
QNHS Sports Module Q2 2013

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Background Information

The QNHS Quarter 2 2013 Sports Module is a survey about people's involvement in physical activity for exercise, recreation or sport. The purpose of the survey is to assess the extent to which people participate in sport and physical activity in Ireland today.

The questionnaire has been designed to enable analysis of the findings by a broad range of demographic information, such as gender, household structure, age, region, if they have a disability or not, etc.

This module will directly compare participation in sport and physical activity for persons 15 years of age and older, with Q3 2006 baseline information. To ensure consistency and crucially, the ability to track key indicators over time and to compare the 2006 results with those from the Quarter 2 2013 survey at so many levels – by socio-economic status, region, particular sub-groups such as those of different nationality, persons with a disability, the core questions from the 2006 survey will be retained without modification.

The Irish Sports Council Irish Sports Monitor Survey is an annual survey and is continuing in 2013. The Quarter 2 2013 module will introduce a small number of similar questions on social participation in sport, such as club membership, new section on walking and will allow direct comparison of results between the 2 surveys. The new questions to allow this comparison will not affect the functioning of the core of the QNHS questionnaire. Specific details are referred to below.

The respondent's level of physical activity for each participated in activity will be reported per **FIT** (Frequency, Intensity of participation, length of Time (duration)) key indicators in line with the National Guidelines for Physical Activity in Ireland see -> <http://www.getirelandactive.ie/content/wp-content/uploads/2011/12/Get-Ireland-Active-Guidelines-GIA.pdf> for more details.

In addition to the question changes since the last module in 2006, there have been some changes to individual sport codes (not questions, but the descriptions used to code which sports or physical activities people have done). For example, some sports have split out the response codes to determine which discipline of a sport (e.g. cycling – road and track/mountain biking) respondents have taken part in. The questionnaire has been designed to enable analysis of the data by gender, socio-economic status, household structure, educational attainment, disability, etc.

Electronic Questionnaire

This QNHS module is carried out on laptop computers using an electronic questionnaire. It is a face-to face interview and, as such, the question script often follows complex “loops” depending on the answers given by respondents.

Therefore this briefing note has been produced to take people through the questions and to explain the rationale behind the methodology.

In the “question” section of this manual that follow the CAPI controlled scripting, any additional interviewer prompts are in *italics* where they are necessary to make the questions legible or aid the explanation of the questions.

The order of the questions in this document roughly mirrors the flow of questions in the electronic questionnaire, but some variation is to be expected

Filters

Some of the variables on the questionnaire are accompanied by a *filter*. The filter is a description of the route through the electronic instrument which leads to a particular point on the questionnaire.

While the filter provides a good indication as to how a particular question is activated on the electronic instrument, this does not reflect the entirety of the complex programming and routing that underlies the questionnaire.

In the example below, the *Non-Participation in Any Sport or Physical Activity* Question (Question 8 NoPart) is asked if the WalkMth question has a value of 2 and the Activity question also has a value of 2. In other words, if the respondent has not taken at least one continuous walk of at least 15 minutes in the past month (WalkMth=2) and also has not participated in any other physical activity for exercise, recreation or sport in the past month (Activity=2) then we ask for the reason(s) why s/he has not done any of the above activities in the past month (NoPart).

Linked Databases

The interviewers also have access to detailed linked databases for coding purposes for some of the questions, list of sports/physical activities and list of types of sports clubs.

Notes

The notes that accompany each variable are a combination of on-screen notes that appear on the laptop and supplemental notes for reference purposes.

The notes are designed to standardise interviewer interpretation of the questionnaire and maximise data quality and reliability. The notes in this manual are presented for the information and use of field interviewers.

Questionnaire

The module should be asked to all persons aged 15 years and older in Waves 2-5;

Proxy interviews will not be allowed.

Only direct interviews will be allowed in this Sports Module.

Definitions

Walking for Utility Purposes – walking for the purpose of getting from place to place, for example, walk to shops, work, school, etc. Exclude walking around shops.

Walking for Recreational Purposes – walking for exercise, recreation or leisure.

Physical Activities for Exercise, Recreation or Sport – active physical participation in physical activity primarily for exercise, recreation or sport. This does not include teaching, coaching or refereeing..

Local Sports Partnerships (LSP) - The Local Sports Partnership Initiative was developed by the Irish Sports Council in order to create a national structure to co-ordinate and promote the development of sport at local level. There is currently a national network of 31 Local Sports Partnerships located in all counties throughout Ireland.

Club Membership – membership of all sports or fitness clubs such as football, hurling, walking, cycling or swimming clubs, fitness centres, gyms or other organisations that provide opportunities to engage in physical activity for recreation, exercise or sport.

Presentation of Questionnaire

The questions in this manual are presented as outlined below.

The question text in the manual text approximates to what the interviewer sees on the laptop computer screen for each question.

This module should be asked to all persons aged 15 years and older in Waves 2-5.

IF (DIR = 1) AND AGE >= 15 and wave = 2-5

All direct interviews to persons aged 15 years and over and in waves 2 to 5.

Multiple responses are allowed for some questions.

Sports Module Individual Q2 2013

TIMESTAMP and DATESTAMP START OF Individual MODULE

OPENING FILTER *if age>=15, 2<=wave<=5, dir=1*

Direct respondents aged 15 or over inclusive in waves 2 to 5.

THEN ASK PERMIND

PermInd

<Name>

Now I would like to ask you some questions about your involvement in physical activity for exercise, recreation or sport.

Involvement means active physical participation, please exclude teaching, coaching and refereeing.

Press 1 to continue THEN ASK WalkMth. IF PermInd = 2 (refusal) then Exit Module.

Walking for Recreation, Leisure or Health

1. WalkMth

Have you been for a walk of 15 minutes or more in the last month?

At least one continuous walk of at least 15 minutes.

1. Yes
2. No

If 'No' then skip to Activity.

Don't allow 'Don't know' or 'Refusal'.

2. ReasWk

Why do you walk? Is it:

Show SHOW CARD 1 to respondent.

1. Mostly for utility purposes – mostly to get from place to place such as walk to shops, work, school.
2. Mostly for recreational purposes – mostly for exercise, recreation or leisure.

Allow one response only.

Do not allow 'Don't know' or 'Refusal'.

If if ReasWk='1' then skip to Activity.

3. FITFreqWk

In general, how often do you walk?

Show SHOW CARD 2 to respondent.

1. At least 5 times a week
2. At least 3 times a week
3. At least once a week
4. At least once a month
5. Less often

Allow one response only. Do not allow 'Don't know' or 'Refusal'.

4. FITTimeWalk

How much time would you spend on an average walk?

Show SHOW CARD 3 to respondent.

1. Less than half an hour
2. Half an hour to one hour
3. Over an hour

Allow one response only.

Do not allow 'Don't know' or 'Refusal'.

5. FITIntyWalk

How would you describe your usual walking pace on an average walk?

Show SHOW CARD 4 to respondent.

1. Slow
2. Steady, average
3. Fairly brisk
4. Fast

Allow one response only. Do not allow 'Don't know' or 'Refusal'.

6. WhrWk

Where do you mainly walk?

Show SHOW CARD 5 to respondent.

1. Local neighbourhood
2. Local park
3. Public walkways
4. Countryside trails/forests
5. Hills/mountains
6. Other

Allow up to 3 responses. Code in order of importance.

Do not allow 'Don't know' or 'Refusal'.

Other Physical Activities for Exercise, Recreation or Sport**7. Activity**

In the last month, did you participate in any other physical activities for exercise, recreation or sport (e.g. aerobics/keep-fit, swimming, cycling, golf, etc.)?

Do not include any teaching, coaching or refereeing.

1. Yes
2. No

If WalkMth='2' and Activity='2' then skip to NoPart

Do not allow 'Don't know' or 'Refusal'.

FILTER: Only if, in the last month, the respondent did NOT take a walk of 15 minutes or more and did NOT participate in any other physical activities for exercise, recreation or sport, then ask Question 8 'NoPart'

Non-Participation in Any Sport or Physical Activity**8. NoPart**

What are your reasons for not doing any sport or other physical activity in the last month?

Show SHOW CARD 6 to respondent.

1. Lack of time due to work
2. Lack of time due to family commitments
3. Lack of motivation
4. Illness, injury or disability
5. Age
6. Lack of facilities
7. Too expensive
8. Lack of transport
9. Personal safety
10. Other

Allow up to 3 responses. Code in order of importance.

Do not allow 'Don't know' or 'Refusal'.

Sport1, Sport2, Sport3.**9. Sport1**

Which sport or physical activity do you participate in most often?

Sport1

Code Sport1 from the lookup list. If the answer includes any of the 5 sports in the table, it is ESSENTIAL that you ask for the type of sport concerned, Treat each of these as a separate activity.

Football	<i>Is that: GAA OR Soccer OR 5-a-side?</i>
Golf	<i>Is that: 18-hole OR Pitch & Putt?</i>
Running	<i>Is that: Athletics OR Cross-Country OR Jogging?</i>
Rugby	<i>Is that: Rugby Union OR Rugby League OR Tag Rugby</i>
Cycling	<i>Is that: Road/Track OR Mountain-Biking/Off-Road)?</i>

This question is repeated for the next most frequently 'participated in' sport 'Sport2' and the third most frequently 'participated in' sport 'Sport3'. Rank in order of how frequently the respondent participated in the sport or physical activity, even if it was in a casual or informal capacity.

10. FITFreq1, FITFreq2, FITFreq3

In general, how often do you do <Sport1>? Is it?

Show SHOW CARD 2 to respondent.

The sport or physical activity will be pre-filled automatically in Blaise.

This question will be repeated for Sport2 and Sport3 in loop format when you have finished asking Questions 10, 11 and 12 in respect of Sport1, etc.

6. At least 5 times a week
7. At least 3 times a week
8. At least once a week
9. At least once a month
10. Less often

Do not allow 'Don't know' or 'Refusal'.

11. FITTime1, FITTime2, FITTime3

How much time per session do you spend at <Sport1>?

The sport or physical activity will be pre-filled automatically in Blaise.

Show SHOW CARD 3 to respondent.

This question will be repeated for Sport2 and Sport3 in loop format when you have finished asking Questions 10, 11 and 12 in respect of Sport1, etc.

1. Less than half an hour
2. Half an hour to one hour
3. Over an hour

Do not allow 'Don't know' or 'Refusal'.

12. FITInty1, FITInty2, FITInty3

On average, how would you rate your exertion in a session of <Sport1>?

The sport or physical activity will be pre-filled automatically in Blaise.

Show SHOW CARD 7 to respondent.

This question will be repeated for Sport2 and Sport3 in loop format when you have finished asking Questions 10, 11 and 12 in respect of Sport1, etc.

1. Light effort – mild increase in breathing rate.
2. Moderate effort - increased breathing and heart rate, able to carry on a conversation, warm or sweating slightly.
3. Hard effort – breathing heavily, much faster heart rate, cannot keep a conversation going.

Do not allow 'Don't know' or 'Refusal'.

13. Types

In general, how would you describe your participation in <Sport1>?

*The main sport or physical activity will be pre-filled automatically in Blaise.
Show SHOW CARD 8 to respondent.*

1. Informal/casual
2. Organised activities, classes or lessons but non-competitive
3. Organised competition
4. Professional / semi-professional

*Do not allow 'Don't know' or 'Refusal'. Allow one response only.
This question is only asked for Sport1.*

14. Location

Where do you participate in <sport1> most often?

Show SHOW CARD 9 to respondent.

The most frequently participated in sport or physical activity will be pre-filled automatically in Blaise.

1. Public places (including parks, paths, roads etc)
2. Sports club (includes GAA and golf clubs)
3. Gym (including fitness centre, leisure centre, sports centre)
4. Public swimming pool
5. School, College or University
6. Community hall
7. Countryside – trails/forests/mountains
8. Other

*Allow up to 3 responses. Code in order of importance.
Do not allow 'Don't know' or 'Refusal'.
This question is only asked for Sport1.*

Motivation for Continued Participation in Sport/Physical Activity?

15. Motivtr

In general, what are the main motivating factors for your continued participation in sport/physical activity?

Show SHOW CARD 10 to respondent.

1. Improving physical health and fitness
2. Improving mental well-being
3. Improving performance
4. Participation in competitions
5. Social element
6. Other

*Allow up to 3 responses. Code in order of importance.
Do not allow 'Don't know' or 'Refusal'.*

Influences in Helping Respondent to Participate in Sport or Physical Exercise

16. InfilPart

Were any of the following influential in helping you to participate in sport or physical exercise over the last 12 months?

Show SHOW CARD 11 to respondent.

1. Local sports club
2. Local Sports Partnership (LSP)
3. Sports coach/trainer
4. Teacher (PE or otherwise)
5. Other significant adults, eg, friend, family member
6. Other
7. None of the above, I exercised on my own initiative

Allow up to 3 responses except if option 7 is chosen. Code in order of influence. Do not allow 'Don't know' or 'Refusal'.

Additional Facilities

17. AddFac

What additional facilities in your local area would you like to see?

Show SHOW CARD 12 to respondent.

1. Swimming pool
2. Public walkways
3. Gym/fitness /community sports centre
4. Designated on-road cycle routes
5. Off-road cycle trails
6. Playing pitches
7. All-weather facilities
8. Floodlights
9. Other

Allow up to 3 responses. Code in order of importance. Do not allow 'Don't know' or 'Refusal'.

Club Membership

18. SprtC1b1, SprtC1b2, SprtCL1b3.

Can you tell me the sports or fitness clubs that you a member of, e.g. gym, swimming club, cycling club, GAA, etc? (Up to a maximum of 3 that the respondent is most involved in even if it is in a casual or informal capacity)

Do not allow 'Don't know' or 'Refusal' but can allow 'None'. If the sports or fitness club is not on the lookup list, select the code 'Not on the list' and insert sports or fitness club concerned in the text box.

TIMESSTAMP and DATESTAMP END OF MODULE.

ENDS.

Thank you for your time.