



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

The University of Technology Sport and Exercise Project Based Learning (referred to as "PBL") is a teaching and learning experience that provides quality services to the community. This document explains important aspects of the projects. Please read this carefully and ask any questions you may have with your sporting organisation or contact UTS staff via 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 in the Faculty of Health to gain experience in assessment, prescription and delivery of exercise to athletes/participants.

Students work in small groups of no more than five and are supported by a qualified academic supervisor. Together, they undertake:

- Initial physical assessments
- Development of an evidence-based exercise program tailored to your organisation
- Weekly on-site sessions delivered at your organisation
- Guidance and support to help participants perform the exercise program safely and effectively

SAFETY

Exercise is safe and beneficial for most individuals. However, as with any physical activity, there is a small possibility of an adverse event (e.g., injury or illness).

Please notify your UTS student, supervising professional and/or parent/guardian immediately if you experience:

- New symptoms
- A change in health status
- Discomfort or injury during the program
- In the event of an issue, supervisors will follow standard first-aid and organisational safety procedures

SUPERVISION

The projects are delivered by 3rd year undergraduate students and supervised by industry professionals that meet the supervisor requirements for industry standards, as part of the PBL 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, from grassroots to the elite level, across Sydney and we work closely with each of them to develop bespoke programs. Each project plays a crucial part in assisting the organisation to recognise different needs and gaps within the organisation/industry. With their current knowledge, the UTS 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

By signing the PBL Declaration, you agree that you or your child will:

- Attend all scheduled PBL sessions
- Actively participate in the exercise program
- Notify the organisation if unable to attend a session
- Provide **at least 24 hours' notice** where possible

Non-attendance impacts the learning experience of the 3rd year Exercise and Sport Science students who plan and prepare for each session.

CONTACTING UTS Staff

A staff member is available to answer phones during the times: Monday to Friday, 9am - 5pm. There may be times during peak school periods where you will need to leave a message. We will ensure that all voicemails or messages are responded to within 24 hours on working days.

UTS PBL project team contact details: sportexerciseclinic@uts.edu.au (preferred) or 0491 690 445.