

# **Sport and Exercise Science**



## **Practical Assessment Task (PAT) Grade 12 – 2020**

# **Framework for the Practical Assessment Task**

The framework and the assessment rubric for the PAT are provided here. Within the parameters of the topic, learners will identify appropriate eye training exercises / drills for three athletes and evaluate its effect on their performance.

COMPONENT	CONTENTS	MARK	SUGGESTED TIME FRAME
<b>Plan of action</b>	The methodology that the learner intends to follow is clearly presented with all details of what will be done, by whom, when, where and how. This is a working document	5	2 WEEKS
<b>Feedback</b>			
<b>PHASE 1</b> <b>Gather information</b>	A questionnaire is designed and research undertaken to select three athletes to participate in the task.  The questionnaire should adhere to the following format: <ul style="list-style-type: none"> <li>– appropriate layout</li> <li>– provide explanation and instructions to athletes on how to complete the questionnaire</li> <li>– ask relevant, appropriate and unambiguous questions</li> <li>– follow a logical order</li> <li>– use various questioning techniques</li> </ul> The questionnaire is conducted with at least six possible athletes. Athletes may be interviewed should this be necessary.	5	
<b>Data analysis</b>	Analyse and interpret the completed questionnaires and possible interviews. Select three athletes based on your analysis and interpretation. Identify reasons for their selection.  The completed questionnaires and any interviews conducted for the three selected athletes are submitted with the analysis.  The completed questionnaires from the athletes not selected are included in the Appendix of the task.	15 (5 marks per athlete)	1 WEEK
<b>Assessment point</b>			

COMPONENT	CONTENTS	MARK	SUGGESTED TIME FRAME
<p><b>PHASE 2</b></p> <p><b>Conduct an eye test</b></p> <p><b>Design/obtain and conduct a hand-eye or foot-eye test</b></p>	<p>A written justification is provided for the tests chosen for each athlete. The same tests can be performed on each athlete OR different tests can be conducted on each athlete, as long as the follow-up test is the same as the before-test for each athlete.</p> <p>Each of the three athletes needs to undergo two tests:</p> <ol style="list-style-type: none"> <li>1. basic eye test</li> <li>2. hand-eye or foot-eye test</li> </ol> <p>The tests are independently conducted and the following skills are tested in you:</p> <ul style="list-style-type: none"> <li>– time management</li> <li>– professionalism</li> <li>– logical work order</li> <li>– sound knowledge of test procedure</li> <li>– clear explanation of the test to the athlete</li> <li>– appropriate use of equipment (if used)</li> </ul> <p>Evidence of each test being conducted is provided.</p>	<p>10</p>	<p>1 WEEK</p>
<p><b><i>Compulsory assessment and feedback point</i></b></p>			
<p><b>Design eye training program</b></p>	<p>An eye training program is designed to suit each athlete and their specific needs.</p> <p>Each programme is explained to the individual athlete. A signed declaration by each athlete confirming this is included with the design.</p> <p>A letter of permission to participate in the programme is provided by the parents of each athlete.</p>	<p>15 (5 marks per programme)</p>	<p>1 WEEK</p>
<p><b>Create a diary</b></p>	<p>A user-friendly daily diary template is designed for the athletes to complete.</p> <p>The completed diaries are provided as evidence.</p>	<p>5</p>	
<p><b>At this point the athletes need to follow the prescribed programme for three weeks</b></p>			

COMPONENT	CONTENTS	MARK	SUGGESTED TIME FRAME
<b>PHASE 3: Conduct 2<sup>nd</sup> test</b>	Each of the three athletes does the same hand-eye- or foot-eye-test they did in Phase 2.  Evidence of each test being conducted is provided.	5	This will be done in one day.
<b>Survey to assess suitability of training programme either through a follow-up questionnaire or an interview.</b>	An athlete's satisfaction survey is compiled.  Questions should include: <ul style="list-style-type: none"> <li>– overall ease of training program</li> <li>– overall appeal of program</li> <li>– overall effectiveness of program i.e. did performance improve?</li> <li>– rating of program</li> </ul> Each athlete is interviewed to complete the survey.  The completed surveys are provided as evidence.	5	4 DAYS
<b>Analyse data</b>	The results from the three tests, the athletes' diaries and surveys are analysed and compared.	10	2 WEEKS
<b>Evaluation of programme(s)</b>	The effectiveness of the programmes is evaluated using information gathered from the interviews and test results.	10	
<b>Conclusion</b>	A concise conclusion to the task is provided that: <ul style="list-style-type: none"> <li>– links the initial information gathered and the final outcome</li> <li>– relates directly to the topic</li> <li>– identifies strengths in the process followed</li> <li>– acknowledges limitations</li> <li>– makes recommendations for improvement.</li> </ul>	10	
<b>Organisation and layout</b>	The learner's final task is only assessed once, and must show clear evidence of the teacher's marking.  The final task must comply with the following technical criteria: <ul style="list-style-type: none"> <li>– The task is submitted in a ring file with appropriate file dividers for ease of reading</li> <li>– All components in the framework are included</li> <li>– The final document is typed in Arial font , size 12</li> <li>– Headings are in font size 14</li> <li>– A reference list is provided and correctly formatted</li> <li>– The text is edited with spelling and grammar carefully checked.</li> <li>– All photographs are dated and included in the appropriate place in the file.</li> <li>– If video footage is used, a disc/flashstick is placed in a sealed envelope (or similar) and attached to the file, i.e. it cannot be a loose item.</li> <li>– All completed questionnaires are included in an Appendix.</li> <li>– Any work used in planning / drafting but found unsuitable by the teacher for the final task are included in an Appendix as evidence of process.</li> </ul>	5	