

Dear Sir or Madam,

We are engaged in a project aimed at discovering people's attitudes towards their physical activity and the adequacy of potential provisions that promote it. The already gained research results over the world have shown that peoples' attitudes on these issues differ importantly. A responsible society, as well as also the state is supposed to be alert and responsive to them.

We would therefore like to ask you to kindly complete the following questionnaire. Your answers will be of great value, regardless of the levels and forms of your own physical activity or lack of it. They will help us understand your attitudes, needs and wishes and report them to the authorities responsible for providing sports resources to different groups of people.

Filling in the questionnaire will take only about 10 minutes of your valuable time. Please answer honestly, from your own personal opinions and experience: there are no right or wrong answers. We sincerely thank you for your answers and your time!

Yours faithfully

The research team of the "Effective state support for citizens' sporting activities" project of the University of Ljubljana, Faculty of Social Sciences, Centre for Political Science Research and
The Institute for Economic Research, Ljubljana

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Q1 – How often did you do the following activities in the last 12 months? 1 – never, 2 – several times a year, 3 – several times a month, 4 – several times a week, 5 – almost every day or daily.

	1	2	3	4	5
Walking	<input type="radio"/>				
Dancing	<input type="radio"/>				
Hiking	<input type="radio"/>				
Running outdoors	<input type="radio"/>				
Nordic walking	<input type="radio"/>				
Skiing, cross country skiing	<input type="radio"/>				
Cycling	<input type="radio"/>				
Playing golf	<input type="radio"/>				
Fishing	<input type="radio"/>				
Training at a sports facility (e.g. gym, sports hall or outdoor sports playground)	<input type="radio"/>				
Training at a sports centre (e.g. fitness centre or sports club)	<input type="radio"/>				
Physical education in school and/or university	<input type="radio"/>				
Training at home (e.g. keep-fit exercises, stretching)	<input type="radio"/>				
Housework or gardening	<input type="radio"/>				
Playing chess	<input type="radio"/>				
Attending sporting events	<input type="radio"/>				
Offering support to a particular sport or sportspeople (e.g. sponsorship, paying for children's training)	<input type="radio"/>				
Other:	<input type="radio"/>				

Q2 – Are you a member of any sports association?

- No, I have never been a member
- No, but I have been a member in the past

- Yes, one
- Yes, two or more

Q3 – Are you a member of any sports centre (e.g. fitness centre, recreational centre)?

- No, I have never been a member
- No, but I have been a member in the past
- Yes, one
- Yes, two or more

Q4 – Please indicate how important the following reasons are for you personally to take part in physical or sports activity? 1 – not important at all, 2 – not important, 3 – somewhat important, 4 – important, 5 – very important.

	1	2	3	4	5
Spending quality free time	<input type="radio"/>				
Socialising with friends, relatives	<input type="radio"/>				
Looking for new friendships, social contacts	<input type="radio"/>				
Health	<input type="radio"/>				
Weight loss	<input type="radio"/>				
Personal growth and satisfaction	<input type="radio"/>				
Better preparation for working, study, etc.	<input type="radio"/>				
Testing your own abilities	<input type="radio"/>				
Enjoying competition	<input type="radio"/>				
Body shaping	<input type="radio"/>				
Promotion of sport and a sporting spirit in Slovenia	<input type="radio"/>				

Q5 – Please assess to what extent the following conditions prevent you from doing physical/sports activity: 1 – does not prevent me at all, 2 – does not prevent me much, 3 – prevents me to some extent, 4 – prevents me to a large extent, 5 – prevents me from taking part at all.

	1	2	3	4	5
Lack of money	<input type="radio"/>				
Duties at school or at work	<input type="radio"/>				
Lack of time in general	<input type="radio"/>				
Family responsibilities	<input type="radio"/>				
Health problems, sickness	<input type="radio"/>				
Disability	<input type="radio"/>				
Age	<input type="radio"/>				
Bad experience with sports activities in the past	<input type="radio"/>				
Lack of self-confidence in sport	<input type="radio"/>				
Lack of sports activities that meet my wishes and needs (high prices, long distance away)	<input type="radio"/>				
Inaccessibility of sports facilities that meet my wishes and needs (high prices, long distance away)	<input type="radio"/>				
Inaccessibility of sports programmes that meet my wishes and needs (high prices, long distance away)	<input type="radio"/>				
Lack of media attention to sports activities	<input type="radio"/>				
Personal lack of interest in everything connected with sport and sports activities	<input type="radio"/>				
My body/physical appearance/lack of fitness	<input type="radio"/>				
My nationality	<input type="radio"/>				

Q6 – To what extent do you agree or disagree with the following statements? 1 – disagree strongly, 2 – disagree, 3 – neither agree nor disagree, 4 – agree, 5 – agree strongly.

	1	2	3	4	5
I frequently go to work or fulfil ordinary errands by car or public transport.	<input type="radio"/>				
To practise sport I need external incentives (the decision to take part in sport is never made solely by myself).	<input type="radio"/>				
I prefer doing sports activities alone.	<input type="radio"/>				
At least once a year I attend a sports competition, where the results I achieve are important.	<input type="radio"/>				

Q7 – To what extent do you agree or disagree with the following statements? 1 – disagree strongly, 2 – disagree, 3 – neither agree nor disagree, 4 – agree, 5 – agree strongly.

	1	2	3	4	5
Sports associations and organisations help me to pursue sporting activities (e.g. facilities, services).	<input type="radio"/>				
Instructors and trainers whom I pay myself help me to pursue sporting activities (e.g. skills, services).	<input type="radio"/>				
The municipality in which I live helps me to pursue sporting activities (e.g. facilities, programmes, services).	<input type="radio"/>				
The Slovenian state helps me to pursue sporting activities (e.g. programmes, laws, services).	<input type="radio"/>				

Q8 – To what extent do you agree or disagree with the following statements? 1 – disagree strongly, 2 – disagree, 3 – neither agree nor disagree, 4 – agree, 5 – agree strongly.

	1	2	3	4	5
Sports associations offer enough support for the activities of their members.	<input type="radio"/>				
The state offers enough support to sport and physical activity for everybody who wishes it.	<input type="radio"/>				
The state should offer more support for top athletes.	<input type="radio"/>				
The state should offer more support for sport for women.	<input type="radio"/>				
The state should offer more support for sport for young people and children.	<input type="radio"/>				
The state should offer more support for sports recreation.	<input type="radio"/>				
The state should offer more support for physical or sporting activity for the unemployed.	<input type="radio"/>				
The state should offer more support for sport for the disabled.	<input type="radio"/>				
The state should offer more support for sport for the elderly.	<input type="radio"/>				
The state should offer more support for sport for ethnic minorities (e.g. immigrants, Roma people).	<input type="radio"/>				
There are enough state sports facilities (e.g. gyms, halls, stadiums and outdoor sports playgrounds).	<input type="radio"/>				
There are enough outdoor sports areas (e.g. parks, trim tracks, cycle tracks, walking paths).	<input type="radio"/>				
The state should not intervene in people's physical or sporting activity in any way.	<input type="radio"/>				

Q9 – To what extent do you agree with the following statements? 1 – disagree strongly, 2 – disagree, 3 – neither agree nor disagree, 4 – agree, 5 – agree strongly.

	1	2	3	4	5
The municipality where I live in has enough sports facilities (e.g. gyms, halls, stadiums and outdoor playgrounds).	<input type="radio"/>				
The municipality where I live in has enough outdoor sports areas (e.g. parks, trim tracks, cycle tracks,	<input type="radio"/>				

	1	2	3	4	5
walking paths).					
Sports facilities in my municipality are adequately maintained.	<input type="radio"/>				
Outdoor sports areas in my municipality are adequately maintained.	<input type="radio"/>				
I can easily find a gym to use or get involved in a group that does sport in a gym in my municipality	<input type="radio"/>				
Municipalities should promote the physical or sporting activity of their residents more, but not by the building of new sport facilities and areas.	<input type="radio"/>				

Q10 – In your personal opinion, who or what should be responsible for promoting people’s physical or sporting activity? Tick the three most important.

- Sports associations
- Sports federations and clubs
- Sports centres (fitness clubs, etc.)
- The education system
- The state
- Municipalities
- European Union
- Employers’ organisations
- Each individual
- Others (list who):

Q11 – To what extent would you support the following measures to promote your own physical or sporting activity, even though you would need to co-finance them indirectly (e.g. through taxes)? 1 – would not support at all, 2 – would not support, 3 – would neither support nor not support, 4 – would support, 5 – would support by all means.

	1	2	3	4	5
Increased state financing for the promotion of people’s physical or sporting activity	<input type="radio"/>				
Introduction of financial incentives for employers to provide better physical or sporting activities for employees	<input type="radio"/>				
Increasing financial incentives for pensioners to participate in sport and recreation (e.g. subsidies)	<input type="radio"/>				
Building of new sports facilities and areas in places where they do not yet exist	<input type="radio"/>				
Better maintenance of existing sports facilities and areas	<input type="radio"/>				
Reducing the tax rate on sports equipment (e.g. clothing, footwear, skis, balls)	<input type="radio"/>				

Q12 – To what extent would you support the following measures to promote your own physical or sporting activity, even though you would need to co-finance them indirectly (e.g. through taxes)? 1 – would not support at all, 2 – would not support, 3 – would neither support nor not support, 4 – would support, 5 – would support by all means.

	1	2	3	4	5
Introduction of new sports programmes	<input type="radio"/>				
Sports programmes free of charge	<input type="radio"/>				
Cheaper or free education of sports instructors and coaches	<input type="radio"/>				

	1	2	3	4	5
Information campaigns about the benefits of participation in sport	<input type="radio"/>				
Information campaigns about types of sports training available	<input type="radio"/>				
More information in the media about physical or sporting activities and their impact on people	<input type="radio"/>				

Q13 – Is/are there any other particular measure/s you would support to promote your physical or sporting activity, even if you had to co-finance it/them indirectly (e.g. through taxes)? If so, please write it/them in below.

Q14 – To what extent are you personally familiar with the promotion measures for people’s physical or sporting activities undertaken by the following institutions? 1 – not at all familiar with, 2 – not familiar with, 3 – neither familiar nor unfamiliar with, 4 – mainly familiar with, 5 – fully familiar with.

	1	2	3	4	5
National Assembly	<input type="radio"/>				
Directorate of Sport	<input type="radio"/>				
European Commission Directorate-General for Education and Culture	<input type="radio"/>				
Municipalities and their official sporting bodies	<input type="radio"/>				
Olympic Committee of Slovenia – Association of Sports Federations	<input type="radio"/>				
Sports Federation for the Disabled of Slovenia – Paralympic Committee of Slovenia	<input type="radio"/>				
The Sports Union of Slovenia	<input type="radio"/>				
Public Sport Institute Planica	<input type="radio"/>				
Foundation for Financing Sport Organisations	<input type="radio"/>				
Your employer’s organisation	<input type="radio"/>				
Sports association of which you are a member	<input type="radio"/>				

Q15 – To what extent are you familiar with the following programmes or projects for promotion of people's physical or sporting activity? 1 – not at all familiar with, 2 – not familiar with, 3 – neither familiar nor unfamiliar with, 4 – mainly familiar with, 5 – fully familiar with.

	1	2	3	4	5
Golden Sunshine (Zlati sonček)	<input type="radio"/>				
My Health Diary (Moj dnevnik zdravja)	<input type="radio"/>				
To Health through Sport (S športom do zdravja)	<input type="radio"/>				
Give and Get (Podarim Dobim)	<input type="radio"/>				
Wind in Your Hair	<input type="radio"/>				
Rather Move with us (Migaj raje z nami)	<input type="radio"/>				
Equity Sport Network	<input type="radio"/>				
Minutes for Recreation	<input type="radio"/>				
Slovenia Cycles (Slovenija kolesari)	<input type="radio"/>				
Slovenia Runs (Slovenija teče)	<input type="radio"/>				

Q16 – How would you describe your own level of physical or sporting activity?

- I do not play sport and am not physically active and I never will be.
- I do not play sport and am not physically active but I intend to do so in future.
- I occasionally play sport.
- I am a recreational athlete with no competitive ambitions.
 - I am a recreational athlete with competitive ambitions.
 - I am a professional or top athlete.

Q17 – To conclude, we would ask you kindly to tell us some of your personal demographic information. Please do not feel that you have to supply this information.

What is your gender?

- Male
- Female

Q18 – In what year were you born?

Q19 – What is the highest level of education you have completed?

- No formal education
- Primary
- Lower secondary
- Upper secondary
- Tertiary (short-cycle, bachelor or equivalent)
- Masters, PhD or equivalent

Q20 – Please indicate the number of persons including yourself who live in your household.

- Total number of persons living in your household
- Younger than 6 years
- From 6 to 10 years
- From 11 to 17 years
- From 18 to 45 years
- From 46 to 65 years
- Over 65 years

Q21 – Please select your current employment status.

- Employed full-time
- Employed part-time
- Self-employed
- Unemployed, receiving unemployment subsidy
- Unemployed, not receiving unemployment subsidy
- Pupil, student
- Housekeeper
- Retired

- Retired – Disabled
- Other (please state):

Q22 – The area where you live:

- Urban, municipality
- Suburb, town or small city
- Rural, village

Q23 – Region where you live:

- Mura region
- Drava region
- Carinthia region
- Savinja region
- Central Sava region
- Lower Sava region
- Southeast Slovenia region
- Central Slovenian region
- Gorenjska region
- Inner Carniola Karst region
- Gorizia region
- Coastal Karst region