Athlete study LVH

Date: __/__/____ Study-Nr. ________

### Engagement in sports disciplines outside school PE in the past

| 1) Sports discipline | (please number all disciplines that you have performed for at least one year in consecutive descending order according to number of years that you have performed them): |
|-----------------------|-------------------------------------------------------------------------------------------------|
| Badminton IC          | Strength training IIIA                                                                            |
| Basketball IIC        | Cross-country skiing (Classical) IC                                                                |
| Boxing IIC            | Cross-country skiing (Skating) IIC                                                                 |
| Curling IA            | Running (middle distances) IIC                                                                       |
| Eishockey IIIC        | Athletics (Sprinting) IIB                                                                          |
| Figure skating IIB    | Athletics (Jumping) IIIB                                                                           |
| Soccer IIIC           | Athletics (Throwing) IIIA                                                                          |
| Weightlifting IIIIA   | Orienteering ICA                                                                                  |
| Golf IA               | Cycling IIIA                                                                                      |
| Gymnastics IIIA       | Rowing IIIC                                                                                       |
| Fencing IB            | Running (long distances) IIC                                                                       |
| Handball IIC          | Rugby IIIB                                                                                         |
| Climbing IIIA         | Shooting ICA                                                                                      |

| 2) Age at start and end (please indicate training interruptions of >1 year): |
|-----------------------------|
| Sports discipline 1 ___ / ___ |
| Sports discipline 2 ___ / ___ |
| Sports discipline 3 ___ / ___ |
| Sports discipline 4 ___ / ___ |
| Sports discipline 5 ___ / ___ |
| Sports discipline 6 ___ / ___ |
| Sports discipline 7 ___ / ___ |

| 3) Mean Training hours per week until age 18 (please indicate number of weeks per year if not performed for the whole year): |
|-----------------------------|
| Sports discipline 1 ___ |
| Sports discipline 2 ___ |
| Sports discipline 3 ___ |
| Sports discipline 4 ___ |
| Sports discipline 5 ___ |
| Sports discipline 6 ___ |
| Sports discipline 7 ___ |

| 4) Mean Training hours per week after age 18 (please indicate number of weeks per year if not performed for the whole year): |
|-----------------------------|
| Sports discipline 1 ___ |
| Sports discipline 2 ___ |
| Sports discipline 3 ___ |
| Sports discipline 4 ___ |
| Sports discipline 5 ___ |
| Sports discipline 6 ___ |
| Sports discipline 7 ___ |

| 5) Mean Competition hours per year: |
|-----------------------------|
| Sports discipline 1 ___ |
| Sports discipline 2 ___ |
| Sports discipline 3 ___ |
| Sports discipline 4 ___ |
| Sports discipline 5 ___ |
| Sports discipline 6 ___ |
| Sports discipline 7 ___ |

6) Were there any drastic changes in your sporting behaviour at any point? (When, What?)

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

7) Did you complete part or all of your way to school by bicycle or foot? If so, please indicate bicycle or foot, km/day, number of years for the different schools/periods.

__________________________________________________________________________
__________________________________________________________________________
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8) Were you overweight as a child or teenager? ______

9) Please describe your sports history in one or two sentences.
______________________________________________________________________________
______________________________________________________________________________
(E.g., until I was 30 years old I was not involved in any sports at all, from then on I did endurance sports such as running or swimming on a daily basis.)

10) How old are you now: ____ years