

HSE113 Growth, Development and Ageing for Exercise Scientists**Assessment Task 3 – Reflection****A reflection on growth, development and ageing in exercise science careers****Submission requirements**

This reflection must be submitted through the **CloudDeakin** site no later than:

Due date: Exam Period: Monday 3rd June 2019 by 11.59pm

Word length: 1000 words maximum (not including references)

Weighting: 20%

Task

You will be required to assess your current interests, values and skills to inform what is important to you in a future career. This information will then be used to identify career opportunities available within the field of exercise science that fit your identified interests, values and skills. Finally, you will review one key position of interest and reflect on the role that growth, development and/or ageing plays in this career and write a reflection.

Purpose

This assessment task aims to explore the role of growth, development and ageing in your future career as an exercise scientist. It seeks to develop your critical thinking skills, facilitate self-evaluation and allow you to identify potential employment opportunities of interest.

Task Instructions

A written reflection following the WHAT, SO WHAT and NOW WHAT reflective writing model will cover three main topics including self-awareness, job matching and skillset evaluation. Students will provide a thought provoking reflection incorporating three main topics listed below. Students will reflect how what they have learnt in the HSE113 unit of growth, development and ageing may assist them in their identified career. Students should discuss the following information within their reflection:

- A written reflection on the top 3 skills, interests and values, as identified by the DeakinTALENT self-awareness audits and how these are associated with the career plan. Explaining what has been learnt about yourself and how this fits with the career plan.
- A written reflection briefly describing (including daily tasks/activities) one potential career opportunity that links to your skills, interest and values. This section should also contain an explanation of why you believe this career path is suitable for you based on the results of your self-awareness audits. There should be very clear links provided between your interests, values and skills identified, and the job description.

- A written reflection supported with evidence on how growth, development and/or ageing content is relevant to the career you've identified and your self-awareness audits. In this section, you should consider the content, skills and/or knowledge acquired through the HSE113 Growth, Development and Ageing for Exercise Scientists unit, what you have learnt about yourself and how this may have changed/cemented your thinking. Identify what is next how do you continue to develop?

Hurdle requirements to complete the assessment task

In order for you to complete the written reflection there are three steps you will need to complete within your seminar classes:

Step 1, Self-awareness audits (week 2): You will need to complete the interests, career values and the skills audit for this assessment task. Your values, interests and skills describe what you like and what you are good at, and thus it is important to identify these aspects of yourself before you consider career goals and applying for jobs. To access the self-awareness audits, go to

<https://blogs.deakin.edu.au/deakintalent-resources/career-decision-making/>

Click on the self-awareness module (Planning for self – Who am I) and complete the 'Planning for self-Who am I' audits.

Step2, Job matching module (week 9): This will allow you to identify one potential career opportunity that links to the skills, interests and values from your self-awareness audit. Using the link above click on the 'Job Matching' section of the 'Career Decisions' tool, and use the ONet online tool and the Deakin Explore tool to identify jobs that fall in your top interest categories. Once you have identified one potential job use a relevant web search site such as INDEED or SEEK to search for a relevant job and download the job description.

Hint: The ONET tool only gives an overview of a role it is not a specific job description.

Step 3, Career and skillset evaluation (week 10): Using the job description you obtained in week 9 seminar you will need to complete a career and skillset evaluation table. This will allow you to evaluate your current skill set related to a specific job, highlighting the areas you are strong in and enjoy and those you still need to develop.

Assessment Criteria

In your report it is important that you demonstrate your understanding of the importance of professional reflection and how reflective practice will aid not only your degree planning but also your career plan. You will need to make direct links between your reflection and the material covered in the unit.

You will also be required to source and incorporate at least 3 peer reviewed articles which support your reflective practice, this will provide sufficient, relevant, and contemporary peer review to provide you with some breadth and depth of the literature (please refer to seminar 1 material to guide your understanding of peer review articles). You may refer to the online unit content and peer review literature used within the unit however to obtain full referencing credit you MUST source at least 3 new peer reviewed documents to support the statements made in your report.

To show you have completed the hurdle tasks for this assessment you will be required to attach the following information within the appendix:

1. A screenshot of the 'summary page' of the self-awareness audit which outlines your top three values, skills and interests results.
2. A copy of the specific job description (the ONET summary is not acceptable)
3. A copy of the career and skillset evaluation table

See the Rubric for further details about the Assessment Criteria, and the expected standard.

Formatting

Please adhere to the following formatting for your assessment.

- A maximum of 1000 words is allocated for this assignment, not including your reference list (in text citations are considered towards the word count), and questions. Being concise is an important writing skill to develop and so you will be assessed on your ability to complete the task within the word count. See the assessment criteria in the rubric.
- Use headings and sub-headings as appropriate
- 11 or 12 point font in any conventional font (e.g., Times New Roman, Calibri)
- Referencing style should follow Deakin Harvard format for *In text citations* and reference lists. For more information on Deakin Harvard formatting, please visit the library website: <https://www.deakin.edu.au/students/studying/study-support/referencing>
- To assist you, use the template provided on **CloudDeakin** under resources AT3