ICPSR 33661

Athletic Involvement Study (of Students in a Northeastern University in the United States), 2006

Kathleen Miller University of Buffalo

Questionnaire

Inter-university Consortium for Political and Social Research P.O. Box 1248 Ann Arbor, Michigan 48106 www.icpsr.umich.edu

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ATHLETIC INVOLVEMENT STUDY

Thank you for participating in the Athletic Involvement Study. This questionnaire asks about your experiences, observations, and attitudes about athletic involvement as well as a variety of health-risk behaviors. Please be as honest and accurate as possible in your answers. I am interested in your perspective, even if you are not personally involved in any sport, and even if you have not engaged in the health-risk behaviors included in this study.

All information will be kept confidential and used for research purposes only.

Your experiences and insights are a valuable part of this study. Your participation is greatly appreciated!

INSTRUCTIONS

- * Please be sure to print out the informed consent form accompanying this questionnaire, sign it, and turn it in along with your questionnaire. (If for any reason you are unable to open that file, you will be given a new copy of the informed consent form to sign when you turn in your questionnaire.)

 There is another copy of the consent form on the following page; please keep it for your own records.
- * For most questions, you will **fill in the circle** that matches your answer. **Please use a pen with black or dark blue ink.** If you need to write in an answer, please make your handwriting as readable as possible.
- * Some questions ask about your personal involvement in athletics. If you are not now on a sports team, and have not been on one in the past, that's fine; I am still very interested in your responses to the rest of the questions. You will be given instructions about which questions to skip over.
- * Please contact Dr. Kathleen Miller at kmiller@ria.buffalo.edu or at (716) 887-2588 if you have any questions.
- * To receive your \$10.00 cash, please bring your completed questionnaire and signed consent form to:

437 Park Hall Sociology Department Adjunct Office (turn right when exiting the elevator)

Friday, April 21st (12:00pm -- 4:00pm)

If you would like to talk to someone further about issues of substance use, sexual risk, or other health risks, or if you find any of the questions in this questionnaire personally upsetting, please contact UB Counseling Services, located at 120 Richmond Quadrangle in the Ellicott Complex, at (716) 645-2720. If you or someone you know needs help, trained professional counselors are available to assist you in dealing with the problem. You can also contact the 24-hour Crisis Services hotline at 834-3131.

ATHLETIC INVOLVEMENT STUDY INFORMED CONSENT

This consent form explains the Athletic Involvement Study being conducted by Dr. Kathleen Miller, a research scientist at the University at Buffalo's Research Institute on Addictions. Please read it carefully before you decide to participate in the study. If you have any questions that are not answered here, you are welcome to contact Dr. Miller at the phone number or e-mail address below. **PLEASE NOTE: YOU MUST BE AT LEAST 18 YEARS OLD TO PARTICIPATE IN THIS STUDY.**

PURPOSE AND PROCEDURES: You are invited to participate in a research study about adolescent and young adult athletic involvement. The purpose of the study is to explore how or if participation in sports affects people's health-risk behavior. If you agree to participate, you will be asked to complete a questionnaire about your own experiences, opinions, and observations. All information you share with us will be kept completely confidential. You need not be a past or present athlete to participate; we would like to find out about nonathletes, too.

TIME COMMITMENT: Although the amount of time a person takes to fill out a questionnaire depends upon her/his personal style, we estimate that this questionnaire should take approximately 45 minutes to complete.

PAYMENT: You will receive \$10.00 as payment when you turn in your completed questionnaire. You will also receive 1.0 credit hours of Communication Dept. research credit for your participation.

RISKS: Participation in this research study involves no cost to the participants, but involves potential risks associated with the sensitive nature of some of the questions. Steps have been taken to minimize these risks, but it is possible that you may feel uncomfortable with some of the questions. You have the right not to answer any question or to withdraw from the study at any time.

CONFIDENTIALITY: The information that you provide in this study is completely confidential. Your individual privacy will be maintained in any publications resulting from this study; your name will not be used and no information will be published that could identify you as a participant.

VOLUNTARY PARTICIPATION: Your participation in this study is entirely voluntary. You will not be penalized in any way for refusing to participate. You have the right to withdraw from the study at any time, or to refuse to answer any question. However, we hope that you will choose to complete the entire questionnaire.

FOR FURTHER INFORMATION: If you have any questions about this study, please contact Dr. Kathleen Miller at (716) 887-2588 or at kmiller@ria.buffalo.edu. If you have any questions about your rights as a subject in a research project, contact the Social and Behavioral Sciences Institutional Review Board, 515 Capen Hall, University at Buffalo, Buffalo, NY 14260, or by phone at (716) 645-3321.

PARTICIPANT STATEMENT: I have read the explanation provided to me, and I voluntarily agree to participate in this study. I certify that I am at least 18 years old. I acknowledge receipt of \$10.00 as compensation for my participation in this research.

PLEASE KEEP THIS COPY OF THE INFORMED CONSENT FORM FOR YOUR RECORDS.

ATHLETIC INVOLVEMENT STUDY



Please read the instructions and contact Dr. Miller if you have any questions. Bring your completed questionnaire and signed informed consent form to

> 437 Park Hall Sociology Department Adjunct Office on

Friday, April 21st (12:00pm -- 4:00pm)

Your experiences and insights are a valuable part of this study. Your participation is greatly appreciated!

	For Ad	ministrative Use Only	
Date Case Number		Payment Received By	\$10.00

SECTION 1: DEMOGRAPHIC BACKGROUND

The items in this section provide basic background information about you. Please remember that your answers are completely confidential.

1.	How old are you?	8.	Which of these best describes your current marital status? O Single (never married) O Married or cohabiting (living with someone) O Divorced, separated, or widowed
2.	What sex are you? O Female O Male	9.	Where do you live now?
	Viviano		O Dormitory O Parents' home
3.	Which of these best describes your race?O American Indian or Native AmericanO Asian American or Pacific Islander		O My own house or apartment O Fraternity/sorority house O Other (specify)
	O Black or African AmericanO White or Caucasian	10	Which of these best describes your year in college?
	O Mixed race O Other (specify)	10.	O Freshman O Sophomore
			O Junior O Senior
4.	Are you of Hispanic or Latino descent? O No O Yes		O Other (specify)
		11.	On a 4.00 grading scale, what is your overall
5.	Which of these best describes your religion?		college grade point average?
	O Catholic O Protestant (specify)		
	O Jewish O Muslim		
	O Buddhist O No religion	12.	Which of these best describes your overall grades during high school?
	O Other (specify)		O Mostly As (an average in the 90s) O Mostly Bs (an average in the 80s)
6.	Would you describe yourself as a religious		O Mostly Cs (an average in the 70s) O Mostly Ds (an average in the 60s)
	fundamentalist or evangelical? O No O Yes		O Mostly Fs
	O Tes	13.	Which of these best describes your current
7.	Which of these best describes your sexual		work status? O Not employed
	orientation? O Heterosexual or straight		O Employed seasonally (summers or holidays) O Employed part-time (< 35 hours/week)
	O Homosexual, gay or lesbian O Other (specify)		O Employed full-time (35+ hours/week)

SECTION 1: DEMOGRAPHIC BACKGROUND

14. What is the highest level of formal education	16. What is the highest level of formal education
your mother has achieved?	your father has achieved?
O Did not finish high school	O Did not finish high school
O High school degree or GED	O High school degree or GED
O Some college or technical certification	O Some college or technical certification
O Bachelor's degree	O Bachelor's degree
O Post-graduate or professional degree	O Post-graduate or professional degree
(e.g., MA, MBA, PhD, or MD)	(e.g., MA, MBA, PhD, or MD)
O Don't know	O Don't know
15. Which of these best describes your mother's	17. Which of these best describes your father's
current work status?	current work status?
O Not employed	O Not employed
O Employed part-time (< 35 hours/week)	O Employed part-time (< 35 hours/week)
O Employed full-time (35+ hours/week)	O Employed full-time (35+ hours/week)
O Retired	O Retired
O Other (specify)	O Other (specify)

The items in this section are about your athletic or physical activities in general. Please answer these questions whether or not you are involved in athletics.

1. **During high school, did you belong to any of the following SCHOOL sports teams** (varsity, junior varsity, or extramural)? Fill in all that apply.

(If you did not belong to any school sports team in high school, please fill in "no sports teams" at the bottom of the list — do not just leave the page blank.)

	Freshman	Sophomore	<u>Junior</u>	Senior
	<u>Year</u>	<u>Year</u>	<u>Year</u>	<u>Year</u>
Boxing or martial arts	0	0	0	0
Baseball	Ο	Ο	Ο	Ο
Basketball	0	0	0	0
Bowling	Ο	Ο	Ο	Ο
Cheerleading or spirit squad	0	0	0	0
Cross country	Ο	Ο	Ο	Ο
Dance team	0	0	0	0
Field hockey	0	Ο	Ο	0
Football	0	0	0	0
Golf	0	Ο	Ο	0
Gymnastics	0	0	0	0
Ice hockey	0	Ο	Ο	0
Lacrosse	0	0	0	0
Rugby	0	Ο	Ο	0
Skiing	0	0	0	0
Soccer	Ο	Ο	Ο	Ο
Softball	0	0	0	0
Swimming or diving	Ο	Ο	Ο	0
Tennis	0	0	0	0
Track and field	Ο	Ο	Ο	0
Volleyball	0	0	0	0
Wrestling	0	Ο	0	0
Other	0	0	0	0
Other	Ο	Ο	Ο	Ο
NO SPORTS TEAMS	0	0	0	0

2. **During high school, did you belong to any of the following COMMUNITY sports teams** (sponsored by a local organization, church, or business)? Fill in all that apply.

(If you did not belong to any organized community sports team during your high school years, please check "no sports teams" at the bottom of the list — do not just leave the page blank.)

	Freshman	Sophomore	<u>Junior</u>	Senior
	<u>Year</u>	<u>Year</u>	<u>Year</u>	<u>Year</u>
Boxing or martial arts	0	0	0	0
Baseball	Ο	Ο	Ο	Ο
Basketball	0	0	0	0
Bowling	Ο	Ο	Ο	Ο
Cheerleading or spirit squad	0	0	0	0
Cross country	Ο	Ο	Ο	Ο
Dance team	0	0	0	0
Field hockey	Ο	Ο	Ο	Ο
Football	0	0	0	0
Golf	Ο	Ο	Ο	Ο
Gymnastics	0	0	0	0
Ice hockey	Ο	Ο	Ο	Ο
Lacrosse	0	0	0	0
Rugby	Ο	Ο	Ο	Ο
Skiing	0	0	0	0
Soccer	Ο	Ο	Ο	Ο
Softball	0	0	0	0
Swimming or diving	Ο	Ο	Ο	Ο
Tennis	0	0	0	0
Track and field	Ο	Ο	Ο	Ο
Volleyball	0	0	0	0
Wrestling	0	Ο	0	Ο
Other	0	0	0	0
Other	0	Ο	0	Ο
NO SPORTS TEAMS	0	0	0	0

3. **In the past 12 months,** have you been a member of any of the following **college or community sports teams**? Fill in all that apply.

(If you have not belonged to any sports team in the past 12 months, please check "no sports teams" at the bottom of the list — do not just leave the page blank.)

	<u>College</u>	Community
Boxing or martial arts	0	0
Baseball	0	O
Basketball	0	0
Bowling	Ο	O
Cheerleading or spirit squad	0	0
Cross country	Ο	O
Dance team	0	0
Field hockey	Ο	O
Football	0	0
Golf	Ο	O
Gymnastics	0	0
Ice hockey	Ο	O
Lacrosse	0	0
Rugby	Ο	Ο
Skiing	0	O
Soccer	Ο	O
Softball	0	0
Swimming or diving	Ο	O
Tennis	0	0
Track and field	Ο	O
Volleyball	0	0
Wrestling	Ο	Ο
Other	0	0
Other	Ο	O
NO SPORTS TEAMS	0	0

4.	On average, how often $\underline{\text{these days}}$ do you engage in any casual physical activity for fun (e.g., swimming at the beach or a pick-up game of basketball with friends)?
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week) O Constantly (three or more times a week)
5.	On average, how often these days do you engage in exercise for your health, fitness, or weight loss?
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week) O Constantly (three or more times a week)
6.	On average, how often $\underline{\text{these days}}$ do you engage in any organized sports activity (e.g., with teams designated and someone keeping score)?
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week)
	O Constantly (three or more times a week)
7.	On average, how often <u>during high school</u> did you engage in any casual physical activity for fun (e.g., swimming at the beach or a pick-up game of basketball with friends)?
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week) O Constantly (three or more times a week)
8.	On average, how often <u>during high school</u> did you engage in exercise for your health, fitness, or weight loss? (Don't include required participation in a physical education class)
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week) O Constantly (three or more times a week)
9.	On average, how often <u>during high school</u> did you engage in any organized sports activity (e.g., with teams designated and someone keeping score)? (Don't include required physical education classes)
	O Never O Rarely (less than once a month) O Occasionally (less than once a week) O Regularly (once or twice a week) O Constantly (three or more times a week)

The items in this section are about your personal experiences with substance use, sexual risk-taking, and other health-related behaviors. Please answer as honestly and accurately as possible, to the best of your recollection.

Remember, your answers are completely confidential.

1. The following questions are about your use of tobacco, energy drinks, or alcohol during the past 30 days.

If you've never done X in your lifetime, please fill in "never in my life." If you've done it, but not in the past 30 days, please fill in "0 days."

In the past 30 days, on how many days did you	Never in my life	0 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days
Smoke at least one cigarette?	0	0	0	0	0	0	0	0
Use chewing tobacco or snuff?	Ο	Ο	0	0	0	0	0	0
Drink a Red Bull (or similar energy drink)?	0	0	0	0	0	0	0	0
Drink any alcohol (beer, wine, wine cooler, liquor, mixed drink, hard lemonade, etc.)?	0	0	0	0	0	0	0	0
Have a drink that mixed alcohol with Red Bull (or similar energy drink)?	0	0	0	0	0	0	0	0
Have 5 or more drinks of alcohol in a row, within a couple of hours?	0	0	0	0	0	0	0	0
Get drunk or very high drinking alcohol?	0	0	0	0	0	0	0	0
Drive a car while drunk or high?	Ο	0	0	0	0	0	0	0
Argue with your family, friends, boyfriend or girlfriend over your drinking?	0	0	0	0	0	0	0	0
Do something you later regretted because you had been drinking?	0	0	0	0	0	0	0	0

2.	Do you consider yourself a "social	smoker" (that is	, you smoke only in	n social situations o	r when drinking)?
	O No				

3. When you go out drinking, how commonly do you end up getting drunk?

_					
\sim	T 1		go out drinking		
()	I rarely	or never	an out drinking	r	
\sim	TIAICIV	OI HUVUI	ջն մաւ արուհուջ		

O I go out drinking, but rarely or never get drunk.

O I sometimes get drunk.

O I usually get drunk.

O Yes

O I always get drunk.

4. The following questions are about your use of other substances without a prescription during the past 12 months.

If you've never used a specific substance in your lifetime, please fill in "never in my life." If you've used that substance, but not in the past 12 months, please fill in "0 times."

If you're not sure how often you've used a specific substance, here's a rough guide to help you estimate:

- 3-11 times = less than once a month, on average.
- 12-50 times = less than once a week, on average.
- 51+ times = once a week or more, on average.

In the past 12 months, how often did you use	Never in my life	0 times	1-2 times	3-11 times	12-50 times	51+ times
Marijuana?	0	0	0	0	0	0
Inhalants (like glue or nitrous oxide) to get high?	0	0	0	0	0	0
Ecstacy, GHB, Special K, or other "club drugs"?	0	0	0	0	0	0
Prescription drugs (like Vicodin or Oxycontin) without a doctor's prescription?	0	0	0	0	0	0
Steroids without a doctor's prescription?	0	0	0	0	0	0
Any other illegal drug (cocaine, meth, heroin, etc.)?	Ο	0	0	0	0	0

5. The following questions are about experiences you may have had in the past 12 months.

During the past 12 months, have you ever	No	Yes
Been in a serious physical fight?	0	0
Ridden in a car without wearing a seatbelt?	0	0
Done something dangerous on a dare (like taking a risk or breaking a law) that you would not have done otherwise?	0	0
Participated in an "extreme" sport (like snowboarding or bungee jumping)?	0	0
Been in any trouble with the police?	0	0
Tried to commit suicide?	Ο	Ο
Sustained a physical injury requiring follow-up care by a health professional (such as a broken bone, a sprain, or a wound that needed stitches)?	0	0
Had unprotected sexual intercourse (without using a condom)?	0	0
Gotten pregnant or gotten someone pregnant, without intending to?	0	0
Been told by a health professional that you had a sexually transmitted disease?	0	0

6. Are you currently sexually active (that is, have you had vaginal, anal, or oral sex with a partner at least once in the

past 30 days)?

O No, I have never been sexually active.

O Yes, I am currently sexually active.

O No, I am not currently sexually active, but I have been in the past.

7.	If you are sexually active, how commonly do you practice "safe sex" (use a condom and/prevent pregnancy or sexually transmitted disease)?	or other	method	ls to
	 O I am not sexually active. O I always practice safe sex (no exceptions). O I usually practice safe sex (but there are occasional exceptions). O I sometimes practice safe sex (but there are often exceptions). O I rarely or never practice safe sex. 			
8.	The following questions are about the MOST RECENT time you had sex.			
	If you have never been sexually active, please check here and then skip to the next page			
	If a statement is not relevant to your situation (for example, you and your partner did not use are both female), please fill in N/A (for "not applicable").	a condon	n becaus	e you
	The last time I had sex	No	Yes	N/A
	My partner and I used a condom.	0	0	0
	My partner and I used a form of birth control other than a condom (such as birth control pills or a patch).	0	0	0
	I was drunk or high.	0	0	
	My partner was drunk or high.	0	0	
	I was in an exclusive, committed relationship with my partner.	0	0	
	I did not know my partner very well.	0	0	
	I regretted it later.	0	0	
	I was in love with my partner.	0	0	

7. Below is a list of some of the ways you may have felt or behaved recently. Please indicate how often you have felt this way **during the past week.**

rarely or none of the time (less than 1 day)	some or a little of the time (1-2 days)	occasionally or a moderate amount of time (3-4 days)	4 all of the time (5-7 days)			e
			1	2	3	4
I was bothered by things that	usually don't bother me.		0	0	0	0
I had trouble keeping my min	d on what I was doing.		0	0	0	0
I felt depressed.			0	0	0	0
I felt that everything I did was	s an effort.		0	0	0	0
I felt hopeful about the future.			0	0	0	0
I felt fearful.			0	0	0	0
My sleep was restless.			0	0	0	0
I was happy.			0	0	0	0
I felt lonely.			0	0	0	0
I could not "get going."			0	0	0	0

If	you have not participated in any sport for at least one season since the beginning of high school, ease check here and then skip to Section 6 (page 17).
1.	What would you consider your PRIMARY sport – the one that has been MOST important to you personally? If two sports are equally important to you, select the one you have participated in MOST recently.
2.	How many years have you been involved in this sport?
3.	How old were you when you first started participating on any school- or community-sponsored team in this sport? If you've never been on a team in this sport, please check here □ and skip to Section 6 (page 17).
4.	Since you first began participating in this sport, have you ever skipped a season, or have you been involved continuously from the beginning? O Involved continuously O Skipped at least one season, not my choice (e.g., got injured or got dropped from the team) O Skipped at least one season, my choice (e.g., left the team to pursue other interests)
5.	Have you participated on a school- or community-sponsored team in this sport at any time in the past 12 months? O No O Yes
6.	During the season for your sport, about how many hours per week on average do you (or did you) you spend on activities directly related to your sport (e.g., practicing skills, attending team practices, or competing)?
7.	During the off-season for your sport, about how many hours per week on average do you (or did you) spend on activities directly related to your sport (e.g., practicing skills or attending a training camp)?

8.	Have you ever played a leadership role (e.g., team captain or co-captain) in this sport?
	O No O Yes
9.	Have you ever won an award for your participation in this sport?
	O No O Yes
10.	Have you ever won a scholarship for your participation in this sport?
	O No O Yes
11.	Have you ever been interviewed or featured in the mass media (e.g., television, radio, weblog, newspaper, or magazine) for your participation in this sport? (Do not count publications that were circulated only within your high school, like a student newspaper or yearbook.)
	O No O Yes
12.	Some sports are more popular than others. For example, the more popular a sport is, the more people attend games or matches and keep up with how the team is doing. How would you rate your sport in terms of its popularity in your school or community when you were in high school, compared to other sports?
	O Very low in popularity O Somewhat low in popularity O Somewhat high in popularity O Very high in popularity
13.	Some sports carry more status than others. For example, the more status a sport has, the more attention and respect team members receive from their schoolmates, neighbors, or coworkers. How would you rate your sport in terms of its status in your school or community when you were in high school, compared to other sports?
	O Very low status O Somewhat low status O Somewhat high status O Very high status
14.	Some sports receive more institutional support than others. For example, the more institutional support a sport has, the more money or other resources the school or community is likely to devote to the team. How would you rate your sport in terms of its institutional support in your school or community when you were in high school, compared to other sports?
	O Very low support O Somewhat low support O Somewhat high support O Very high support

Now, think about the **team policies associated with your MOST RECENT participation in your PRIMARY sport.** (If you have not participated on any organized team for that sport since high school, then please focus on your high school years when answering the questions below.)

$15. \ \textbf{Does your school or community have an official alcohol policy for athletes in this sport?}$
O No O Yes; no alcohol for a specific period of time (e.g., 24 or 48 hours) before a game O Yes; no alcohol at all during the season O Yes; no alcohol ever O Other (please explain)
16. Do most members of your team obey the official alcohol policy, if there is one?
 O No such policy O Most team members don't take the alcohol policy very seriously; it is frequently violated. O Most team members take the alcohol policy fairly seriously, but it is occasionally violated. O Most team members take the alcohol policy very seriously; it is hardly ever violated. O All team members obey the alcohol policy; it is never violated.
17. Do you personally obey your team's official alcohol policy, if there is one?
 O No such policy O I frequently violate the alcohol policy. O I occasionally violate the alcohol policy. O I hardly ever violate the alcohol policy. O I never violate the alcohol policy.
18. Does your school or community have a drug testing program for athletes in this sport?
O No O Yes O Don't know
19. Have you ever been tested in an athlete drug-testing program?
O No O Yes O Don't know

Now, think about **your coach in your PRIMARY sport.** (If you have had more than one coach in this sport, then please think about the one who has meant the MOST to you.)

20. How well would each of the following descriptions apply to your coach? Read each statement carefully and fill in the number that indicates how much it describes your coach's style.

1 never	2 seldom	3 occasionally	4 often			5 alwa	ıys	
In general, my coach wo	uld			1	2	3	4	5
Let the athletes share in	decision-making an	d policy formation.		0	0	0	0	0
Encourage the athletes to	o confide in the coa	ch.		0	0	Ο	0	0
Put the suggestions made	e by the team memb	pers into operation.		0	0	0	0	0
Control what athletes ca	n and can't do.			0	0	0	0	0
Look out for the persona	l welfare of the athl	letes.		0	0	0	0	0
Dislike receiving sugges	tions or opinions fro	om the athletes.		0	0	0	0	0
Help the athletes with th	eir personal probler	ms.		0	0	0	0	0
Let the athletes set their	own goals.			0	0	0	0	0
Make decisions regardle	ss of what the athle	tes think.		0	0	0	0	0
Ask for the athletes' opin	nions on strategies f	For specific competitions.		0	0	0	0	0
Not explain his/her action	ons and decisions to	the athletes.		0	0	0	0	0
Encourage close and info	ormal relationships	with the athletes.		0	0	0	0	0

SECTION 5: PERSONAL FEELINGS ABOUT ATHLETIC INVOLVEMENT

The items in this section ask how you feel about your own athletic involvement. If you have not participated in any sport for at least one season since the beginning of high school, please check here ____ and skip to Section 6 (p. 17).

1. People have many different reasons for participating in sports. Below are listed some of those possible reasons. **How important is each of these reasons for you?** Please read each statement carefully and then fill in your answer. There are no right or wrong answers; simply answer as you honestly feel.

1 not important at all	2 not very important	3 somewhat important	4 pretty important		5 extremely important		
I participate in sports bed	cause		1	2	3	4	5
I like being part of a tean	n.		0	0	0	0	0
I want to be physically fi	t.		0	0	0	0	0
It helps me relax.			0	0	0	0	0
I'm good at it.			0	0	0	0	0
I like competition.			0	0	0	0	0
I want to make a career of	of it.		0	0	0	0	0
I get to show off my skill	ls.		0	0	0	0	0
I don't want to let my tea	ammates down.		0	0	0	0	0
I like exercise.			0	0	0	0	0
It helps me to be physica	lly attractive.		0	0	0	0	0
My friends do.			0	0	0	0	0
It impresses people.			0	0	0	0	0
I want to make money at	it.		0	0	0	0	0
It gets my mind off my p	roblems.		0	0	0	0	0
I don't want to let my coa	ach down.		0	0	0	0	0
I like to be the center of a	attention.		0	0	0	0	0
It's fun.			0	0	0	0	0
It helps me control my w	eight.		0	0	0	0	0
I don't want to let my mo	other/father down.		0	0	0	0	0
It's good for my health.			0	0	0	0	0
I like meeting new people	e.		0	0	0	0	0
It helps me feel confiden	t.		0	0	0	0	0
It's exciting.			0	0	0	0	0
I like winning.			0	0	0	0	0
It gives me time for myse	elf.		0	0	0	0	Ο

SECTION 5: PERSONAL FEELINGS ABOUT ATHLETIC INVOLVEMENT

2. The following statements describe reactions to sport situations. **How well does each of the following statements describe you?** Please read each statement carefully and select the number that indicates how much it describes you personally. (If you do not participate in any sport, skip to Section 6 on page 17.)

doesn't describe me at all	2 describes me a little	3 describes me somewhat	describes me pretty well	5 describes mo extremely wo			1
			1	2	3	4	5
I set goals for myself when	n I compete.		0	0	0	0	0
Scoring more points than my opponent is very important to me.			0	0	0	0	0
I look forward to competing	ng.		0	0	0	0	0
I thrive on competition.			0	0	0	0	0
I try hardest when I have a	specific goal.		0	0	0	0	0
Losing upsets me.			0	0	0	0	0
Reaching personal perform	nance goals is very ir	nportant to me.	0	0	0	0	0
I have the most fun when I	I win.		0	0	0	0	0
I perform my best when I	am competing agains	st an opponent.	0	0	0	0	0

3. People have different ideas about what athletic "success" means, other than simply winning or losing a competition. Think about the times when you have felt most successful in sport. How well does each of the following statements describe your feelings? Please read each statement carefully and select the number that indicates how much it describes you personally.

1 2 3 doesn't describe describes me me at all a little somewhat						1
oort when		1	2	3	4	5
do the play or skill.		0	0	0	0	0
nakes me want to pr	ractice more.	0	Ο	0	0	0
iends.		0	0	0	0	0
Others can't do as well as me.					0	0
un to do.		0	0	0	0	0
't.		0	Ο	0	0	0
ng hard.		0	0	0	0	0
		0	0	0	0	0
oals/hits.		0	0	0	0	0
me want to go and p	oractice more.	0	Ο	0	0	0
		0	0	0	0	0
A skill I learn really feels right.				0	0	0
		0	0	0	0	0
	describes me a little port when do the play or skill. makes me want to priends. imaterials me. fun to do. 't. ing hard. pals/hits. me want to go and priends.	describes me a little somewhat port when do the play or skill. makes me want to practice more. iends. iends. iends. in me. fun to do. 't. ing hard. pals/hits. me want to go and practice more.	describes me a little somewhat pretty well cort when do the play or skill. makes me want to practice more. iends. o me. o me. o me. o mals/hits. o me want to go and practice more. o right. describes me pretty well describes me pretty well describes me pretty well describes me pretty well o cals/hits. o cals/hits. o cals/hits.	describes me a little somewhat pretty well of the play or skill. do the play or skill. makes me want to practice more. iends. out to do. out to d	describes me a little somewhat pretty well extreme a little somewhat p	describes me a little somewhat pretty well extremely well cort when 1 2 3 4 do the play or skill. O O O O makes me want to practice more. O O O O in to do. O O O in to do. O O O ing hard. O O O O coals/hits. O O O O right. O O O O right.

The items in this section are about your experiences and attitudes about sports, **whether you personally participate in sports or not.** There are no right or wrong answers; just answer as you honestly feel.

1. **How well does each statement describe you?** Read each statement carefully and select the number that indicates how much it describes you personally.

doesn't describe me at all			4 describes m pretty wel				es me ely wel	1
				1 2),	3	4	5
I spend a lot of my free tir	ne in sport-related ac	tivities.	() ()	0	0	0
Many of my personal goal	ls are related to sports	S.	() ()	0	0	0
Sports are an important pa	() ()	0	0	0		
I spend a lot of time thinking about sports.) ()	0	0	0
Other people see me main	ly in terms of my inte	erest in sports.	() ()	0	0	0
I would be very depressed	if I were unable to co	ompete in sport.	() ()	0	0	0
I spend a lot of my free tir	ne watching profession	onal sports.	() ()	0	0	0
If I have to choose between	en sports and other ob	ligations, I put sports firs	t. () ()	0	0	0
Many of my friends are in	volved in sports.		() ()	0	0	0
If I couldn't participate in	sports, I wouldn't ha	ve much to do.	() ()	0	0	0
I often wear clothing with	an athletic logo on it	(like my favorite team).	() ()	0	0	0
I spend money regularly of	on sport-related produ	cts or activities.	() ()	0	0	0

2. Listed below are a number of statements concerning your attitudes, perceptions, and experiences regarding exercise and sport (whether you participate in sports or not). **How well does each statement describe you?** Read each statement carefully and select the number that indicates how much it describes you personally.

doesn't describe me at all	e describes me a little somewhat		4 describes me pretty well		5 describ extreme		1
			1	2	3	4	5
I could participate in sever	al types of physical a	activity if I wanted to.	0	0	0	0	0
My body looks in shape.			0	0	0	0	0
I don't let other things get	in the way of my exe	ercise/sport activity.	0	0	0	0	0
I receive encouragement fr	om others for exerci	sing.	0	0	0	0	0
In most physical activities, I feel I can become skilled with sufficient effort and practice.			0	0	0	0	0
I look like a person who is	physically fit.		0	0	0	0	0
I schedule time to exercise	•		0	0	0	0	0
My family is enthusiastic a exercise or sport.	about any effort/prog	ress I make concerning	0	0	0	0	0
I'm confident of my athlet	ic skills.		0	0	0	0	0
I look like I never work ou	t.		0	0	0	0	0
I use several specific strate	egies to help me mair	ntain regular exercise.	0	0	0	0	0
My closest friends are enth concerning exercise of		fort/progress I make	0	0	0	0	0

3. How much do you agree or disagree with each of these statements?

	SD strongly disagree	D disagree	N neutral	A agree		SA strongly agree		e	
					SD	D	N	A	SA
I tend to	see myself as an athlet	e.			0	0	0	0	0
I tend to	see myself as a jock.				0	0	0	0	0
Other peo	ople tend to see me as	an athlete.			0	0	0	0	0
Other peo	ople tend to see me as	a jock.			0	0	0	0	0
If someon	ne called me an athlete	, I'd be insulted.			0	0	0	0	0
If someon	ne called me a jock, I'd	d be insulted.			0	0	0	0	0
I don't se	e any real difference b	etween a jock an	d an athlete.		0	0	0	0	0
"Jock" is	just a less compliment	tary way of sayin	g "athlete."		0	0	0	0	0

4a. Below is a list of characteristics that might apply to jocks, athletes, both, or neither. Please read each item carefully and then do BOTH of the following things:

Fill in a number on the LEFT to indicate how well, in general, it describes JOCKS; and Fill in a number on the RIGHT to indicate how well, in general, it describes ATHLETES.

	doesn't describe at all		2 describes a little	3 describes somewhat	4 describes pretty well				I			
	JOCKS						AT]	HLET	ΓES			
1	2	3	4	5				1	2	3	4	5
0	0	0	0	0		reckless		0	0	0	0	0
0	0	0	0	0		plays fair		0	0	0	0	0
0	0	0	0	0	tall	ks trash about opponen	ts	0	0	0	0	0
0	0	0	0	Ο		self-disciplined		0	0	0	0	0
0	0	0	0	0		does well in school		0	0	0	0	0
0	0	0	0	Ο	concert	ned with personal exce	llence	0	0	0	0	0
0	0	0	0	0	concern	concerned with reputation or image		0	0	0	0	0
0	0	0	0	Ο		tough		0	0	0	0	0
0	0	0	0	0	loves	loves the game for its own sake		0	0	0	0	0
0	0	0	0	Ο	parties a lot		0	0	0	0	0	
0	0	0	0	0	handles pain well		0	0	0	0	0	
0	0	0	0	Ο	vain or egotistical		0	0	0	0	0	
0	0	0	0	0		respected		0	0	0	0	0
0	0	0	0	Ο	o	nly interested in sports		0	0	0	0	0
0	0	0	0	0		perfectionist		0	0	0	0	0
0	Ο	0	0	Ο		bully		0	0	0	0	0
0	0	0	0	0	ca	reful to follow the rule	S	0	0	0	0	0
0	0	0	0	Ο		loves the attention		0	0	0	0	0
0	0	0	0	0	could be female		0	0	0	0	0	
0	0	0	0	0		likely to binge drink		0	0	0	0	0
0	0	0	0	0		determined		0	0	0	0	0
0	0	0	0	0	1	part of the "in-crowd"		0	0	0	0	0
0	0	0	0	0	win	by any means necessa	ry	0	0	0	0	0

4b. Below is a list of characteristics that might apply to jocks, athletes, both, or neither. Please read each item carefully and then do BOTH of the following things:

Fill in a number on the LEFT to indicate how well, in general, it describes JOCKS; and Fill in a number on the RIGHT to indicate how well, in general, it describes ATHLETES.

	doesn't describe at all		2 describes describes a little somewhat describes pretty well			5 describes extremely well						
	JOCKS						ΑT	HLET	res			
1	2	3	<u>5</u> 4	5				1	2	3	4	5
0	0	0	0	0		talented		0	0	0	0	0
0	0	0	0	0		drinks a lot		0	0	0	0	0
Ο	0	0	0	0		sore loser		0	0	0	0	0
0	0	0	0	0		popular		0	0	0	0	0
0	0	0	0	0		risk-taker		0	0	0	0	0
0	0	0	0	0		likely to use steroids		0	0	0	0	0
0	0	0	0	0		well-rounded		0	0	0	0	0
0	0	0	0	0	macho			0	0	0	0	0
0	0	0	0	0	good team player		0	0	0	0	0	
0	0	0	0	0		gets special treatment in school		0	0	0	0	0
0	0	0	0	0		works/practices hard		0	0	0	0	0
0	0	0	0	0	honorable			0	0	0	0	0
0	0	0	0	0	obsessed with sports			0	0	0	0	0
0	0	0	0	0		arrogant or cocky		0	0	0	0	0
0	0	0	0	0		dedicated		0	0	0	0	0
0	0	0	0	0		dumb		0	0	0	0	0
0	0	0	0	0		gloryhound		0	0	0	0	0
0	0	0	0	0		good role model		0	0	0	0	0
0	0	0	0	0		willing to break the rules		0	0	0	0	0
0	0	0	0	0		sexually aggressive		0	0	0	0	0
0	0	0	0	0		clean-living		0	0	0	0	0
0	0	0	0	0		obnoxious		0	0	0	0	0
0	0	0	0	0		skilled		0	0	0	0	0

SECTION 7: ATTITUDES

The items in this section are about your actions, feelings, and beliefs in general. There are no right or wrong responses to the statements. You should give the responses that most accurately describe your personal actions, feelings and beliefs. It is best if you respond with your first impression when answering.

1. Thinking about your own actions, feelings and beliefs, please indicate how much you personally agree or disagree with each statement.

SDDASAstrongly disagreedisagreeagreestrongly agree

	SD	D	A	SA
If I could, I would frequently change sexual partners.	0	0	0	0
I pity people who are single.	0	0	0	0
An emotional bond with a partner is the best part of sex.	0	0	0	0
If I could, I would date a lot of different people.	Ο	Ο	0	0
My life plans do not rely on my having a romantic relationship.	0	0	0	0
It would be enjoyable to date more than one person at a time.	Ο	0	0	Ο
I would only have sex if I was in a committed relationship.	0	0	0	0
Being in a romantic relationship is important.	Ο	0	0	Ο
I only get romantically involved with one person.	0	0	0	0
Whether I'm in one or not, romantic relationships are often on my mind.	Ο	0	0	Ο
I would feel good if I had many sexual partners.	0	0	0	0
Long term relationships are better than casual sexual encounters.	Ο	0	0	Ο
If I were single, my life would be complete without a partner.	0	0	0	0
Emotional involvement should be avoided when having sex.	Ο	0	0	Ο
I like emotional involvement in a romantic relationship.	0	0	0	0
I can be happy without being in a romantic relationship.	Ο	0	0	Ο
When I am in a romantic relationship, I give it all my energy.	0	0	0	0
A person shouldn't get tied down to dating just one person.	0	0	0	0
Having a romantic relationship is essential in life.	0	0	0	0
I would only be satisfied with sex if there was an emotional bond.	0	0	0	0
When I have a romantic relationship, I enjoy focusing my energies on it.	0	0	0	0

SECTION 7: ATTITUDES

2. Thinking about your own actions, feelings and beliefs, please indicate how much you personally agree or disagree with each statement.

SD strongly disagree	D disagree	A agree	SA strongly ag			
			SD	D	A	SA
Winning is not important to me.			0	0	0	0
I feel uncomfortable being singled of		0	0	0	0	
In general, I will do anything to win	1.		0	0	0	0
I should be in charge.			0	0	0	0
I tell everyone about my accomplish	nments.		0	0	0	0
Winning is not my first priority.			0	0	0	0
There is nothing wrong with bragging	ng.		0	0	0	0
I work hard to win.			0	0	0	0
In general, I must get my way.			0	0	0	0
When I succeed, I tell my friends at	out it.		0	0	0	0
More often than not, losing does no	t bother me.		0	0	0	0
I enjoy being in the spotlight.			0	0	0	0
Winning isn't everything, it's the or	nly thing.		0	0	0	0
I hate telling people about my according	nplishments.		0	0	0	0
In general, I do not expend a lot of of	energy trying to win a	nt things.	0	0	0	0
I am comfortable trying to get my w	vay.		0	0	0	0
I always downplay my achievement	is.		0	0	0	0
It is important for me to win.			0	0	0	0
I don't seek recognition for my effo		0	0	0	0	
The best feeling in the world comes		0	0	0	0	
I make sure people do as I say.		0	0	0	0	
I am not afraid to tell people about i		0	0	0	0	
I don't mind losing.			0	0	0	0

SECTION 7: ATTITUDES

3. Thinking about your own actions, feelings and beliefs, please indicate how much you personally agree or disagree

with each statement.

SD strongly disagree	D disagree	A agree	SA strongly ag	gree				
			SD	D	A	SA		
I am happiest when I'm risking dan	ger.		0	0	0	0		
I believe that violence is never just	I believe that violence is never justified.							
I prefer to be safe and careful.			0	0	0	0		
I enjoy taking risks.			0	0	0	0		
I am willing to get into a physical f	ight if necessary.		0	0	0	0		
Taking dangerous risks helps me to	prove myself.		0	0	0	0		
Violence is almost never justified.			0	0	0	0		
I take risks.			0	0	0	0		
If there is going to be violence, I fi	nd a way to avoid it.		0	0	0	0		
In general, I do not like risky situat	ions.		0	0	0	0		
Sometimes violent action is necess	ary.		0	0	0	0		
I never take chances.			0	0	0	0		
I am disgusted by any kind of viole	ence.		0	0	0	0		
It is foolish to take risks.			0	0	0	0		
I like fighting.			0	0	0	0		
I frequently put myself in risky situ	ations.		0	0	0	0		
No matter what the situation, I wou	ald never act violently.		0	0	0	0		
I hate any kind of risk.			Ο	0	0	0		

This completes the Athletic Involvement Study Questionnaire. Please check to be sure you haven't accidentally skipped any questions you meant to answer.

Then bring your completed questionnaire and consent form to 437 Park Hall to receive your \$10.00 and research credit documentation.

Thank you for your assistance in this study. Your time and effort in filling out this questionnaire are very much appreciated.