

Sport and Exercise Science



Practical Assessment Task (PAT) Grade 12 – 2026

Assessment Rubric

TASK COMPONENT	LEVEL 4 8 marks	LEVEL 3 6 marks	LEVEL 2 3–4 marks	LEVEL 1 0–2 marks
Plan of action (8 marks)	A detailed, feasible plan is provided that outlines clearly the methodology that will be followed: what will be done, by whom, when, where, and how.	A plan is provided that outlines clearly 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.
	4 marks	3 marks	2 marks	0–1 marks
Design survey to select athletes (4 marks) <u>Survey/Questionnaire Criteria:</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 of the criteria. There are no flaws in detail. A survey was conducted accurately.	The questionnaire complies with almost all of the criteria. There may be some minor flaws in detail.	The questionnaire does not comply with many of the criteria.	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.
	4 marks	3 marks	2 marks	0–1 marks
Evidence of surveys to select athletes (4 marks) <u>Questionnaire:</u> Evidence of completed questionnaires	Four completed questionnaires of selected athletes provided.	Three completed questionnaires of selected athletes provided. OR Four partially completed questionnaires of selected athletes provided.	Two completed questionnaires of selected athletes provided. OR Three partially completed questionnaires of selected athletes provided.	One completed questionnaire of selected athletes provided. OR Two partially completed questionnaires of selected athletes provided.

	4 marks	3 marks	2 marks	0–1 marks
Data analysis (4 × 2 = 8 marks)	The four selected athletes' surveys are comprehensively analysed and interpreted, and any problems are clearly and accurately identified. Feasible reasons are given for the selection of the athletes.	The four selected athletes' surveys are analysed and interpreted, and any problems are identified. There are minor flaws or omissions.	Not all four selected athletes' surveys are analysed and interpreted. Some problems are identified but not all. There are important flaws or omissions.	The interpretation of surveys is invalid or not evident. The analysis is largely incomplete or very inaccurate. No reasons are given for the selection of the athletes.
	4 marks	3 marks	2 marks	0–1 marks
Conduct baseline FMS tests (4 marks) <u>Criteria:</u> <ul style="list-style-type: none"> • Correct test/s 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 	All of the criteria are fully met. Evidence of tests on four athletes is provided and is complete and explicit. Clear justification for any other selected tests is provided.	Most of the criteria are met. Evidence of tests on three athletes is provided and is complete and explicit. Clear justification for any other tests is provided.	Some of the criteria are met. Evidence of tests on two athletes is provided but incomplete. Justification for selection of any other tests is provided.	Few or none of the criteria are met. Little or no evidence of tests is provided, or evidence is unclear. Reasoning for any other tests is not provided. OR Reasoning for test/s is provided but invalid.
Evidence of baseline test (2 marks)			Photographic evidence of two tests per athlete is provided.	Photographic evidence of one test per athlete is provided. OR Not all athletes are photographed.

	10 marks	7–9 marks	4–6 marks	0–3 marks
<p>Design corrective training programmes (40 marks)</p> <p>(10 marks for each training programme)</p> <p><u>Criteria:</u></p> <ul style="list-style-type: none"> • Clear explanation of exercises, including pictures to assist with explanation • Programmes are suitable and specific for each athlete, well planned, and interesting • Programmes are user friendly 	All criteria are met.	One criterion is not met in the training programmes.	Two criteria are not met in the training programmes.	Most criteria are not met in the training programmes.
	4 marks	3 marks	2 marks	1 mark
<p>Evidence of training programmes (4 marks)</p>	Four individual programmes are provided.	Programmes are provided but are not individual. OR Not all four programmes are provided.	Only two programmes are provided.	Only one programme is provided.
	4 marks	3 marks	2 marks	1 mark
<p>Create diaries (4 marks)</p>	The format of the diary captures all relevant information by asking appropriate questions. It is user friendly.	The format of the diary captures information but could be more detailed.	The design of the diary is missing important information. The diary is not user friendly.	The format of the diary is flawed either in the information required or in its design.
	2 marks	1 mark		
<p>Evidence of completed diaries (2 marks)</p>	Four completed diaries are provided.	Three or fewer completed diaries are provided.		

	4 marks	3 marks	2 marks	1 mark
<p>Satisfaction survey (4 marks)</p> <p><u>Survey/Questionnaire</u> Criteria:</p> <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 	<p>The questionnaire complies with all of the criteria. There are no flaws in detail.</p> <p>A survey was conducted accurately.</p>	<p>The questionnaire complies with almost all of the criteria.</p> <p>There may be some minor flaws in detail.</p>	<p>The questionnaire does not comply with many of the criteria.</p>	<p>The questionnaire is invalid as it does not comply with most of the criteria.</p> <p>A partial survey was conducted.</p> <p>OR</p> <p>The survey is not authentic.</p>
	2 marks	1 mark		
<p>Evidence of satisfaction survey (2 marks)</p> <p><u>Survey/Questionnaire:</u> Evidence of completed questionnaires</p>	<p>Four completed questionnaires of selected athletes are provided.</p>	<p>Three or fewer completed questionnaires are provided.</p> <p>OR</p> <p>Four partially completed questionnaires are provided.</p>		
	4 marks	3 marks	2 marks	0–1 marks
<p>Data analysis (4 × 2 = 8 marks)</p>	<p>A comprehensive analysis and interpretation of all of 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>

	4 marks	3 marks	2 marks	0–1 marks
<p>Conclusion (4 marks)</p>	<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.</p>	<p>A good conclusion is provided, but it has minor flaws in detail or is not concise.</p>	<p>A conclusion is provided, but it lacks detail and/or focus.</p>	<p>An attempt at a conclusion is provided but it is vague, irrelevant, or incomplete</p> <p>OR</p> <p>No conclusion is attempted.</p>
<p>Organisation and layout (2 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 • Completed questionnaires of unselected athletes included in appendix 	<p>2 marks</p> <p>All criteria are met. Exemplary presentation.</p>	<p>0–1 marks</p> <p>Disorganised and minimal criteria met.</p>		