

Motion Experience Questionnaire

First name: _____

Family name: _____

Date of birth: _____

Class: _____

Gender: m f

Height [meter]: _____

Weight [kg]: _____



With the support of the Lifelong Learning Programme of the European Union

Question No. 1	Have you ever played or do you still play one or more of the following sports? If yes, where?						Period		
		Yes	No	Schoolyard	Project Group	Club	from (MM, YYYY)	To (MM, YYYY)	
	Soccer								
	Handball								
	Uni-Hockey								
	Basketball								
	Tabletennis								
	Tennis								
	Badminton								
	Athletics								
	Gymnastic								
	Dance								
	Others:								
Question No. 2	Are you a member of a sportsclub?								
	Yes		If yes, in which sports club?						
	No		If no, why?		I didn't find the right sport yet				
					I do have no time				
					I didn't find a suitable sport club yet				
					I don't want to				
2.1	How many days per week do you do sport in this club(s)?								
	More than 3 days		3 days		2 days		1 day		
2.2	How long takes one unit in this club(s) usually?								
	30 minutes		1 hour		1,5 hours		2 hours		more than 2 hours
Question No. 3	How long do you move daily while sweating (apart from Club, Schoolyard, Project group)?								
	not daily		until 30 minutes		until 1 hour		until 2 hours		more than 2 hours