

Sports Participation Survey



This Sports Questionnaire is designed to get the thoughts and ideas of the City of Westminster College students in relation to sport and physical activity.

By spending a few minutes to complete this questionnaire you will be assisting us to plan a structured and coordinated sports/physical activity programme for your benefit.

Full Name _____ **Campus/ Centre** PBC MVC QPC CSC

Tel _____ **Are you:** Male Female

Participation

1. How would you rate the current sport/physical activities offered to students by City of Westminster College?

- Excellent
- Good
- Satisfactory
- Unsatisfactory

2. How often do you currently play regular sports/physical activities per week?

- Once
- Twice
- Three times
- Four times
- Five times

3. How much time on average each week do you spend participating in sports/physical activities?

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours +

4. From the list below please indicate which sport/physical activity you currently participate in?

- | | | |
|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Boxercise | <input type="checkbox"/> Cricket |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Boxing | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Spinning Class | <input type="checkbox"/> Dodgeball |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Circuit Training | <input type="checkbox"/> Fencing |
| <input type="checkbox"/> Football | <input type="checkbox"/> Pilates | <input type="checkbox"/> Running |
| <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Netball | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Netball | <input type="checkbox"/> Rugby | <input type="checkbox"/> Table Tennis |
| <input type="checkbox"/> Parkour | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Touch Rugby | <input type="checkbox"/> Yoga | <input type="checkbox"/> Trampolining |

If there are any others not listed above, list these here:

5. Are you a member of any Sports Teams/Clubs or Fitness Centres?

- Yes No

If yes, list which below.

6. Which sports/physical activity sessions would you like more opportunity to participate in?

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Boxercise | <input type="checkbox"/> Cricket |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Boxing | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Circuit Training | <input type="checkbox"/> Dance Aerobics |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Pilates | <input type="checkbox"/> Dance Classes |
| <input type="checkbox"/> Football | <input type="checkbox"/> Netball | <input type="checkbox"/> Dodgeball |
| <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Rugby | <input type="checkbox"/> Fencing |
| <input type="checkbox"/> Netball | <input type="checkbox"/> Table Tennis | <input type="checkbox"/> Running |
| <input type="checkbox"/> Parkour | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Spinning Classes |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Yoga | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Touch Rugby | <input type="checkbox"/> Trampolining | <input type="checkbox"/> X-Biking |

7. How far would you be willing to travel for free sports/physical activities?

- 5 mins
- 10 mins
- 20 mins
- 30 mins
- 40 mins +

8. What actions can we take as a College that would encourage you to participate in more sports/physical activities?

9. What barriers currently exist that deter or prevent you from participating in more sports/physical activity?

Volunteering

10. Are you interested in volunteering to support sport/physical activities being offered by City of Westminster College?

- Yes No

Qualifications

11. Do you currently hold any accredited sport/physical activity qualifications?

- Yes No

12. Would you like to undertake qualifications in sports/physical exercise?

- Yes No Unsure

Communication

13. Where do you currently look for information advertising sports/physical activities within the College?

- College Courier
- College Website
- Enrichment Team
- Plasma Screens
- Site Notice Boards
- Other **Please State** _____

Thank you for taking the time to complete this Sports Questionnaire, all completed copies should be returned to your Enrichment Officers

Further information will follow shortly.

If you have any questions, please do not hesitate to get in contact with either your Enrichment Officer or College FESCO
Andy Shelley - 020 7641 4805

