

Sport and Exercise Science



Practical Assessment Task (PAT) Grade 12 – 2020

Instructions to candidates

The purpose of this task is for you to apply the knowledge and skills that you have learnt to a practical situation.

This PAT assesses Topic 1 in the IEB Subject Assessment Guidelines.

You are required to investigate the impact of eye training exercises and drills on the performance of athletes.

To complete the PAT you must select THREE athletes. They must have easy access to and be able to follow a program devised by you. They need not all participate in the same sport, be the same age or sex.

You must carry out the following process, the details of which are provided below. You must familiarise yourself with all the PAT documents (Instructions, Framework and Rubric) before you begin the task.

PLAN OF ACTION

Draw up a personal plan of action that outlines the process you intend to follow for the PAT: what will be done, where, when, by whom and how. This is a working document; it is not cast in stone. It will show that your process is feasible and that you are organised.

PHASE 1:

- **Design a questionnaire** that you can use to survey a sample of athletes. You will use the data that you collect in the survey to choose three athletes to participate in the PAT.

The questionnaire will need to at least provide the following information:

- Athlete's name, age and gender.
- Sport the athlete participates in.
- Level of performance of athlete i.e. beginner, intermediate or elite, e.g. Does the athlete play in the 1st team or the 5th team or purely socially?
- Do they play an individual or team sport?
- What other activities do they participate in?
- Amount of time spent training?
- Regularity of competition / participation?
- Whether they wear glasses or contact lenses?
- Reason for wearing glasses or contact lenses i.e. near sighted or far sighted?
- Do they struggle with on-field / court problems e.g. seeing the ball too late or mishitting a ball?
- Do they suffer from headaches or tired eyes?
- Do they have a history of injuries? If so, what were their causes?
- Some eye defects are caused by incorrect eating – word the questionnaire so that you can see if this would apply.

You must formulate the questions and format the questionnaire in a way that ensures you get the information you need. Include any other questions that you feel are pertinent.

- **Carry out the survey** on at least six athletes. Choose three of these athletes to work with. You must be able to explain the reason(s) for your choice(s).

A letter from each of the selected athlete's parents must be provided in which they give permission for their child to do the prescribed programme.

- **Analyse and interpret the data** gathered from the questionnaires on the three selected athletes and identify any possible issues that could be negatively impacting on their performance.

The completed questionnaires and any interviews conducted for the three selected athletes must be included with your analysis. The completed questionnaires from the unselected sample athletes must also be included in the Appendix of the task.

PHASE 2:

Source/design an appropriate personalised hand-eye or foot-eye test for each athlete AND source a basic eye test.

- Conduct a baseline test with each athlete and record the results. You will need to provide photographic and/or video evidence that each test was conducted. Explain why you selected the baseline test that you chose.
- Source/design an eye training programme suitable for each athlete and their sport. The programme must be explained to each athlete and they must sign a declaration that the training programme was explained to them.
- The athletes must adhere to the programme for three weeks. During this period they must keep a daily diary of all eye exercises done as well as what sport training they followed. You must design the format of this diary to ensure that you get the information you want.

Should the athlete at any time during the three week period feel that the programme needs to be adjusted, you must decide whether this is feasible or not and make the adjustment, if necessary. A detailed record of this must be kept.

PHASE 3:

- After the three week period is over, repeat the same tests done in Phase 2, ensuring that you follow a testing protocol of objectivity and reliability. The identical tests conducted in Phase 2 must be used.

- Compare and analyse the results of the baseline test and the post-test.
- Design a second questionnaire which will allow the athletes to reflect on the feasibility of the prescribed programme, their perceptions of its impact on them and their performance.
- Interview each athlete and complete the questionnaire for each of them.
- Analyse and interpret all the information you have collected, and discuss whether or not the programme you prescribed had a positive impact on each athlete and their performance. Identify any adjustments you would make to the programme and why. What further recommendations would you make to improve performance?

CONCLUSION

Write a concise conclusion to the task that provides a link between the initial information gathered and the final outcome. The conclusion must relate directly to the topic. It must include a reflection on the process you followed: strengths should be identified, limitations acknowledged and recommendations made for improvement.

SUBMISSION OF PAT

Your task must be submitted in a ring file with appropriate file dividers for ease of reading. The content must comply with the following criteria:

- all components in the framework must be included
- the task must be typed
- font type – Arial
- font size – 12
- headings – font size 14
- the text must be edited for spelling and grammar
- there must be a reference list written in a recognised format
- no plastic filing sleeves are permitted for notes