

ANNEXURE A

**REVISIONS TO
SPORT AND EXERCISE SCIENCE**

GRADE 12

Current CAPS requirements relating to SBA:

SBA Item	Weighting
Preliminary Examinations	25
Controlled test #1	15
Controlled test #2	15
Three tasks chosen from the following options: Oral Presentation Visual Task Case Study Media Review Practical task	3 x 15
TOTAL	100

Revised SBA requirements for 2020:

SBA Item	Weighting
Preliminary Examinations	25
Controlled test	15
Two tasks chosen from the following options: Oral Presentation Visual Task Case Study Media Review Practical task All learners do not have to do the same two tasks, i.e. learner 1 may submit different tasks from learner 2.	2 x 15
TOTAL	Mark out of 70 converted to 100

GRADE 10 AND 11

Tests in Terms 1 and 2 and the June examinations will not count towards the SBA mark for these grades.

REVISED PAT FOR GRADE 12 IN 2020

Lockdown has impacted on the ability of candidates to interact with athletes. As a result, the PAT for 2020 has been revised. The amended **Instructions to Candidates** follow. The revisions are highlighted in yellow.

SPORT AND EXERCISE SCIENCE
PRACTICAL ASSESSMENT TASK (PAT) 2020
100 marks

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 programme devised by you. They need not all participate in the same sport nor 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; sex
- Level of performance of athlete, i.e. beginner, intermediate or elite
- Does the athlete play in a 1st team or a 5th team?
- Are they a purely social participant?
- 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?
- Struggled with on field/court problems like seeing the ball too late, mishitting a ball?
- Suffer from headaches or tired eyes
- History of injuries and 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 (6) athletes. The questionnaires may be e-mailed to the athletes to complete or an interview may be conducted telephonically with each athlete. In the case of the latter, each athlete's responses must be recorded. Written proof will be required for the PAT.

You will choose three (3) to work with.

You must be able to explain the reason(s) for your choice(s).

A letter from each of the athlete's parents must be provided in which they give permission for their child to do the prescribed programme. Initially the permission letters may be e-mailed to the parents. Parents must sign the form, scan and return it to you by e-mail, or they must take a photograph and forward it to you via their cellphones. The original form, however, must be retained and returned in person when this is possible.

Analyse and interpret the data gathered from the questionnaires on the three (3) 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 (3) selected athletes must be included with your analysis.

All the completed questionnaires from the three (3) unselected sample athletes must 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.

Give a reason as to why you selected the baseline test that you chose.

You will need to send the athletes detailed instructions on how to perform each test with the assistance of an adult. Zoom or a similar platform should be used to ensure that the test is carried out correctly. The athlete must ask someone to take photographic evidence that the tests were conducted.

Source/Design an eye-training programme suitable for each athlete and their sport.

The programme must be explained to each athlete and adhered to for three (3) weeks. The explanation could be done electronically, e.g. via Zoom or Microsoft Teams or FaceTime. Each athlete needs to sign a declaration that the training programme was explained to them. Initially athletes may sign an e-mailed form and either scan and return it by e-mail or take a photo and forward it. The original form, however, must be retained and returned in person when possible.

During this period the athlete must keep a daily diary of all eye exercises done as well as what sport training they followed. With school matches being cancelled, the likelihood of organised training sessions are slim. If possible, ask your athletes to do some form of exercise and drill training that relates to their sport. It could be something as simple as a hockey player dribbling a hockey ball around obstacles or a netball player throwing a ball against a wall at various heights. You will need to provide appropriate suggestions to each of your athletes ensuring that the exercise and/or drill training is sport specific. You must design the format of this diary to ensure that you get the information that 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. You must send the athletes detailed instructions on how to perform each test with the assistance of an adult. Zoom or a similar platform should be used to ensure that the test is carried out correctly. The athlete must provide photographic evidence that the tests were conducted.

Compare and analyse the results of the baseline test and the post- test.

Design a second questionnaire which allows 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. You may e-mail the questionnaires or conduct an interview telephonically as long as each athlete's responses are recorded. Written proof will be required for the PAT.

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

You must 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.

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 sleeves are permitted for notes