

Athlete study LVH

Date: ___/___/___ Study-Nr. _____

Engagement in sports disciplines outside school PE in the past

1) Sports discipline (please number all disciplines that you have performed for at least one year in consecutive descending order according to number of years that you have performed them):	
<input type="checkbox"/> Badminton IC <input type="checkbox"/> Basketball IIC <input type="checkbox"/> Boxing IIC <input type="checkbox"/> Curling IA <input type="checkbox"/> Eishockey IIC <input type="checkbox"/> Figure skating IIB <input type="checkbox"/> Soccer IC <input type="checkbox"/> Weightlifting IIIA <input type="checkbox"/> Golf IA <input type="checkbox"/> Gymnastics IIIA <input type="checkbox"/> Fencing IB <input type="checkbox"/> Handball IIC <input type="checkbox"/> Climbing IIIA	<input type="checkbox"/> Strength training IIIA <input type="checkbox"/> Cross-country skiing (Classical) IC <input type="checkbox"/> Cross-country skiing (Skating) IIC <input type="checkbox"/> Running (middle distances) IIC <input type="checkbox"/> Athletics (Sprinting) IIB <input type="checkbox"/> Athletics (Jumping) IIB <input type="checkbox"/> Athletics (Throwing) IIIA <input type="checkbox"/> Orienteering IC <input type="checkbox"/> Cycling IIIC <input type="checkbox"/> Rowing IIIC <input type="checkbox"/> Running (long distances) IC <input type="checkbox"/> Rugby IIB <input type="checkbox"/> Shooting IA
<input type="checkbox"/> Swimming IIC <input type="checkbox"/> Sailing IIIA <input type="checkbox"/> Skiing IIIB <input type="checkbox"/> Snowboarding IIIB <input type="checkbox"/> Synchronised swimming IIB <input type="checkbox"/> Diving IIA <input type="checkbox"/> Tennis IC <input type="checkbox"/> Table tennis IB <input type="checkbox"/> Triathlon IIIC <input type="checkbox"/> Unihockey IC <input type="checkbox"/> Volleyball IB <input type="checkbox"/> Yoga IA	
2) Age at start and end (please indicate training interruptions of >1 year):	3) Mean Training hours per week until age 18 (please indicate number of weeks per year if not performed for the whole year):
Sports discipline 1 ___ / ___	Sports discipline 1 ___
Sports discipline 2 ___ / ___	Sports discipline 2 ___
Sports discipline 3 ___ / ___	Sports discipline 3 ___
Sports discipline 4 ___ / ___	Sports discipline 4 ___
Sports discipline 5 ___ / ___	Sports discipline 5 ___
Sports discipline 6 ___ / ___	Sports discipline 6 ___
Sports discipline 7 ___ / ___	Sports discipline 7 ___
4) Mean Training hours per week after age 18 (please indicate number of weeks per year if not performed for the whole year):	5) Mean Competition hours per year:
Sports discipline 1 ___	Sports discipline 1 ___
Sports discipline 2 ___	Sports discipline 2 ___
Sports discipline 3 ___	Sports discipline 3 ___
Sports discipline 4 ___	Sports discipline 4 ___
Sports discipline 5 ___	Sports discipline 5 ___
Sports discipline 6 ___	Sports discipline 6 ___
Sports discipline 7 ___	Sports discipline 7 ___
6) Were there any drastic changes in your sporting behaviour at any point? (When, What?)	
_____ _____ _____	
7) Did you complete part or all of your way to school by bicycle or foot? If so, please indicate bicycle or foot, km/day, number of years for the different schools/periods.	
_____ _____ _____	

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8) Were you overweight as a child or teenager? _____

9) Please describe your sports history in one or two sentences.

(E.g., until I was 30 years old I was not involved in any sports at all, from then on I did endurance sports such as running or swimming on a daily basis.)

10) How old are you now: ____years