



IRISH SPORT MONITOR
QUESTIONNAIRE (FINAL)

SECTION 1 – INTRO AND SCREENING

Good morning/afternoon/evening, my name is _____ and I am calling on behalf of Ipsos MRBI, Ireland's leading opinion polling and survey research company. We are carrying out an important lifestyle study and your opinions may help to shape local services in the future. Would you spare some time to answer some questions. It will take approximately 7-8 minutes depending on your answers.

Before we go to the first question I just need to reassure you that all of your answers are completely confidential and your rights under the Data Protection Act will be fully observed, including not answering and choosing to end the interview. For quality control and training purposes this interview may be monitored or recorded.

GENDER

RECORD SEX OF RESPONDENT

Male.....
Female

AGE

To ensure we interview a wide cross section of the public, could I first ask what age group you fall into?

Under 16
16-19
20-24
25-34
35-44
45-54
55-64
65+

AGE 2

And, may I ask what is your actual age?
15 to 99



WORK

Which of these best describes you current employment situation? **READ OUT. SINGLE CODE**

- Working as an employee.....
- Self-employed
- Unemployed/seeking work.....
- Retired.....
- Full-time home maker / looking after family
- Student.....
- Not working due long term sickness or disability

WORK 2

Do you have a full-time occupation or paid job of 30 or more hours per week?

- Yes
- No.....
- Don't know.....
- Refused.....

SECTION 2 – SPORTS PARTICIPATION

Now I would like to ask you a few questions on recreation, exercise and sport. These questions are being asked on behalf of the Irish Sports Council, but they relate to a broad range of physical activities as well as traditional sports, including walking, cycling, other outdoor pursuits, water sports, and non-competitive or recreational exercise.

A1. First, I would like to ask you about any recreational walking you did in the last 7 days. DO NOT include walks for transport, such as walking to work or to the shops, but DO include walks undertaken for exercise, recreation or leisure. In the last 7 days, did you take such a walk?

In the last 7 days, did you take such a walk?

Yes No..... → GO TO A5

A2. How many walks for exercise, recreation or leisure did you take?

A3. Approximately how many minutes did each walk last?

a.	b.	c.	d.	e.	f.	g.
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INT: IF INTERVIEWEE TOOK MORE THAN 7 WALKS, PLEASE RECORD THE 7 LONGEST

A4. How would you describe your usual walking pace during this(these) walk(s)? **TICK ONE ONLY**

- Slow.....
- Steady, average.....
- Fairly Brisk.....
- Fast.....
- Don't know.....

A5. I would now like to ask you about any OTHER physical activities you undertook in the past 7 days for exercise, recreation or sport. Please DO NOT include physical activity for work, transport, or domestic work like gardening or DIY. Please DO include personal exercise, such as swimming, dancing or jogging, as well as all forms of sporting activity, indoor or outdoor, whether undertaken in an organised setting or casually with family or friends. So, in the past 7 days, did you participate in any such activities?

Yes No..... → **GO TO A22**

A6. Please list up to 3 sports or activities, in the order in which you participated the most:

A6a.
A6b.
A6c.

I'd like to ask you a short series of questions about each activity, starting with the first...

INT: PROMPT ACTIVITY A6A

A7. On how many of the last 7 days did you take part? _____

A8. For how long did you take part?
Consider a usual session if you took part more than once. _____ minutes

A9. Was the effort enough to raise your breathing rate?
Yes
No.....

A10. Was the effort enough for you to be out of breath or sweat?
Yes
No.....

A11. In what context did the activity take place?
Organised training/coaching/lesson
Organised competition
Casually with family or friends
On own
Other



I'd like to ask you the same series of questions about the second activity... **[PROMPT ACTIVITY A6B]**

A12. On how many of the last 7 days did you take part? _____

A13. For how long did you take part?
Consider a usual session if you took part more than once. _____ minutes

A14. Was the effort enough to raise your breathing rate?
Yes
No.....

A15. Was the effort enough for you to be out of breath or sweat?
Yes
No.....

A16. In what context did the activity take place?
Organised training/coaching/lesson
Organised competition
Casually with family or friends
On own
Other

I'd like to ask you the same series of questions about the third activity... **[PROMPT ACTIVITY A6C]**

A17. On how many of the last 7 days did you take part? _____

A18. For how long did you take part?
Consider a usual session if you took part more than once. _____ minutes

A19. Was the effort enough to raise your breathing rate?
Yes
No.....

A20. Was the effort enough for you to be out of breath or sweat?
Yes
No.....

A21. In what context did the activity take place?
Organised training/coaching/lesson
Organised competition
Casually with family or friends
On own
Other



A22. I would now like to ask you about any voluntary activity associated with sport and exercise activities that you undertook in the past 7 days. Voluntary activity means any role you may have fulfilled in support of sport or recreational physical activity, for adults or children. It includes helping to run events, providing or maintaining transport, food, equipment or kit, or acting in any kind of official capacity in relation to an event, team or organisation that provides opportunities to engage in physical activities for recreation, exercise or sport.

So, in the past 7 days, were you involved in any volunteering of this type?

Yes
A28

No.....

→ GO TO

A23. What were the sports or physical activities concerned (up to a maximum of 2 you were most involved in)?

A23a. _____

A23b. _____

A24. For sport ... [prompt activity A23a], what voluntary involvement did you have?

TICK ALL THAT APPLY

- Providing Transport.....
- Coach
- Club Official
- Activity Organiser
- Kit Maintenance
- Selector
- Mentor
- Referee.....
- Other (please specify)

A25. How much time during the past 7 days did you devote to volunteering for this activity?

_____ hours

A26. For sport ... [prompt activity A23b], what voluntary involvement did you have?
TICK ALL THAT APPLY

- Providing Transport.....
- Coach
- Club Official
- Activity Organiser
- Kit Maintenance
- Selector
- Mentor
- Referee.....
- Other (please specify)

A27. How much time during the past 7 days did you devote to volunteering for this activity?
_____ hours

A28. Are you a member of any kind of sports club? Include clubs for traditional sports, but also walking, cycling or swimming clubs, fitness centres, gyms or other organisations that provide opportunities to engage in physical activity for recreation, exercise or sport?

Yes
A31

No..... → **GO TO**

A29. How many are you a member of? _____

A30. What are the sports or physical activities concerned (up to a maximum of 3 you are most involved in)?

A30a. _____

A30b. _____

A30c. _____

A31. Given the broad definition of sporting activities we have been using, have you attended any fixtures or events in the past 7 days, either children's or adult events, as a spectator or supporter, rather than as an active participant?

Yes
A34

No..... → **GO TO**

A32. How many events did you attend? _____

A33. What were the sports or physical activities concerned (up to a maximum of 3 most recent events)?

A33a. _____

A33b. _____

A33c. _____

A34. Apart from during PE lessons, did you play regular sport at school?



Yes
No.....

A35. When you were at school, did your parents play any kind of sport regularly? **TICK ONE ONLY**

Yes, both
Yes, father only
Yes, mother only
No.....
Don't Know

A36. Do you undertake any regular walks of over 15 minutes for transport, such as walking to work, walking children to school etc.? By regular I mean at least once-a-week.

Yes
No.....

A37. Do you cycle regularly as a form of transport? By regular I again mean once-a-week.

Yes
No.....



SECTION 5 – DEMOGRAPHICS

Finally, I would like to ask you a few more background questions.

C1. Do you have any long-term illness, health problem or disability that limits your daily activities or work?

Yes
No..... GO TO C3.

C2. Does this prevent you from taking part in sport and exercise?

Yes
No.....

C3. Do you have any children?

Yes
No.....

C4. How many children do you have? _____

C5. What age is your youngest child? _____

C5a. How many adults live in your household? _____

C5b. How many children aged under 18 live in your household? _____

C5c. Are you?

Married
Living as married.....
Single
Widowed/Divorced/Separated

C6. Does your household have a car?

Yes
No.....

C7. Which of the following best describes where you live? **TICK ONE ONLY**

In a city
In a town
In a village
Isolated location
Don't know

C8. Which county do you live in? **PRECODE LIST OF COUNTIES**



[IF DUBLIN]

C9. Which of the following is your local authority?

- Dublin City
- Dun Laoghaire-Rathdown
- Fingal
- South Dublin.....

C10. What nationality are you? If joint nationality, please state both nationalities

PRECODE LIST OF NATIONALITIES

SOCIO-ECONOMIC QUESTIONS

C11. What is the highest level of education that you have completed?

- Primary level or lower
- Group, Inter, Junior Certificate
- Leaving Certificate
- Other Second Level
- Third Level
- Don't know
- Refused.....

C12. Could I ask about the approximate level of net household income? This means the total income, after tax, PRSI and other statutory deductions, of all members of the household.

<i>Amount per week</i>	<i>Amount per month</i>	<i>Amount per year</i>
under €300	under €1200	under €15500
€300 - €399	€1200 - €1599	€15500 - €19999
€400 - €499	€1600 - €1999	€20000 - €25999
€500 - €749	€2000 - €2999	€26000 - €38999
€750 - €899	€3000 - €3599	€39000 - €46999
€900 - €1249	€3600 - €4999	€47000 - €64999
over €1249	over €4999	over €64999

**Irish Sports Monitor 2015
Flexible Module 1 – Final**

Now moving on, I'd like to ask you a few questions about children and sport.

ASK THIS SECTION IF PARENT OF CHILD AGED UNDER 18 (17 or less @ C5)

Q.1 You mentioned earlier that you are a parent, could you tell me are you the parent of a child or children..? **READ OUT. MULTICODE POSSIBLE.**

- Aged 0-4 years..... 1
- Aged 5-12 years..... 2
- Aged 13-17 years..... 3

Q.2 And do you have sons or daughters?

- Son/sons only..... 1
- Daughter/daughters only..... 2
- Both son(s) and daughter(s) 3

Q.3 I am now going to read out a list of activities, for each one please tell me how often you do these. Please tell me whether you do these at least once a week, at least once a month, at least once a year, less frequently or never. **READ OUT. ROTATE**

	At least once a week	At least once a month	At least once a year	Less frequently than once a year	Never	Not applicable
Play sport with your child/children in an organised setting, such as a club or other organised event or activity	1	2	3	4	5	6
Play sport with your child/children outside of an organised setting, for example playing football in a garden, going swimming, cycling etc.....	1	2	3	4	5	6
Attend a sports event with your child/children where your child/children were not participating	1	2	3	4	5	6
Attend a sports event where your child/children were participating....	1	2	3	4	5	6
Volunteer at a sporting event/club that your child/children is involved in	1	2	3	4	5	6

ASK THOSE CODED 1 OR 2 AT Q.3A OR Q.3B

Q.4 Of the sports that both you and your child/children participate in together, which sport do you most commonly participate in? **SINGLE CODE.**

LIST OF SPORTS



Q.5 REMOVED

ASK FOR EACH CLUB SELECTED AT A30

Q.6 You mentioned earlier that you are a member of a <INSERT SPORT> club. Is your child/at least once of your children also a member of this same club?

- Yes 1
- No..... 2
- Don't know 3

ASK ALL

Q.7 Do you think that having a child / children means that you do more sport or less sport than you did before you had children, or does it make no difference? **SINGLE CODE.**

- Means I do more sport 1
- Means I do less sport 2
- Makes no difference 3
- Don't know 4

Q.8 Do you think there are more, fewer, or the same amount of opportunities for children to take part in sport compared to when you were growing up? **SINGLE CODE.**

- More opportunities 1
- Fewer opportunities..... 2
- About the same amount of opportunities 3
- Don't know 4

Q.9 And do you think your child/children do more, less or the same amount of sport than you did at their age? **SINGLE CODE.**

- More sport 1
- Less sport..... 2
- About the same amount of sport..... 3
- It differs by child (DNRO) 4
- Not applicable 5
- Don't know 6

ASK TO THOSE CODED 2 OR 3 AT Q.1

Q.10 How would you rate your child's sporting ability compared to other children of the same age? Would you say it is... **SINGLE CODE.**

- Well above average 1
- Above average 2
- Average 3
- Below average 4
- It differs by child (DNRO) 5
- Child doesn't play sport 6
- Don't Know 7

ISM 2015 SPORT AND GENDER (FINAL)

I'd now like to ask you a few more general questions about sport.

ASK ALL PARTICIPATING IN SPORTS (A5)/RECREATIONAL WALKING (A1)
ROTATE STATEMENTS. SINGLE CODE

READ OUT STATEMENTS.

Q.1 I'd now like you to think about the reasons why you choose to participate in sport or other physical activity. On a scale of 1 to 5, where 1 is not at all important and 5 is very important, how important are the following factors to you in being physically active?

	Not at all important				Very important	Don't Know (DNRO)
To improve my health and fitness	1	2	3	4	5	6
To relax	1	2	3	4	5	6
To improve my athletic skills	1	2	3	4	5	6
To compete with others	1	2	3	4	5	6
To spend time with friends and family	1	2	3	4	5	6
To control my weight	1	2	3	4	5	6
To improve how I look	1	2	3	4	5	6
To have fun	1	2	3	4	5	6

ASK ALL PARTICIPATING IN SPORTS (A5)
ROTATE STATEMENTS. SINGLE CODE

READ OUT STATEMENTS.

Q.2 On a scale of 1 to 5, where 1 is not at all important and 5 is very important, how important are each of the following in your life?

	Not at all important				Very important	Don't Know (DNRO)
Watching sport on television	1	2	3	4	5	6
Going to sporting events	1	2	3	4	5	6
Being actively involved in sport	1	2	3	4	5	6
Being good at sport	1	2	3	4	5	6
Competing in sport	1	2	3	4	5	6

ASK ALL



SINGLE CODE

READ OUT.

Q.3 How would you rate your own sporting ability compared to other people like you? Would you say it is...?

- Well above average..... 1
- Above average..... 2
- Average 3
- Below average..... 4
- Not applicable (DNRO)..... 5
- Don't know (DNRO)..... 6

ASK ALL PARTICIPATING IN SPORT (A5)

SINGLE CODE

CODE TO PRECODES

Q.4 Compared to when you were aged 15, do you participate in more sport now, less sport now or the same amount of sport?

- More sport..... 1
- Same amount 2
- Less sport..... 3
- Don't know (DNRO)..... 4

ASK ALL PARTICIPATING IN SPORT (A5)

SINGLE CODE

CODE TO PRECODES

Q.5 And do you still participate in the same sports as you did when you were aged 15?

- Yes, some individual sports only..... 1
- Yes, some team sports only 2
- Yes, some individual and team sports 3
- No 4
- Don't know (DNRO)..... 5

ASK ALL PARTICIPATING IN SPORT (A5)

ROTATE STATEMENTS. MULTI CODE.

READ OUT.

Q6 How did you first become involved in the sports you currently participate in?

- Started playing with family
- Started playing with friends
- Started playing when at school
- Started playing at college
- Joined a club
- Decided to do something on my own initiative
- Other (please specify)

ASK ALL PARTICIPATING IN SPORT (A5)

SINGLE CODE. ROTATE STATEMENTS.

CODE TO PRECODES.



Q7 Who has been the person who has most influenced your participation in sport?

Spouse/Partner

Mother

Father

Brother

Sister

Coach

Primary teacher

Post primary teacher

Other (Please specify)



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Flexible Module 3 – FINAL

ASK THIS SECTION IF PARTICIPATED IN SPORT IN THE PAST WEEK

I'd like to ask you a brief series of questions about [SPORT 1]. The aim of these questions is to understand what motivates people to participate in sport and physical exercise. I want you to think back to how you first got involved in [SPORT 1].

Q.1 What age were you at the time?

- RECORD AGE: _____
- Don't know 2

Q.2 At that time were you already participating regularly in other forms of sport or physical exercise?

- Yes 1
- No..... 2
- Don't know 3

Q.3 Where did you first participate in [SPORT 1]?

PROBE TO PRECODE. SINGLE CODE.

- At a sports club/organisation..... 1
- In a public space, e.g. park or street..... 2
- At college 3
- At home 4
- At a local sports facility..... 5
- On holiday 6
- Other (specify: _____) 7
- Don't know 8

Q.4 Who or what first introduced you to [SPORT 1]?

PROBE TO PRECODE. SINGLE CODE.

- Friend 1
- Schoolteacher 2
- Colleague 3
- Father 4
- Mother 5
- Other family member..... 6
- Responded to advert, leaflet or poster 7
- Part of a group that took it up..... 8
- Nobody/nothing – just followed own interest..... 9
- Other (specify: _____) 10
- Don't know 11

IF CODES 1 TO 6 AT Q.4

Q.5 And did your [TEXT FROM Q3] also participate in the activity at the time they introduced you to it?

- Yes 1
- No..... 2
- Don't know 3

IF CODES 1 TO 6 AT Q.4

Q.6 Did they also participate with you in the activity even occasionally?

- Yes 1
- No..... 2
- Don't know 3

Q.7 Thinking about your initial involvement, how much would you say was down to your own self-motivation to get involved and how much down to other people encouraging you to get involved?

PROBE TO PRECODE. SINGLE CODE.

- All down to self-motivation 1
- Mostly self-motivation..... 2
- Half and half 3
- Mostly down to encouragement by others 4
- All down to encouragement by others..... 5
- Don't know 6

Q.8 Did you have to search for local facilities such as a club or a place to participate?

- Yes 1
- No..... 2
- Don't know 3

Q.9 Did you experience any difficulties finding somewhere?

- Yes, a lot 1
- Yes, a little..... 2
- No..... 3
- Don't know 4

Q.10 Were you satisfied with the availability of the place to participate?

- Yes 1
- No..... 3
- Don't know 4