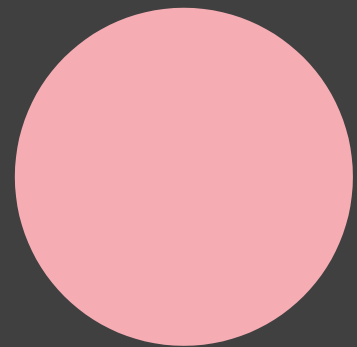
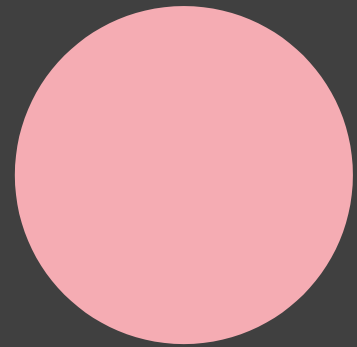

Sport England Activity Check In

Topic Questions

Wave 4 (November 2022)



Make better decisions

Savanta:

To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

ASK ALL AGED 16-24 AT D1

QW4A. Which of the following best describes your current situation? If more than one applies, please choose the one which you feel best reflects how you spend the majority of your time.

Please select one option

SINGLE CODE

1. Studying at school and working part-time
2. Studying at school without working part-time
3. Studying at a sixth-form college and working part-time
4. Studying at a sixth-form college without working part-time
5. Studying at a College of Further Education and working part-time
6. Studying at a College of Further Education without working part-time
7. Studying for a T-level qualification
8. Studying at a university and working part-time
10. Studying at a university without working part-time
11. Doing an Apprenticeship
12. Have left education and am in full or part-time employment
13. Not currently in education, employment or training and not currently looking
14. Not currently in education, employment or training but currently seeking employment, training or continuing education
99. None of the above

SECTION C: Attitudes & barriers to physical

ASK ALL Q7 NOT CODE 1 OR 99 AND MORE THAN 1 CODE SELECTED

QW4B. Which of the following would you say has stopped you the most from doing the amount of physical activity you would have liked to have done in the past 7 days??

Please rank up to three

MULTICODE

97. Don't know

ASK ALL

QW4C. What appeals to you about doing physical activity or sport?

Please select all that apply

MULTICODE

1. I can achieve something
2. I can get to the highest level
3. I can socialise with friends
4. I can meet new people
5. It makes me feel less stressed
6. I can improve my appearance
7. It makes me feel good about myself
8. It makes others proud of me
9. It makes me more popular
10. It makes me a more interesting person
11. I feel like I'm part of a community
12. It makes me feel healthier/fitter
13. I get some time away from it all
14. I can have fun
15. It's a way to learn new physical skills (e.g. learning how to lift weights with correct form or how to serve in tennis)

- 16. It a way to develop mental skills/ability (e.g. organisation, discipline or confidence)
- 96. Something else (please specify)
- 97. Don't know
- 99. Nothing appeals to me about doing sports/physical activities (FIXED EXCLUSIVE)

ASK ALL NOT CODE 99 AT QW4C AND MORE THAN 1 CODE SELECTED

QW4D And which one thing appeals to you the most about doing physical activities or sports?
SINGLE CODE

SHOW ALL OPTIONS SELECTED AT QW4C

ASK ALL

QW4E. Could you tell us some of the main reasons why you would choose to do other activities (e.g. socialising or other hobbies) rather than physical activity? Think about what it is that makes these activities more appealing or important to you than physical activity.

OPEN

TOPIC SECITON (SECTION D): Post School activity

ASK ALL

QW4F. In an average week, how much physical activity do you take part in compared to how much you would ideally like to do? By physical activity we mean activity which is 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 is part of your job

SINGLE CODE

1. I currently do a lot more than I would like to
2. I currently do a little bit more than I would like to
3. I currently do the same amount as I would like to do
4. I currently do a little bit less than I would like to
5. I currently do a lot less than I would like to
96. Don't know

ASK ALL DO LESS THAN THEY WOULD LIKE TO (QW4F CODE 4-5)

QW4G. Which of the following, if any, prevents you from doing the amount of physical activity you would ideally like to?

MULTICODE

1. Job/work (e.g. full or part-time)
2. Academic study (e.g. college, university)
3. Other training or learning (e.g. an apprenticeship)
99. Something else (please specify)
96. Don't Know (EXCLUSIVE)

ASK ALL WHO SELECT ACADEMIC STUDY OR TRAINING/LEARNING AS A BARRIER (QW4G CODE 2 OR 3)

QW4H. What specifically about your academic study and/or training makes it hard to be as physically active as you would like to be?

Please select all that apply

MULTICODE

1. I spend a lot of time in lectures/seminars
2. I have a lot of coursework/practical work to complete
3. I need to dedicate my time to reading/private study time
4. I am involved in extra-curricular activities (e.g. committees/clubs/volunteering) which take up my free time
5. My college/university/institute doesn't have adequate facilities
6. I spend time travelling to campus or university/college buildings (e.g. on public transport or in a car)
7. I would rather spend my time focusing on academic study than exercising/being physically active
8. My classes/lectures are not on a site where there are opportunities to participate in sport and physical activity
9. My classes/lectures are online so there is no obvious access to sport and physical activity
10. I have to work alongside my studies in order to finance them
11. I feel too tired/exhausted mentally
99. Another reason (please specify)
96. Don't know

ASK ALL WHO SELECT JOB/WORK AS A BARRIER (QW4G CODE 1)

QW4I. What specifically about your job/work makes it hard to be as physically active as you would like to be?

Please select all that apply

MULTICODE

1. I work long hours (e.g. don't have time to take part in physical activity)
2. I work unsociable hours (e.g. facilities/activities not available/open when I am free)
3. Unpredictable work hours (e.g. shift work or zero hours contract)
4. I am too physically tired from work to do physical activity
5. I am too mentally tired from work to do physical activity
6. I just want to relax after work
7. I have to spend a long time commuting to and from work (e.g. on public transport or in a car)
8. I am working to earn money to pay for my studying/academic fees
99. Another reason (please specify)
96. Don't know

ASK THOSE AGED 16-24 AND NOT CURRENTLY IN SECONDARY SCHOOL (D1 16-24 AND NOT QW4A CODE 1-2)

QW4J. What would you say your overall level of physical activity is today compared to when you were in secondary school?

SINGLE CODE

1. Much higher now
2. A bit higher now
3. About the same
4. A bit lower now
5. Much lower now
98. Don't know

ASK THOSE WHO ARE LESS ACTIVE NOW (QW4J CODE 4 OR 5)

QW4K. We understand that a lot will have changed between now and when you were at secondary school. What do you think are the main reasons why you currently do less activity today than when you were in secondary school?

MULTICODE

1. I have family commitments (e.g. looking after children, siblings or other relatives/dependants and/or managing a household)
2. The types of activities provided/I took part in at secondary school are no longer available to me
3. There are no/not many activities available to me that I like/enjoy
4. Physical activity was compulsory at secondary school and I now no longer have to do it
6. I spent more time walking/cycling to places than I currently do
7. It's too expensive to take part in the activities I want to do
8. I cannot afford the equipment/clothes
9. I cannot afford to travel to take part in activities I want to do
10. My physical health has changed which prevents me from being more physically active (e.g. acquired a disability or long term injury)
11. My mental health has changed which prevents me from being more physically active
12. My body confidence has changed which prevents me from being more physically active
13. I would rather focus on paying off student loans/debt than spending money on physical activity
14. I spend more time socialising now (e.g. going out for drinks with friends)
15. I have other interests/hobbies not related to physical activity that I would rather spend my time doing
16. Exercise/physical activity is not a priority in my life right now or isn't relevant to me
17. Physical activity and sport does not feel inclusive enough
18. I'm not as fit as I was
96. Another reason (please specify)

ASK ALL

QW4L. How frequently have you taken part in organised physical activity? By organised physical activity we mean physical activity, exercise or sport where somebody (or more than one person) is running/coaching/directing or leading a session (e.g. a football training session with a coach, a judo class with a trainer, or a tennis lesson with an instructor etc.)

SINGLE CODE

1. I have not taken part in organised physical activity in the past 24 months (2 years)
2. I have not taken part in organised physical activity in the past 12 months but have taken part in the past 24 months (2 years)
3. I have taken part in organised physical activity in the past 12 months
96. Can't remember

ASK ALL NOT TAKEN PART IN ORGANISED ACTIVITY IN PAST 24 MONTHS QW4L CODE

1

QW4M. Why have you not taken part in organised physical activity in the past 24 months (2 years)? By organised physical activity we mean physical activity, exercise or sport where somebody (or more than one person) is running/coaching/directing or leading a session (e.g. a football training session with a coach, a judo class with a trainer, a tennis lesson with an instructor etc.)

Please select all that apply

MULTICODE

1. I have never considered or thought about it
2. I have little/no interest in organised sport and physical activity
3. I don't have the time
4. I don't know how to get involved or who to speak to about getting involved
5. I am nervous/intimidated about starting
6. You need to be fit/active to take part in sport and physical activity
7. There are no opportunities near me
8. It's too expensive
9. I have nobody to go with / nobody I know will come with me
10. Health problems/current injuries prevent me from taking part
11. Concerns about getting injured/hurt
12. I wasn't selected for the college/university or local team
13. The physical activity on offer is not to my expectations (e.g. too old fashioned or not innovative enough)
14. The physical activity on offer is not inclusive or diverse enough
96. Another reason (please specify)

ASK ALL WHO DID TAKE PART BUT NO LONGER DO QW4L CODE 2

QW4N. Why did you stop taking part in organised physical activity? By organised physical activity we mean physical activity, exercise or sport where somebody (or more than one person) is running/coaching/directing or leading a session (e.g. a football training session with a coach, a judo class with a trainer, a tennis lesson with an instructor etc.)

Please select all that apply

MULTICODE

1. Other commitments (e.g. family or work)
2. Health problems/ suffered an injury
3. Worried about getting hurt/suffering an injury
4. The group/club/organisation closed down/stopped
5. I no longer felt motivated
6. It became too expensive
7. The experience was not what I expected
8. It was taking up too much of my time

9. I was no longer enjoying it/never enjoyed it
10. I was no longer good enough / as good as others taking part / the standard was too high
11. Unhappy with the way it was being run/organised
12. I didn't get on with others in the group/club/organisation
13. The people I used to go with stopped attending
14. I moved away and could no longer attend
15. The club/organisation changed location I could no longer attend
16. I no longer had access to the transport required to get there
17. The coach/trainer/instructor changed, and I did not like them or preferred the previous coach/trainer/instructor
18. I do enough informal (e.g. non-organised) activity / do not feel like I need to do organised activity on top of what I already do
19. It was too competitive
20. It was not diverse or inclusive enough
96. Another reason (Please specify)

ASK ALL AGED 16-24

QW4O. What would help or encourage you to become more physically active? Think about some of the things which are currently preventing you from being more active and how to overcome those challenges

OPEN

SECTION D: Lifestyle and cost of living

ASK ALL

QW4P. What motivates you in life??

Please select all that apply

MULTI-CODE

1. Having fun
2. Feeling good
3. Relaxing/unwinding
4. Staying healthy
5. Improving my appearance
6. Developing myself as a person
7. Spending time with friends
8. Spending time with family
9. Competing
10. Being successful
11. Achieving goals
12. Doing something worthwhile
13. Being independent
14. Making money
15. Trying new things
99. Something else (please specify)
96. Don't know (EXCLUSIVE)

ASK ALL

QW4Q. To what extent do you agree or disagree with the following statements with regards to the impact of the cost-of-living increase on your attitudes towards sport and physical activity?

Please select one option for each answer

SINGLE CODE

CAROUSEL

Answer Options

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know
98. Prefer not to say

Statements

- A. I have too many worries/concerns to think about sport and physical activity
- B. I no longer have the motivation to be physically active
- C. I cannot make plans as I am unsure what the future holds

ASK ALL

QW3p. In what ways, if any, have you changed your sport and physical activity behaviours because of the cost-of-living increases

MULTICODE, RANDOMISE

1. I have stopped doing activity altogether (ASK IF QW1P = 1 OR 2)
2. I have reduced the distance I travel to take part in an activity
3. I have cancelled my gym membership
4. I have switched to a lower cost / more flexible gym membership
5. I have cancelled my memberships to specific sports/activities
6. I have reduced the regularity of paid (pay as you go) activities I do (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)

7. I have stopped doing paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
8. I have switched to/am doing more paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
9. I have started/increased the amount of free activities I do (such as walking and running)
10. I have prioritised activity that is most enjoyable (ASK IF QW1P = 3,4 OR 5)
11. I have prioritised activity that helps manage my mental wellbeing
12. I use exercise, such as going for a walk, to socialise with friends instead of paid social activities such as going to the pub/coffee shop
13. I walk/cycle to get to places rather than use the car whenever possible
14. I have started/increased the amount of physical activity I do at home
96. Other (please specify) FIX, OE
15. I have not changed my sport and physical activity behaviours (FIX, EXCLUSIVE, ASK IF QW1P = 3,4 OR 5)
97. Don't know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)

ASK ALL

QW3s. Which of the following activities, if any, did you take part in roughly once a week or more?

GRID, MULTICODE PER ROW, RANDOMISE ROWS

COLUMNS

1. Back in March/April this year
2. Back in summer 2021

ROWS:

1. Walked to get to a location such as the shops/supermarket, a place of work or education, or to run errands etc.
2. Been on a walk, this might be to walk the dog, to go for a walk with family and friends or for fitness/wellbeing
3. Cycling
4. Running or jogging
5. Swimming
6. Going to the gym or doing a fitness or exercise class at a gym, leisure centre or community centre
7. Exercise or fitness at home, this could be a fitness/dance workout, online class, weights, press-ups/sit-ups, using an exercise bike/treadmill etc.
8. Informal activity or active play, this could be kicking a ball about in the park, play activities with children at home, skateboarding or similar
9. Indoor sports hall activities, this could be basketball, badminton, judo etc.
10. Organised outdoor team sports (football, rugby, hockey etc.), this could be self or club organised
11. Other outdoor sport, exercise or physical activity (golf, outdoor tennis, water sports etc.), please state (FIX, OE)
12. Other indoor sport, exercise or physical activity, please state (FIX, OE)
99. None of these (FIX, EXCLUSIVE)

QW3t. Going forward, which, if any, of the following factors are you most likely to consider when deciding whether to continue your current sport and physical activities? Please select up to three factors that you are most likely to consider.

MULTICODE – MAX 3, RANDOMISE

1. The cost of the activity
2. Distance and mode of travel to the activity
3. The membership options available i.e. ability to cancel, subscription period etc.
4. The flexibility of the activity i.e. when or where it takes place
5. The enjoyment you get from the activity
6. The physical benefits you get from the activity
7. The mental benefits you get from the activity
8. The opportunities the activity gives you to socialise
96. Other (please specify) (FIX, OE)
97. None of the above (FIX, EXCLUSIVE)
98. Don't know (FIX, EXCLUSIVE)

ASK ALL

QW4R. How concerned are you about your own personal safety while exercising outside in the evening during the autumn/winter months (i.e. after the clocks go back late October)?

SINGLE CODE

1. Very concerned
2. Somewhat concerned
3. Not really concerned
4. Not at all concerned
97. Don't know
99. Not applicable

ASK ALL

QW4S. And how concerned or not are you about your child(ren)'s safety whilst they are exercising outside in the evening during the autumn/winter months? By children we mean any children under the age of 16 who currently still live at home.

SINGLE CODE

5. Very concerned
6. Somewhat concerned
7. Not really concerned
8. Not at all concerned
9. I don't have any children under the age of 16 in my household
10. My children under the age of 16 do not exercise outside in the evening at any point in the year
97. Don't know