

Sport and Exercise Science



Practical Assessment Task (PAT) Grade 12 – 2020

Assessment Rubric

ASSESSMENT RUBRIC FOR SPORT AND EXERCISE SCIENCE PRACTICAL ASSESSMENT TASK 2020

TASK COMPONENT	LEVEL 4	LEVEL 3	LEVEL 2	LEVEL 1
	5 marks	4 marks	2–3 marks	0–1 marks
Plan of Action (5 marks)	A detailed, feasible plan is provided that clearly outlines the methodology that will be followed: what will be done, by whom, when, where and how.	A plan is provided that clearly outlines the methodology that will be followed with some minor flaws.	A plan is provided that outlines the methodology that will be followed but it lacks some important details and / or has questionable timeframes.	No plan or an incomplete plan that is unclear is provided.
	5 marks	4 marks	2–3 marks	0–1 marks
Information Gathering (5 marks) <u>Questionnaire:</u> <ul style="list-style-type: none"> • Appropriate layout • Clear explanation and instructions to athletes provided • Relevant, appropriate and unambiguous questions • Logical order • Various questioning techniques used 	The questionnaire complies with all the criteria. There are no flaws in detail. A survey was accurately conducted.	The questionnaire complies with almost all of the criteria. There may be some minor flaws in detail. A survey was accurately conducted.	The questionnaire does not comply with many of the criteria. A partial survey was conducted.	The questionnaire is invalid as it does not comply with most of the criteria. A partial survey was conducted. OR The survey is not authentic.
	5 marks	4 marks	2–3 marks	0–1 marks
Data Analysis (5 × 3 = 15 marks) (5 marks for each athlete selected)	The three selected athletes' data is comprehensively analysed and interpreted; any problems are clearly and accurately identified.	The three selected athletes' data is analysed and interpreted, any problems are identified There are minor flaws/omissions.	The three selected athletes' data is analysed and interpreted, any problems are identified There are important flaws/omissions.	Interpretation of data is invalid or not evident. It is largely incomplete or very inaccurate.

	5 marks	4 marks	2–3 marks	0–1 marks
<p>Baseline Tests (5 × 2 = 10 marks)</p> <p><u>Criteria:</u></p> <ul style="list-style-type: none"> • Appropriate Hand-eye or Foot-eye test and Basic eye test is used • Correct explanation and/or demonstration provided for athletes • Sound knowledge of test procedure • Logical work order • Professionalism • Effective time management • Appropriate use of equipment (if applicable) 	<p>All the criteria are fully met.</p> <p>Clear justification for selected test(s) provided.</p> <p>Evidence of tests provided is complete and explicit.</p>	<p>Most of the criteria are met.</p> <p>Clear justification for selection of test(s) provided</p> <p>Evidence of tests provided is complete and explicit.</p>	<p>Some of the criteria are met.</p> <p>Justification for selection of test(s) provided</p> <p>Evidence of tests is provided but incomplete.</p>	<p>Few or none of the criteria are met.</p> <p>Reasoning for test(s) not provided</p> <p>OR</p> <p>Reasoning for test(s) provided but invalid.</p> <p>Little or no evidence of tests is provided or evidence is unclear.</p>
	5 marks	4 marks	2 – 3 marks	0-1 marks
<p>Design Visual Training Programmes (5 × 3 = 15 marks) (5 marks for each training programme)</p> <p><u>Criteria for programme:</u></p> <ul style="list-style-type: none"> • Suitable for athlete (as per questionnaire) • Suitable for athlete's sport • Athlete's level of competence taken into account • Any injuries/weaknesses taken into account • Upcoming competitions / events taken into account • Suited to any visual problems the athlete has 	<p>Training programme meets all the criteria.</p>	<p>One criterion not met in the training programme.</p>	<p>Two or three criteria not met in the training programme.</p>	<p>Four or more criteria not met in the training programme.</p>

	5 marks	4 marks	2-3 marks	0-1 marks
<p>Create a diary (5 marks)</p>	<p>The format of the diary captures all relevant information and is user friendly.</p> <p>Three completed diaries are provided.</p>	<p>The format of the diary is slightly flawed either in the information required or in its design</p> <p>Three completed diaries are provided.</p>	<p>The format of the diary is flawed either in the information required or in its design</p> <p>OR</p> <p>All three diaries are not complete</p>	<p>Design of the diary is poor</p> <p>OR</p> <p>All three diaries are not completed or not provided.</p>
	5 marks	4 marks	2-3 marks	0-1 marks
<p>Post program tests (5 marks)</p> <p><u>Criteria:</u></p> <ul style="list-style-type: none"> • Identical test(s) used on each athlete • Identical test procedure used • Correct explanation and/or demonstration provided for athletes • Logical work order • Professionalism • Effective time management • Appropriate use of equipment (if applicable) 	<p>All the criteria are fully met.</p> <p>Evidence of tests provided is complete and explicit.</p>	<p>Most of the criteria are met.</p> <p>Evidence of tests provided is complete and explicit.</p>	<p>Some of the criteria are met.</p> <p>Evidence of tests provided but incomplete.</p>	<p>Few or none of the criteria are met.</p> <p>Little or no evidence of tests provided or evidence is unclear.</p>

	5 marks	4 marks	2–3 marks	0–1 marks
<p>Design of Reflection Questionnaire (5 marks)</p> <p><u>Criteria:</u></p> <ul style="list-style-type: none"> • Format and layout • Relevant, appropriate and unambiguous questions • Logical order • Various question techniques used <p><u>Questions should include:</u></p> <ul style="list-style-type: none"> • Overall ease of training programme • Overall appeal of the training programme • Rating of training programme • Suggestions to improve training programme 	<p>The design of the questionnaire meets all the criteria. There may be some minor flaws in detail.</p> <p>Three completed questionnaires are provided.</p>	<p>The design of the questionnaire meets almost all the criteria</p> <p>Three completed questionnaires are provided.</p>	<p>The design does not comply with many of the criteria.</p> <p>Partial surveys are provided.</p>	<p>The questionnaire is invalid as it does not comply with most of the criteria.</p> <p>OR</p> <p>The questionnaires are not authentic.</p> <p>Three surveys are not completed or are not provided.</p>
	5 marks	4 marks	2–3 marks	0–1 marks
<p>Data Analysis (10 marks)</p>	<p>A comprehensive analysis and interpretation of all the data collected is provided.</p>	<p>An analysis and interpretation of the data is provided with minor flaws/omissions.</p>	<p>An analysis and interpretation of the data is provided but there are gaps and flaws.</p>	<p>There is an attempt to analyse and interpret the data but it is largely incomplete or very inaccurate.</p>
	5 marks	4 marks	2–3 marks	0–1 marks
<p>Evaluation of Training programme(s) (5 × 2 = 10 marks)</p>	<p>A comprehensive and objective evaluation of the effectiveness of the training programme(s) is provided.</p>	<p>An evaluation of the effectiveness of the training programme(s) is provided with minor flaws/omissions.</p>	<p>An evaluation of the effectiveness of the training programme(s) is provided but there are important flaws and/or omissions.</p>	<p>There is an attempt to evaluate the effectiveness of the training programme(s) but it is brief and /or inaccurate.</p>

	5 marks	4 marks	2–3 marks	0–1 marks
<p>Conclusion (5 × 2 = 10 marks)</p>	A concise conclusion is provided that relates directly to the topic and links the initial information gathered and the final outcome. Strengths in the process are identified, limitations are acknowledged and recommendations are made for improvement.	A good conclusion is provided but it has minor flaws in detail or is not concise.	A conclusion is provided but it lacks detail and /or focus.	An attempt at a conclusion is provided but it is vague, irrelevant or incomplete. OR No conclusion is attempted.
	5 marks	4 marks	2–3 marks	0–1 marks
<p>Organisation and Layout (5 marks)</p> <p><u>Criteria:</u></p> <ul style="list-style-type: none"> • All phases included • Typed • Font – Arial • Font size – 12 • Headings – font size 14 • Text is edited for spelling and grammar • References provided in recognised format • Letters of permission included in Appendix • All completed questionnaires included in Appendix 	All criteria are met. Exemplary presentation.	Almost all criteria are met. Minor flaws.	Some criteria met. Major flaws.	Disorganised, minimal criteria met.