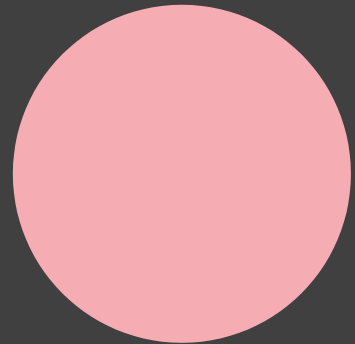
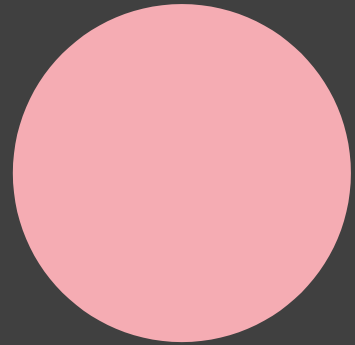

Sport England Activity Check In

Topic Questions

Wave 7 (June 2023)



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

TOPIC QUESTIONS: YOUNG PEOPLE

INFO SCREEN

We're now going to ask you some questions about your perceptions of sport and physical activity in general, including how this does or does not connect with your identity, perceptions of certain sports, and the perceptions of the activities and facilities available to you. We'll also be asking some questions about what does or does not inspire you to be active.

Some of these questions will relate to answers you gave earlier in the survey.

ASK ALL

QW7A. Thinking about sport and physical activity in general, which of the following statements apply to you?

Please select all that apply

MULTI CODE, RANDOMISE

1. Sport and physical activity helps me maintain good physical health and fitness levels
2. The mental health benefits of sport and physical activity are important to me
3. Sport and physical activity allows me to set and achieve personal goals
4. I enjoy the social aspect of sport and physical activity
5. I enjoy the competitive nature of sport and physical activity
6. Sport and physical activity allows me to develop and refine specific skills
7. I enjoy the teamwork element of sport and physical activity
8. I am not interested in sport and physical activity
9. I find fulfilment and enjoyment in other areas of life that do not involve sports or physical activity
10. I have had negative experiences with sport and physical activity in the past
11. Sport and physical activity is an important part of my heritage & culture
12. I have a strong emotional connection to sport and physical activity
13. Sport and physical activity caters to the needs of people like me
14. Sport and physical activity is for people like me
99. None of these (FIX, EXCLUSIVE)

ASK IF QW7A NOT CODE 14

QW7B. In the last question you didn't say that you felt like sport and physical activity is for people like you. Why is this?

OPEN END

ASK ALL

QW7D. Thinking about organised sport and physical activity that is available to you, to what extent do you agree or disagree with the following statements?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know

Statements

- A. The sport and physical activity available is suitable for people like me (e.g. the activities take into account my needs, preferences, and abilities)
- B. The sport and physical activity available is reliable (e.g. the activities I want are available and accessible when required)
- C. I feel welcomed and accepted at the sport and physical activity available to me
- D. The sport and physical activity available to me is inclusive and attracts diverse groups of people
- E. I trust the people and/or organisations who run the sport and physical activity available to me
- F. I trust the other people at the sport and physical activity available to me

ASK ALL

QW7E. Who, if anyone, provides the sport and physical activity that you take part in?

Please select all that apply

MULTICODE, RANDOMISE

1. My school/college
2. My university
3. My work/workplace
4. A religious group
5. Another community group (FIX AFTER CODE 4)
6. A sports club
7. A commercial provider/facility (e.g. gym or leisure/fitness centre)
8. No one, I take part informally (e.g. home, park or open space)
98. Other (please specify) (FIX)
99. I don't do any sport and physical activity (FIX, EXCLUSIVE)

ASK IF QW7E CODE 8

QW7G. You said you do sport and physical activity in an informal way. What is it about informal activity that appeals to you?

OPEN END

TOPIC QUESTIONS: MAJOR EVENTS

ASK ALL

QW7H. Which of the following, if any, provide you with inspiration to want to take part in sport or be physically active?

Please select all that apply

MULTI CODE, RANDOMISE

1. My parents
2. My siblings
3. My friends
4. Seeing elite/professional athletes or sportspeople compete generally/day to day
5. Seeing elite/professional athletes or sportspeople compete in major events (e.g. Olympics/Paralympics or Commonwealth Games) (FIX BELOW CODE 4)
6. Teachers (ASK IF dAGE 16-18)
7. Coaches/trainers
8. Watching someone I know compete (e.g. at a football match, rugby match or swimming competition)
9. Fitness/activity influencers
10. Other family members (FIX)
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

ASK ALL

QW7I. A major sporting event is defined as a national or international-level competition featuring elite athletes or teams, drawing a large audience and significant media coverage. An example could be a World or European Championship in a specific sport, or any other sporting event where the top athletes in their field compete against each other. With the definition above in mind, which of the following applies to you?

Please select one option

SINGLE CODE

1. I have watched a major sporting event in the past 3 months and it inspired me to want to be a lot more active
2. I have watched a major sporting event in the past 3 months and it inspired me to want to be a little bit more active
3. I have watched a major sporting event in the past 3 months but it didn't inspire me to want to be more active
4. I have not watched a major sporting event in the past 3 months
97. Don't know / Can't remember

ASK IF QW7I CODE 1-3

QW7J. In general, how closely did you follow the major sporting event(s) that you watched in the past 3 months?

Please select one option

SINGLE CODE

4. I followed the event a lot
3. I followed the event quite a bit
2. I followed the event a little bit
1. I hardly followed the event at all
97. Can't remember

ASK IF QW7I CODE 1-3

QW7K. How did you engage with the major sporting event(s) that you watched in the past 3 months?

Please select all that apply

MULTI CODE, RANDOMISE

1. Watched live on TV
2. Watched later on TV/online (e.g. highlights)
3. Streamed live online
4. Attended in person
5. Worked at the event
6. Volunteered at the event
7. Followed news and updates about the event
8. Participated in discussions or social media conversations
98. Other (please specify) (FIX)
97. Can't remember (FIX, EXCLUSIVE)

ASK IF QW7I CODE 1-2

QW7L. What was it about the event that inspired you to want to be more active

Please select all that apply

MULTI CODE, RANDOMISE

1. Visibility/high profile of the event
2. Success of a certain team/athlete
3. 'Buzz' or excitement of the event
4. Skill level of the athletes
5. Challenges overcome by athletes
6. Unity/camaraderie of the teams/athletes
7. Positive role models
98. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF QW7I CODE 1-2

QW7M. Which of the following, if any, did you do as a result of feeling inspired by a major sporting event?

Please select all that apply

MULTI CODE, RANDOMISE

1. I watched more of the sport related to the event
2. I watched more sport in general (FIX BELOW CODE 1)
3. I did more of the sport related to the event (e.g. I took part twice a month rather than once a month)
4. I did more of a different sport to the event (e.g. I took part twice a month rather than once a month) (FIX BELOW CODE 3)
5. I took up the sport related to the event (EXCLUSIVE FROM CODE 3)
6. I took up a different sport to the event (FIX BELOW CODE 5)
7. I joined a club/team in the sport related to the event
8. I joined a club/team in a different sport to the event (FIX BELOW CODE 7)
9. I started volunteering in a sport related to the event
10. I started volunteering in a different sport to the event (FIX BELOW CODE 9)
98. Other (please specify) (FIX)
99. I did not change my behaviour as a result (FIX, EXCLUSIVE)

ASK IF QW7M CODE 3-8

QW7N. To what extent do you agree or disagree that the major sporting event was the main factor that influenced your decision to take up a new sport and/or join a club/team?

Please select one option

SINGLE CODE

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know

ASK IF QW7M NOT CODES 3-8

QW7O. You said you were inspired by a major event but did not change your physical activity behaviour as a result. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. I lacked motivation or interest in being active despite feeling inspired
2. I didn't have access to/could not get to the facilities needed to do the activity(s) I wanted to do
3. There was nowhere or no one running the activity(s) I wanted to do
4. I couldn't afford the things (equipment, coaching, club fees etc.) I needed to be active
5. I couldn't find the information I needed to do the activity(s) I wanted to do
6. No one else wanted to try the activity(s) I wanted to do with me
7. I didn't know how to go about taking part
8. I didn't think I'd be good enough
9. I didn't think I'd be fit enough
10. The activity looked too difficult
11. I was worried I would injure myself
12. I struggled to change my routine
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

ASK IF QW7M CODE 3-8

QW7P. You said you were inspired by a major sporting event and changed your physical activity behaviour as a result. Which of the following, if any, helped you to change your behaviour?

Please select all that apply

MULTI CODE, RANDOMISE

1. The activity I wanted to do was available
2. The activity could be done informally to suit my needs
3. There was enough information about the activity so I knew how to get involved
4. I already did the activity so I just went more often
5. I've done the activity before and the event inspired me to take it up again
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

SECTION D: Lifestyle and cost of living

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
- D. I think sport and physical activity are more important than ever to help manage worries and concerns

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
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
19. I have reduced the amount of physical activity I do to pay for/afford my child's physical activity (ASK IF D5=4,5,6 or 7)
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 IF CODE 1-14, 16 QW3P

QW5E. As a result of the cost of living increases, which of the following factors have had the most significant impact on these changes in your sport and physical activity behaviours?

Please select all that apply

MULTICODE

1. I have less time to be physically active
2. I can't afford (financially) to be physically active
3. Opportunities to be physically active in my local area have decreased
4. Negative changes to the physical activity experience (e.g. lowering temperature of pool / showers)
5. I have too much on my mind to plan or think about being active
6. There are fewer people to take part with (e.g. friends cannot afford activities)
7. Another reason (Please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF CODE 1-14,16 QW3P

QW5J. Below are some examples about how increased living costs and the associated changes people have made in their sport and physical activity behaviours, and how they have made them feel. Which, if any, apply to you. Please use the other box to note any additional feelings you may have.

Please select all that apply

MULTICODE

1. Motivated to continue to lead an active lifestyle (Codes 1 and 2 cannot both be selected)
2. Demotivated to lead an active lifestyle
3. Sad that I'm no longer able to do activities I used to enjoy
4. Happy that I've found new activities I enjoy
5. I feel deconditioned
6. I appreciate the time I spend being physically active more now
7. Sad that I've reduced my physical activity habits / routines (Codes 7 and 8 cannot be both selected)
8. Happy that I've increased my physical activity habits / routines
9. Sad that I've had to make choices about which activities I do / which memberships I have
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
98. 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)
97. None of the above (FIX, EXCLUSIVE)
98. Don't know (FIX, EXCLUSIVE)

TOPIC QUESTIONS: CHILDREN AND YOUNG PEOPLE

ASK IF PRIMARY AGED QCYPD1 CODE 2-7

CYPW7A. Have you recently watched any big sports events?

A big sports event is where sportspeople compete against each other in big competitions that you can watch on TV or online.

Please select one option

SINGLE CODE

1. Yes
2. No
97. Can't remember (FIX, EXCLUSIVE)

ASK IF CYPW7A CODE 1

CYPW7B. And did watching the event make you want to do any of these?

Please select all that apply

MULTI CODE

1. Play more sport
2. Watch more sport
3. Try new sports
97. Don't know

ASK IF SECONDARY AGE CYPD1 CODE 8-12

CYPW7C. Which of the following, if any, provide you with inspiration to want to take part in sport or be physically active?

Please select all that apply

MULTI CODE, RANDOMISE

1. My parents
2. My brothers/sisters
3. My friends
4. Seeing elite/professional athletes or sportspeople compete generally/day to day
5. Seeing elite/professional athletes or sportspeople compete in major events (e.g. Olympics/Paralympics or Commonwealth Games) (FIX BELOW CODE 4)
6. Teachers
7. Coaches/trainers
8. Watching someone I know compete (e.g. at a football match, rugby match or swimming competition)
9. Fitness/activity influencers
10. Other family members (FIX)
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

ASK IF SECONDARY AGE CYPD1 CODE 8-12

CYPW7D. A major sporting event is defined as a national or international-level competition featuring elite athletes or teams, drawing a large audience and significant media coverage. An example could be a World or European Championship in a specific sport, or any other sporting event where the top athletes in their field compete against each other. With the definition above in mind, which of the following applies to you?

Please select one option

SINGLE CODE

1. I have watched a major sporting event in the past 3 months and it inspired me to want to be a lot more active
2. I have watched a major sporting event in the past 3 months and it inspired me to want to be a little bit more active
3. I have watched a major sporting event in the past 3 months but it didn't inspire me to want to be more active
4. I have not watched a major sporting event in the past 3 months
97. Don't know / Can't remember

ASK IF CYPW7D CODE 1-3

CYPW7E. In general, how closely did you follow the major sporting event(s) that you watched in the past 3 months?

Please select one option

SINGLE CODE

4. I followed the event a lot
3. I followed the event quite a bit
2. I followed the event a little bit
1. I hardly followed the event at all
97. Can't remember

ASK IF CYPW7D CODE 1-3

CYPW7F. How did you engage with the major sporting event(s) that you watched in the past 3 months?

Please select all that apply

MULTI CODE, RANDOMISE

1. Watched live on TV
2. Watched later on TV/online (e.g. highlights)
3. Streamed live online
4. Attended in person
5. Worked at the event (SHOW IF CYPD1 CODES 10-12)
6. Volunteered at the event
7. Followed news and updates about the event
8. Participated in discussions or social media conversations
99. Other (please specify) (FIX)
98. None of these (FIX, EXCLUSIVE)

ASK IF CYPW7D CODE 1-2

CYPW7G. Which of the following, if any, did you do as a result of feeling inspired by a major sporting event?

Please select all that apply

MULTI CODE, RANDOMISE

1. I watched more of the sport related to the event
2. I watched more sport in general (FIX BELOW CODE 1)
3. I did more of the sport related to the event (e.g. I took part twice a month rather than once a month)
4. I did more of a different sport to the event (e.g. I took part twice a month rather than once a month) (FIX BELOW CODE 3)
5. I took up the sport related to the event (EXCLUSIVE FROM CODE 3)
6. I took up a different sport to the event (FIX BELOW CODE 5)
7. I joined a club/team in the sport related to the event
8. I joined a club/team in a different sport to the event (FIX BELOW CODE 7)
9. I started volunteering in a sport related to the event
10. I started volunteering in a different sport to the event (FIX BELOW CODE 9)
98. Other (please specify) (FIX)
99. I did not change my behaviour as a result (FIX, EXCLUSIVE)

ASK IF CYPW7G CODE 3-8

CYPW7H. To what extent do you agree or disagree that the major event was the main factor that influenced your decision to take up a new sport and/or join a club/team?

Please select one option

SINGLE CODE

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know

ASK IF SECONDARY AGE CYPD1 CODE 8-12

CYPW7I. Thinking about organised sport and physical activity that is available to you, to what extent do you agree or disagree with the following statements?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know

Statements

- A. The sport and physical activity available is suitable for people like me (e.g. the activities take into account my needs, preferences, and abilities)
- B. The sport and physical activity available is reliable (e.g. the activities I want are available and accessible when required)
- C. I feel welcomed and accepted at the sport and physical activity available to me
- D. The sport and physical activity available to me is inclusive and attracts diverse groups of people
- E. I trust the people and/or organisations who run the sport and physical activity available to me
- F. I trust the other people at the sport and physical activity available to me

ASK IF SECONDARY AGE CYPD1 CODE 8-12

CYPW7J. Who, if anyone, provides the sport and physical activity that you take part in?

Please select all that apply

MULTICODE, RANDOMISE

1. My school/college
2. My work/workplace (SHOW IF CYPD1 CODES 10-12)
3. A religious group
4. Another community group (FIX AFTER CODE 4)
5. A sports club
6. A commercial provider/facility (e.g. gym or leisure/fitness centre)
7. No one, I take part informally (e.g. home, park or open space)
98. Other (please specify) (FIX)
99. I don't do any sport and physical activity (FIX, EXCLUSIVE)