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Introduction

Welcome to the Student Activity and Sport Study Ireland (SASSI) Online Survey. It is being undertaken on behalf of Student Sport Ireland in conjunction with your College/University. The survey will help inform future directions for third-level sport and physical activity. It has been approved by your institution.

The researchers will ensure that the information provided remains confidential. No individual responses will be accessible by any outside parties and it will not be possible to link findings back to you or your institution within reports produced.

This survey will take about 20 minutes of your time. If you wish to be entered into a prize draw please provide your contact details in the final question. These details will be used for the prize draw ONLY!

Finally, if you have any questions please do not hesitate to contact the research officer, Neal Byrne, by email at nbyrne@wit.ie or by phone at (+353) 051 834 220.

Thank you in advance for taking part in this survey.

To enter the survey please answer the question below and click Next

*1. Are you over 18?

Yes

No

Background Information

2. Year and Month of Birth

What year were you born

What month were you born

Please select appropriate
year and month

3. Are you Male or Female?

Male

Female

Background Information continued

*4. Your studies

Please choose the most appropriate course of study

Are you....

An Undergraduate Student

A Postgraduate Student

Background Information continued

*5. Undergraduate Student

What year of undergraduate study are you currently in?

What year are you currently in?

What year?

Background Information continued

6. Postgraduate Student

What postgraduate qualification are you undertaking?

What year are you currently in?

Postgraduate qualification

What year are you currently in?

What qualification and
What year?

Background Information continued

7. Are you a Full time or Part time student?

- Full Time
- Part Time

8. What is your main field of study?

- Humanities and Arts
- Social Sciences, Business and Law
- Education (and teacher training)
- Science, Mathematics and Computing
- Engineering, Manufacturing and Construction
- Agriculture and Veterinary
- Health and Welfare (inc Nursing, health promotion, physiotherapy, rehabilitation therapy, etc)
- Travel Tourism and Leisure
- Sports, exercise science related courses
- Other

If Other (please specify)

Background Information continued

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

- Yes No

Background Information continued

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

- Yes No

Physical Activity

Physical Activity is any movement that results in energy expenditure including job/occupational activities, sports activities (both competitive and recreational), physical conditioning, walking, organised exercise sessions, active transport, or other activities.

11. Which of these statements best describes your view?

- I take enough physical activity to keep healthy
- I don't take enough physical activity to keep healthy

12. How would you rate your level of physical activity compared to other people the same age and sex as yourself?

- Much less than others
- Somewhat less than others
- About the same
- Somewhat more than others
- Much more than others

Physical Activity continued

Physical activity can be performed at different intensities

VIGOROUS intensity physical activity: the effort makes your heart beat much faster and you have to breathe deeper and faster than normal. You will probably sweat.

MODERATE intensity physical activity: the effort makes you warmer and your heart rate and breathing rate will be faster than normal. You may also sweat a little, but will still be able to carry on a conversation.

13. According to current recommendations, what is the minimum amount of MODERATE to VIGOROUS intensity physical activity that adults should perform to gain health benefits?

Please give your answer in minutes per day OR minutes per week (do NOT use both boxes)

Minutes Per Day	<input type="text"/>
Minutes Per Week	<input type="text"/>

Physical Activity continued

For the next series of questions please include ONLY activities of either MODERATE or VIGOROUS intensity.

VIGOROUS intensity physical activity: the effort makes your heart beat much faster and you have to breathe deeper and faster than normal. You will probably sweat.

MODERATE intensity physical activity: the effort makes you warmer and your heart rate and breathing rate will be faster than normal. You may also sweat a little, but will still be able to carry on a conversation.

14. During the LAST 7 DAYS, on how many days were you physically active at a MODERATE or VIGOROUS intensity for a total of AT LEAST 30 MINUTES per day?

- 0 days 1 2 3 4 5 6 7 days

15. Over a typical or usual week, on how many days are you physically active at a MODERATE or VIGOROUS intensity for a total of AT LEAST 30 MINUTES per day?

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

VIGOROUS intensity physical activity: the effort makes your heart beat much faster and you have to breathe deeper and faster than normal. You will probably sweat.

***16. Now think about only those physical activities that you did for AT LEAST 10 MINUTES at a time.**

During the last 7 days, on how many days did you do VIGOROUS intensity physical activities for AT LEAST 10 MINUTES at a time?

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

17. How much time in total did you usually spend on one of those days doing VIGOROUS intensity physical activities?

Please express in hours and minutes

Hours Minutes

Physical Activity continued

MODERATE intensity physical activity: the effort makes you warmer and your heart rate and breathing rate will be faster than normal. You may also sweat a little, but will still be able to carry on a conversation.

***18. During the LAST 7 DAYS, on how many days did you do MODERATE intensity physical activities?**

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

19. How much time in total did you usually spend on one of those days doing MODERATE intensity physical activities?

Please express in hours and minutes

Hours Minutes

Physical Activity continued

***20. Now think about the time you spent WALKING (at any pace) in the LAST 7 DAYS.**

During the LAST 7 DAYS, on how many days did you WALK for AT LEAST 10 MINUTES at a time?

This includes at college/uni and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

21. How much time in total did you usually spend WALKING on one of those days?

Please express in hours and minutes

Hours	<input type="text"/>	Minutes	<input type="text"/>
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Physical Activity continued

***22. During the LAST 7 DAYS, on how many days did you WALK FOR RECREATION (i.e. go out for a walk) for AT LEAST 10 MINUTES in your leisure (or free) time?**

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

23. How much time did you usually spend on one of those days WALKING FOR RECREATION?

Please express in hours and minutes

Hours	<input type="text"/>	Minutes	<input type="text"/>
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Physical Activity continued

24. Which of the following best describes your usual walking pace?

- A slow pace
 A steady average pace
 A fairly brisk pace
 A fast pace (at least 4mph)

Physical Activity continued

***25. Now think about the time you spent CYCLING (at any pace) in the LAST 7 DAYS.**

During the LAST 7 DAYS, on how many days did you CYCLE for AT LEAST 10 MINUTES at a time?

(This includes at college/university and at home, cycling to travel from place to place, and any other cycling that you might do solely for recreation, sport, exercise, or leisure).

- 0 days 1 2 3 4 5 6 7 days

Physical Activity continued

26. How much time in total did you usually spend CYCLING on one of those days?

Hours

Minutes

Please express in hours
and minutes

Physical Activity continued

***27. How do you usually travel TO college / university?**

Please choose only one – for the longest part of your journey.

- By foot
- Bicycle
- Car
- Bus
- Train, LUAS or DART
- Motorcycle or scooter

Physical Activity continued

28. If you travel by car, bus, train or motorcycle, please give the top 3 reasons why you choose NOT to walk or cycle.

	Reason 1	Reason 2	Reason 3
Too far	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Too long	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Too early	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Too dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not convenient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No interest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bad weather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No bike available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No secure place to lock bike in college / university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bags are too heavy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Need to drop family members to work/school/childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Other (please specify)

Physical Activity continued

29. How long does your journey TO college / university usually take?

Please express in hours and minutes

Hours Minutes

Physical Activity continued

***30. During the LAST 7 DAYS, on how many days did you do exercises that may strengthen your muscles, such as push-ups, sit-ups, weight lifting or heavy lifting?**

- 0 days
 1
 2
 3
 4
 5
 6
 7 days

Physical Activity continued

31. How much time did you usually spend on one of those days doing exercises that may strengthen your muscles?

Please express in hours and minutes

Hours Minutes

Physical Activity continued

32. Do you think generally you are doing more, less or the same amount of sport and/or recreational physical activity as you did this time last year?

- More
- Same
- Less
- Don't know

Physical Activity continued

33. Now thinking about the future, over THE NEXT 12 MONTHS, would you like to do more sport or recreational physical activity than you do at the moment?

- Yes
- No
- Don't know

Physical Activity continued

34. When you selected your college/university, how important was the college/university's sporting and physical activity opportunities and facilities in this decision?

	1 Not important at all	2	3	4	5	6	7	8	9	10 Extremely important	N/A
Sport and Physical Activity Opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sport and Physical Activity Facilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Determinants of Physical Activity

This section aims to investigate the factors that determine your level of physical activity or inactivity

37. During the last 4 weeks, have you done any of the following activities on a voluntary basis without receiving any payment except to cover expenses?

Please EXCLUDE any time spent solely supporting your own family members

Please select if this was done at your university, with another organisation or both

Indicate number of hours per week for all that apply

AT college/university during LAST 4 WEEKS - indicate no of hours per week OUTSIDE college/university during LAST 4 WEEKS - indicate no of hours per week

	AT college/university during LAST 4 WEEKS - indicate no of hours per week	OUTSIDE college/university during LAST 4 WEEKS - indicate no of hours per week
Coached an individual or team(s) in a sport or recreational physical activity	<input type="text"/>	<input type="text"/>
Refereed, umpired, or officiated at a sports match or competition	<input type="text"/>	<input type="text"/>
Performed an administrative or organisational role for a sports club, organisation or event (e.g. chair, secretary, fixture secretary, committee member, club captain, event organiser, etc)	<input type="text"/>	<input type="text"/>
Raised funds for a sports club or sport	<input type="text"/>	<input type="text"/>
Provided transport which helps children or adults take part in a sport (other than family members)	<input type="text"/>	<input type="text"/>
Provided any other practical help for a sport or recreational physical activity, such as stewarding; helping with sports kit or equipment, or first aid, etc	<input type="text"/>	<input type="text"/>
Other	<input type="text"/>	<input type="text"/>

If Other (please specify)

Coaching

***38. Thinking about the LAST 4 WEEKS have you received formal coaching or instruction to improve your performance in any sport or recreational activities? (do not include informal coaching for example from family members or friends)**

Yes

No

Don't know

Coaching continued

39. Thinking about the tuition you received from an instructor or coach, did you receive this...

Tick all that apply

- At a health and fitness facility run by the college / university
- In a sports club which is not linked to the college/university
- At a health and fitness facility not linked to the college/university
- Private/freelance instructor not linked to the college/university
- Don't know
- Other (please specify)

Filter Question

***40. Thinking about THE LAST 4 WEEKS did you do any sporting or recreational physical activity?**

- I have NOT PARTICIPATED in any sport or physical activity either within or outside of my college / university
- My participation was ONLY through my university or on my college / university site
- My participation was ONLY through organisations and facilities NOT CONNECTED to my college / university
- My participation was BOTH through college / university AND non college / university provision

S1 Sport & Physical Activity Participation

Please use this section to list the MAIN sports / activities (no more than 5) in which you have participated OVER THE LAST 4 WEEKS?

Note: Circuit training, Going to the gym (cardio / weight training) are listed under 'Exercise' within each drop down menu

41. S1 Sport / Physical Activity 1 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Played/participated inside or outside college / university	Member of college / university club or external club
Sport / Physical Activity 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

42. S1 Sport / Physical Activity 2 - in the past 4 weeks, I have participated in.....

Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Played/participated inside or outside college / university	Member of college / university club or external club
Sport / Physical Activity 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

43. S1 Sport / Physical Activity 3 - in the past 4 weeks, I have participated in.....

Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Played/participated inside or outside college / university	Member of college / university club or external club
Sport / Physical Activity 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

44. S1 Sport / Physical Activity 4 - in the past 4 weeks, I have participated in.....

Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Played/participated inside or outside college / university	Member of college / university club or external club
Sport / Physical Activity 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

45. S1 Sport / Physical Activity 5 - in the past 4 weeks, I have participated in.....

Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Played/participated inside or outside college / university	Member of college / university club or external club
Sport / Physical Activity 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

S1 Sport & Physical Activity Participation

46. Please rank the top 5 reasons you participate in sport/physical activity (1=most important for you; 2=next most important etc)

	Rank 1	Rank 2	Rank 3	Rank 4	Rank 5
To better integrate into society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To have fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To control your weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To be with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve your self-esteem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
For the spirit of competition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Don't Know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve your health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To develop new skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To counteract the effects of ageing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve you physical appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To meet people from other cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To make new acquaintances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve physical performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Other (please specify)

S1 Sport & Physical Activity Provision Satisfaction

In this section, we will ask about your satisfaction with the sport provision at your college/university.

When answering please think about sport or activity your college/university organises either ON OR OFF the college/university campus.

Please rate on a scale of 1 to 10 -with 1 being extremely dissatisfied and 10 being extremely satisfied

47. For each of the items below- please rate your satisfaction with the provision for sport and physical activity by your university/college:

	1 Extremely dissatisfied	2	3	4	5	6	7	8	9	10 Extremely satisfied	N/A
Facilities and playing environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People and staff organising sport and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ease of participating in college / university sport and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunities to get sufficient exercise and improve fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunities to socialise and feel part of a group or team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Coaching and Instruction available in my sport and physical activity in college/university.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The value for money I get from the college/university Club membership/fees.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The value for money I get from the charges for use of college/university sport and physical activity facilities and services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall satisfaction with sport/exercise provision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

S1 Take up of sport

***48. Since you have begun to study in college / university, have you taken up any new sports or physical activities?**

- Yes No

S1 Take up of sport

49. Please indicate the sports or physical activities (max 5) you have taken up since you have begun to study in college / university.

	Sport / Physical Activity	Within / Outside College / University
Sport / Physical Activity 1	<input type="text"/>	<input type="text"/>
Sport / Physical Activity 2	<input type="text"/>	<input type="text"/>
Sport / Physical Activity 3	<input type="text"/>	<input type="text"/>
Sport / Physical Activity 4	<input type="text"/>	<input type="text"/>
Sport / Physical Activity 5	<input type="text"/>	<input type="text"/>
If Other (please specify)		
<input type="text"/>		

S1 Sporting Level Filter

***50. What is the highest standard that you have achieved in a sport / activity in which you are CURRENTLY participating?**

- Basic (recreation, recreational physical activity events, exercise for health and fitness)
- Competitive (competitive club level, representative as an individual and/or team)
- Elite (compete at national, regional, international level)
- N/A

S2 Sport & Physical Activity Participation

51. You participate in sport and/or physical activity but not through your university.

**Please outline your top 3 reasons for not participating through your college/university?
(1=most dominant reason; 2=next most dominant reason etc)**

	Reason 1	Reason 2	Reason 3
College/University sport/physical activity does make me feel welcome by the people who organise or run the activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University sport/physical activity does not offer me the right social outlet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Don't know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is not as easy to get involved in college/university sport/physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Already involved in a club prior to coming to college / university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University provision is more expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University facilities are not to my satisfaction in terms of cleanliness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is not easy to make a booking to participate in sport/physical activity at my college/university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is not as convenient to go to college/university than to other local facilities in terms of balancing my other commitments such as work, family or study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University sport/physical activity does not offer me the appropriate activities or opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University sport/physical activity does not offer me the right level of coaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University facilities are not to my satisfaction in terms of quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
College/University sport/physical activity does not offer sport of an informal/non-competitive nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Other (please specify)

52. What could your college/university do to encourage you to take up sport or physical activity at your college/university?

Please write in

1

2

3

S2 Sport & Physical Activity Participation

Please use this section to list the MAIN sports / activities (no more than 5) in which you have participated, OUTSIDE of college / university, OVER THE LAST 4 WEEKS?

Note: Circuit training, Going to the gym (cardio / weight training) are listed under 'Exercise' within each drop down menu

53. S2 Sport / Physical Activity 1 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Participate on own / with friends / both	Member of a club
Sport / Physical Activity 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

54. S2 Sport / Physical Activity 2 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Participate on own / with friends / both	Member of a club
Sport / Physical Activity 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

55. S2 Sport / Physical Activity 3 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Participate on own / with friends / both	Member of a club
Sport / Physical Activity 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

56. S2 Sport / Physical Activity 4 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Participate on own / with friends / both	Member of a club
Sport / Physical Activity 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

57. S2 Sport / Physical Activity 5 - in the past 4 weeks, I have participated in.....

	Chose Sport	Frequency per week (no. of sessions)	Duration of session (minutes)	Level of Intensity	Standard	Participate on own / with friends / both	Member of a club
Sport / Physical Activity 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If Other (please specify)

S2 Sport & Physical Activity Participation continued

58. Please rank the top 5 reasons you participate in sport / physical activity (1=most important for you; 2=next most important etc)

	Rank 1	Rank 2	Rank 3	Rank 4	Rank 5
To make new acquaintances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To develop new skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To have fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve physical performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Don't Know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To be with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve your self-esteem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To control your weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve your health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
For the spirit of competition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To counteract the effects of ageing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To meet people from other cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To improve you physical appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To better integrate into society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Other (please specify)

S2 Sport & Physical Activity Participation continued

***59. Since you have begun to study in college / university, have you taken up any new sports or physical activities?**

- Yes No

S2 Sport & Physical Activity Participation continued

60. Please indicate the sports or physical activities (max 5) you have taken up.....

Sport / Physical Activity

Sport / Physical Activity 1

Sport / Physical Activity 2

Sport / Physical Activity 3

Sport / Physical Activity 4

Sport / Physical Activity 5

If Other (please specify)

S2 Sport & Physical Activity Participation continued

***61. What is the highest standard that you achieved in your sport / activity?**

Please tick one box.

- Basic (recreation, recreational physical activity events, exercise for health and fitness)
- Competitive (competitive club level, representative as an individual and/or team)
- Elite (compete at national, regional, international level)
- N/A

S3 Non-participation

62. Please rank the top 3 reasons why you have NOT done any sport or physical activity in the last 4 weeks? (1= most important reason; 2= next most important etc)

	Reason 1	Reason 2	Reason 3
Disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel confident doing sport/physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm not good at sport/physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recent injury, illness, operation or medical reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not enough opportunities for me in my local area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am too tired during the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No main reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends don't do sport/PA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not enough of the right opportunities for me at my College/University	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family commitments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have anyone to do physical activity with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's too expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have no interest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of time due to work or study commitments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prefer to spend time doing other activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Other (please specify)

63. Can you tell us how long ago you last participated in sport and / or physical activity or have you never participated?

- More than 4 weeks but less than 6 months ago
- More than 6 months but less than one year ago
- More than a year ago but less than 5 years ago
- 5-10 years ago
- 11-15 years ago
- 16-20 years ago
- 20+ years ago
- Never participated
- Don't know

S3 Non-participation continued

64. Please chose the statement most appropriate to you

- Nothing could encourage me to participate in sports or physical activity
- I could be encouraged to participate in sports or physical activity

S3 Non-participation continued

65. Which of the following would encourage you to participate in more sport or physical activity in the future?

Or which of the following items would help you to be more active?

Please limit your response to 3 per column

	Within college / university	Outside college / university
Facilities nearer to home / work	<input type="checkbox"/>	<input type="checkbox"/>
Better quality facilities	<input type="checkbox"/>	<input type="checkbox"/>
Better opening hours	<input type="checkbox"/>	<input type="checkbox"/>
Coach/mentor to help me	<input type="checkbox"/>	<input type="checkbox"/>
Better information on facilities I could use	<input type="checkbox"/>	<input type="checkbox"/>
Web or technology support	<input type="checkbox"/>	<input type="checkbox"/>
Special programmes	<input type="checkbox"/>	<input type="checkbox"/>
Support for my specific needs	<input type="checkbox"/>	<input type="checkbox"/>
People to go with	<input type="checkbox"/>	<input type="checkbox"/>
Improved transport/access	<input type="checkbox"/>	<input type="checkbox"/>
Help with childcare/crèche facilities	<input type="checkbox"/>	<input type="checkbox"/>
Cheaper admission prices	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

If Other (please specify)

66. From your answers above - What is the MAIN item within each category that would encourage you to participate?

	Within college / university	Outside college / university
Chose one MAIN item per category	<input type="text"/>	<input type="text"/>

If Other (please specify)

S1 S2 Elite Athlete Satisfaction

Use this section to provide details of your satisfaction with the sports provision for elite athletes at your current college / university.

***67. Are you an elite athlete in receipt of a scholarship / bursary from your institution?**

- Yes No

S1 S2 Elite Athlete Satisfaction continued

68. Is this scholarship / bursary sufficient to cover your training / competition expenses?

- Yes No

S1 S2 Elite Athlete Satisfaction continued

69. In which sport(s) do you participate as an elite athlete?

Sport 1 Sport 2 Sport 3

Please choose sport(s)

If Other (please specify)

70. Please rate your satisfaction with the provision for elite athletes in your college/university

1 2 3 4 5 6 7 8 9 10 N/A

Extremely dissatisfied Extremely satisfied

How satisfied you are with this aspect of sport and physical activity provided by your college/university

Related Health Behaviours

***71. Alcohol**

How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

Related Health Behaviours

72. Smoking

Do you now smoke every day, some days, or not at all?

- Every day Some days Not at all

Related Health Behaviours

73. Drug Use

Have you ever taken non-prescribed / recreational drugs?

Please tick the answer that applies

- No Yes but stopped Yes and still do

Related Health Behaviours

74. Activity

In the PAST 7 DAYS, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate.

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

- 0 days 1 2 3 4 5 6 7 days

75. Sedentary Behaviour

Please estimate how many hours you spend SITTING EACH DAY in the following situations

	WeekDAY (minutes)	WeekEND (minutes)
While attending lectures and classes	<input type="text"/>	<input type="text"/>
While studying	<input type="text"/>	<input type="text"/>
While travelling to and from places	<input type="text"/>	<input type="text"/>
While at work	<input type="text"/>	<input type="text"/>
While watching television	<input type="text"/>	<input type="text"/>
While using a computer at home	<input type="text"/>	<input type="text"/>
While using a smart phone / tablet	<input type="text"/>	<input type="text"/>
In your leisure time, NOT including television (e.g. visiting friends, movies, dining out, etc.)	<input type="text"/>	<input type="text"/>

Related Health Behaviours

76. Diet

How often do you eat convenience food (i.e. fast food or 'takeaways': e.g. Chinese, Indian, pizza, burgers, chips, etc)

- Daily 4-6 Times a Week 1-3 Times a Week Less than Once a Week Never

77. Diet

How often do you prepare food from fresh ingredients rather than pre-prepared food?

- Daily 4-6 Times a Week 1-3 Times a Week Less than Once a Week Never

78. Body Image

Do you think your body is...?

- Much too thin
 A bit too thin
 About the right size
 A bit too fat
 Much too fat

Related Health Behaviours

79. Health

Over the past 12 months would you say that your health has been?

- Very good Good Average Poor Very poor Don't know

80. Happiness

In general, how happy would you say you are?

Please rate on a scale of 1 - 10 where 1 is "Extremely unhappy" and 10 is "Extremely happy".

- 1 2 3 4 5 6 7 8 9 10 Don't Know

Related Health Behaviours

81. Mental health

How much of the time during the past 4 weeks...

	All of the time	Most of the time	A good bit of the time	A little of the time	None of the time
...have you been a nervous person?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...have you felt so down in the dumps that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...have you felt calm and peaceful?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...have you felt downhearted and blue?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...have you been a happy person?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Demographics

82. Please estimate the gross (before tax) ANNUAL income of your family household?

Indicate in € OR £

	€	£
Less than 20,000	<input type="radio"/>	<input type="radio"/>
20,001 to 35,000	<input type="radio"/>	<input type="radio"/>
35,001 to 50,000	<input type="radio"/>	<input type="radio"/>
50,001 to 70,000	<input type="radio"/>	<input type="radio"/>
70,001 to 90,000	<input type="radio"/>	<input type="radio"/>
Greater than 90,001	<input type="radio"/>	<input type="radio"/>
Don't know	<input type="radio"/>	<input type="radio"/>

83. What is the highest level of education your parent(s) / guardian(s) have attained to date?

	Mother	Father
Some Primary (not complete)	<input type="checkbox"/>	<input type="checkbox"/>
Complete Primary or Equivalent	<input type="checkbox"/>	<input type="checkbox"/>
GCE O Level	<input type="checkbox"/>	<input type="checkbox"/>
GCE A Level	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate/ junior/ Group Certificate or Equivalent	<input type="checkbox"/>	<input type="checkbox"/>
Leaving Certificate or Equivalent	<input type="checkbox"/>	<input type="checkbox"/>
Diploma/ Certificate	<input type="checkbox"/>	<input type="checkbox"/>
Primary Degree	<input type="checkbox"/>	<input type="checkbox"/>
Postgraduate/ Higher Degree	<input type="checkbox"/>	<input type="checkbox"/>
Don't Know	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

If Other (please specify)

84. Are your parent(s) / guardian(s) currently employed?

If one or both of your parents are deceased, please tick Not Applicable (NA)

	Yes	No	Don't Know	NA
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Demographics

85. Do you work as well as study at college / university?

- Yes - Working Full-Time
- Yes - Working Part-Time
- No

Demographics

86. Please indicate the numbers of hours you work per week?

No. of hours per week

Hours per week

Demographics

87. How tall are you?

Use EITHER centimetres (cm) OR feet (ft) / inches (in)

	Feet / Inches	Centimetres
Chose Height is ft/in OR cm	<input type="text"/>	<input type="text"/>

88. What weight are you?

Use EITHER Kilograms (Kg) OR Stone (st) / pounds (lb)

	Weight in st/lb	Weight in Kg
Chose weight in st/lb OR kg	<input type="text"/>	<input type="text"/>

Demographics

89. Accommodation

Is the accommodation you live in during term time.....

- College/University halls of residence (on campus)
- College/University halls of residence (off campus)
- Rented privately
- Your family home
- Other (please specify)

90. Accommodation

Please tick as appropriate....

- I spend most weekends (i.e. 3 per month) at my college accommodation during term time
- I spend about half my weekends at my college accommodation during term time
- I usually go home at weekends

Demographics

91. Are you married?

- Yes
- No

92. Do you have any children?

- Yes
- No

Demographics continued

93. In what country were you born?

- Ireland - Republic
- Ireland - Northern Ireland
- Other (please specify)

94. Which of these ethnic groups do you consider you belong to?

- White
- Black
- Asian
- Mixed or multiple ethnic groups
- Other (please specify)

End / Re-contact

This survey has been undertaken by the SASSI Research Team in conjunction with Student Sport Ireland and your College/University.

95. Early next year we will be undertaking some physical activity and health measurements:

- Height and Weight**
- Waist and Hip Circumference**
- Blood Pressure**
- Fitness**
- Activity monitoring**

Would you like to be contacted to possibly take part in these?

- Yes
- No

96. Would you be interested in taking part in interviews/focus groups as part of this study?

- Yes
- No

97. To thank you for participating in this survey, we would like to offer you the chance to be included in a PRIZE DRAW.

You would like to be included in the prize draw?

- Yes
- No

98. If you answered Yes to ANY of the questions above please enter your email and / or mobile number in the boxes provided.

These details will ONLY be used to contact you if you are selected as a potential participant for the physical activity and health measurements, the interview process or if you are a prize draw winner.

Your details will not be used for any other purpose and will remain strictly confidential.

Email address

Mobile Number

Thank You

Thank you for your participation in this survey.

To submit your data please click the 'SUBMIT' button below.