



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 conducting a survey on important social issues. Would you spare some time to answer some questions, it will take approximately 12 minutes.

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 .....

No.....

→ GO TO

**A28**

**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