



# **HONOURS PROSPECTUS**

*School of Sport Science, Exercise and Health*

*University of Western Australia*

*For 2010 enrolments*

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**CRICOS Provider No. 00126G**

## Introduction to the Honours program of the School of Sport Science, Exercise and Health

The Honours Research Degree at School of Sport Science, Exercise and Health is a prestigious one-year, research-based extension of your undergraduate degree that is available only to students who demonstrate academic excellence. During your Honours year, you will be required to complete three units and to spend most of your time on your research work and thesis. Irrespective of whether you are interested in undertaking a career in research, our Honours Research programme will allow you to develop a broad range of generic skills highly valued in the workforce, such as problem-solving and organisational skills, initiative, advanced computer skills and capacity to work independently and in a team. In this respect, the Honours degree is of great value for your career prospects as it distinguishes you from regular BSc graduates who would not have had the same opportunity for an advanced learning experience.

If you are interested in pursuing an Honours Research Degree, it is important that you determine the general area that you wish to study, and discuss potential research projects with staff in that area. It is important to stress that you are not required to define your own research project as most Honours projects are normally part of the supervisor's ongoing research. The School offers several research streams: Biomechanics, Motor Control and Development, Exercise Physiology and Biochemistry, Health Behaviour and Performance Psychology, Health and Physical Education and Exercise Rehabilitation/Occupational Safety and Health. In order to help you to find a project that suits you, we have compiled a list of some of the Honours research projects on offer for 2010 (please see front desk for a copy of the booklet).

If you wish to pursue this degree, you must initiate discussions with members of staff as soon as possible as limits on the number of available supervisors in a given year may prevent some eligible students from gaining entry. Once you have secured a potential supervisor, you will need to apply on-line through Student Connect. If you are successful, a formal invitation will be mailed to you in January 2010 by the Faculty.

It is important to note that in order to enroll in the Honours Research Degree offered by the School of Sport Science, Exercise and Health you must reach a grade point average of 65% and above across your third year units. For this reason, you should aim at performing exceptionally well at your final exams.

If you have any queries about our Honours program, please feel free to contact our Honours Coordinator, Prof Paul Fournier ((08) 6488 1356 or [fournier@cyllene.uwa.edu.au](mailto:fournier@cyllene.uwa.edu.au)) or Inga Carr (08) 6488 2360 or [inga.carr@uwa.edu.au](mailto:inga.carr@uwa.edu.au) .

### Honours Outcomes

Honours students gain a greater depth of knowledge in areas of specialisation, while also developing research skills. Students learn:

- to plan, administer testing, analyse and present data both in written and oral formats;
- to prepare a written manuscript for peer-reviewed publications;
- independent time and work management skills and the ability to develop leadership potential;
- advanced computer skills;
- problem-solving and organisational skills.

## Honours course structure (48 points)

### *Honours dissertation*

SSEH 7711 Part 1 (Sem 1)	6 points
SSEH 7712 Part 2 (Sem 2)	24 points

### *Core Units*

	12 points total
SSEH7602 Research Methods	6 points
SSEH7603 Data Analysis	6 points

*Select ONE 6 point unit from the list below:* 6 points each

SSEH7633 Advanced Biomechanical Methods  
SSEH7634 Neuromuscular Biomechanics  
SSEH7643 Cardiac Rehabilitation  
SSEH7644 Advanced Exercise Physiology  
SSEH7654 Advanced Concepts in Motor Control & Learning  
SSEH7664 Exercise and Health Psychology  
SSEH7685 Worksite Health Promotion

## **Bachelor of Science (Honours) 5011H**

### **SSEH7700 Bachelor of Science (Exercise and Health Science) Honours**

## Entry Requirements

Students with a 65% or above grade point average (GPA) at Level 3 will be offered the opportunity to complete an Honours Degree. Candidates must arrange a thesis supervisor and submit an **on-line application through Student Connect** to the Faculty of Life and Physical Sciences (usually mid November of the year prior to Honours). Only those students who have gained the 65% GPA and secured a thesis supervisor will be granted authority to enroll in the Honours program by the Faculty.

Honours is offered as a full-time program. Students wishing to complete Honours on a part-time basis must seek special approval from the Head of School and the Dean. Mid-year enrolments are also offered in the program but it should be noted that core units are only offered in Semester 1.

Students enrolled in the Honours research degree must successfully complete core units SSEH7602 Research Methods, SSEH7603 Data Analysis and one other unit in the cognate area of the proposed thesis, or equivalent units as approved by the Head of School.

Submission of a thesis based on a research topic in a cognate area is a major component of the Honours degree. A candidate must present a research proposal on a topic approved by the supervisor(s) to the School's Higher Degree and Ethics Committee, academic staff and postgraduate student body by the commencement of **Week 7 of Semester 1**. For mid-year enrolments the proposal must be submitted by **Week 7 of Semester 2**. This proposal will be prepared under the guidance of the candidate's nominated supervisor(s). All Honours students must present a proposal to the Higher Degree and Ethics Committee **prior to any data collection being commenced**.

### **ENTRY FOR OVERSEAS STUDENTS**

Potential students who do not hold Australian or New Zealand citizenship or Australian permanent residency permits should address their initial enquiries to the International Students Officer (Postgraduate), International Centre, at The University of Western Australia. Information regarding application procedures and entry requirements are available from the International Centre:

Phone: +61 8 6488 3939  
Fax: +61 8 6488 4071

Email: [international@uwa.edu.au](mailto:international@uwa.edu.au)

Website: <http://www.international.uwa.edu.au>

## Timeframe

### Timetable for 2010

Application for End-On- Honours	17 November 2009
Start of Semester 1, 2010	22 February 2010
Proposal of research project due by	12 April 2010
Honours Thesis Due	25 October 2010
Honours presentations	10/11 November 2010
Marked thesis due back to office	12 November 2010
Comments and examiners remarks due to students	26 November 2010
Corrected thesis and CD due to office	18 February 2011

### Mid Year Timetable for 2010/2011

Application for mid year End-on- Honours	2 July 2010
Start of Semester 2, 2010	26 July 2010
Proposal of research project due by	6 September 2010
Honours thesis due	30 May 2011
Honours presentations	10 June 2011
Marked thesis due back to office	17 June 2011
Comments and examiners remarks due to students	27 June 2011
Corrected thesis and CD due to office	30 September 2011

## Honours Thesis Supervision

Students planning to undertake an Honours thesis should, in the first instance, approach an academic staff member with regard to supervision. Academic staff are listed here under the discipline areas offered by the School. Details are also available on the School's internet homepage:

<http://www.sseh.uwa.edu.au/about/staff>

## Academic Staff in Research Areas

### **Biomechanics, Motor Control and Development**

Winthrop Professor Tim Ackland  
Assistant Professor Jacqueline Alderson  
Lecturer Mr Nat Benjanuvattra  
Winthrop Professor Bruce Elliott  
Assistant Professor Brendon Lay  
Lecturer Dr Melissa Licari  
Associate Professor David Lloyd  
Research Associate Dr Siobhan Reid  
Assistant Professor Jonas Rubenson

### **Exercise Physiology and Biochemistry**

Winthrop Professor Brian Dawson  
Professor Paul Fournier  
Professor Danny Green  
Assistant Professor Kym Guelfi  
Assistant Professor Grant Landers  
Associate Professor Karen Wallman

### **Health Behaviour and Performance Psychology**

Assistant Professor Rebecca Braham  
Assistant Professor James Dimmock  
Associate Professor Michael Rosenberg  
Associate Professor Sandy Gordon  
Winthrop Professor Robert Grove

### **Physical and Health Education**

Mr Martin Anderson  
Lecturer Dr Peter Whipp  
Rev. Canon Richard Pengelley

### **Exercise Rehabilitation**

Winthrop Professor Tim Ackland  
Mrs Kerry Smith  
Dr Jay Ebert

## Research Proposal Guidelines

Having selected a supervisor, the next step is the preparation of the proposal. A proposal is:

- a statement of the problem to be examined,
  - the hypotheses to be tested, and
  - the methods considered most appropriate for its examination
- Honours research proposals must be submitted to the School's Higher Degree and Ethics Committee for approval by week 7 of semester 1 (or week 7 of Semester 2 for students commencing mid-year). The candidate arranges a time and date with the Senior Administrative Assistant to present to this Committee.
  - The full proposal, (a maximum of 15 pages), in an electronic format should be forwarded to the Senior Administrative Officer one week prior to the presentation.
  - The proposal should be a brief synopsis of the research plan as per the guidelines located at the website above.
  - All proposals must be approved in the first instance by the candidate's supervisor(s).
  - A Thesis Budget Proposal form, Laboratory usage form and timeframe must also be completed for each proposal (available on the Web).
  - Proposals prepared by other students can be viewed via the School Intranet.

In preparing the proposal, consideration must be given to the University rules relating to *Guidelines for Preparing Research Proposals for Candidates in Research Higher Degrees* and conform to *Ethical Applications and Approvals*.

[http://www.sseh.uwa.edu.au/for/current\\_students/postgraduates/research\\_proposal\\_guide](http://www.sseh.uwa.edu.au/for/current_students/postgraduates/research_proposal_guide)

NB: An Ethics application can only be submitted once the research proposal is approved at a Higher Degree and Ethics Committee meeting.

### **Ethics Application**

Any research conducted using human participants or animals must have Ethics approval. Full details of how to apply, what documentation you must complete and to whom it must be submitted is located at the following website:

[http://www.research.uwa.edu.au/welcome/research\\_services/Ethics/human\\_ethics/forms\\_guidelines\\_policies2](http://www.research.uwa.edu.au/welcome/research_services/Ethics/human_ethics/forms_guidelines_policies2)

### **Proposal Presentation**

Honours students are required to limit their presentation as follows:

Presentation - 10 minutes

Question Time – 7 minutes

Changeover Time – 3 minutes

In the written proposal, a student will have provided considerably more background information and methodological detail than it would be possible to cover in the allotted speaking time. There is no need to repeat this information.

The Committee is primarily interested in hearing what the problem is, why it is worth studying, and an abridged methodology. It is suggested that the student spends 50% of the speaking time explaining the problem and its relevance, and the remainder on the key aspects of methodology and the outcomes of the research.

### **Technical and Administrative Staff Support**

The School needs to estimate the amount of technical and administrative input that is required from staff. You will need to estimate the time required to carry out the required tasks for your project.



### 1. Preliminary Material

1. Title page
2. Executive Summary (1 to 2 pages)
3. Acknowledgements
4. Table of Contents
5. List of Tables
6. List of Figures
7. List of Abbreviations

### 2. Extended Literature Review (<5000 words excluding reference list)

1. Literature Review
2. Full Reference List

### 3. Preliminary Work and/or Development and Validation of Methods (optional)

This section should be included in the body of the thesis if it constitutes an important component of the Honours Research work.

### 4. The Paper

#### *Format and General Restrictions*

The paper format should follow that of the scientific journal relevant to the research topic, but with the following restrictions overriding the journal's instruction to authors:

The paper should adopt the following conventional format:

- Abstract
  - Introduction
  - Methods
  - Results
  - Discussion (or combined Results and Discussion)
  - Conclusion
  - References
- ❖ Each subheading, table and figure should be numbered relative to its position within the thesis (e.g. "2.1 Introduction" rather than "Introduction").
- ❖ Use UK, USA or Australian spelling as per Instructions to Authors.
- ❖ Manuscript length should be that of a full length paper (3,000 – 5,000 words) and not a short communication

#### *Format and General Restrictions*

- a) Title Page  
As per Instructions to Authors, but must include the name of the journal of publication and internet address of the journal's instructions to authors.
- b) Abstract  
As per Instructions to Authors.
- c) Introduction  
Must be brief (<3 pages) and clearly state the research aims and hypotheses.
- d) Materials and Methods  
Must provide enough details and cited material for the reader to repeat the experiments.

- e) Results or Results/Discussion
  - The Result and Discussion sections can be combined if allowed by the journal
  - Figures and Tables should be included in this section and not at the end of the manuscript as normally recommended by most journals.
  - Figure legends should be added to corresponding figures rather than as a list.
- f) Discussion
 

Limitations of the study should be highlighted as well as proposed means to address those limitations. Supervisors are not to proof-read the discussion section of the thesis.
- g) Conclusion and Future Research Directions
 

Comments on future research directions should be provided even if this is generally discouraged by most journals. Supervisors are not to proof-read the Conclusion and Future Research Directions section of the thesis.
- h) Acknowledgements
 

As per Instructions to Authors
- i) References
  - As per Instructions to Authors, but must provide the title of each cited article.
  - Preferable but not compulsory for the reference styles of the paper and literature review to be identical.
  - Citations in the text can refer to the names of the authors (e.g. Smith, 2009) rather than using reference numbering system.

## 5. Appendices

- 1) Human or Animal Ethics Approval Form (compulsory)
- 2) Additional or expanded Methodologies (optional)
- 3) Additional results (optional)
- 4) Additional or raw data if relevant (optional)

### Honours Colloquia Format

- |  |            |                          |
|--|------------|--------------------------|
| <input type="checkbox"/> Presentation: | 10 minutes | } 20 minutes per student |
| <input type="checkbox"/> Questions:    | 7 minutes  |                          |
| <input type="checkbox"/> Changeover :  | 3 minutes  |                          |

The following criteria are considered in evaluating oral presentations.

- Clear, concise oral delivery
- Pleasant and professional image
- Quality of:
  - Introduction
  - Justification of goals
  - Experimental design
  - Data analysis and interpretation of results
  - Conclusion
- Appropriate use of media aids (overheads, powerpoint....)
- Response to questions
- Ability to keep to time
- Comments (Optional)

## Honours Assessment Overview

SSEH7700 Bachelor of Science (Exercise and Health Science) Honours

### Course assessment

3 units	35 %
Thesis (including oral presentation)	65%

### Assessment breakdown

Thesis Examiner	35%
Supervisor	20%
Coursework	35%
Presentation	10%

## Appeal Against Academic Assessment

### \* The Informal Process

Students dissatisfied with assessment in a component of the course contributing to the final assessment (other than final examination) seeks, as soon as possible, informal feedback from:

*Assessor (verbal)*

If student is dissatisfied, he/she goes to

*Unit/Course Co-ordinator (verbal)*

If student is still dissatisfied, he/she may write, within ten University working days of notification of result, seeking reassessment of work, to:

*Head of School*

If student is still dissatisfied, he/she appeals formally through the processes outlined below.

### \*The Formal Process

Full details of the formal appeals process can be found in the Interfaculty Handbook which is available at the following Website:

<http://handbooks.uwa.edu.au/undergraduate/poliproc/StudentProcedures/AssessmentandExamination/Assessment/Appeals>

### Academic Regulations

The School of Sport Science, Exercise and Health operates under the General Regulations and Statutes of The University of Western Australia as well as those of the Faculty of Life and Physical Sciences. These regulations can be found in the Faculty of Life and Physical Sciences Handbook which is available from the University Bookshop and may also be accessed on-line at:

<http://handbooks.uwa.edu.au/>

## Thesis presentation

### Thesis Presentation Specifications:

- A thesis must be printed one-side only on a white paper with a minimum 1.5 line spacing (Laser printing facilities are available within the School).
- The cover page must include the Author's name, full title of thesis, full title of degree, School's name, University's name and year of presentation.
- The paper used should be international size A4 which is 297x210 mm. A 4cm margin is required for permanent binding. Other margins should be not less than 2cm.
- Photographic plates or other illustration on non-standard paper must be securely mounted so as to conform with the above margin requirements
- Coloured pages can be done at Uniprint. Students need to request a form at the reception to take to Uniprint to have enough copies made for the number of thesis they need to submit.

### Examination and Binding Guidelines:

Each candidate will present one temporary bound copy of the completed Honours thesis for marking to the School Senior Administrative Officer by the due date unless an extension has been granted. Should a candidate fail to do so it is deemed the privilege of the School to withhold the final Honours grade.

#### Temporary binding:

Temporary binding can be done within the School with the help of the front desk staff. Please note that Honours thesis should be printed off and bounded by 3pm on the due date. After 3pm and before 5pm on the due date, candidates will be sent to Uniprint office for printing and binding purposes.

#### Permanent binding:

Once a thesis has been examined, students are required to amend the thesis in accordance with examiners' comments. Correction of the thesis must be completed by 28 February of the following year. Once corrections are completed and approved by the supervisor(s), a "T" form should be obtained from the front office to take to the Reid Library for permanent binding of the completed thesis. At the time of submitting the thesis for permanent binding, a CD of the thesis should also be submitted to the Senior Administrative Officer.

The School will pay for the supervisor(s) copy, the School's copy, and one personal copy for a student. Students requiring more than one personal copy may pay for additional copies at the Library.

## UNIT OVERVIEW

UNIT CODE	UNIT TITLE	2010 Semester
SSEH7602	Research Methods	1
SSEH7603	Data Analysis	1
SSEH7633	Advanced Biomechanical Methods	1
SSEH7634	Advanced Neuromuscular Biomechanics	2
SSEH7643	Cardiac Rehabilitation	2
SSEH7644	Advanced Exercise Physiology	1
SSEH7645	Workplace Injury Prevention and Management	1
SSEH7646	Exercise Rehab. for Chronic and Complex Conditions	1
SSEH7651	Musculoskeletal Rehabilitation	1
SSEH7654	Advanced Concepts in Motor Control & Learning	2
SSEH7664	Exercise and Health Psychology	2
SSEH7685	Worksite Health Promotion	2
SSEH7691	Research Practicum 1	1
SSEH7692	Research Practicum 2	2

Please note that units listed are subject to change without prior notice. Please be advised that students are ultimately responsible for checking their enrolment record.

## Unit description

Listed below are units to be taken for Honours credit. Further details regarding assignments, assessment and readings can be obtained from the unit co-ordinator(s). Not all units will necessarily be offered in any one year.

### **SSEH7602 RESEARCH METHODS**

#### **Semester 1 (6 points)**

This unit gives an overview of the conceptual aspects of the research process as it functions in the field of human movement and assists in the development of a research proposal.

Assessment: this comprises an end of semester examination (60%), lecture quizzes (25%) and an oral presentation (15%).

Coordinator	Lectures	Labs
Associate Professor Michael Rosenberg Phone: +61 8 6488 4654 Email: rosey@cyllene.uwa.edu.au	2 hours per week	1 hour per week

### **SSEH7603 DATA ANALYSIS**

#### **Semester 1 (6 points)**

This unit covers conceptual issues and practical skills unique to quantitative data analysis in the fields of sport science, exercise and health. The content includes spreadsheet and data file management; descriptive statistics; bivariate correlation procedures; multivariate correlation procedures; group comparisons using t-tests; one way and multifactor analysis of variance; and non parametric statistics.

Assessment: two interim tests (each worth 25%) and an end-of-semester examination (50%).

Coordinator	Lectures	Labs
Winthrop Professor Bob Grove Phone: +61 8 6488 2369 Email: bob.grove@cyllene.uwa.edu.au	1.5 hours per week	2 hours per week

### **SSEH7633 ADVANCED BIOMECHANICAL METHODS**

#### **Semester 1 (6 points)**

This unit covers topic which include an introduction to research in sport, clinical and occupational biomechanics; computer modelling methods in motion analysis; creation of three-dimensional segments; creation of technical, anatomical and joint coordinate systems; force and electromyography measurement in motion analysis; methods to estimating joint loading; interpretation of three-dimensional movement data in normal walking and running; and interpretation of three-dimensional movement data in pathological movement patterns (osteoarthritis, cerebral palsy, amputee and neurological damage, recurrent hamstring injuries).

Assessment: theory examination and laboratory assignments.

Advisable prior study: SSEH3355 Biomechanics

Coordinator	Lectures	Labs
Associate Professor David Lloyd Phone: +61 8 6488 3919 Email: dlloyd@cyllene.uwa.edu.au	2 hours per week	3 hours per week

## SSEH7634 ADVANCED NEUROMUSCULAR BIOMECHANICS

Semester 2, (6 points)

This unit covers topics such as the role and function of muscles for various movement tasks, muscle architecture and mechanics. Muscle activation patterns and models of locomotion; techniques and methodologies for assessing neuromuscular function; exercise training for gait rehabilitation; treating and preventing sport injuries, assistive technologies for gait and rehabilitation; changes to muscle mechanics with ageing, disuse and exercise.

Assessment: a theory examination and a major assignment by written and oral presentation

**Prerequisites:** enrolment in honours *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** SSEH3356 Neuromuscular Biomechanics and Motor Control

Coordinator	Lectures	Labs
Assistant Professor Jonas Rubenson Phone: +61 8 6488 5533 Email: jonas@cyllene.uwa.edu.au	2-3 hours per week plus a project or major assessment	N/A

## SSEH7643 CARDIAC REHABILITATION

Semester 2, (6 points)

This unit covers the pathophysiological basis of cardiac disease as well as the diagnosis, medical and interventional treatment of cardiac disease. The unit also revises the role of exercise in the prevention of cardiac diseases. The effects of exercise training on physiological and pathophysiological mechanisms are covered, as is the safety of exercise in high-risk individuals, contradictions and risk assessment, and stratification, diagnostic, prognostic and prescriptive interpretation of exercise test results, and design and supervision of exercise programs.

Assessment: this comprises a theory examination, written patient appraisal and program, a written assignment and oral presentation.

**Prerequisites:** enrolment in honours *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** knowledge of exercise physiology in healthy populations is essential.

Coordinator	Lectures	Labs
Professor Danny Green Phone: +61 8 6488 5609 Email: d.j.green@ljmu.ac.uk	3 hours per week plus practicum work	N/A

## SSEH7644 ADVANCED EXERCISE PHYSIOLOGY

Semester 1, (6 points)

Students cover current topics of interest in exercise physiology which are relevant to the athlete in particular, by a combination of seminars, laboratories and field work. Students are expected to have a sound working knowledge of undergraduate exercise physiology to undertake this unit. Certain topics are covered in more detail in class (energy metabolism, training practices, ergogenic aids and supplements) and laboratory measures for athlete assessment are practised.

Assessment: this comprises an oral examination, two assignments and a seminar presentation.

**Prerequisites:** enrolment in honours or postgraduate study in Sport Science, Exercise and Health and have completed at least two units in exercise physiology.

**Advisable prior study:** SSEH2260 Exercise Physiology (formerly HMES2260) *and* SSEH3365 Sport Physiology or equivalent (formerly HMES3365)

Coordinator	Lectures	Labs
Winthrop Professor Brian Dawson Phone: +61 8 6488 2276 Email: bdawson@cyllene.uwa.edu.au	3 hours per week plus practicum work	N/A

## SSEH 7645 WORKPLACE INJURY PREVENTION AND MANAGEMENT

Semester 1, (6 points)

This unit focuses on the employment environment and employment laws relating to health, safety, injury management and injury prevention, the elements of a successful occupational safety and health management system, risk management and rehabilitation principles for workplace injury management.

Assessment: theory examination and written assignment

**Prerequisites:** enrolment in honours, Bachelor of Science (Exercise Science) or postgraduate study in Sport Science, Exercise and Health.

**Advisable prior study:** SSEH2260 Exercise Physiology (formerly HMES2260)

Coordinator	Lectures	Labs
Ms Linda Gilbert Phone: 0402 799 332 Email: lindagilbert@westnet.com.au	3 hours per week plus project work	N/A

## SSEH7654 ADVANCED CONCEPTS IN MOTOR CONTROL AND LEARNING

Semester 1, (6 points)

This unit builds on undergraduate knowledge by exploring advanced concepts within the domain of motor control, motor learning and lifespan motor development. The unit encourages students to think critically about our current understanding of how the central nervous system (CNS) organises and controls movements, how sensory feedback contributes to motor control, how practice leads to new skills being learnt and/or refines expertise skills, and how practice can best facilitate learning and the development of expertise.

Assessment: This comprises student presentations (15 per cent); research project with written component (30 per cent) and oral component (15 per cent); and an examination (40 per cent).

**Prerequisites:** enrolment in honours, Bachelor of Exercise Rehabilitation Science *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** SSEH2240 Motor Learning and Control, SSEH3345 Motor Skill Development, SSEH3346 Skill Acquisition and Performance in Sport, SSEH3385 Exercise Science and Disability.

Coordinator	Lectures	Labs
Assistant Professor Brendan Lay Phone: 6488 8788 Email: blay@cyllene.uwa.edu.au	2 hrs per week; plus project work	N/A

## SSEH7664 EXERCISE AND HEALTH PSYCHOLOGY

Semester 2, (6 points)

This unit focuses on the psychological aspects of exercise and health behaviour. Particular emphasis is directed towards the psychology of injury rehabilitation and the psychological aspects of exercise, both in terms of the adoption/maintenance of exercise behaviours and the consequences of exercise for mental health.

Assessment: This comprises a group workshop (30 per cent), an individual paper (25 per cent), presentation (20 per cent), and health coaching practicum (25 per cent)

**Prerequisites:** enrolment in Honours, Bachelor of Exercise Rehabilitation Science *or* postgraduate study in Sport Science, Exercise and Health

Coordinator	Lectures	Labs
Associate Professor Sandy Gordon Phone: 6488 2375 Email: sandy.gordon@uwa.edu.au	2 hrs per week; plus project work	N/A

## SSEH7685 WORK SITE HEALTH PROMOTION

Semester 2, (6 points)

This unit examines population-based approaches to promoting physical activity. It covers the rationale for different health promotion strategies; effectiveness of interventions in communities and work sites aimed at various populations; and the process and politics of advocacy for physical activity. Examples of programs from within Australia and overseas are used. Students write and present a community/work site health proposal and an in-depth study in physical activity and health promotion.

Assessment: This comprises a work site health proposal, a written journal article and a short in-class written assessment.

**Prerequisites:** enrolment in honours, Bachelor of Exercise Rehabilitation Science *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** SSEH2290 Physical Activity and Health (formerly HMES2290)

**Incompatibility:** SSEH3339 Community and Work Site Health Promotion (formerly HMES3339).

Coordinator	Lectures	Labs
Assistant Professor Rebecca Braham Phone: 6488 2365 Email: rbraham@cyllene.uwa.edu.au	3 hrs per week; plus project work	N/A

## SSEH7691 RESEARCH PRACTICUM 1

Semester 1, (6 points)

This unit is an individualised project and/or practical work involving laboratory experimentation, community service or research undertaken in any of the areas of major study, under the supervision of an academic staff member or designate. Students undertaking the practicum as part of the Bachelor of Exercise Rehabilitation Science undertake formal practical work within the School as well as practical placements within the clinical and community environments as arranged by the practicum coordinator.

Assessment: This consists of the student meeting the specifically agreed outcomes set at the commencement of the project/placement/research undertaken.

**Prerequisites:** enrolment in the Bachelor of Exercise Rehabilitation Science *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** SSEH3301 Exercise Prescription for Health and Fitness (formerly HMES3301), SSEH3389 Exercise Rehabilitation (formerly HMES3389), SSEH3390 Professional Practice (formerly HMES3390) *or* equivalent.

Coordinator	Lectures	Labs
Mrs Kerry Smith Phone: 6488 2474 Email: ksmith@cyllene.uwa.edu.au	5 hours per week or equivalent	

**Students taking this unit must also complete unit SSEH7692.**

## SSEH7692 RESEARCH PRACTICUM 2

Semester 2, (6 points)

This unit is an individualised project and/or practical work involving laboratory experimentation, community service or research undertaken in areas of major study, under the supervision of an academic staff member or designate. Students undertaking the practicum as part of the Bachelor of Exercise Rehabilitation Science undertake practical placements within clinical and community environments.

**Prerequisites:** enrolment in the Bachelor of Exercise Rehabilitation Science *or* postgraduate study in Sport Science, Exercise and Health

**Advisable prior study:** SSEH3301 Exercise Prescription for Health and Fitness (formerly HMES3301), SSEH3389 Exercise Rehabilitation (formerly HMES3389), SSEH3390 Professional Practice (formerly HMES3390) *or* equivalent.

Coordinator	Lectures	Labs
Mrs Kerry Smith Phone: 6488 2474 Email: ksmith@cyllene.uwa.edu.au	5 hours per week or equivalent	

**Students taking this unit must also complete unit SSEH7691.**

### Ownership of Data Policy Document

The following is provided as a guide to establish ownership on research publications emanating from a thesis/dissertation.

#### Academic Staff Ownership

[in participation with granting body or as otherwise set out in the conditions of the grant]

- Chief investigator on a grant overrides any existing ownership policies.

#### Academic Staff Ownership

- Student thesis/dissertation based on academic's line of research
- Academic chooses thesis topic
- Thesis/dissertation based on an idea and research direction chosen by the academic

#### Student Ownership

- Student chooses topic [academic provides supervision, direction and assistance]

*Students must complete the Consent Form on the following page and return to the Supervisor for signing in Semester One of the Honours year in which they commence.*

**THE UNIVERSITY OF WESTERN AUSTRALIA**  
**SCHOOL OF SPORT SCIENCE, EXERCISE AND HEALTH**  
**HONOURS/MASTERS RESEARCH DATA RELEASE DOCUMENT**

I hereby acknowledge that the data under consideration are from my Honours/Masters thesis/dissertation, and I give permission to my supervisor(s) to access unpublished data for manuscript preparation. This permission is given on the proviso that my name is included as an author in the publication of such material. The order of placement of my name will be discussed with my supervisor(s) at the beginning of the project. If I am unhappy with the authorship placement decision I am able to involve the Head of School in the decision making process. I also confirm that these data were collected as part of my Honours/Masters research degree at The University of Western Australia, and the by-line for this research belongs to The School of Sport Science, Exercise and Health at The University of Western Australia.

**Consent to release data in accordance with the above:**

Student Number: \_\_\_\_\_

Student Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Title of Thesis: \_\_\_\_\_

\_\_\_\_\_

Name of Supervisor(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisors Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## STUDENT FACT FILE

The following information outlines the privileges within the School of Sport Science, Exercise and Health when enrolled as an Honours Student.

### COMPUTERS

Some computers are available in the Honours/Masters student room. There are also facilities for students to bring in personal laptops. Students can also use the undergraduate computers when they are not in use for classes. Students will need to use their student card to access the printer but if planning to use the undergraduate computer(s)/printer(s) are required to book a time the Reception Desk.

### E-MAIL

All students have access to personal student e-mail accounts on School computers.

### MAIL BOXES

Honours students are allocated mail boxes at the beginning of each year in the foyer area. See the Senior Administrative Officer for allocation of a mail box.

### LIBRARIES

UWA has several libraries. Relevant journals and books are held in the Biological Sciences Library. Inter-library loans are free for all students. There is a cost to students if an inter-library loan is required from overseas.

### SCHOOL THESIS AND BOOK LIBRARY

This is located in the Honours/Masters student room. Items may be borrowed for a limited time and must be signed out at Reception.

### PHOTOCOPYING

Honours students must use their student card to access the printer. Please see the School Manager to have your student card activated on the copier located in the PESA area.

### TELEPHONE ACCESS

Honours students can use their supervisor's phones at the supervisor's discretion.

### SWIMMING POOLS

Honours students may use the pools between 3-4 pm weekdays at no cost.

General information and important contact details are listed below. Details of University and School requirements in relation to the Honours degree program are contained within this booklet.

Student Support Services <http://www.studentservices.uwa.edu.au/>

Phone: 6488 2423/2258 Fax: 6488 1119

- Disability Officer
- Counsellors
- Learning Skills Adviser
- English Language Skills Adviser
- Housing Financial Aid Officer

### HELPFUL WEBSITES

The University of Western Australia:  
<http://www.uwa.edu.au/>

Faculty of Life and Physical Sciences  
<http://www.science.uwa.edu.au/>

School of Sport Science, Exercise & Health  
<http://www.sseh.uwa.edu.au/>

Graduate Research and Scholarships Office  
<http://www.postgraduate.uwa.edu.au/>

The International Centre for Students:  
<http://www.international.uwa.edu.au/>