

# SPRT 2002 EXERCISE TESTING AND MEASUREMENT

**Credit Points** 10

**Legacy Code** 401150

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

**Description** This subject provides students with an understanding of the safety, ethical, logistical and theoretical considerations for administering tests and conducting measurements within the Exercise Science scope of practice. Students will develop skills in data analysis, data visualisation and generating reports to hypothetical clients within the Sport & Exercise sector. The subject introduces numerous physical and physiological tests, together with performance analysis and monitoring techniques, with a particular focus on the measurement accuracy of data collected. Students will evaluate and interpret data from tests to inform further practice in exercise prescription and exercise recommendations.

**School** Health Sciences

**Discipline** Human Movement

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 2 subject

**Co-requisite(s)** SPRT 1001

## Restrictions

Students must be enrolled in 4658 - Bachelor of Health Science (Sport and Exercise Science).

## Learning Outcomes

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

1. Identify or apply the correct test based on demographics, risk assessment, and health guidelines
2. Apply measurement accuracy concepts to exercise testing and measurement
3. Evaluate the feasibility of different tests according to environmental conditions and client characteristics
4. Demonstrate basic data processing and analytical techniques
5. Visualise data with consideration for measurement accuracy
6. Appropriately interpret results with respect to established normative data and measurement considerations
7. Communicate test results and their implications to hypothetical client scenarios

## Subject Content

- Concepts of validity, reliability and testing procedures
- Introduction to performance analysis and monitoring
- Pre-testing criteria considerations and influence on test outcomes
- Test administration, professional conduct, ethical behaviour and procedures during testing

- Practical considerations and application of scientific rationale to inform test selection
- Visualisation, analysis and reporting of data
- Evaluation and interpretation of data
- Introduction to a range of physical and physiological assessments with the ESSA scope of practice

## Special Requirements

Legislative pre-requisites

Prior to enrolling in this subject, students must have submitted a Student Undertaking Form and undertake to apply for a National Police Check, which is required to be submitted before placement. Students must also have submitted a Working with Children Check Student Declaration. Students must hold a valid and current First Aid Certificate from a Registered Training Organisation. Refer to the Special Requirements website for more information. Special requirements ([https://www.westernsydney.edu.au/currentstudents/current\\_students/enrolment/special\\_requirements/](https://www.westernsydney.edu.au/currentstudents/current_students/enrolment/special_requirements/))

## 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	Mandatory
Final Exam	2 hours	50	Y	Individual	Y
Case Study	1-page structured, analytical account of load monitoring exercise and notational analysis exercise; and a 2 minute explanation (given to tutor as you would to a coach or client) of each account.	20	N	Individual	Y

Literature Review	1,500 words inclusive of: a) an overview of the load monitoring literature; and b) a detailed literature review on the load monitoring too of your choice.	30	N	Individual	Y
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Teaching Periods

## Autumn (2025)

### Campbelltown

#### Hybrid

**Subject Contact** Dean Norris ([https://directory.westernsydney.edu.au/search/name/Dean Norris/](https://directory.westernsydney.edu.au/search/name/Dean%20Norris/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=SPRT2002\\_25-AUT\\_CA\\_3#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=SPRT2002_25-AUT_CA_3#subjects))