Reasons for the suspension or early termination of the placement will be documented and kept in the student's file.
3. The outcome of the decision on a possible alternative WIL placement will be documented along with the reasons, and students will be informed of these matters in writing within 10 working days of the meeting.

9. Additional support for students

- *The Current Students Gateway:* <https://student.unsw.edu.au/>
- *Academic Skills and Support:* <https://student.unsw.edu.au/academic-skills>
- *Student Wellbeing and Health:* <https://www.student.unsw.edu.au/wellbeing>
- *UNSW IT Service Centre:* <https://www.myit.unsw.edu.au/services/students>
- *UNSW Student Life Hub:* <https://student.unsw.edu.au/hub#main-content>
- *Student Support and Development:* <https://student.unsw.edu.au/support>
- *IT, eLearning and Apps:* <https://student.unsw.edu.au/elearning>
- *Student Support and Success Advisors:* <https://student.unsw.edu.au/advisors>
- *Equitable Learning Services (Formerly Disability Support Unit):* <https://student.unsw.edu.au/els>
- *Transitioning to Online Learning* <https://www.covid19studyonline.unsw.edu.au/>
- *Guide to Online Study* <https://student.unsw.edu.au/online-study>

10. Health and Safety

Students must complete the pre-exercise screening and risk assessment prior to engagement in any practical components of this course.

Activities must comply with the NSW Work and Health Safety (WHS) regulation 2017 and NSW Work and Health Safety Act 2011. It is expected that students will conduct themselves in an appropriate and responsible manner in order not to breach OHS regulations. Further information on relevant OHS policies and expectations are outlined at: safety.unsw.edu.au/

Hazards that may exist in placement workplaces include physical hazards such as slips, trips and falls; mechanical or electrical hazards from using inappropriate or unsafe exercise or testing equipment; mechanical or electrical hazards from disrepair of buildings; manual handling injuries from moving equipment or demonstrating an exercise with inappropriate technique; contact with infectious diseases; physical or sexual harassment and bullying.

Supervisors are to ensure that students are inducted into their placement, with information on Policies and Procedures, Emergency Procedures, Injury Policy, Dangerous substances & Potential hazards in the workplace.

NSW Health

NSW Health has strict OHS policies in place and is thorough in their management of students on placement. NSW Health has an on-line database (ClinConnect) that records student placement details and student compliance with NSW Health vaccination requirements, code of conduct and criminal record checks. Only students who are deemed 'fully compliant' with ClinConnect health regulations are permitted to attend NSW Health placements and interact with patients.

UNSW Medicine Lifestyle Clinic

The Lifestyle Clinic performs a thorough induction process to ensure students have the required knowledge and understanding to complete placement within the clinic safely. Included in this induction are the location of fire exits, extinguishers, emergency phone numbers and procedures, locations of the first aid box, CPR chart and defibrillator.

Other placements:

Other placements include private exercise physiology clinics, physiotherapy businesses, workers' compensation businesses, aged care facilities, corporate health, sports facilities and health and wellbeing establishments. These workplaces are sometimes small with specific clientele and may even encompass mobile services. These placements should comply at all times with the OHS policies required in normal practice and supervisors should ensure that all OHS matters are addressed as part of inducting students to a new placement within the first few days of placement commencement. If for some reason such an induction does not occur automatically, then you should ask the supervisor to do this. Specifically, students should be aware of the workplace Policies and Procedures, Emergency Procedures, hazards and any potentially dangerous areas within the placement.

First aid certification, criminal record and working with children checks, immunisations.

Criminal record checks, working with children checks, first aid (physical and mental), CPR, NSW Health code of conduct and immunisations are a requirement of many clinical placement providers. These requirements should be met prior to the stage 3 clinical courses.

Teaching support staff will contact students by email regarding NSW Health ClinConnect requirements. If students are unsure about their immunisation status or the evidence required to be presented, they should make an appointment with the UNSW Health Service (www.healthservices.unsw.edu.au) as they are familiar with the requirements and can advise and / or arrange additional vaccinations if necessary.

It is a requirement of the program that you complete a senior first aid certificate, before stage 3 clinical courses and mental health first aid before stage 4 clinical courses. CPR certification must be completed before stage 3 courses and maintained throughout the remainder of the program.

See details on the Exercise Physiology Moodle page, under clinical practicum, for further information.

Insurance Cover

UNSW students undertaking practical placements, as a component of their degree program, are covered by the University's insurance policy for public liability and personal accident. The University has liability insurance in excess of \$20 million for any one claim in the event of such an occurrence.

The employer hosting the placement can request a Letter of Indemnity issued by the Practicum Coordinator prior to commencement of the placement confirming insurance coverage.

The university, employers and students should undertake all reasonable measures to ensure the safety of students, employers and the general public is maintained at all times. In the situation that such an event occurs, the Practicum Coordinator or Program Authority should be immediately informed.