

Annex 1

1. Do you like sports?
 - a) yes
 - b) no
2. Do you like physical education?
3. Do you attend SKS classes?
4. Do you play sports in your free time?
5. Do you train and are you affiliated to a sports club?
6. Do you think that sport and physical activity have a positive impact on health and well-being?
7. In order to improve your health and fitness, would you like to increase your physical activity?
8. Do you consider yourself physically fit?
9. Are you aware of the role of physical activity and its impact on psychophysical development?
10. Do you use apps that monitor vital signs while playing sports ?
11. Do you think that diet and proper nutrition have an impact on human health?
12. Do you think that diet and proper nutrition are important factors when playing sports?
13. Do you think that sport and physical activity can be a form of recreation?
14. Would you be able to plan your training?
15. Are you planning your training?
16. Do you think that improperly planned training can have a negative impact on health?
17. Are you interested in aspects related to sports physiology?
18. Do you come from a family with sports traditions?
19. Do your friends influence your physical activity?
20. Would you like your future career to be related to sports and physical activity?

Summary:

15-20 answers to yes-you value sport and physical activity in your life. You like to spend your free time actively. You are predisposed to become an athlete, coach, personal trainer, WF teacher and your professional life will be focused largely on physical activity.

10 – 14 answers to yes-sport is not the most important thing in your life, but you realize that it is very important and necessary.

5-9 answers to yes-you value a calmer lifestyle, sport occurs in your life to a small extent and does not play a significant role in it.

0-4 answers to yes-you like a sedentary lifestyle, do not like sports, appreciate passive rest more than active.