

ESSA TopClass User Guide

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Next Review Date: 30/06/2023

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INTRODUCTION

ESSA has over 130 online activities (previously known as podcasts) covering a wide range of topics available for purchase to upskill exercise and sports science professionals. ESSA's online activities are hosted on TopClass, a learning management platform. This user guide is designed to assist learners in accessing learning through the ESSA training portal in TopClass.

ACCESSING ONLINE ACTIVITIES

1. Once you have purchased your online activity, you will be directed to the [TopClass](#) learning platform.
2. You may be prompted to login using your ESSA member username and password. This page is the same as the ESSA Member Account login.

If you are already logged into your member account, you will bypass this page.

Login to ESSA

Username

Required

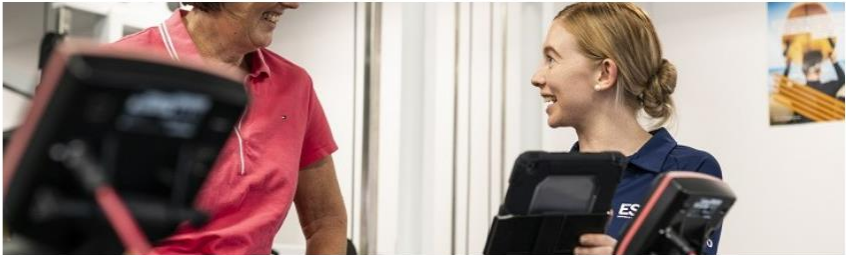
Password

Required

☐ Keep me signed in

Sign In

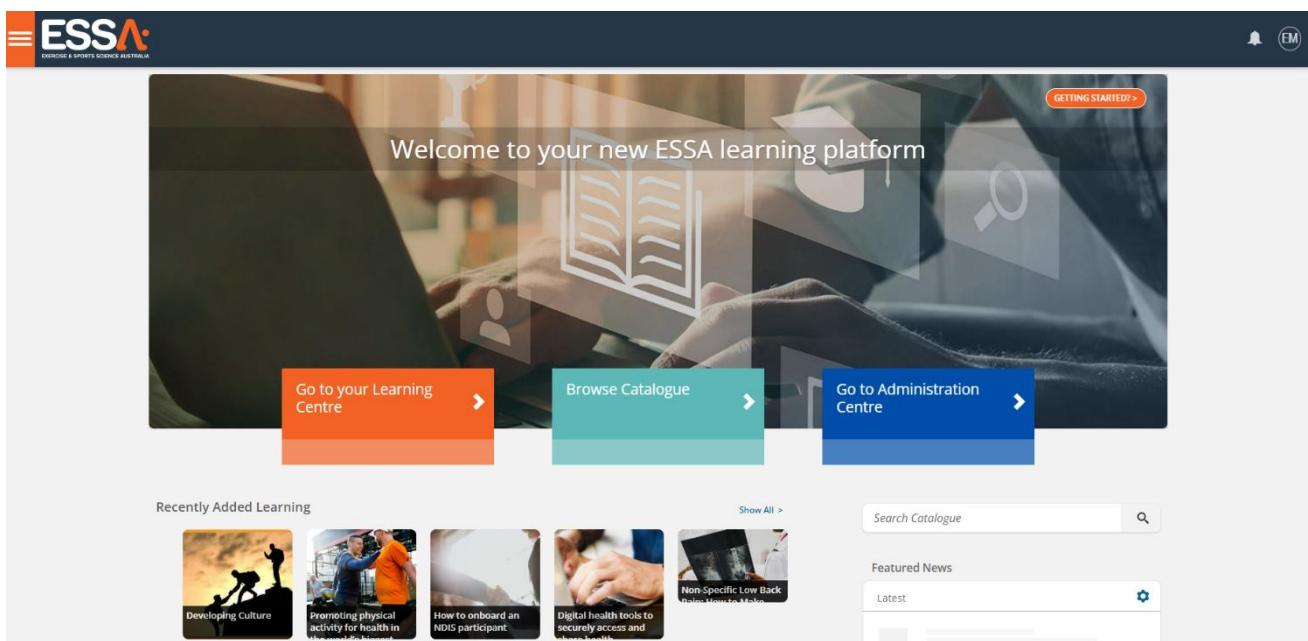
[Forgot username?](#) | [Forgot password?](#)
[Create a new account](#)



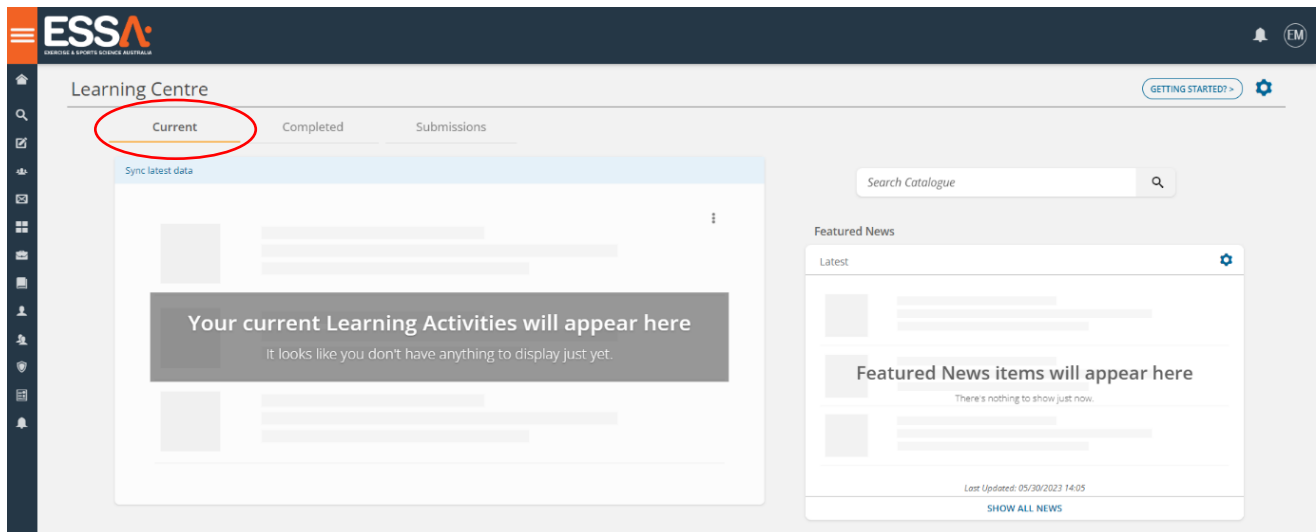
Want to be an ESSA Student Member? [click here.](#)

Please note: Multiple incorrect passwords will lead to your account be locked. [Email ESSA](#) to unlock your account. Please click 'Forgot Password' to reset your password. Not receiving a 'Forgot Password' email? Try clearing your cache and trying again.

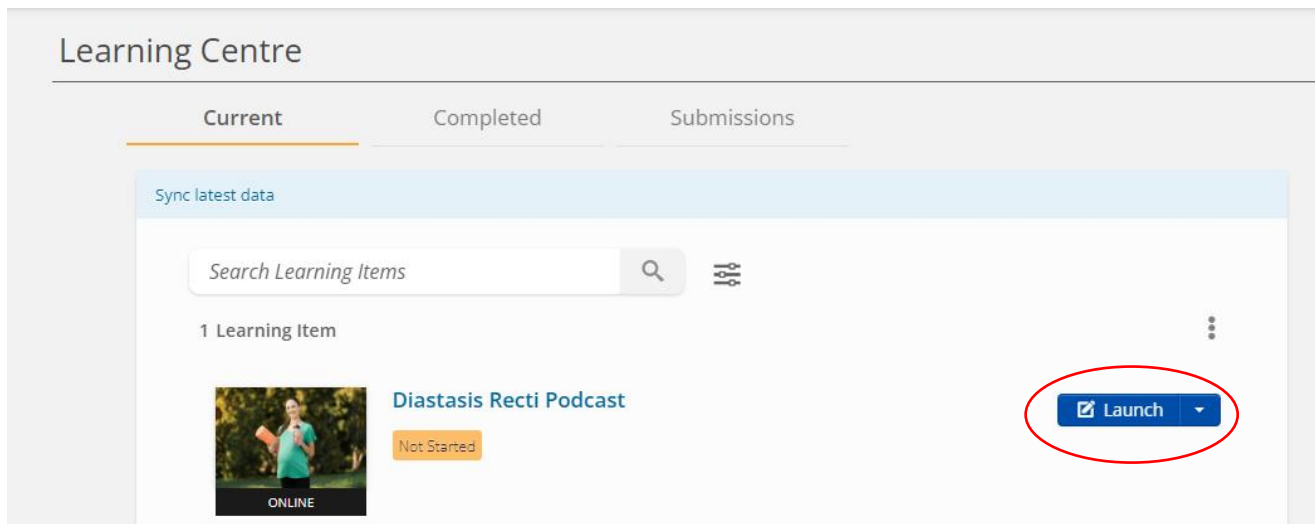
3. Once logged in you will be directed to the [TopClass](#) dashboard.



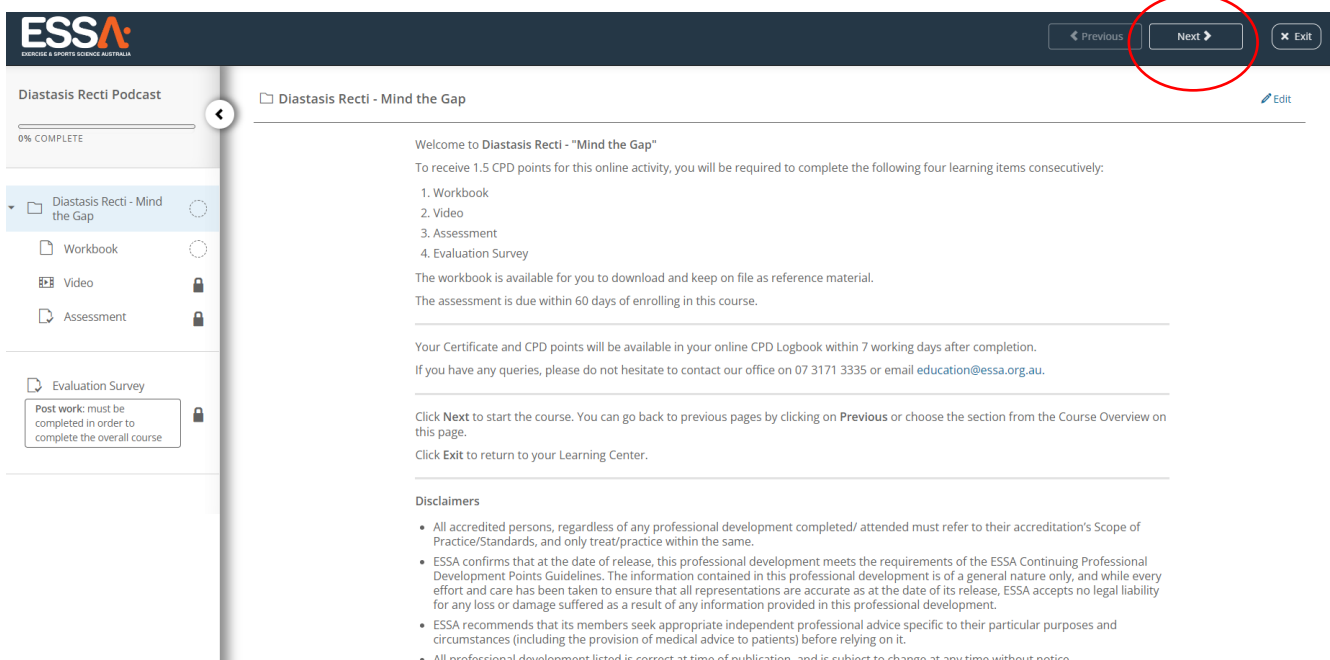
4. To locate your learning select 'Go to your learning centre'. Your current enrolments will appear under the 'Current' tab.



5. To begin your course, select 'Launch'



6. Follow the instructions to complete your learning. All modules must be completed in full and in consecutive order. Select 'Next' to navigate through the course content.



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Diastasis Recti Podcast

0% COMPLETE

Diastasis Recti - Mind the Gap

Workbook

Video

Assessment

Evaluation Survey

Post work: must be completed in order to complete the overall course

Welcome to Diastasis Recti - "Mind the Gap"

To receive 1.5 CPD points for this online activity, you will be required to complete the following four learning items consecutively:

1. Workbook
2. Video
3. Assessment
4. Evaluation Survey

The workbook is available for you to download and keep on file as reference material.

The assessment is due within 60 days of enrolling in this course.

Your Certificate and CPD points will be available in your online CPD Logbook within 7 working days after completion.

If you have any queries, please do not hesitate to contact our office on 07 3171 3335 or email education@essa.org.au.

Click **Next** to start the course. You can go back to previous pages by clicking on **Previous** or choose the section from the Course Overview on this page.

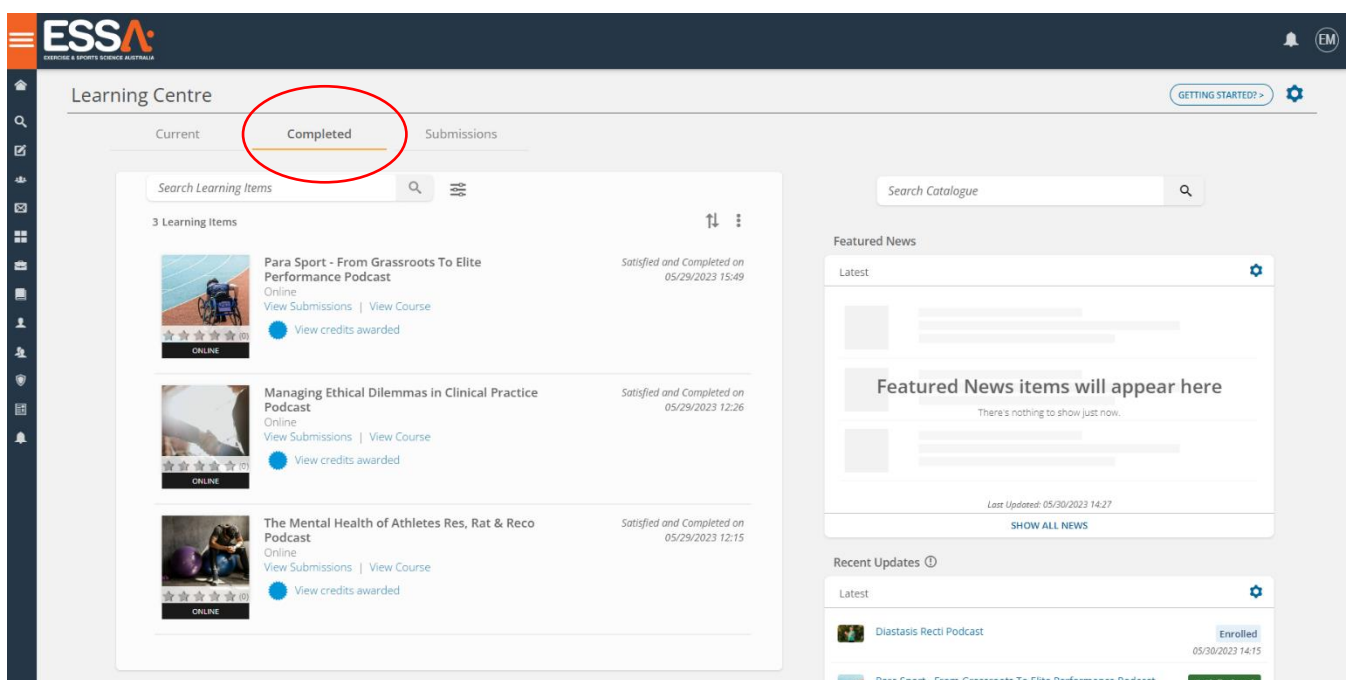
Click **Exit** to return to your Learning Center.

Disclaimers

- All accredited persons, regardless of any professional development completed/ attended must refer to their accreditation's Scope of Practice/Standards, and only treat/practice within the same.
- ESSA confirms that at the date of release, this professional development meets the requirements of the ESSA Continuing Professional Development Points Guidelines. The information contained in this professional development is of a general nature only, and while every effort and care has been taken to ensure that all representations are accurate as at the date of its release, ESSA accepts no legal liability for any loss or damage suffered as a result of any information provided in this professional development.
- ESSA recommends that its members seek appropriate independent professional advice specific to their particular purposes and circumstances (including the provision of medical advice to patients) before relying on it.
- All professional development listed is correct at time of publication, and is subject to change at any time without notice.

You can leave your course at any time and the progress will be saved.

7. On completion of the Evaluation Survey Post Work, the course will be marked as complete and the CPD points automatically applied to your CPD logbook on your ESSA Member Account. The course will be available to review and revisit in the Completed tab.



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Learning Centre

Current **Completed** Submissions

Search Learning Items

3 Learning Items

Para Sport - From Grassroots To Elite Performance Podcast
Online
View Submissions | View Course
Satisfied and Completed on 05/29/2023 15:49
View credits awarded

Managing Ethical Dilemmas in Clinical Practice Podcast
Online
View Submissions | View Course
Satisfied and Completed on 05/29/2023 12:26
View credits awarded

The Mental Health of Athletes Res, Rat & Reco Podcast
Online
View Submissions | View Course
Satisfied and Completed on 05/29/2023 12:15
View credits awarded

Search Catalogue

Featured News

Latest

Featured News items will appear here
There's nothing to show just now.

Last Updated: 05/30/2023 14:27
SHOW ALL NEWS

Recent Updates

Latest

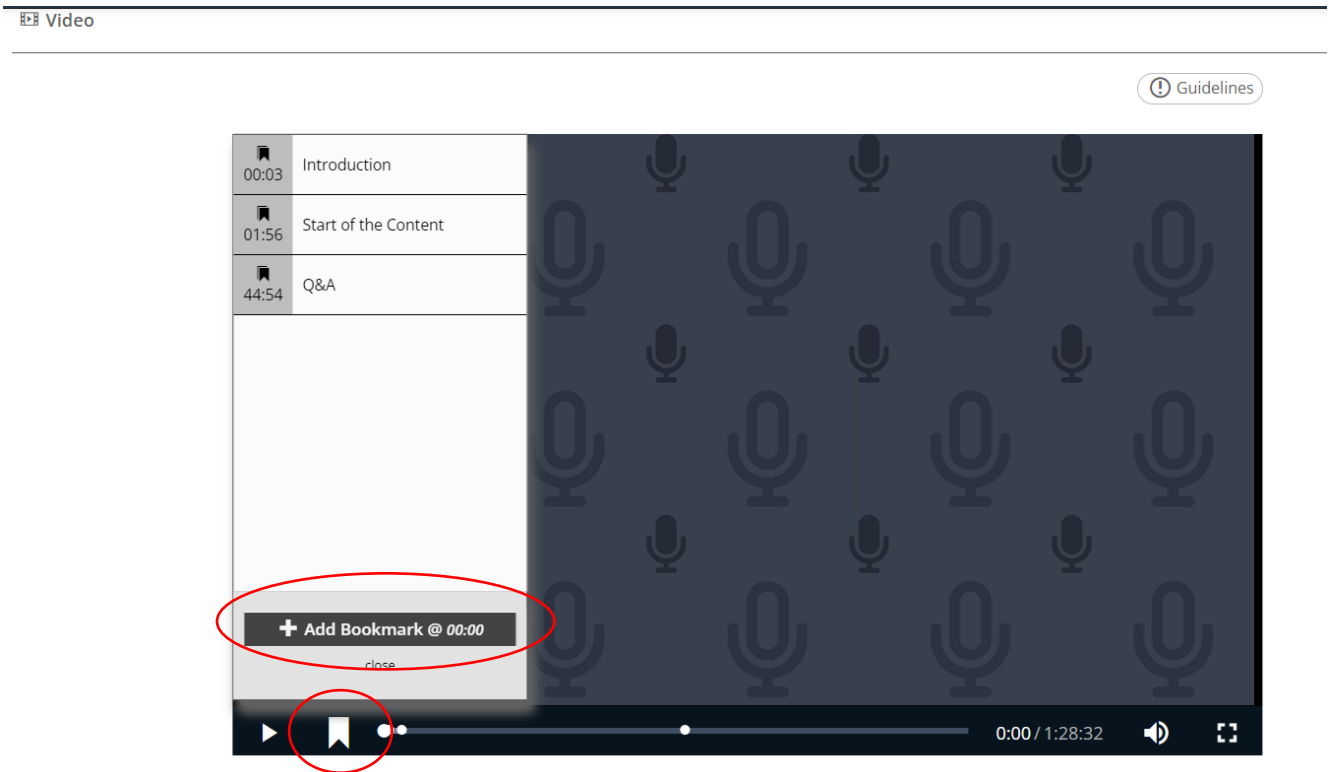
Diastasis Recti Podcast
Enrolled
05/30/2023 14:15

Para Sport - From Grassroots To Elite Performance Podcast
Satisfied and Completed

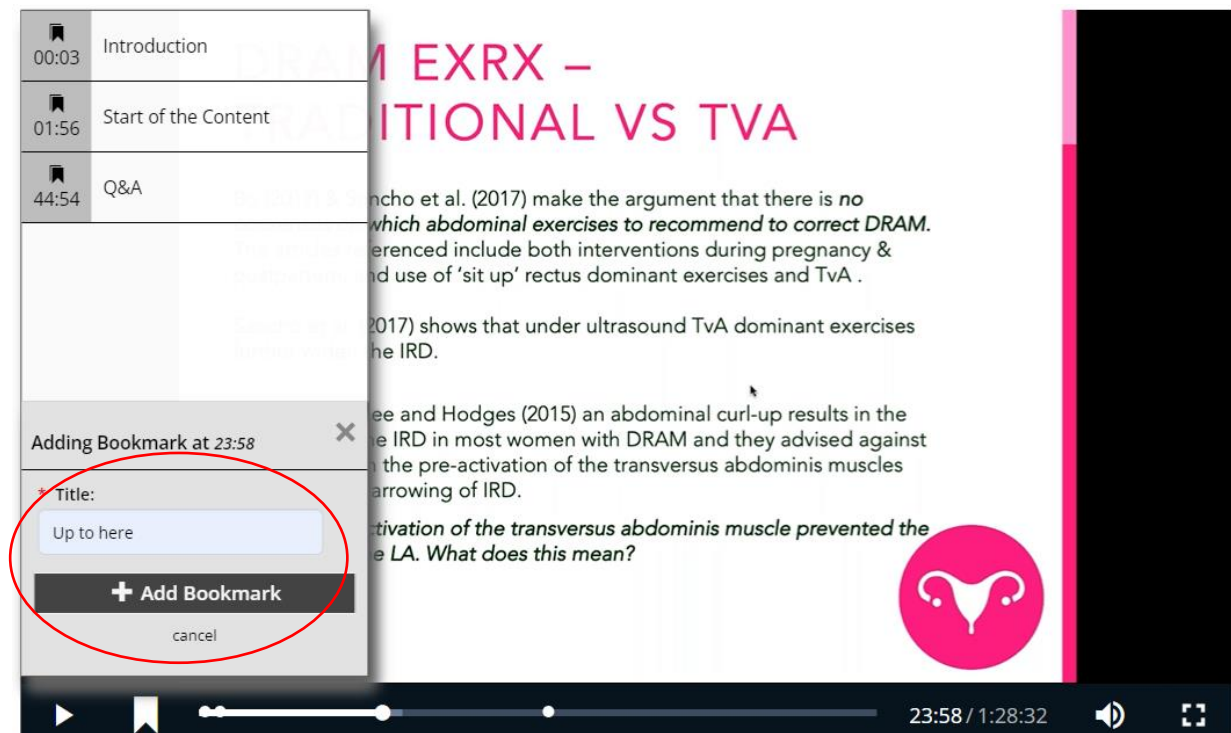
BOOKMARKS

TopClass allows users to bookmark videos to identify milestones in the learning material. These bookmarks are only visible to the user who has implemented them.

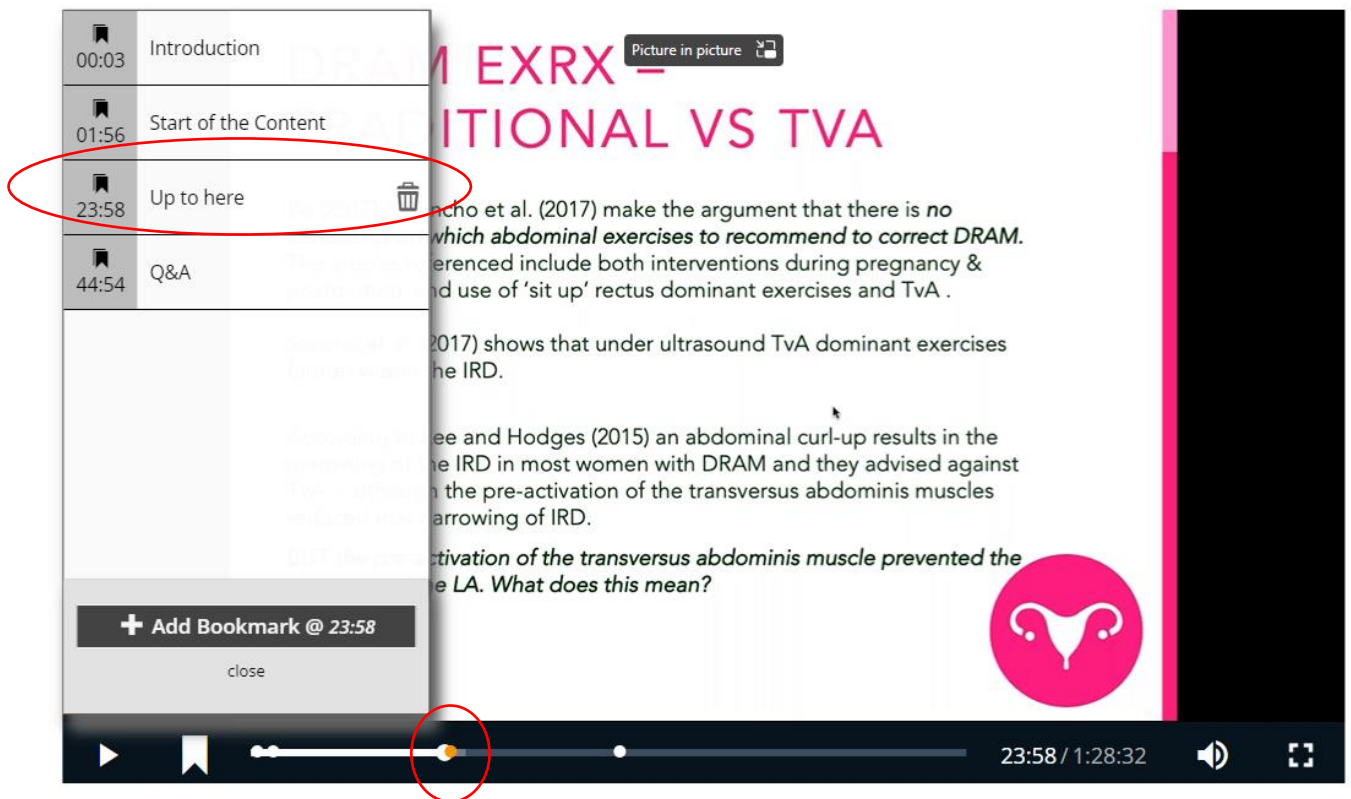
1. To add a bookmark, select the '*bookmark icon*' on the video then select '*Add Bookmark @*'. It is helpful to do this while watching the video as the time will automatically be captured and the video paused when the icon is selected.



2. Label the bookmark and select 'Add Bookmark' again.



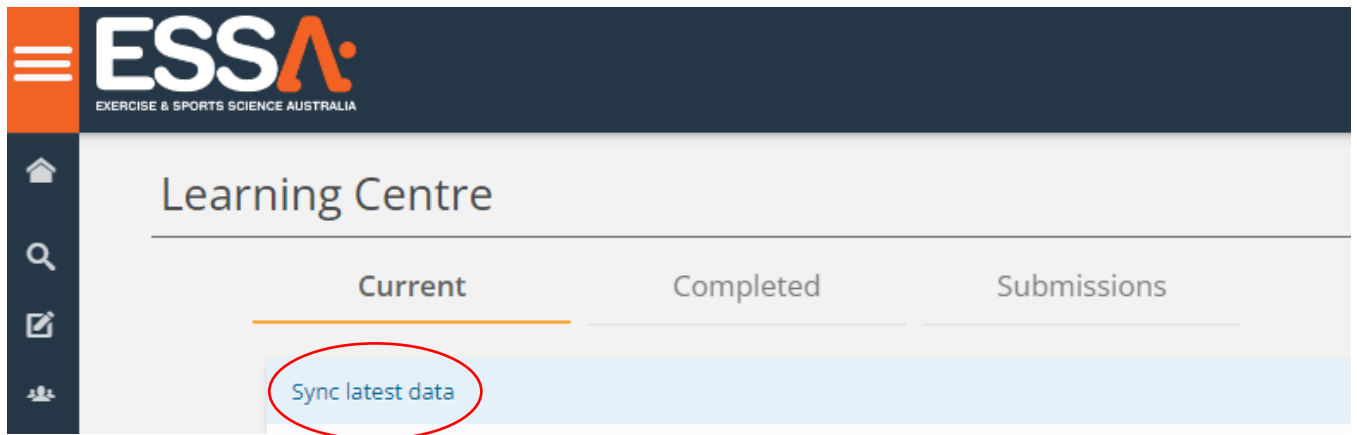
3. The bookmark will then be saved and added to the list and the progress bar for future use. You can add as many bookmarks as you wish.



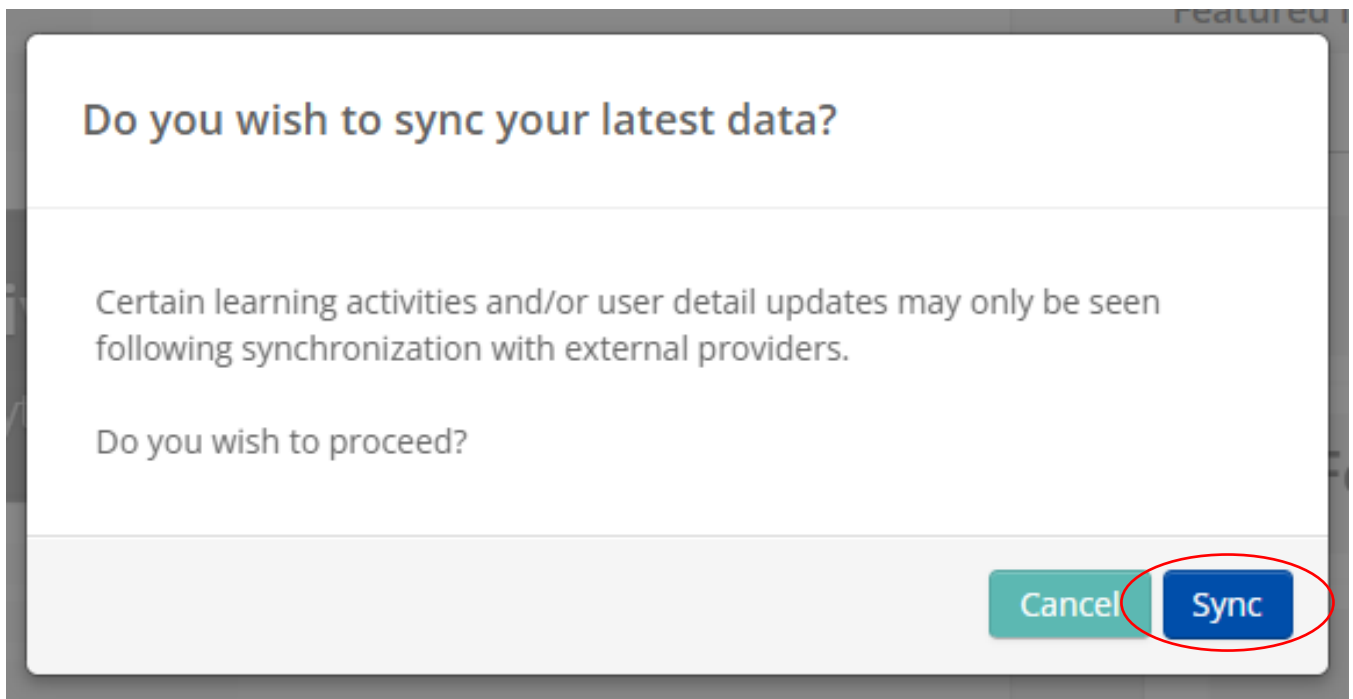
COURSE MISSING

If you have purchased your course and it does not appear immediately, you may need to sync your learning.

1. In your 'Current' tab, under the 'Learning Centre' select 'Sync latest data'.



2. A pop-up will appear, select 'Sync'. Your course should then appear under the 'Current' tab.

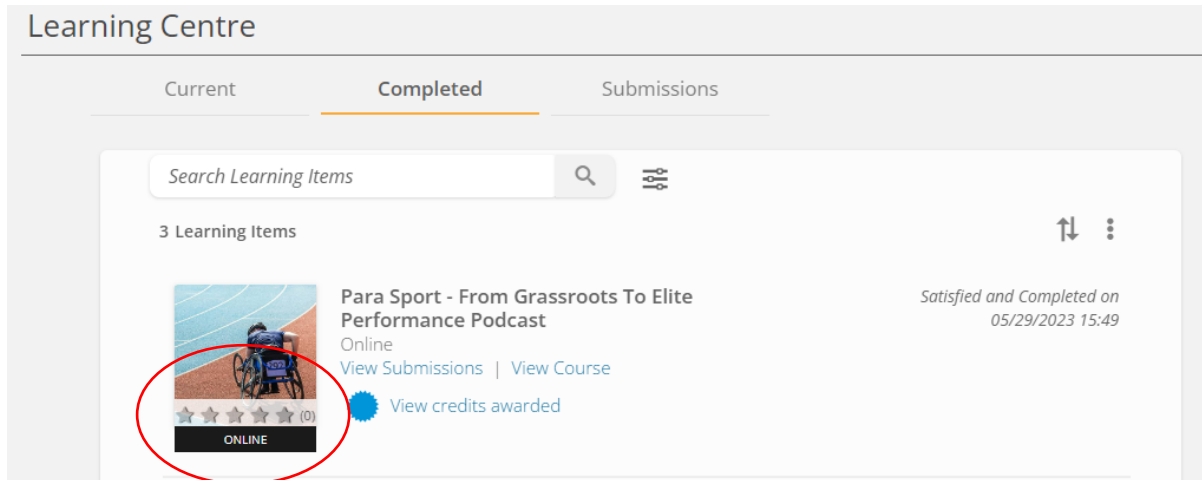


If after attempting this, your course still does not appear, please email education@essa.org.au

RATING & REVIEWING COURSES

TopClass allows users who have completed a course, to leave a review and rating to share feedback with peers considering courses.

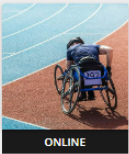
- Once you have completed a course, locate the course in your learning centre under the 'Completed' tab. Hover over the course image and select 'Write a review'.



- A pop-up will appear where you can enter your overall rating of the course and submit an optional review. Users can opt to supply their name on the review, a nickname or remain anonymous at the time of adding the review.

Write a review

×



Para Sport - From Grassroots To Elite Performance Podcast
Overall rating:
★★★★★

Review (Optional)
Write your review here - must be at least 10 characters long.

Remaining Chars 2000

Headline for Review (Optional)
Example: Very enjoyable. Relevant & useful. Mixed feelings. etc.

Display as reviewed by
☐ Your User Profile Name, i.e.
☒ Nickname
☐ Anonymous

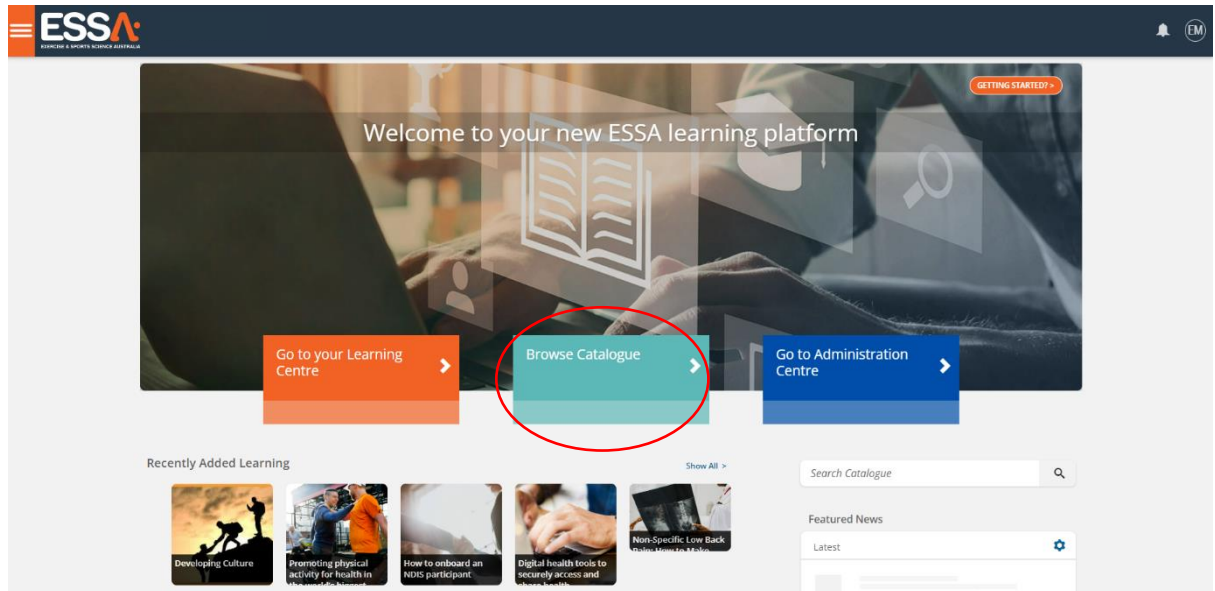
Cancel

+ Add Review

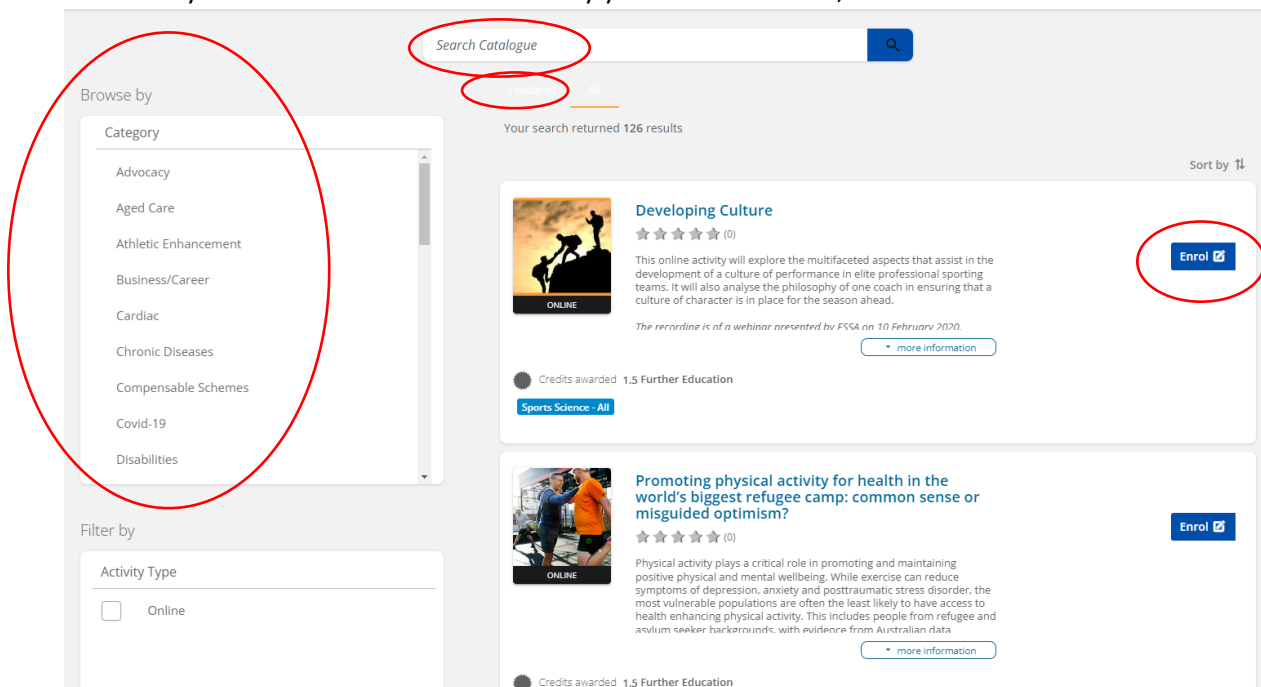
BROWSE CATALOGUE

TopClass integrates seamlessly with the ESSA website to ensure a smooth user experience. The Catalogue provided within the TopClass learning platform showcases all the online activities available on the ESSA website.

1. Select 'Browse Catalogue' from the TopClass dashboard



2. Search the catalogue by keyword search in the search bar, by category search from the left-hand panel, select the 'Featured' tab to review new or featured course or simply scroll through the courses on offer.
3. Once you have located an online activity you wish to enrol in, select 'Enrol' next to the course name.



4. You will be automatically directed to the registration page for the course on the ESSA website.



Developing Culture Podcast



Register Now >

i Are you an ESSA Member?
Please [Sign In](#) to use a
promo code for this podcast

Developing Culture Podcast

This podcast will explore the multifaceted aspects that assist in the development of a culture of performance in elite professional sporting teams. It will also analyze the philosophy of one coach in ensuring that a culture of character is in place for the season ahead.

The recording is of a webinar presented by ESSA on 10 February 2020.

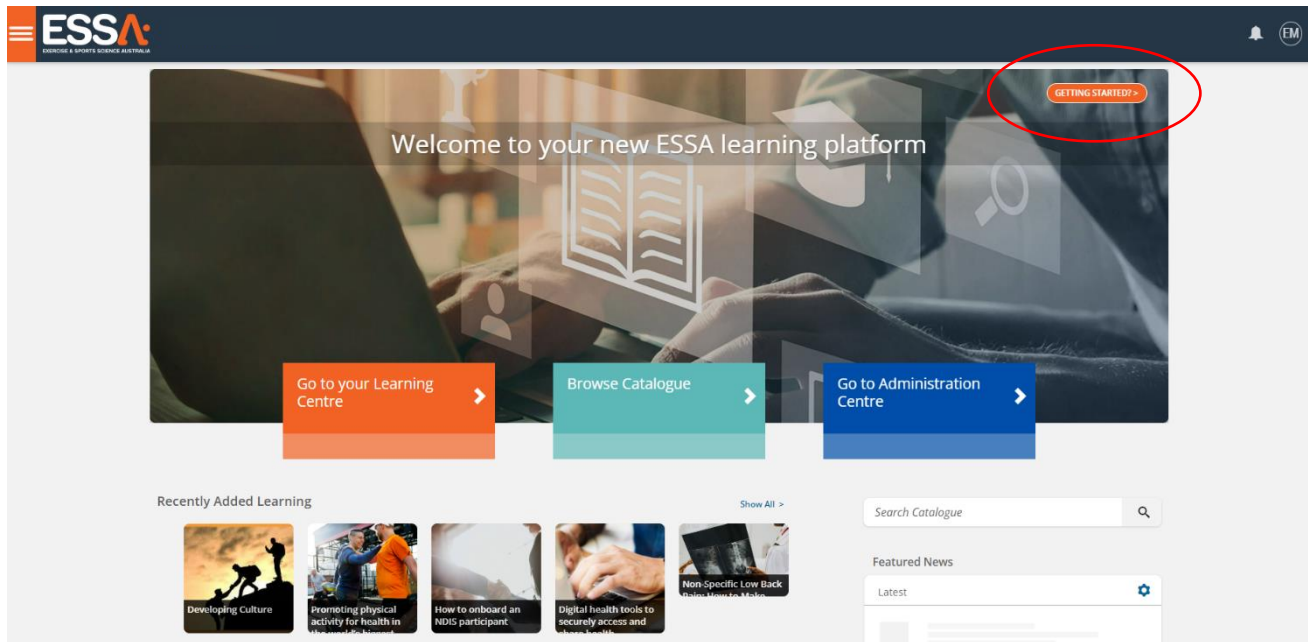
Presented by Mr Ashley Jones, MSC (HM)

Ashley Jones has been a professional strength & conditioning coach for over 25 years, working across three sports (Basketball, Rugby League, and Rugby Union) at both club and international levels in five countries. He was awarded the NSCA Professional Strength & Conditioning Coach of the Year award in 2016, has held the CSCS continuously since 1988 as well as the RSCC*E recognizing over 20 years of professional coaching.

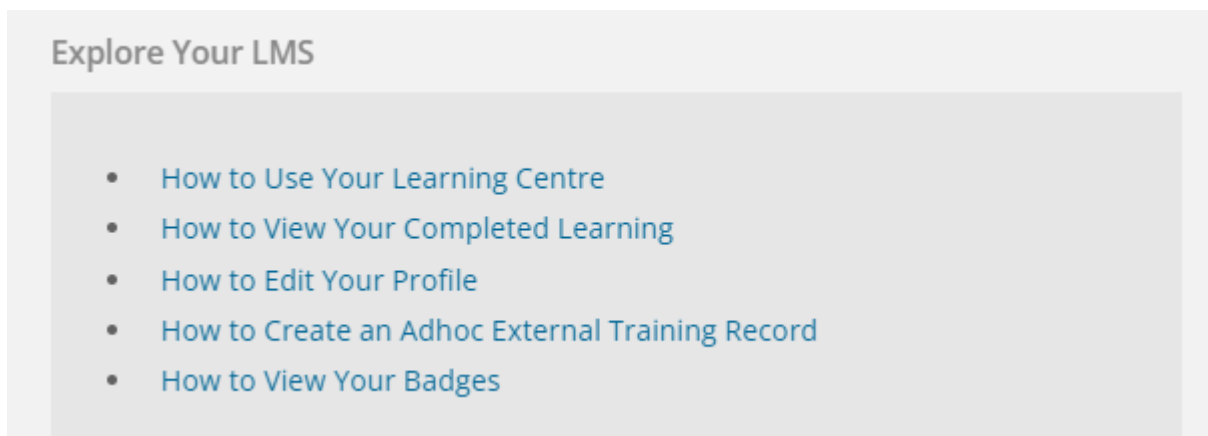
All ESSA Professional Development is purchased through the ESSA website via the [Professional Development Hub](#).

HELP

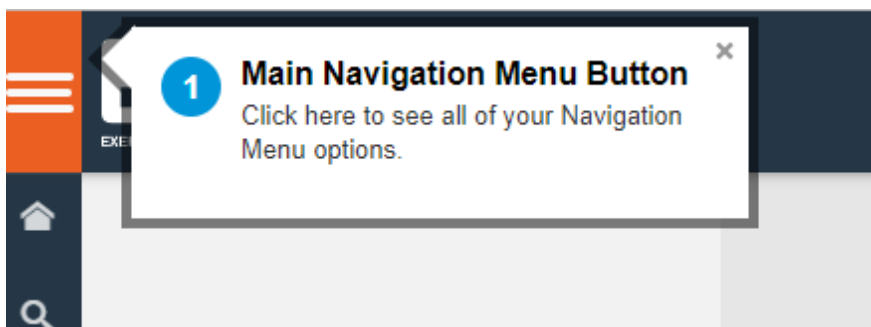
1. There is a helpful interactive guide available on the TopClass learning platform. Simply look for the *Getting Started* button in the top right-hand corner of the TopClass dashboard page.



2. You will be directed to a page where you can select a guided tour.



3. Select the learning objective and begin your guided tour.



If you experience any issues that require further assistance, please email education@essa.org.au