

Sport and Exercise Science



Practical Assessment Task (PAT) Grade 12 – 2026

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 5 in the IEB Subject Assessment Guidelines.

You are required to investigate the impact of correct training exercises and drills on the performance of athletes after conducting Functional Movement Screening (FMS).

You must familiarise yourself with all of the PAT documents (Instructions, Framework, and Rubric) before you begin the task.

To complete the PAT, you must do the following:

- (a) Select at least FOUR athletes.
- (b) They must have easy access to and be able to follow a programme devised by you.
- (c) They need not all participate in the same sport nor be the same age or gender.
- (d) The athletes will follow a specialised training programme designed by you.

You must carry out the following process, the details of which are provided below.

Plan of action (pre-planning)

Draw up a personal plan of action that outlines the process that you intend to follow for the PAT: what will be done, where, when (including dates), by whom, and how.

- The action plan should be a summary of the steps that the learner intends to follow.
 - Methodology must be provided for ALL steps of the PAT.
 - **Dates, estimated time frames, and personal agendas** must be included.

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 the four athletes that will ultimately be participating in the PAT.

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

- The athlete's name, age, and gender
 - The sport that the athlete participates in
 - The level of performance of the athlete (i.e. beginner, intermediate, or elite)
 - **Include all other pertinent questions of your choice**
- Formulate the questions and format the questionnaire in a way that ensures that you get the information that you need.
 - Carry out the survey on at least eight to ten athletes. Use the information in the surveys to select four athletes. **You must explain the reason/s for your choices.**

- A letter from each of the selected athlete's parents must be provided in which they give permission for their child (if they are younger than 18 years old) to take part in the prescribed programme. This permission letter should be on a school letterhead or have the school badge visible on it.
- Analyse and interpret the data on the four selected athletes that was gathered from the questionnaires and identify any possible issues that could be impacting their performance negatively.
 - You may interview the four selected athletes to get additional useful information.
- The completed questionnaires and any interviews, if conducted, for the four selected athletes must be included with your analysis. The interviews must be in written format – no recordings may be submitted.
- The completed questionnaires from any unselected sample athletes must be included in the **Appendix** of the task.

Phase 2

- Conduct a baseline test with each athlete and record the results. The baseline testing **must** include the following, which must be sourced.
- The seven tests involved in FMS:
 - Deep squat
 - Hurdle step
 - In-line lunge
 - Shoulder mobility
 - Active straight leg raise
 - Trunk stability push-up
 - Rotary stability

You may include other tests as well. Explain why you selected the extra tests.

Provide photographic evidence that testing was conducted (include the date). Provide photographs of two tests being performed on each athlete.

- Design/source an appropriate training programme that is suitable for each athlete and their specific needs. Identify movement limitations or asymmetries and develop and apply corrective training interventions.
 - You are required to submit one programme per athlete for all four athletes.
 - The programme must be explained to each athlete and adhered to for a minimum of three weeks (you may make the athlete train for longer than three weeks if you wish).
 - Each athlete needs to sign a declaration that the training programme was explained to them.

- Create a diary: During this period, the athlete must keep a diary. You must design the format of this diary to ensure that you get the information that you need.
 - This diary should be completed daily.
 - There should be relevant questions asked of the athlete.
 - It should record their daily adherence to the prescribed programme.
 - It should also record all additional training done other than that prescribed (e.g. two-hour rugby or basketball practice).
 - The diary should also include responses as to how the athlete feels after doing the exercises in the provided training programme.

Phase 3

- Post-testing: After the three-week training period is over, a post-test must be conducted on all four athletes by repeating the same tests done in Phase 2.
- The seven tests involved in FMS:
 - Deep squat
 - Hurdle step
 - In-line lunge
 - Shoulder mobility
 - Active straight leg raise
 - Trunk stability push-up
 - Rotary stability
- Ensure that you follow a testing protocol of objectivity and reliability.
- Provide photographic evidence that testing was conducted: two photographs per athlete.
- Compare and analyse the results of the baseline test and the post-test.
- Design a SECOND questionnaire that allows the athletes to reflect on the feasibility of the prescribed programme, their perceptions of its impact on them, and their performance (i.e. a satisfaction questionnaire).
- You may interview the four selected athletes to get additional useful information.

Phase 4

- Analyse and evaluate all of the information that you have collected.
 - Analyse whether the interventions led to measurable improvement in functional movement.
 - Discuss whether or not the training impacted them or not and what impact it had on their performance.
 - Identify any adjustments that you would make to the programme and why.
 - Provide further recommendations that you would 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 that you followed: Strengths should be identified, limitations should be acknowledged, and recommendations for improvement should be made.

Submission of PAT

- Your task must be submitted online.
- It must include the completed prescribed IEB Cover Sheet.
- The content must be organised **in the correct order** according to the sections in this document.
- If the submission is submitted in folders, ensure that each folder is labelled clearly and in the correct order.

The content must comply with the following criteria:

- All components in the framework must be included.
- The task **must be typed**.
- Font type must be Arial.
- Font size must be 12.
- Headings must have a font size of 14.
- The text must be edited for spelling and grammar.
- There must be a reference list written in a recognised format, preferably the Harvard system.
- Include the AI declaration.