MSc Exercise Physiology and its Application in Therapy
Programme Handbook 2025-26

OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

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Welcome

Welcome to the course on **Exercise Physiology and Its Application in Therapy**
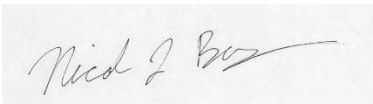
We are delighted to have you join us on this journey into the science of human movement and the critical role exercise plays in health promotion, disease prevention, and clinical management. This course is designed to provide a comprehensive understanding of how physiological systems respond and adapt to physical activity, and how these principles can be applied in diverse health and clinical settings.

Whether you're preparing for a career in healthcare, rehabilitation, sport science, or research, the knowledge and skills gained here will empower you to make evidence-based decisions and contribute meaningfully to improving quality of life through movement and exercise.

We look forward to supporting your learning and growth throughout the course.

This handbook should cover any queries you may have with regard to issues pertaining to the programme as well as giving guidance on other related issues in the university.

Yours sincerely,

Dr. Nicole Burns
Programme Co- Director
MSc Exercise Physiology and its Application in Therapy

Dr. Louise Horrigan
Programme Co-Director
MSc Exercise Physiology and its Application in Therapy

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Semester and Exam Dates 2025-26

Trimester 1	Date From	Date To
Teaching	Monday 8th September 2025	Friday 28th November 2025
Study Week	Monday 1st December 2025	Friday 5th December 2025
Semester 1 Exams	Monday 8th December 2025	Friday 19th December 2025
Trimester 2	**Date From**	**Date To**
Teaching	Monday 12th January 2026	Thursday 2nd April 2026
Study Period	Monday 7th April 2026	Friday 17th April
Semester 2 Exams	Tuesday 21st April 2026	Friday 8th May 2026
Trimester 3	**Date From**	**Date To**
Teaching	Monday, May 11th 2026	Friday, August 28th, 2026
August repeat exams	Tuesday 4th August 2026	Friday 14th August 2026
Holidays		
Easter	Good Friday, 3rd April 2026	Easter Monday 6th April 2026
Public Holidays	Monday 27th October 2025 Monday 3rd February 2026 St. Patrick's Day, Tuesday 17th March 2026 Monday 4th May 2026 Monday 1st June 2026 Monday 3rd August 2026	

Getting to and around the campus

You can find campus maps and information about getting to and around the campus here:
https://www.universityofgalway.ie/academic-skills/gettingstarted/yourcampus/
Interactive campus map here: https://clients.mapsindoors.com/nuigalwayweb/9167eab0dc78437c93c76b57/search

Parking:
It is essential that you get a temporary parking permit and/or permanent student permit before you park in the university grounds. Without the permit you will be clamped, and the release fee is €80.00. **The clamping company makes no exceptions**. A Park and Ride facility is available from Dangan car park.
You will find all details on parking in the University on this link http://www.universityofgalway.ie/buildings/parking.html

Bicycles:
There is a secure bicycle compound located to the west of the Arts Science Building.
https://www.universityofgalway.ie/media/buildingsoffice/files/mapsrebranded2023/Cycling-Facilities_Galway-A4-Map.pdf
Anyone with a valid in date student / staff University ID card can access the compound. You must also swipe out. As part of ongoing improvements to cycle facilities, additional covered bicycle racks have been installed in several places around campus.

Teaching and Learning
Programme Objectives

The aim of the MSc programme is to further develop and advance the student's knowledge in exercise physiology and its practical application. Students will develop an understanding of physiological mechanisms, changes that occur during different types of exercise, and how these changes can be beneficial to general health and fitness. Topics featured in the lecture series include nerve-muscle physiology, cardiorespiratory physiology, kinesiology, and integrated physiological responses to exercise. Lecture and practical sessions will also teach students about methods of physiological evaluation and fitness testing, analysis of metabolism and nutrition in exercise, and the scientific principles of exercise prescription. Students will learn how to assess fitness and how to apply their understanding of physiological processes to develop exercise regimes both in health and in certain chronic disease settings. While online learning will be facilitated to some extent where required, students will be expected to attend campus for practical sessions and for some assessments.

Upon successful completion of this programme, the student will be able to: Develop a comprehensive knowledge of the scientific basis of exercise physiology. Learn about the role of exercise, both in health and in disease conditions. Apply understanding of exercise physiology to the performance of fitness tests and the development of exercise programmes for individuals in health and in various disease conditions. Understand the role of an exercise physiologist and pursue professional recognition in this field. Develop research and critical thinking skills that can be applied to a wide range of careers.

Programme Structure

The programme is offered on a full-time basis over one academic year or on a part-time basis over two academic years. The programme includes lectures, tutorials, seminars, projects, and practical sessions. Particular emphasis is placed on groupwork and on the development of students' oral and written communication skills.

Marks and Standards

To be eligible for the award of the MSc Exercise Physiology and its Application in Therapy, candidates must successfully complete modules to a total of 90 ECTS.

N.B. The pass mark in each module of the MSc is **40%**. You must pass each module individually, for example, if you score 35% in ET1500 Introduction to Exercise Physiology, you have failed that module and must repeat it in Autumn, irrespective of what mark you may score in ET1501 Integrated Physiology Responses to Exercise or any other module. If you must repeat any module in Autumn then, under the university's capping rules, the maximum mark you can be awarded for that module is the pass mark of 40%.

Award of Honours

Honours are awarded only on completion of the programme according to the following scheme:

- H1   70% on the aggregate
- H2   60% on the aggregate
- H3   50% on the aggregate

- There is no pass by compensation in the MSc programme

Honours are awarded only on the aggregate performance as a whole. Honours are not awarded based on results obtained in individual modules. The aggregate is calculated on a weighted average basis, for example, in calculating your overall average mark, ET1506 (which is 25 ECTS) carries five times as much weight as ET1515 (which is 5 ECTS).

Attendance requirements

On-campus students are required to attend 80% of lectures.

While this course facilitates learners who are off-campus and studying remotely, please note that attendance on-campus will be required for practical activities and some assessments.

Exam Deferrals

It is recognised that circumstances may arise which will lead to a student wishing to defer some of his/her assessments and/or formal examinations during the academic year. Please be assured that whatever the circumstances are there is a network of support within the University in Student Services, the Colleges and Schools, Registry and the Student's Union which you should avail of. There is an online guide is to assist you with the process should you need to apply for a deferral of an examination which can be found here: https://www.universityofgalway.ie/exams/timetable-advice/deferrals/

Please read the Exam Deferral Policy **before** applying to defer an exam. You will need to submit an deferral from to the appropriate college. More information can be found here: https://www.universityofgalway.ie/exams/timetable-advice/deferrals/

Course Syllabus and Descriptions

Trimester 1

ET1500: Introduction to Exercise Physiology and Biomechanics
In this module the student will obtain a clear and comprehensive understanding of applied / functional anatomy, including relevant important surface anatomy and normal / abnormal patterns of range of movement of joints. Students will learn about the structure functional relationship of nerves, muscles, joints and connective tissue and its relevance to movement and exercise. The student will also gain an understanding of the basic principles of biomechanics pertinent to movement and exercise, injury and rehabilitation.

ET1501: Integrated Physiological responses to Exercise
In this module, students will explore the normal functions of key physiological systems and examine how these systems respond and adapt—both individually and collectively—to exercise, training, and periods of detraining. Particular focus will be given to the cardiovascular, respiratory and immune systems, understanding their roles in performance, recovery, and overall health.

ET1515: Neurophysiology and Exercise
This module in Neurophysiology will provide students with knowledge of the function of the brain and spinal cord. Topics covered will include organization and function of cells of the central nervous system, motor and somatosensory processing, physiology underlying vision, hearing, sleep, learning, emotion, language, hunger and thermoregulation.

ET1516: Metabolism and Nutrition in Exercise
In this module the student will obtain an understanding of the physiological principles related to metabolism and nutrition. The student will have knowledge of energy and dietary requirements for different types of exercise. The student will have a basic understanding of the short and long-term effects of ergogenic aids.

Trimester 2

ET1518: Rehabilitation 1- Physiologic Evaluation of Exercise and Fitness
In this module the student will learn about the physiological basis for assessment of fitness and responses to exercise and training. The candidate will be expected to understand the physiological principles underlying different types of training and to be familiar with current trends in training techniques and fitness assessments.

ET1519: Rehabilitation -2 Exercise in population Health and exercise as therapy
By the end of the module, the student will be expected to be familiar with the indication and contraindication to exercise in relation to disease prevention and treatment of disease and disability. In addition, the students should understand the mechanisms of benefit, the guidelines and safety considerations for exercise testing and prescription. The student will be expected to understand the physical and physiological differences between males and females and client specific differences in relation to exercise performance and injury / illness profiles.

ET1505: Laboratory methods in Exercise Physiology
The aim of this module is to introduce the student to a variety of laboratory techniques used in exercise physiology, exercise testing and physiology research laboratories. The module explores the topics of ethics I testing and prescription as well as health and safety. There is a focus on the reliability and validity of laboratory techniques used for the assessment of physiological responses to exercise. The student will be able to obtain hands-on experience in use and application of various exercise testing techniques and gain knowledge and understanding of their practical applications. Students are expected to reinforce their understanding about the current ACSM guidelines for exercise prescription.

Trimester 3

ET1506: Research methods, Research Project and Dissertation
This module serves as an introduction to scientific research and research methodologies that are commonly used in exercise physiology research. In this module learners are introduced to the key components of research and the steps needed to formulate a research question. The students then undertake an independent research project under the supervision of a mentor. Particular emphasis is given on project design and execution, specifically on the application of exercise physiology laboratory techniques, selection and recruitment of participants to the study, research ethics and obtaining ethical approval from the research ethics committee, data collection and subsequent analysis and interpretation of data.

Electives:
ET1507 Personal Training and Gym instruction
The Personal Trainer module equips students with the knowledge and skills to design and implement effective training programs in both gym-based and non-traditional environments. Emphasizing individualized fitness plans, it covers performance tracking, exercise instruction, and goal setting for a wide range of clients—from sport-specific athletes to those focused on general health and wellbeing.

ET1511 Research Methods for Physiotherapists and Healthcare Professionals
In this module, students will explore a range of methodologies involved in conducting research within healthcare settings. Topics covered include academic writing, presenting research findings, systematic research appraisal, and knowledge synthesis. Students will also learn about hypothesis development, research design and methodological approaches, the processes involved in developing research protocols, as well as data collection, analysis, and interpretation. In addition, the module emphasizes ethical principles in healthcare research and guides students through the development of a research proposal relevant to a specific area of practice or an identified healthcare problem.

ET1512 Community Engaged Learning and Outreach
This module is designed to provide students with the opportunity to work in collaboration with community organizations and service providers. Integrating principles of exercise physiology, students will learn to develop evidence-based, health-focused interventions that promote physical activity, improve wellbeing, and support the specific goals of diverse community populations.

Module Weightings

Trimester 1		ECTS
ET1500	Introduction to Exercise Physiology	10
ET1501	Integrated Physiological Responses to Exercise	10
ET1515	Neurophysiology and Exercise	5
ET1516	Metabolism and Nutrition in Exercise	5

Trimester 2		ECTS
ET1505	Laboratory Methods in Exercise Physiology	10 (see note 1 below)
ET1518	Rehabilitation I: Physiologic Basis of Exercise Testing and Prescription	10
ET1519	Rehabilitation II: Exercise in Population Health and Rehabilitation	10

Trimester 3		ECTS
ET1506	Research Project and Dissertation	25 (see note 1 below)
	Students must take one additional 5 ETCs elective module	See note 2 below
ET1507	Personal Training and Gym Instruction	5
ET1511	Research Methods for Physiotherapists and Healthcare Professionals	5
ET1512	Community Engaged Learning and Outreach	5

Note 1
- **ET1505:** ET1505 carries 10 ECTS and is taught in Trimester 3. It is assessed wholly by coursework; there is no final exam in this module.
- **ET1506:** ET1506 carries 25 ECTS and is taught partly in Trimester 2 and partly in Trimester 3. It is assessed wholly by coursework and the thesis dissertation; there is no final exam in this module.

Note 2
Students will choose one elective. All electives carry equal weighing and time commitment.

Professional Accreditation and Career Opportunities

This course is approved by REPS Ireland (Register of Exercise Professionals in Ireland), and upon completion, graduates will be eligible to apply for registration as a Graduate Exercise Professional. Please note that additional criteria may be required for registration, and students are advised to visit the REPS Ireland website for further information
https://repsireland.ie/

Graduates have an option to pursue certification by the ACSM (American College of Sports Medicine), to qualify as an Exercise Physiologist or Clinical Exercise Physiologist. https://acsm.org/certification/get-certified/exercise-physiologist/ Please note that ACSM certification requires candidates to pass an exam, and clinical experience is required to be eligible to apply for certification as a Clinical Exercise Physiologist. Students are advised to do their own research on this pathway, as requirements and criteria can change from time to time. Staff will offer students support should they wish to prepare for the ACSM exam.

Exercise physiologists work in many settings including healthcare, performance/sport, the fitness industry and occupational health and wellbeing, often working alongside other exercise professionals and healthcare providers. As well as professional exercise physiology roles, graduates will have skills and knowledge that will equip them to pursue occupations in industry, education and research. Students on this course will also learn skills in research and critical thinking that will prepare them to pursue further research degrees in the field of exercise physiology.

Teaching Staff

Please find below contact details of the module leaders throughout the year - this list is subject to change. Students should contact the module lead for clarification on module content, assessment details, or to address any concerns related to the module's delivery or structure.

There is a number of other Physiology staff members who contribute to the below modules. Should you have questions regarding lecture content please contact the appropriate lecturer. All contact information for Discipline of Physiology Staff can be found on the following website: https://www.universityofgalway.ie/medicine-nursing-and-health-sciences/medicine/ourschool/disciplines/physiology/stafflist/

Module Code	Module	Coordinator	Email
ET1500	Introduction to Exercise Physiology	Dr. Karl McCullagh	karl.mccullagh@universityofgalway.ie
ET1501	Integrated Physiological Responses to Exercise	Dr. Louise Horrigan	louise.horrigan@universityofgalway.ie
ET1505	Laboratory Methods in Exercise Physiology	Dr. Nicole Burns	nicole.burns@universityofgalway.ie
ET1506	Research Project and Dissertation	Dr. Louise Horrigan	louise.horrigan@universityofgalway.ie
ET1507	Personal Training and Gym Instruction	Dr. Nicole Burns	nicole.burns@universityofgalway.ie
ET1511	Research Methods for Physiotherapists and Healthcare Professionals	Dr. Louise Horrigan	louise.horrigan@universityofgalway.ie
ET1512	Community Engaged Learning and Outreach	Dr. Ananya Gupta	ananya.gupta@universityofgalway.ie
ET1515	Neurophysiology and Exercise	Dr. Michelle Roche	michelle.roche@universityofgalway.ie
ET1516	Metabolism and Nutrition in Exercise	Dr. Nicole Burns	nicole.burns@universityofgalway.ie
ET1518	Rehabilitation I: Physiologic Basis of Exercise Testing and Prescription	Dr. Ananya Gupta	ananya.gupta@universityofgalway.ie
ET1519	Rehabilitation II: Exercise in Population Health and Rehabilitation	Dr. Nicole Burns	nicole.burns@universityofgalway.ie

Academic Skills

From the beginning of your program, you should make use of the following materials which are recommended by the University's Academic Skills Service: https://www.universityofgalway.ie/academic-skills/

- Research skills for students: https://openpress.universityofgalway.ie/researchskillsforstudents/
- Tools for learning (not solely in an online environment): https://www.allaboardhe.ie/AAlessons/learningtools/story_html5.html?lms=1
- Virtual learning environments (VLEs) / Learning management systems (LMSs): https://www.allaboardhe.ie/AAlessons/VLEstudent/story_html5.html

Library

Information on accessing the library can be found at http://library.universityofgalway.ie

The username and password for your Library account is the same as the username and password for your campus account, i.e., what you use to log on to the University network and for your email. For further information on the library, please visit http://www.library.universityofgalway.ie/ Training sessions on a variety of topics all designed to help you gain the skills of finding, evaluating and using information more efficiently can be booked here: https://universityofgalway.libcal.com/calendar/workshopsevents?cid=8158&t=d&d=0000-00-00&cal=8158&inc=0

We have also integrated some seminars from the library into the course schedule during Trimester 1 and 2.

Training and resources provided by the library can be found at https://library.universityofgalway.ie/studying/academicskills/

Academic Writing Centre

The AWC offers free one-on-one tutorials on essay writing for UNIVERSITY OF GALWAY students. Last year, AWC tutors helped over 500 students to overcome recurrent problems with grammar, punctuation, spelling, and essay structure. The AWC offers help and encouragement along the way. Everyone is welcome, regardless of level of experience or grade average. AWC tutors work with new entrants, final year students, and postgraduates alike. https://library.universityofgalway.ie/studying/awc/

Computer Facilities (ISS)

The Information Solutions and Services Department provides a comprehensive range of ICT services for students. Please visit https://www.universityofgalway.ie/information-solutions-and-services/ for further information on computer services.

Canvas

Canvas is the Virtual Learning Environment (VLE) used in the University of Galway. All course materials, timetables, lectures and tutorials, tutorial groups, course outlines, course assignments, announcements and discussion groups will be made available on Canvas.
Please familiarise yourself with Canvas and make sure you can access all the course material provided. Please make sure you check Canvas regularly for updates on new material added, announcements and instructions.

- **Announcements**: This is where course announcements are added
- **Information**: This is where the timetable, handbook etc. are available
- **Learning Materials**: Contains your lectures and notes provided by your lecturers. Also, the online study portal
- **Assessment:** Guidelines and submission links for written assessments
- **Zoom classroom:** This is where you go to attend an online tutorial
- **Discussion Forum:** A class chat page
- **My Grades:** This is where you will be able to see your marks

Career Development Centre

The Career Development Centre (CDC) aims to provide students At University of Galway with a quality career guidance and information service focused on facilitating and empowering you to manage your own career development and make effective career transitions. Support is provided on **Employability, Guidance and Opportunities.** More information can be found here: https://www.universityofgalway.ie/career-development-centre/

A large number of events are held each semester and have many graduate employers on campus. Students and recent graduates can use Careers Connect (https://careersconnect.universityofgalway.ie/unauth) to view events, job / internship / funding opportunities and students can also use it to book an appointment with a member of the CDC team.

Academic and Wellness Support

Being involved in a society, club or in volunteer programmes is a fun and interesting way to meet new people and build friendships. Having a sense of belonging and connection with others is a proven way to help you mentally and physically in your learning journey. You will find some key University of Galway student support services at the links below.

Student Services: http://www.universityofgalway.ie/student-services/
Student Supports: https://www.universityofgalway.ie/student-services/
Student's Union: Welfare and Equality Officer, 086 3853659 / www.su.universityofgalway.ie /

Code of Conduct

The primary objectives of the University are the dissemination and advancement of knowledge and understanding through teaching, research, study and rational discussion.

Any student who enrolls for any course in the University in doing so accepts the objectives of the University and gives a commitment, as a responsible individual and as a member of the University community, to behave in an appropriate manner.

The Student Code of Conduct offers guidelines as to the norms of behaviour that accord with the obligations of students, but where more specific requirements are in place, they are available on the University's website.

Breaches of this Code and of any University regulations make students liable to the imposition of sanctions.

Broad Principles

In the broadest terms the University expects students to behave in a manner which ensures that the University can meet its legal, statutory and contractual obligations, that all students and staff are treated with dignity and respect, that all University property and facilities are used appropriately and that students uphold the good name of the University in their actions both on and off campus. The University will have due regard to a student's right to freedom of speech within the law and to the relevant University policies.

Rights and obligations of staff, students and others

- Every student and staff member has the right to be treated with dignity and respect.
- Students are expected to acknowledge the authority of the staff of the University, both academic and support staff, in the performance of their duties.

Academic Conduct

- Every student is expected to approach his/her academic endeavours with honesty and integrity.
- Each student shall comply with his/her academic programme requirements in terms of lectures, practicals, assignments and assessments and with all University registration, fee, library, use of computer facilities and examination regulations associated therewith.
- No student shall provide false or misleading information to or withhold relevant information from any party regarding his/her academic achievements.

General

Every student is required to behave in a manner which enables and encourages participation in the educational activities of the University and does not disrupt the functioning of the University.

The maintenance of the good name of the University is in the interests of all of the University community and, as the standing of the University depends largely on those who represent it, it is the duty of its students at all times to behave, both inside and outside of the University, in a way which does not bring discredit to the University.

This Student Code of Conduct does not purport to contain all of the regulations of the University. Where such regulations are made, information as to their content will be publicised and made available to the student body by posting them on the University website. It is incumbent on students to ensure they are familiar with the regulations applicable at any given time. The detailed code of conduct and disciplinary procedure is found at: https://www.universityofgalway.ie/academicintegrity/policies/

Breach of any of the regulations of the University will be dealt with either under the appropriate approved University procedure or the Disciplinary Procedure. Every student is required to cooperate with the disciplinary procedures outlined online here: https://www.universityofgalway.ie/academicintegrity/policies/

Use of Buildings, Facilities and Equipment

- Every student is expected to treat with respect the property, equipment and facilities of the University.

Academic Writing

Academic integrity is a fundamental value of any university community. As a principle, it assumes that all student interactions with the academic institution are entered into in the spirit of honesty. In particular, this value gives the student responsibility for ensuring that all assignments that they submit for academic purposes are their own work.

Breaches in academic integrity are sometimes called academic misconduct. This often involves the student submitting work that is not their own, in whole or part. Breaches of this kind include: plagiarism, unauthorised use of generative artificial intelligence, contract cheating, collusion, reuse of previously assessed work, cheating in examinations, and aiding other students' cheating. Understanding different types of academic misconduct is crucial for students and instructors, so they can recognise when the standards of academic integrity have not been upheld.

Preserving academic integrity is vitally important within an academic community: it influences the reputation of the university and perceptions of the graduate's learning and their academic qualifications.
You can find out more about academic Integrity at the University of Galway here:
https://www.universityofgalway.ie/academicintegrity/

Plagiarism

Plagiarism is taking the credit for someone else's ideas and making out that you thought of these ideas yourself. This is a form of intellectual theft. In third level colleges, plagiarism is a serious offence. It merits a severe penalty. In some colleges, the student loses all entire marks for that assignment. In other colleges, the student is brought before the disciplinary committee. You need to be aware of how serious an offence plagiarism is, and take care to avoid it in your assignments, and particularly in a thesis.

Plagiarism is defined by the Academic Council of the University as follows:

1. Plagiarism is the act of copying, including or directly quoting from, the work of another without adequate acknowledgement. The submission of plagiarised materials for assessment purposes is fraudulent and all suspected cases will be investigated and dealt with appropriately by the University following the procedures outlined here [University of Galway Code of Practice for Dealing with Plagiarism located at http://www.universityofgalway.ie/plagiarism] and with reference to the Disciplinary Code.
2. All work submitted by students for assessment purposes is accepted on the understanding that it is their own work and written in their own words except where explicitly referenced using the accepted norms and formats of the appropriate academic discipline.
3. Whilst some cases of plagiarism can arise through poor academic practice with no deliberate intent to cheat, this still constitutes a breach of acceptable practice and will be appropriately investigated and acted upon (See University of Galway Code of Practice for Dealing with Plagiarism at http://www.universityofgalway.ie/plagiarism).

Examples of plagiarising the work of other students

- Getting someone else to write your essay, report, assignment or thesis.
- Taking material written by someone else, putting your own name to it, and handing it in as your own work.
- Copying bits and pieces out of the work of another student/author and including them in your own essay, report or thesis without acknowledging the source.
- Taking ideas, theories, direct quotations, diagrams, statistics, tables, photographs, graphs from a published source or the Internet, and including them in your assignment without stating a source.
- Allowing another student to copy your work is also considered to be plagiarism and both students are subject to a penalty.
- Plagiarised work in group assignments or projects can be caused by the contribution of a single student, but the group submits and is therefore fully responsible for that. The penalty affects all students in the group.

Examples of plagiarism from published sources

- Direct quotation: Using the exact words of another person without giving them credit for it. Please note that if you use the exact words, you **MUST** enclose them in quotation marks **AND** cite the source using the appropriate style. Citing the source on its own is not sufficient.
- Paraphrasing: Putting someone else's ideas into your own words without giving them credit by citing the source for the ideas.
- Using statistics, tables or a graphic (diagram, figure, picture and so on) without citing a source.
- Summarising material from a source without acknowledging where the ideas came from.

To avoid plagiarism, you must give credit whenever you use: another person's idea, opinion, or theory; any facts,

statistics, graphs, drawings - any pieces of information whatsoever that are not common knowledge; quotations of another person's actual spoken or written words; or paraphrase of another person's spoken or written words

Common Knowledge: A lot of information is considered "common knowledge", so you do not have to quote a source for it. For example, Galileo discovered that the earth goes around the sun. Up until his discovery, everyone thought that the sun circled the earth. Even though this new idea was thought up by Galileo, we do not need to cite him as the source - this information (fact) has become common knowledge, something that "everyone knows". As a rule of thumb, any fact that you would be able to find in ten different books, you do not need to cite a source for it. Such facts are "common knowledge".

You must, however, cite a source for any new facts; say for example recent information about the impact of global warming on the climate of Ireland. It is only facts that have become common knowledge that you can use without citing a source.

You must always cite a source for opinions - someone's personal point of view about a fact.

For example, if you are doing an assignment/report/thesis on a social issue, like equality in the workplace, you will probably draw facts from a range of published works, use ideas drawn from your own experiences, and may carry out some primary research like a survey based on a questionnaire. You will need to cite sources for all the opinions and facts taken from your reading materials and explain clearly what information comes from your survey.

Citation and Referencing

Remember, everything you write must be verifiable. If you cite no source for content in your assignment/report/thesis, this means you are claiming you thought of the ideas yourself.

Each academic discipline has its own method for citing sources. You do not have to know all these different styles. Just be aware that they exist.

The following texts is useful for citing and referencing and is available in the University library and in bookshops:

Pears, R. and Shields, G. (2019) "Cite them right: the essential referencing guide", Macmillan Study Skills ISBN 978-1352005134
It is also available online here: http://www.citethemrightonline.com/

Resources

The library has a series of guides on academic integrity, including information on what plagiarism is, how to avoid it and good practice for citing and referencing. You are advised to familiarise yourself with these.

You can earn a digital badge from All Aboard by completing this short online course on Referencing, citations and Publications.
https://www.allaboardhe.ie/referencing/

Use and referencing of Generative AI

You should not present the output of generative AI tools as your own work in any assignment: QA220 Academic Integrity Policy identifies this as misconduct.

In some circumstances, your instructor may permit a limited use of generative AI tools for certain aspects of preparing for your assignment, as long as you do not present generated outputs as your own work. If you are unsure about what is and is not permitted in a given assignment, speak to your instructor.

Research Ethics

When conducting academic research it is important to have a grasp of basic research ethics and to make sure that your research is conducted appropriately and with integrity. 'Research ethics' is a very broad field, but when writing academic papers, your main focus should be on grasping the concept of academic integrity and ensuring that you apply its key principles when doing and reporting on your research.
While some of your research at this level is likely to be secondary (that is, researching the work of others), you will also engage in some primary research (that is, original research that you design and carry out yourself), particularly during your research project. Principles of academic integrity and honesty apply to both types of research.