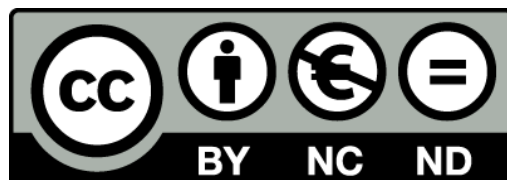




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BE LIKE
AN ATHLETE

Understanding the socio-psychological profile of student-athletes



What is the Be Like An Athlete questionnaire

The BLA questionnaire is an Erasmus+ funded project. The project is looking to understand more about the socio-psychological profile of student-athletes.



What is a socio-psychological profile?

Personal, social, educational, and emotional competencies that help develop student-athletes within sport and school.



Who can take part?

You must be in school and play sport, i.e. be a student-athlete.
You must be between the age of 14-18 years old.



What does the student-athlete need to do?

Complete 1 online survey using a smartphone/tables/laptop/PC. The questionnaire will measure the socio-psychological competencies of student-athletes. The survey will take 10 minutes to complete.



Where can I get more information?

website: <https://belikeanathlete.eu>
facebook/twitter: @BeLikeAthlete

powered by

 PIKTOCHART

Would you like more information in relation to the survey before proceeding?

- No, I have enough information
- Yes, I would like to read more

Parent/Guardian Information sheet

Dear Parent/Guardian,

We are a group of researchers From Ireland, Italy, Portugal, Spain and Sweden working on an Erasmus+ Sport funded project (<https://belikeanathlete.eu/>). We are interested in understanding more about the socio-psychological profile of student-athletes. We have designed a questionnaire that is designed to give a better understanding of student-athlete profiles. Understanding these profiles will subsequently help us understand more about the personal, social, educational and emotional competencies that help develop student-athletes within sport and school.

What is your child been asked to do?

They will be asked to fill out one online questionnaire which includes questions about their resilience, self-management skills, passion, well-being, career planning and some demographic questions. The questionnaire should take between 10 minutes to complete.

Benefits of participation:

Helping researchers to understand more about the socio-psychological profile of student-athletes. This information will help understand, personal, social, educational and emotional competencies that may help individuals in sport and school.

Risks of participation:

The risks associated with this online questionnaire are very minimal. Your child might decide that they do not want to continue the online questionnaire after commencing. They can leave the survey at any stage.

Exclusion from participation:

You must be between the ages of 14-18 to take part.

Where will the findings go?

It is envisaged that the findings will be submitted for publication in academic journals subsequently.

Confidentiality:

All data is anonymous and no personal information is requested within the questionnaires. All questionnaires will be held securely in line with GDPR and the Data Protection Act (1998).

Ethical Considerations:

This research has received ethics approval from the Education and Health Sciences Research Ethics Committee (EHSREC). However, if you have any concerns about this research that you do not wish to discuss with the research team, you may contact anne.obrien@ul.ie or ehsresearchethics@ul.ie.

Please feel free to contact the Irish research group below if you have any questions.

Prof. Norma Bargary, University of Limerick, Ireland, Email: norma.bargary@ul.ie

Dr. Clodagh Butler, University of Limerick, Ireland, Email: clodagh.butler@ul.ie.

You can also email bla@ismai.pt for more information.

Our International Partners

ISMAI / IPMAIA - Coordenador (<http://www.ismai.pt> <http://www.ipmaia.pt>)

Conselho Nacional das Associações dos Profissionais de Educação

Física (Portugal) <https://cnapef.wordpress.com/>

Consejo COLEF (Espanha) <https://www.consejo-colef.es/>

Associazione Sportiva Dilettantistica Margherita Sport e Vita (Itália) <http://www.msvbasket.it/>

University of Limerick (Irlanda) <https://www.ul.ie/>

Umea Universitet (Suécia) <https://www.umu.se/>

Instituto Português do Desporto e Juventude (Portugal) <http://www.ipdj.pt/>



Parent/guardian consent Should you agree to consent for your child to complete this questionnaire please read the statements below and if you agree to them, please sign the consent form.

I have read and understood the parent/carer information sheet.

- I understand what the study is about, and what my child's results will be used for.
 - I understand where the research will be carried out.
 - I understand that my child's name will not appear on any research data from this study.
 - I give permission that my child's data can be used anonymously in report format and published output (e.g. journal publication).
 - I am fully aware of all of the procedures involving my child, and of any risks and benefits associated with the study.
 - I know that my child's participation is voluntary and that I can withdraw my child's participation in the study at any stage without giving any reason.
-
- I give consent for my child to complete the questionnaire
 - I do not give consent for my child to complete the questionnaire



What age are you?

- 14
- 15
- 16
- 17
- 18

What is your gender?

- Male
- Female
- Other

What is your main sport?

Do you partake in more than one sport, if so list them below?

What levels of sport do you currently play (pick as many as appropriate)

Club
Provincial/regional
University
National
International

That is your highest level of sport

Club
Provincial/regional
University
National
International



On a scale of 1 to 6 (1 being "at no time" and 6 being "all of the time") select the answer that best reflects you on a daily basis.

	1.At no time	2.Some of the time	3.Less than half of the time	4.More than half of the time	5.Most of the time	6.All of the time
I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



On a scale of 1 to 5 (1 being "not true at all" and 5 being "true nearly all of the time") select the answer that best reflects how you feel about the situation.

	1. Not true at all	2. Rarely true	3. Sometimes true	4. Often true	5. True nearly all of the time
I am able to adapt when changes occur.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can deal with whatever comes my way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to see the humorous side of things when I am faced with problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having to cope with stress can make me stronger.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to bounce back after illness, injury or other hardships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe I can achieve my goals, even if there are obstacles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Under pressure, I stay focused and think clearly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am not easily discouraged by failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think of myself as a strong person when dealing with life's challenges and difficulties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



On a scale of 1 to 5 (1 being "not at all like me" and 5 being "very much like me") select the answer that best reflects you.

	1.Not at all like me	2.Not much like me	3.Neutral	4.Somewhat like me	5.Very much like me
I have a school subject I am really passionate about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to use a lot of time to become good in that school subject	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I could be an expert in one school subject	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have passion enough to become very good in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I work hard enough to fulfill my goals in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a burning passion for some school subjects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend lot of time on the school subjects I like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My passion for school is important for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



On a scale of 1 to 5 (1 being "not at all like me" and 5 being "very much like me") select the answer that best reflects you.

	1.Not at all like me	2.Not much like me	3.Neutral	4.Somewhat like me	5.Very much like me
I have a sport I am really passionate about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to use a lot of time to become good at that sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I could be an expert in one sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have passion enough to become very good in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I work hard enough to fulfil my goals in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a burning passion for some sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend lot of time doing the sport I like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My passion for sport is important for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



On a scale of 1 to 5 (1 being "unimportant" and 5 being "very important") select how important the following statements are in relation to you.

	1.Unimportant	2. Slightly important	3. Moderately important	4.Important	5.Very important
I am flexible and change my plans if necessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am curious to explore career plans outside elite sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have knowledge about my career options in study and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a vision of where I want to go in life after my dual career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ask advice to the right people at the right time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am eager to listen and learn from others and past experiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I maintain relations with important others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make social contacts with peers in study and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can resolve conflicts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I collaborate well with support staff in study and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>






On a scale of 1 to 5 (1 being "unimportant" and 5 being "very important") select how important the following statements are in relation to you.

	1.Unimportant	2.Slightly important	3.Moderately important	4.Important	5.Very important
I am self-disciplined to manage the demands of my study and sports combination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that study and sport can positively complement each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prioritise what needs to be done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am willing to make sacrifices and choices to succeed in sport and study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make my own responsible choices with regard to my study and sport career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use my time efficiently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am dedicated to succeeding in both sport and study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan conscientiously in advance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a clear understanding of what it takes to succeed in sport and study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I create individualised routines for sport and study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Using the slider provided:

*Note: 40 hours can indicate 40+ hours also.

0 4 8 12 16 20 24 28 32 36 40

On average, how many hours do you spend engaging in sporting activities (training, competing etc)	 A horizontal slider bar with a blue vertical handle positioned at approximately 26 hours.
On average, how many hours per week do you spend in school?	 A horizontal slider bar with a blue vertical handle positioned at approximately 26 hours.
On average, how many hours per week do you spend studying outside of school?	 A horizontal slider bar with a blue vertical handle positioned at approximately 26 hours.



BE LIKE
AN ATHLETE

END OF SURVEY

Thank you for your time.

Please contact the BLA research group below if you have any questions: **bla@ismai.pt** or please contact the Irish principal investigator if you need **norma.bargary@ul.ie**

Visit the BLA website [here](#)

