



UTS SPORT AND EXERCISE PROJECT BASED LEARNING (PBL) INFORMATION SHEET

The University of Technology Sport and Exercise Project Based Learning (referred to as "PBL") is a not-for-profit teaching and learning experience that provides quality services to the community. This document explains important aspects of the Projects. Please read carefully and ask any questions you might have with your sporting organisation or contact UTS staff on the details below. This is your copy to keep as a reference.

OUR SERVICES

PBL provides opportunities for UTS students undertaking the UTS Bachelor of Sport and Exercise Science degree in the Faculty of Health to gain experience in assessment, prescription and delivery of exercise to athletes/participants.

Students work directly with their supervisor and in small groups of no more than 5, to undertake exercise assessment, prescription and delivery activities with a UTS Partner Organisation.

After assessing the needs of the organisation, students will develop a project which responds directly to the goals of the organisation and athletes/participants within it, and then physically deliver the project.

SUPERVISION

The projects are delivered by 3rd year undergraduate students and supervised by nationally accredited exercise professionals as part of the Project Based Learning component of the students Sport and Exercise Science degree at UTS. Participants will receive the highest standards of service throughout the duration of the program and have access to the expertise of professionals working in industry.

UTS AND INDUSTRY PARTNERSHIPS

UTS has partnerships with many sporting organisations around Australia and we work closely with each of them to develop the best possible program. Each project plays a crucial part in assisting the organisations to recognise different needs and gaps within the organisation/industry. With their current knowledge, the students are able to provide evidence-based practice to organisations, while also enabling them to develop competency in exercise assessment, prescription and delivery. This experience will provide students with real world experiences, so that they are best prepared for professional practice.

LEGAL, PRIVACY, ETHICAL AND PROFESSIONAL REQUIREMENTS

UTS School of Sport, Exercise and Rehabilitation is bound by the legal, ethical and professional requirements of Exercise & Sports Science Australia ([ESSA](#)), NSW privacy law and the Code of Professional Conduct and Ethical Practice. As part of the ESSA supervision requirements, all supervisors have ethical and legal obligations to protect the privacy of people requiring and receiving training. Participants have a right to expect that the Students and Supervisors will hold information about them in confidence.

For further details about the management of the data you provide, please refer to our [PBL's Privacy Notice](#).

PARTICIPANT OBLIGATIONS

In signing the Declaration to participate, you are agreeing for either yourself or your child to attend all PBL sessions. The details of these sessions will be communicated to you via your sporting organisation. Non attendance greatly impacts the learning experience of the 3rd year Sport and Exercise Science students, who research and plan for each session.

If for any reason you / your child cannot attend your schedule session, please inform the contact person for your sporting organisation. It is appreciated if you can provide a minimum of 24 hours' notice.

CONTACTING UTS Staff

A staff member is available to answer phones during business hours (Tuesday 1.00pm-6.00pm, Wednesday-Friday, 8.00am-6.00pm). We will ensure that all voicemails or messages are responded to within 24 hours on working-days.

UTS PBL project team contact details; 0491 690 445 or 0419 799 861, or email sportexerciseclinic@uts.edu.au (preferred) for general enquiries.