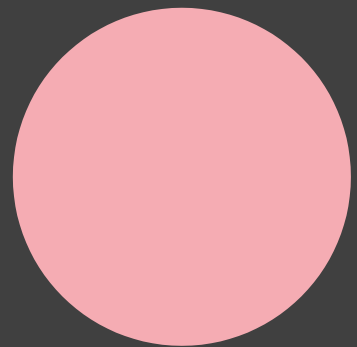
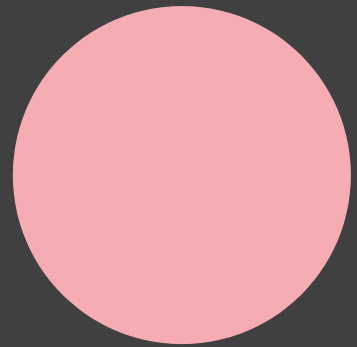


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# Sport England Activity Check In

## Topic Questions

Wave 14 (April 2024)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

#### TOPIC QUESTIONS: Section 1

ASK ALL

QW14G. Does your workplace [,university, college or school SHOW IF CODE 2 @ D6DEMO or CODE 3 @ D7] encourage or provide opportunities for you to be physically active? This should be outside of activity directly linked to your work [or PE/sport lessons SHOW IF CODE 2 @ D6DEMO or CODE 3 @ D7]

*Please select one option*

SINGLE CODE

1. Yes, and I regularly make use of these opportunities
2. Yes, but I rarely make use of these opportunities
3. No, but I find other ways to be physically active
4. No, and I struggle to find ways to be physically active
97. Don't know
99. Not applicable to me

ASK IF CODE 1,2 @ QW14G

QW14H. Which of the following opportunities do they provide?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. On-site exercise spaces/facilities
2. Free gym memberships or fitness classes
3. Discounted gym membership or fitness classes (FIX UNDER 2)
4. Cycle to work or other active travel schemes
5. Walk or cycle to school days (SHOW IF CODE 2 @ D6DEMO)
6. Health and fitness incentives (e.g. vouchers, discounts, rewards)
7. Organised run clubs
8. Organised fitness challenges/events
9. Organised group exercise activities (e.g. team sports, clubs, recreational leagues)
10. Educational training or learning opportunities about health and fitness.
96. Other (Please specify) (FIX)
99. None of these (FIX, EXCL.)

ASK ALL

QW14I. In the last 12 months, have you received advice or guidance about physical activity from any of the following professionals?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. General Practitioner (GP)
2. Nurse or nursing staff
3. Fitness instructor or personal trainer
4. Mental health professional
5. Occupational therapist or physiotherapist
6. Dietician or nutritionist
7. Other health or fitness professional (FIX)
99. No, I have not received advice from or seen any of these professionals (FIX, EXCL.)

ASK IF CODE 1-7 @ QW14I

QW14J. Which of the following types of advice or guidance did you receive from this/these professionals?

Please select all that apply

MULTI CODE, RANDOMISE

1. I received general information or guidance about physical activity
2. I received personalised advice tailored to my health and fitness needs/goals
3. I was prescribed an exercise plan or referred to a structured physical activity program
4. I was connected into a community sport or physical activity program or group.
5. I was offered motivational strategies and/or emotional support tools to help me engage in physical activity
96. Other (Please specify) (FIX)
99. None of these (FIX, EXCL.)

ASK ALL

QW14K. Which of following sources, if any, do you use to get advice or guidance about physical activity, exercise, or fitness?

Please select all that apply

MULTI CODE, RANDOMISE

1. Social media content from influencers or content creators (FIX NEXT TO CODE 1)
2. Social media content from family, friends, or people I know (FIX NEXT TO CODE 2)
3. YouTube channels or video streaming platforms
4. Online forums and communities, such as Reddit
5. AI chatbots or AI-driven tools, such as ChatGPT
6. Health and fitness blogs or websites
7. Podcasts
8. News articles or media outlets
9. Exercise/fitness apps or online programmes (e.g. Nike Running Club, Peloton, Strava, FIIT)
96. Other (please specify) (FIX)
99. I do not look for advice or guidance about physical activity, exercise, or fitness from any of these sources (FIX, EXCL.)

ASK ALL

QW14L. To what extent do you agree with the following statement:

In my neighbourhood, there are safe, well-maintained, and accessible public places to take part in physical activity, such as parks, walking paths, sports fields, outdoor gyms, or nearby community centres.

Please select one option

SINGLE CODE

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
99. Not applicable to me

## TOPIC QUESTIONS: Section 2

### INFO SCREEN

The following questions will ask you about your knowledge of and involvement with sport and physical activity.

### ASK ALL

QW14A. How well do you understand Sport England's role in supporting sports and physical activity in England?

Please select one option

#### SINGLE CODE

1. Very well
2. Somewhat
3. Not much
4. Not at all

### ASK ALL

QW14B. Which of the following would you identify as Sport England's main roles?

Please select up to three options

#### MULTI CODE, RANDOMISE, MAX 3 SELECTIONS

1. Providing funding for sports clubs and projects
2. Promoting physical activity and wellbeing
3. Developing national sport policies
4. Organising major sporting events
5. Supporting elite athletes
6. Researching trends in sport and activity
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

### ASK ALL

QW14C. Where, if anywhere, have you encountered information about Sport England's work?

Please select all that apply

#### MULTI CODE, RANDOMISE

1. Sport England's website
2. Social media
3. Local community or sports club
4. News outlets
5. Word of mouth
96. Other (please specify) (FIX)
99. I haven't encountered any information about Sport England (FIX, EXCL.)

### ASK ALL

QW14E. Do you know about the types of funding and resources Sport England offers to help support local sport and activity projects?

Please select one option

#### SINGLE CODE

1. Yes, I'm aware of several options
2. Yes, but I'm not clear on the details
3. No, I'm not aware of them
97. Not sure

ASK IF QW14E = 1-2

QW14F . If you were to seek funding or support for a sport or physical activity project, how confident would you be in knowing how to apply to Sport England?

Please select one option

SINGLE CODE

1. Very confident
2. Somewhat confident
3. Not very confident
4. Not confident at all
99. Not applicable to me

ASK ALL

QW14D. Are you involved in any club or community sports?

Please select one option

SINGLE CODE

1. Yes
2. No