

# HLTH 7023 ADVANCED SPORT AND EXERCISE SCIENCE

**Credit Points** 20

**Legacy Code** 401414

**Coordinator** Simon Green ([https://directory.westernsydney.edu.au/search/name/Simon Green/](https://directory.westernsydney.edu.au/search/name/Simon%20Green/))

**Description** Please note, subject 401291.1 Advanced Sport and Exercise Science replaced by 401414.1 Advanced Sport and Exercise Science from 2020. This subject provides Bachelor of Research Studies/Masters of Research candidates with an interest in Sport & Exercise Science with an opportunity to further their knowledge and skill-sets in the field. Working closely with their assigned supervisor(s), students will prepare a work-plan to further enhance their theoretical knowledge through a combination of independent and guided-study. The subject will provide students with an opportunity to strengthen their knowledge and expertise in their selected field of Sport & Exercise Science. The subject is focused on the development of discipline-specific knowledge (theoretical and practical) to prepare students for their research thesis and future career in a Sport & Exercise Science related field.

**School** Health Sciences

**Discipline** Human Movement

**Student Contribution Band** HECS Band 4 20cp

**Level** Postgraduate Coursework Level 7 subject

## Restrictions

Students must be enrolled in 8083 - Bachelor of Research Studies/ Masters of Research

## Assumed Knowledge

Students to have completed an undergraduate degree in Sport and Exercise Science or other closely related Health, Allied Health or Medical Science/Medicine undergraduate equivalent.

## Learning Outcomes

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

1. Plan, execute and evaluate two programs (learning contracts) of self-directed learning.
2. Develop and demonstrate sound knowledge and understanding of theory and practice in a chosen topic in Sports and Exercise Science.
3. Critically review published research about a topic related to your Masters research project.
4. Develop and demonstrate sound scientific writing skills.
5. Develop and demonstrate sound oral communication and presentation skills.

## Subject Content

1. Advanced theoretical content related to the candidates research interests.
2. Developing skill-sets pertaining to Sport & Exercise Science research and/or clinical practice.
3. Management of self-directed learning programs.

4. Interpretation and evaluation of research contributions.

## Special Requirements

Legislative pre-requisites

If you are involved in research work with human participants, you will need to consult with supervisors regarding any compulsory training or background checks that might be required.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/Group Task
Learning Contract	2 pages for each contract	10	Y	Individual
Reflection	1 page for each contract	10	Y	Individual
Presentation	45 minutes	40	N	Individual
Report	4,000 - 5,000 words	40	N	Individual

Prescribed Texts

- None. Reading in these subjects will be given by the supervisors and will be recently published primary research and review articles. These publications are available through the library website.

Teaching Periods

## Autumn (2022)

### Campbelltown

#### Day

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View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=HLTH7023\\_22-AUT\\_CA\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=HLTH7023_22-AUT_CA_D#subjects))

## Autumn (2023)

### Campbelltown

#### On-site

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