

Sport and Exercise Science



Practical Assessment Task (PAT) Grade 12 – 2025

Framework for the Practical Assessment Task

The framework for the Practical Assessment Task (PAT) is provided here.

Within the parameters of the topic, learners will identify the impact of eye training exercises and drills on the performance of athletes.

COMPONENTS	CONTENTS	MARK	SUGGESTED TIME FRAME
Plan of Action	The methodology that the learner intends to follow is clearly presented with all the details of what will be done, by whom, when, where, and how. This is a working document.	8	2 weeks
Phase 1: Survey to select athletes	A questionnaire is designed, and research is undertaken to select four athletes to participate in the task. The questionnaire should adhere to the following format: <ul style="list-style-type: none"> • Appropriate layout. • Provide explanations and instructions to athletes on how to complete the questionnaire. • Relevant, appropriate, and unambiguous questions. • Logical order. • Various question techniques used. 	5	1 week
<p style="text-align: center;">Feedback <i>The teacher to look at the Plan of Action and Questionnaire and make suggestions on how to correct them if necessary.</i></p>			
Collect completed questionnaires	All the completed questionnaires for selected athletes must appear in the main body of the task. All the completed questionnaires for the unselected athletes must appear in the task appendix.	4	1 week
Data analysis	Analysis and interpretation of the completed questionnaires and possible interviews are provided. Four athletes are selected, and the information they provide is analysed to identify reasons for their selection.	8	1 week

Assessment and Feedback Point At this point, the teacher will mark all work handed in. This mark will not change.			
Phase 2: Conduct prescribed baseline tests	<p>Each of the four athletes is required to undergo the following tests.</p> <ul style="list-style-type: none"> • Eye dominance test. • Visual acuity test using Snellen Eye Chart (literate or illiterate). • Plate tapping test. • Wall Toss test. • Soda pop test. • Foot tapping speed test (for those needing foot-eye coordination). <p>The tests are conducted independently by the candidate showing the following skills:</p> <ul style="list-style-type: none"> • Time management. • Professionalism. • Logical work order. • Sound knowledge of test procedure. • Clear explanation of each test to the athlete. • Appropriate use of equipment (if used). <p>Evidence of each test being conducted is provided.</p>	<p>4</p> <p>(No evidence of tests – deduct 2 marks)</p>	<p>1 week</p>
Design eye training programmes	<p>An eye training programme is designed to suit each athlete and their specific needs.</p> <p>Each programme is explained to the individual athlete.</p> <p>A signed declaration by each athlete confirming this is included with the design.</p> <p>Each programme needs to be submitted.</p> <p>A letter of permission to participate in the programme is provided by the parents of each athlete under the age of 18 years.</p>	<p>20</p>	<p>2 weeks</p>
Create a diary	<p>A user-friendly daily diary template is designed for the athletes to complete.</p> <p>The diary requires questions to be asked on a daily basis.</p>	<p>4</p>	
Collect completed diaries	<p>The completed diaries are provided as evidence.</p>	<p>(No evidence of completed diaries – deduct 2 marks)</p>	<p>3 days</p>

Compulsory Assessment and Feedback Point <i>At this point, the teacher will mark all the work in phase 2. This mark will not change.</i>			
Phase 3:	The various tests are repeated by each of the four athletes. Evidence of testing being conducted is provided.	4	2 days
Post-testing			
Analyse data	The results of the baseline and post-tests are analysed and compared.	8	1 week
Satisfaction survey	An athlete's satisfaction survey is compiled. Questions should include:	4	4 days
Survey/questionnaire to assess the suitability of the training programme	<ul style="list-style-type: none"> • Overall ease of the training programme? • Overall appeal of the programme? • Overall effectiveness of the programme, i.e. did performance improve? • Rating of the programme? 		
Collect completed surveys	The completed surveys are provided as evidence	2	3 days
Phase 4:			
Analyse and evaluate the eye training programme	The effectiveness of the programmes is evaluated using information gathered from the interviews and test results.	8	1 week
Conclusion	A concise conclusion to the task is provided that: <ul style="list-style-type: none"> • links the initial information gathered and the final outcome. • relates directly to the topic. • identifies strengths in the process followed. • acknowledges limitations. • makes recommendations for improvement. 	5	
Organisation and layout	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"> • All components in the framework are included. • The final document is typed. Font Arial Size 12. • Headings are size 14 font. • A reference list is provided and correctly formatted. • The text is edited with spelling and grammar carefully checked. • All photographs are dated, labelled and included in the appropriate place in the file. • All unused but completed questionnaires are included in an appendix. • Any work used in planning/drafting but found unsuitable by the teacher for the final task is included in an appendix as evidence of the process. 	4	